

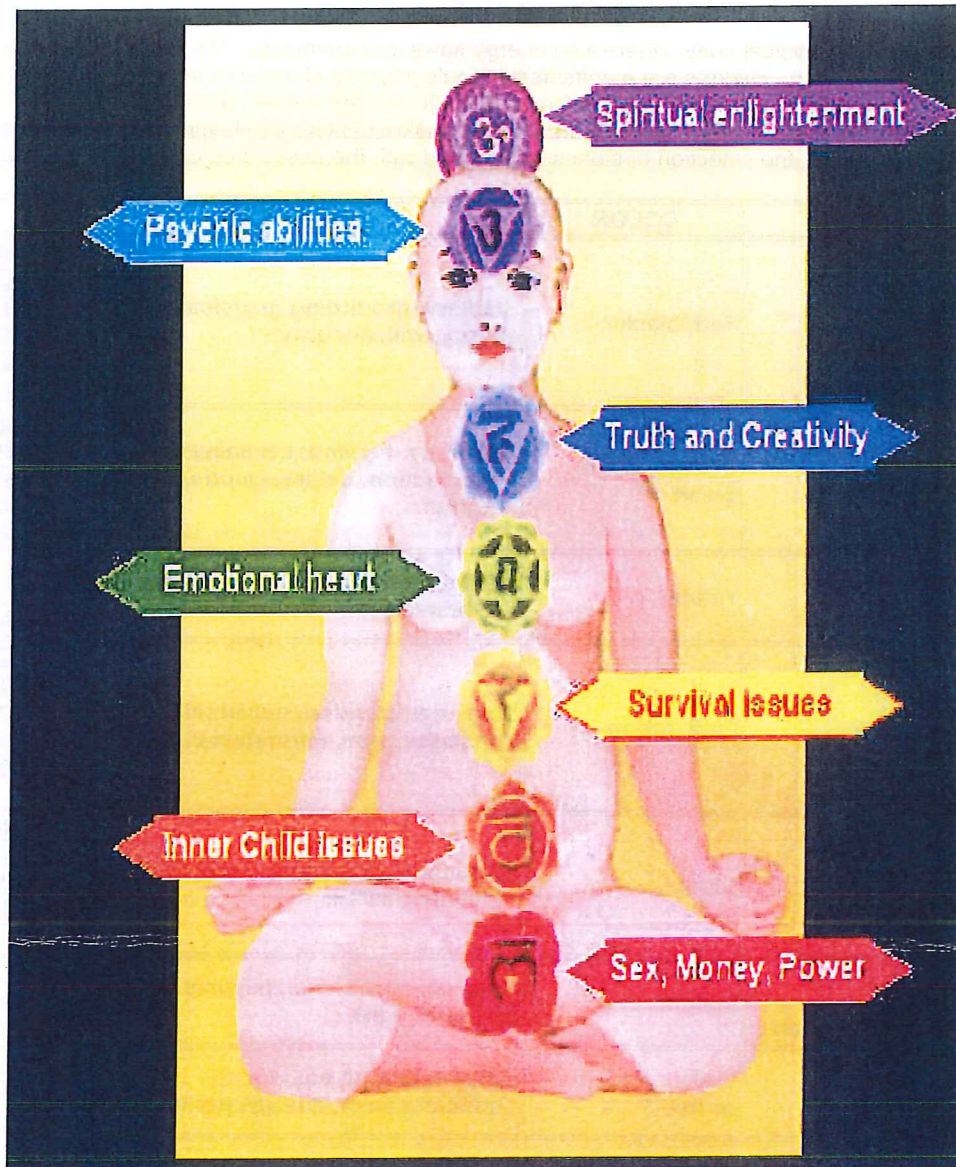
CHAKRA GUIDE

There are 7 major Chakra centers of the physical body, where vital energy flows and intersects. Through our Chakras, we transmit and receive physical, emotional, and spiritual energy. The chakras are manifested in one's physical state. The ideal is to have all chakra centers clear, balanced, and vitalized for optimal well-being. The chakra system goes back to ancient eastern masters. Each chakra is associated with a particular area of the body and a color of the spectrum. Stones are used at chakra centers for clearing, revitalizing, and healing. Crystal wands are utilized to open the chakras. Generally, the selection of stones correspond with the associated color of the chakra.

CHAKRA CENTER	COLOR	ENERGY FOCUS	STONES
1st Chakra Base, Root Located at the base of the spine	Red, black	Stability, grounding, physical energy, will, security.	Hematite Black Obsidian Black Tourmaline Red Zircite Garnet Smoky Quartz
2nd Chakra Sacral Located below the navel	Orange, blue-green	Creativity, healing, sexuality and reproduction, desire, emotion, intuition.	Orange Calcite Vanadinite Carnelian Blue-green Turquoise Blue-green Fluorite
3rd Chakra Solar Plexus Located at solar plexus, below breastbone	Yellow	Intellect, ambition, personal power, protective.	Citrine Yellow Jasper Golden Calcite
4th Chakra Heart Located in the center of the chest	Pink, green	Love, compassion, universal consciousness, emotional balance.	Rose Quartz Pink/Rubellite Tourmaline Watermelon Tourmaline Green Aventurine Malachite Jade
5th Chakra Throat Located at the neck above collar bone	Blue	Communication center, expression, divine guidance.	Sodalite Blue Calcite Blue Kyanite Angelite Blue Turquoise
6th Chakra Third eye Location centered above eyebrows, at medulla	Indigo	Spiritual awareness, psychic power, intuition, light.	Lapis Lazuli Azurite Sugilite
7th Chakra Crown Located at the top of the head	Violet, golden-white	Enlightenment, cosmic consciousness, energy, perfection.	Amethyst White Calcite White Topaz

The following list offers advice on how to use your chakra stones.

- 1) first make sure you have a set of chakra stones, generally a set of 7 stones which will relate to each chakra.
- 2) Ensure your stones have been cleansed either by rinsing under the tap for a few minutes or soaked in salt water.
- 3) Ensure that you will not be disturbed. Turn your phone off.
- 4) Regulate your breathing. It is recommended that you inhale through your nose and breath out through your mouth. Do this 7 times, inhaling deeply and whilst exhaling imagine any negative energy or thoughts leaving your body.
- 5) Take the first chakra stone and visualise that colour filling your entire being. Do this with each stone one at a time. Each stone will relate to a particular chakra and if you feel one particular colour becoming more visible to you then place this stone on that particular chakra. This will be because you will need more balance in that particular area.
- 6) Once you have done this with all 7 stones and chakras, take some more deep breaths as before however this time imagine each of your chakras now filled with energy and imagine them closing.
- 7) You will find that after doing this a few times within a week that you will start to find more balance, not only on a physical level but also emotionally.



Chakra	Property	Mantra	Color	Stone	Shape
Crown Chakra	Enlightenment • Unity • Serenity	Om (long)	Violet	Amethyst	Half sphere
Forehead Chakra	Intuition • Wisdom • Insight	Om (short)	Indigo	Jolite	Star
Throat Chakra	Communication • Honesty • Integrity	Ham	Blue	Apatite	Pyramid
Heart Chakra	Universal Love • Compassion • Purity	Yam	Green	Peridot	Half moon
Solar Plexus Chakra	Will Power • Assertion • Trust	Ram	Yellow	Citrine	Sphere
Sacral Chakra	Sensuality • Growth • Creativity	Vam	Orange	Carnelian	Pyramid
Root Chakra	Patience • Stability • Strength	Lam	Red	Garnet	Cube