



CCH PROGRAM CHAKRA HEALING NOTES





Chakra Activation & Balancing Layout:

- Gather your crystals (one of each of the seven rainbow colors – red, orange, yellow, green, blue, indigo, and violet PLUS a Quartz crystal laser wand) and cleanse them of any negative energy
- Cleanse your sacred space or the space in which you will be performing the healing
- Have your client get comfortable on your massage table
- Get your client and yourself grounded and centered
- Guide your client to breathe easily
- Start by checking the energy at your client's Root Chakra - you can scan it with your hands, use a pendulum, etc.
- If the chakra energy feels underactive, use a crystal laser wand to make 1-3 small, slow, clockwise circles above the chakra (with the termination of the wand pointing toward the chakra about 2-3" away from the physical body). If the chakra energy feel overactive, perform the same technique, but make counterclockwise circles with the wand. If the chakra feels balanced, skip this step.
- Check the energy of the Root chakra after opening it with the laser wand to see if it is now balanced. If it is, move on to the next step. If it is not, make 1-3 additional rotations with your Quartz laser wand.
- If the Root chakra energy was under active or balanced, place a stone of the activating color (in this case, red, brown, or black) on the chakra center. If the chakra was balanced, you may also choose not to add any stones to it. If the chakra energy was overactive, place a stone of the balancing color (in this case, green or blue) on the chakra center. If terminated crystal points are used, the terminations should face toward the subject's Crown Chakra for activating or toward the Root Chakra for balancing. The most important thing for you to remember as you are placing stones on the client's body, is that the stones should all be aligned with the subject's spine. This assures that the energetic channels are properly opened.
- Check in with the client to be sure they are comfortable and make necessary adjustments. If your client has a strong emotional response to the stone, you may want to adjust its placement or remove it completely. It is also commonplace that stones may roll off of the body during a healing session. If this occurs, it is the body's way of telling you that the stone is not needed in that place at that time.





Chakra Activation & Balancing Layout:

Place your hands on top of one another over the stone at the Root Chakra. Close your eyes, visualize your crown chakra opening and, as you inhale, visualize a stream of universal light beaming into the crown of your head. You should then exhale and push the light down through your arms and out through the palms of your hands, into the stone. Once this light moves into the stone, it is separated into the seven color rays (so that a rainbow of light is being filtered into the chakra). Hold this position for 3-5 minutes - use your intuition to guide you as to what feels appropriate.

Repeat steps 6-11 for the Sacral Chakra, Solar Plexus Chakra, Heart Chakra, Throat Chakra, Third Eye Chakra, & Crown Chakra.

Allow your client to remain in the crystal layout for 10-30 minutes - you can use this time to make session notes.

Remove the stones in the opposite order they were placed, starting with the stone from the Crown Chakra and ending with the stone at the Root Chakra.

Use your hands and/or laser wand to smooth the energy of the client's aura so that it's even and balanced.

Ask your client to focus on slow, even breathing.

Guide the client to open their eyes and come back to the present moment.

Assist your client in sitting up and stepping down off of the healing table.

Lay out the stones next to the client so that he or she can see what was placed and how the stones were utilized during the treatment (this will help to reinforce the healing energy into their consciousness).

Before your client leaves, give them some after-session care instructions (i.e. drink plenty of water, eat a light snack, go for a brief walk to re-ground, etc.).

After the client leaves, cleanse all of the stones, your space, and yourself thoroughly.

Group Chakra Activation & Balancing Session:

This technique requires seven healers and one client.

Supplies Needed:

- 7 sets of tumbled chakra stones (7 red stones, 7 orange stones, 7 yellow stones, 7 green stones, 7 blue stones, 7 indigo stones, and 7 violet stones)
- 7 Quartz crystal laser wands
- 7 cloth pouches (optional)





Group Chakra Activation & Balancing Session:

- Each healer should gather one set of crystals (one of each of the seven rainbow colors – red, orange, yellow, green, blue, indigo, and violet PLUS a Quartz crystal laser wand) and cleanse them of any negative energy.
- Together, the healers should cleanse the space in which the healing will take place.
- The healers should have the client get comfortable on the massage table.
- Each of the seven healers should be assigned to one of the client's chakras and stand within arm's reach of it. There should be three healers on the client's right side - assigned to the Root, Solar Plexus, & Throat Chakras. There should be three healers on the client's left side - assigned to the Sacral, Heart, & Third Eye Chakras. There should be one healer at the client's head - assigned to the Crown Chakra.
- The healer assigned to the client's Crown Chakra should guide all of the healers and the client to get grounded and centered.
- The healer assigned to the client's Crown Chakra should guide your client to breathe easily.
- Simultaneously, each of the seven healers should use a crystal laser wand to make 1-3 small, slow, clockwise circles above their assigned chakra (with the termination of the wand pointing toward the chakra about 2-3" away from the client's physical body).
- Simultaneously, each of the seven healers should place their set of seven tumbled chakra stones on their assigned chakra (seven stones placed on each chakra for a total of 49 tumbled stones). It may make it easier to put the set of stones in a cloth pouch before the session and place the pouch on the client's chakra center. The most important thing for you to remember as you are placing stones on the subject's body, is that the stones should all be aligned with the subject's spine. This assures that the energetic channels are properly opened.
- The healer assigned to the client's Crown Chakra should check in with the client to be sure the client is comfortable and make necessary adjustments. If your client has a strong emotional response to the stone, you may want to adjust its placement or remove it completely. This is not common as this is typically an incredibly relaxing experience. It is also commonplace that stones may roll off of the body during a healing session. If this occurs, it is the body's way of telling you that the stone is not needed in that place at that time. This is unlikely to happen if the stones are placed within a cloth pouch.





Group Chakra Activation & Balancing Session:

Simultaneously, each of the seven healers should place their hands on top of the stones at their assigned chakra center. At the same time, the healers should close their eyes, visualize their crown chakras opening and, as they inhale, visualize a stream of universal light beaming into the crown of their heads. The healers should then exhale and push the light down through their arms and out through the palms of their hands, into the stones. Once this light moves into the stones, it is separated into the seven color rays (so that a rainbow of light is being filtered into the chakra). The healers should hold this position for 3-5 minutes. Simultaneously, each of the seven healers should remove the stones from the client's chakras.

The healer assigned to the client's Crown Chakra should use their hands and/or laser wand to smooth the energy of the client's aura so that it's even and balanced.

The healer assigned to the client's Crown Chakra should ask the client to focus on slow, even breathing, then to open their eyes and come back to the present moment.

The healer assigned to the client's Crown Chakra should assist the client in sitting up and stepping down off of the healing table.

Before your client leaves, the healer assigned to the client's Crown Chakra should give the client some after-session care instructions (i.e. drink plenty of water, eat a light snack, go for a brief walk to re-ground, etc.).

After the client leaves, the group of healers should cleanse all of the stones, the space, and themselves thoroughly.

Strengthening the Chakra System with a Visualization Exercise:

- To begin this exercise, close your eyes and take a deep breath in.
- Exhale and visualize each chakra as a tight lotus bud of the color corresponding to the particular chakra.
- Beginning at the root chakra, visualize the bud slowly unfolding into a beautiful, 4-petaled, red lotus flower.
- Then, at the sacral chakra, visualize the lotus bud unfolding into a 6-petaled, orange lotus blossom.





Strengthening the Chakra System with a Visualization Exercise:

Next, at the solar plexus chakra, visualize the lotus bud slowly unfolding into an 8-petaled, yellow lotus blossom.

Continuing on, at the heart chakra, visualize the lotus bud unfolding into a 12-petaled, pink lotus flower with a green center.

Then, at the throat chakra, visualize the lotus bud unfolding into a 16-petaled, light blue lotus flower.

Next, at the third eye chakra, visualize the flower bud unfolding into a 2-petaled, indigo blue lotus blossom.

Finally at the crown chakra, visualize bud unfold into a 1,000-petaled, purple lotus blossom. See each chakra lotus flower bathed in the rejuvenating white light of the universe.

Take a deep breath in, slowly exhale, open your eyes, and return to present moment consciousness.

Crystal Chakra Empowerment Exercise:

Supplies needed:

- 1 Red Jasper stone
- 1 Carnelian stone
- 1 Amber stone
- 1 Rose Quartz stone
- 1 Blue Calcite stone
- 1 Amethyst stone
- 1 Clear Quartz stone
- 1 printed Root Chakra symbol
- 1 printed Sacral Chakra symbol
- 1 printed Solar Plexus Chakra symbol
- 1 printed Heart Chakra symbol
- 1 printed Throat Chakra symbol
- 1 printed Third Eye Chakra symbol
- 1 printed Crown Chakra symbol





Crystal Chakra Empowerment Exercise:

Relax and make yourself comfortable in a room with minimal distractions. You may play music, burn incense, etc. if you desire.

Cleanse your stones, your space, and yourself.

Center and ground yourself.

Place the Red Jasper in the center of the Root Chakra symbol to charge.

Place the Carnelian in the center of the Sacral Chakra symbol to charge.

Place the Amber in the center of the Solar Plexus Chakra symbol to charge.

Place the Rose Quartz in the center of the Heart Chakra symbol to charge.

Place the Blue Calcite in the center of the Throat Chakra symbol to charge.

Place the Amethyst in the center of the Third Eye Chakra symbol to charge.

Place the Clear Quartz in the center of the Crown Chakra symbol to charge.

Hover your hand over the Root Chakra symbol, feel its energies, and infuse it with love, light, and healing. Then say aloud (or in your head), “This Red Jasper holds the energy of the Universal Root Chakra, of kundalini untapped. As I remove it from the symbol, I am activated to the energies of Red Jasper.”

Hover your hand over the Sacral Chakra symbol, feel its energies, and infuse it with love, light, and healing. Then say aloud (or in your head), “This Carnelian holds the energy of the Universal Sacral Chakra, of energy waiting to be manifested into being. As I remove it from the symbol, I am activated to the energies of Carnelian.”

Hover your hand over the Solar Plexus symbol, feel its energies, and infuse it with love, light, and healing. Then say aloud (or in your head), “This Amber holds the energy of the Universal Solar Plexus Chakra, of self awareness. As I remove it from the symbol, I am activated to the energies of Amber.”

Hover your hand over the Heart Chakra symbol, feel its energies, and infuse it with love, light, and healing. Then say aloud (or in your head), “This Rose Quartz holds the energy of the Universal Heart Chakra, of unconditional love. As I remove it from the symbol, I am activated to the energies of Rose Quartz.”

Hover your hand over the Throat Chakra symbol, feel its energies, and infuse it with love, light, and healing. Then say aloud (or in your head), “This Blue Calcite holds the energy of the Universal Throat Chakra, of divine communications. As I remove it from the symbol, I am activated to the energies of Blue Calcite.”





Crystal Chakra Empowerment Exercise:

- Hover your hand over the Third Eye Chakra symbol, feel its energies, and infuse it with love, light, and healing. Then say aloud (or in your head), “This Amethyst holds the energy of the Universal Throat Chakra, of divine sight. As I remove it from the symbol, I am activated to the energies of Amethyst.”
- Hover your hand over the Crown Chakra symbol, feel its energies, and infuse it with love, light, and healing. Then say aloud (or in your head), “This Clear Quartz holds the energy of the Universal Crown Chakra, of divine understanding. As I remove it from the symbol, I am activated to the energies of Clear Quartz.”
- Sit quietly for a moment, thanking the Universe for these wonderful gifts, or pray or meditate silently.
- When you intuitively feel that the meditation is complete, hold all seven stones, in your cupped hands, and lift them over your head as an offering to the Universe.
- Feel the energies of the stones flow through you, and when you feel the energy infusion is complete, place the stones back on to their appropriate symbols.
- You may leave the stones set up on their symbols as a place of power, or you may carry them with you.

Creating a Selenite Chakra Healing Wand:

This is a great tool to use for opening your chakras, cleansing your energy field, or for use in meditation. Selenite brings in the healing, universal white light of universal source, amplifying each of the seven color rays brought in by the chakra stones.

Supplies Needed:

- 1 rough Selenite rod (approximately 4-6” long)
- 7 small, tumbled, chakra stones (1 of each color - red, orange, yellow, green, light blue, indigo blue, & violet)
- 1 small tube of superglue
- 1 paper plate
- 1 paper towel or paper napkin





Creating a Selenite Chakra Healing Wand:

- Use your paper towel or napkin and rigorously rub the Selenite rod to remove any dust or debris from the surface.
- Place the wand on the paper plate and use the super glue to attach the tumbled chakra stones to the front of the wand (beginning with the red stone at the bottom, then the orange stone, followed by the yellow, green, light blue, and indigo stones, and finishing with the violet stone at the top).
- Leave the wand on the paper plate for several hours (approximately 2-4 hours minimum) to allow the glue to dry completely.
- Placing the wand over any chakra (parallel to the spine) will balance and align the chakras, restoring them to a state of equilibrium. The wand can also be held horizontally and passed over your body like a comb, moving from your head toward your feet in a sweeping motion, clearing the aura of energetic debris. Holding this wand in your receiving hand (your non-dominant hand) during meditation can enhance your focus on the present moment. For a bonus crystal chakra meditation video, please visit: <http://tinyurl.com/ChakraGridMedVideo>

