



Chakra Healing with Crystals & Stones









The Seven Major Chakra Centers: What are the Chakras?

- "Chakra" is the Sanskrit word for "wheel"
- swirling energy centers
- found along the spine
- 3-4 inches in diameter
- energize the vital organs
- relate to different aspects of life
- like the body's satellite dishes
- can become imbalanced



Color & the Chakras:

Each major chakra center is thought to resonate with one of the seven colors of the rainbow spectrum.

If you find it difficult to remember the correspondence between color and the chakras, you should try to memorize the following acronym: ROY G.

BIV (i.e. like a man's name).

R (Red)

O (Orange)

Y (Yellow)

G (Green)

B (Blue)

I (Indigo)

V (Violet)



Root Chakra:

- Activating Colors: red, brown, and black
- Balancing Colors: green and blue
- Location: base of the spine in the pelvic region or at the base of the tailbone
- Associations: vitality & physical energy, strength, will, courage, peace, protection, survival instincts, renewal and rejuvenation, inner-work & self-reflection, survival, culture, foundation, sexual energy, affection, sensuality, grounding & centering, love, passion, energy, physical health, enthusiasm, career success, intensity, prosperity & abundance, motivation, manifestation, strength, and creativity
- Deficient Energy Qualities: lethargic & depressed
- Excessive Energy Qualities: workaholic & egotistic
- Anatomy & Physiology: bladder, circulation, blood, chin, cell repair, spine, nervous system, intestines, jaw, bones, feet, male reproductive organs, lips, adrenals, and teeth

Suggested Stones for the Root Chakra:

• Red Pyrope Garnet

Black Tourmaline

Smoky Quartz

Ruby

• Red Jasper

• Dravite Tourmaline

• Black Obsidian

Hematite

Jet

• Red Spinel

• Petrified Wood

• Chiastolite (Cross Stone)









Sacral Chakra:

- Activating Colors: orange, peach, and brown
- Balancing Colors: blue & indigo
- Location: about two fingers' widths below the navel between the pubic bone and the belly button
- Associations: assimilation, letting go/release (especially emotional),
 connecting with deep feelings & emotions, authority, friendship, humor,
 attraction, self-worth, interpersonal connection, success, abundance,
 endurance, productivity, reproduction, freedom, tolerance, imagination,
 sexual energy & sensuality, intuition & gut feelings, acceptance,
 creativity, passion, motivation, emotional balance, strength, and life
 changes
- Deficient Energy Qualities: apathetic & nervous
- Excessive Energy Qualities: overactive sex drive & aggressive
- Anatomy & Physiology: mouth, bladder, skin, large intestine, tongue, mammary glands, kidneys, gums, womb, cheeks, female reproductive organs

Suggested Stones for the Sacral Chakra:

- Carnelian
- Imperial Topaz
- Amber
- Copper
- Fire Opal
- Apricot Botswana Agate
- Spessartine Garnet
- Hessonite Garnet
- Peach Moonstone
- Orange Padparadscha Sapphire
- Orange Calcite
- Peach Selenite













Solar Plexus Chakra:

- Activating Colors: yellow, gold, and chartreuse
- Balancing Colors: violet & purple
- Location: between the belly button and the breast bone at the center of the stomach (in the hollow area between and just below the ribs and sternum)
- Associations: self-confidence, personal power, the ego & self-image, clairvoyance, happiness & joy, self-realization & conscious awakening, stimulation, respectfulness, inventiveness, intellect, memory, mental clarity & alertness, success, spontaneity, emotional storage, inner strength, willpower, and problem-solving
- Deficient Energy Qualities: confused & self-conscious
- Excessive Energy Qualities: judgmental & perfectionism
- Anatomy & Physiology: re-distributes energy to the rest of the body, pancreas, stomach, abdomen, duodenum, lower back, throat, digestive system, skin, adrenal system, sexual hormones, gallbladder, thyroid, diaphragm, liver, intestines, and all the muscles of the body

Suggested Stones for the Solar Plexus Chakra:

Citrine

Rutilated Quartz

Yellow Topaz

Golden Calcite

• Golden Tiger's Eye

• Pineapple Calcite

Yellow Sapphire

Sulfur

Golden Quartz

Heliodor

Pyrite

Gold



Heart Chakra:

- Activating Colors: green & pink
- Balancing Colors: red & teal
- Location: in the center of the chest
- Associations: balance, personal growth, love, meditation, fertility, wealth & prosperity, luck, emotional healing, calmness, friendship, reassurance, modesty, inner child healing, inner beauty, humanitarianism, activism, emotional protection, bliss, affection, nurturing, comfort, self-love, acceptance, inner peace, harmony, and compassion & empathy
- Deficient Energy Qualities: unfeeling & self-defeating
- Excessive Energy Qualities: clingy & critical
- Anatomy & Physiology: heart, nose, lymphs, blood pressure, sleep cycle, pericardium, thymus, lungs, arms, hands, immune system, and thymus

Suggested Stones for the Heart Chakra:

• Green Aventurine

Rose Quartz

• Emerald

Peridot

Malachite

Rhodochrosite

Pink Calcite

• Green Tourmaline

Unakite

• Watermelon Tourmaline

• Green Nephrite Jade

Rhodonite



Throat Chakra:

- Activating Colors: light blue, blue, and teal
- Balancing Colors: orange, yellow, and red
- Location: in the center of the throat at the base of the neck where the throat meets the chest
- Associations: communication, present moment consciousness, artistry, meditation, spiritual bliss, creative self-expression, serenity, tranquility, forgiveness, spirituality, inner truth, and peace
- Deficient Energy Qualities: suppressed & timid
- Excessive Energy Qualities: prone to outbursts & arrogance
- Anatomy & Physiology: metabolism, ears, skin, esophagus, lungs, thyroid, gums, eyes, nerves, muscles, vocal cords, throat, and nervous system

Suggested Stones for the Throat Chakra:

- Blue Fluorite
- Aquamarine
- Celestite
- Angelite
- Blue Topaz
- Blue Lace Agate
- Ajoite Quartz
- Aqua Aura Quartz
- Turquoise
- Chrysocolla
- Blue Euclase
- Blue Quartz



Third Eye Chakra:

- Activating Colors: indigo & violet
- Balancing Colors: orange
- Location: between and slightly above the two physical eyes near the center of the forehead or on the back of the body near the base of the skull
- Associations: intuition, past lives, mental expansion, divine guidance, uplifting energy, psychic awareness, non-attachment, consciousness, forgiveness, self-reflection, charisma, channeling, self-realization, spirituality, spiritual liberation, self-mastery, meditation, sleep cycle, telepathy, ethics, values, astral travel, higher self this chakra acts as a command center or master chakra, controlling all other chakras
- Deficient Energy Qualities: over-analyzing & undisciplined
- Excessive Energy Qualities: manipulative & lacks psychic boundaries
- Anatomy & Physiology: brain, eyes, pineal gland, pituitary gland, ears, endocrine system, and the sinuses

Suggested Stones for the Third Eye Chakra:

- Tanzanite
- Lapis Lazuli
- Sodalite
- Azurite
- Iolite
- Tanzan Aura Quartz
- Shattuckite
- Blue Tourmaline
- K2 Jasper
- Indigo Fluorite
- Blue Apatite
- Blue Kyanite









Crown Chakra:

- Activating Colors: violet, gold, and white
- Balancing Colors: yellow & red
- Location: the top of, or slightly above, the head
- Associations: transformation, truth, divine connection,
 miracles, spirituality, trust, spiritual healing, wisdom, charity,
 generosity, subconscious connection, gratitude, divine
 protection, inner peace, purification, morality, spiritual
 awareness and higher consciousness, divine guidance, clarity,
 cosmic ascension, and Oneness
- Deficient Energy Qualities: skeptical & indecisive
- Excessive Energy Qualities: ungrounded & self-destructive
- Anatomy & Physiology: brain, hair, head, pituitary gland, pineal gland, nervous system, eyes, scalp, and nervous system

Suggested Stones for the Crown Chakra:

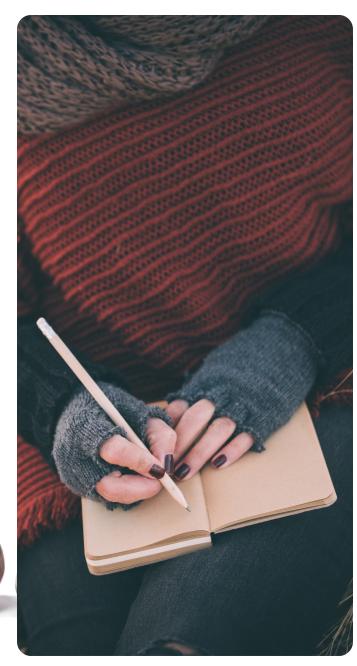
- Clear Fluorite
- Clear Quartz
- Amethyst
- Purple Fluorite
- Sugilite
- Clear Calcite
- Charoite
- Selenite
- Apophyllite
- Ametrine
- Spirit Quartz
- Stichitite



Write Your Own Chakra Affirmations:

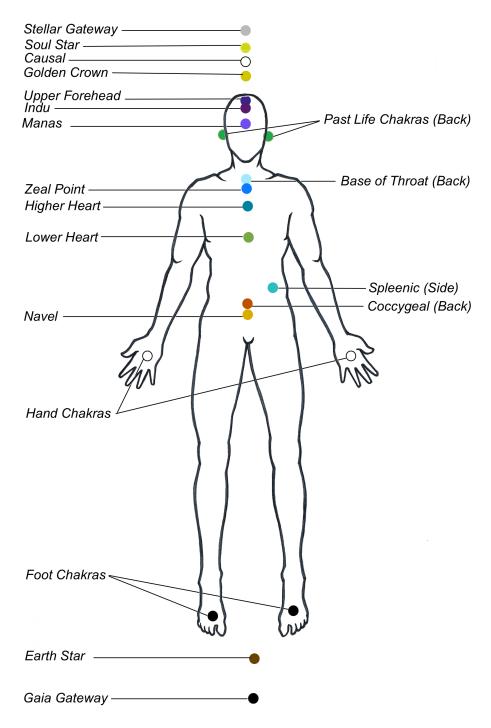
Using the properties and characteristics for each of the seven major chakras, write an affirmation for each using the spaces below. These will act as your own personal affirmations for powerful healing and balancing of your energy centers. For a printable version of this worksheet, please visit: http://tinyurl.com/ChakraAffirmations





The Minor Chakras:

In crystal healing, the seven chakra system is most commonly used. However, there are many minor chakras that can influence the energy body and may need to be balanced, from time to time, under particular circumstances.

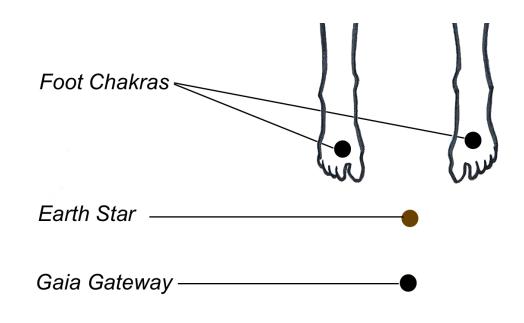


Gaia Gateway Chakra:

- Colors: black
- Location: about 1 foot beneath the feet
- Associations: brings
 earth energy into the
 body, the grounding
 cord here attaches the
 energy body to the earth

 Stones: black tourmaline, jet, and black obsidian



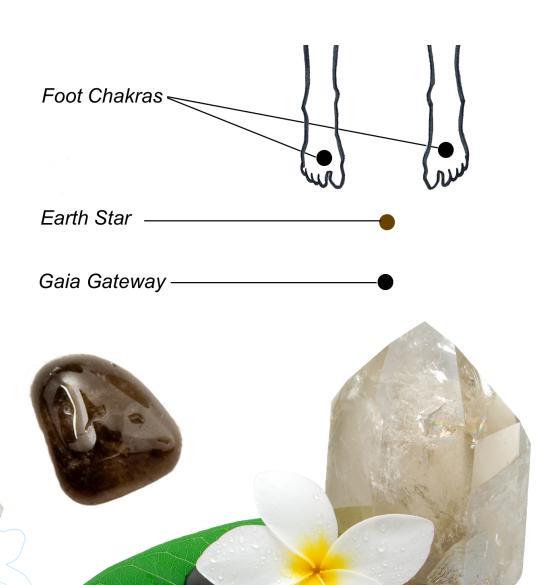






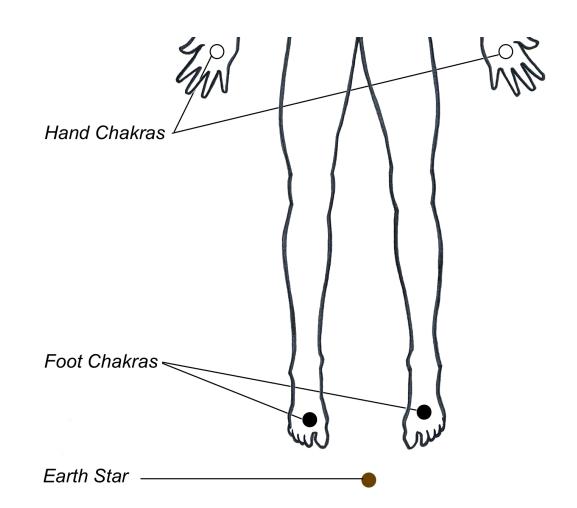
Earth Star Chakra:

- Colors: brown
- Location: between and just below the feet
- Associations:
 grounding, centering,
 and stability
- Stones: petrified wood, smoky quartz, and bronzite



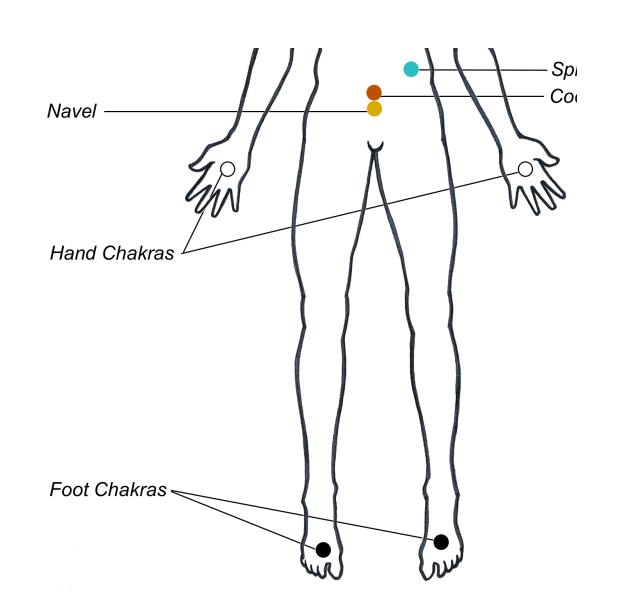
Foot Chakras:

- Colors: black & white
- Location: in the center of the soles of the feet
- Associations: grounding
- Stones: snowflake obsidian, zebra jasper, picasso jasper



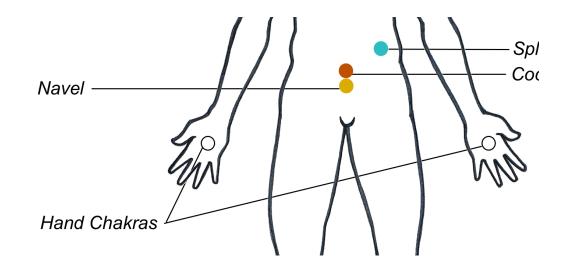
Hand Chakras:

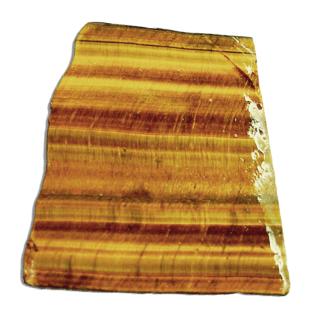
- Colors: white & black
- Location: in the center of the palms of the hands
- Associations:
 spiritual growth,
 aspirations
- Stones: howlite, pinolith, orthoceras fossil



Navel Chakra:

- Colors: yellow-orange & gold
- Location: about three fingers' width beneath the navel
- Associations: regulates desire and attachment
- Stones: golden quartz, yellow jasper, and golden tiger's eye
- Note: Not to be confused
 with the "Navel Chakra"
 that is sometimes used as an
 alternative name for the
 Solar Plexus Chakra.





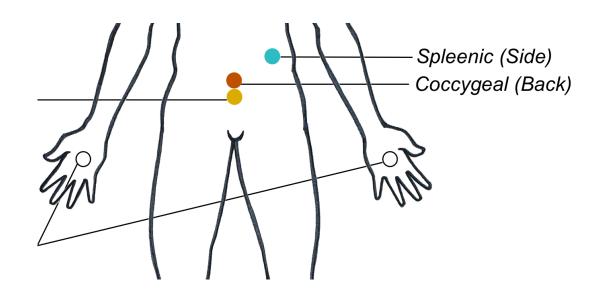


Coccygeal Chakra:

- Colors: burnt orange or rust
- Location: in the back of the body at the level of the Sacral Chakra

 Associations: relates to our memories and how they affect us

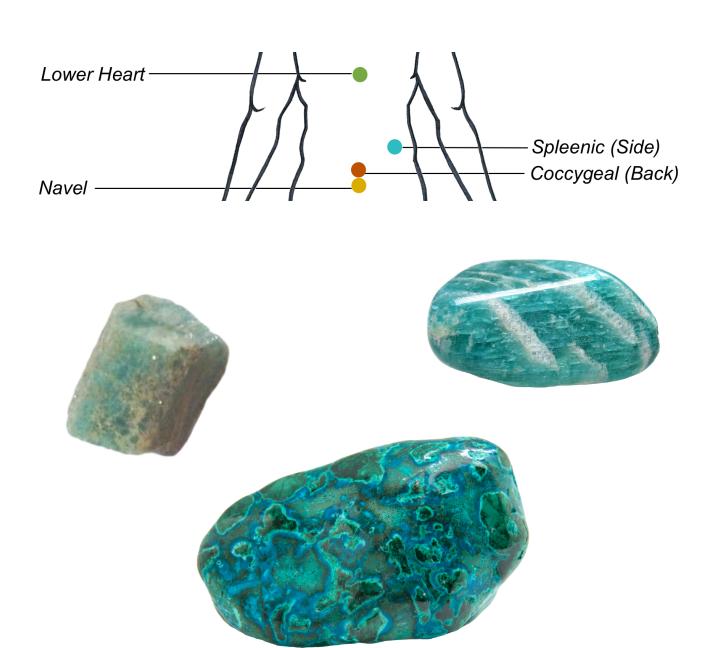
 Stones: carnelian, hematoid quartz, tangerine quartz





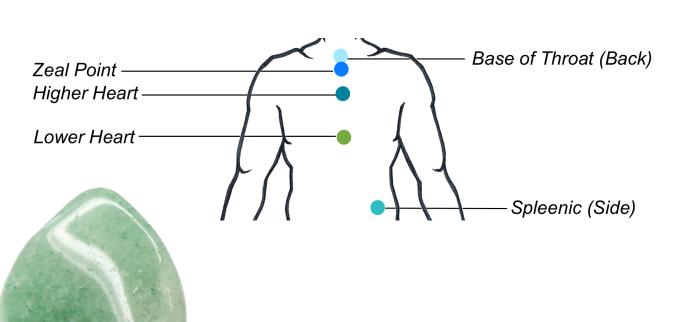
Spleenic Chakra:

- Colors: bluegreen
- Location: under the left rib cage near the spleen
- Associations:
 spleen, spiritual
 devotion
- Stones:
 chrysocolla,
 quantum
 quattro silica,
 amazonite



Lower Heart Chakra:

- Colors: green
- Location: in the center of the chest just below the Heart Chakra
- Associations:
 healing & selfesteem
- Stones: green nephrite jade, green aventurine, emerald



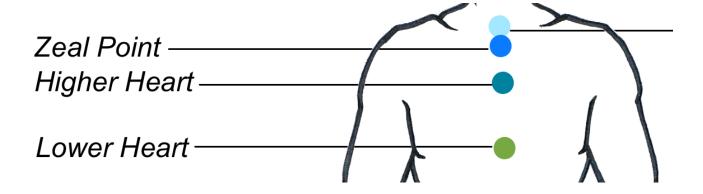






Higher Heart Chakra:

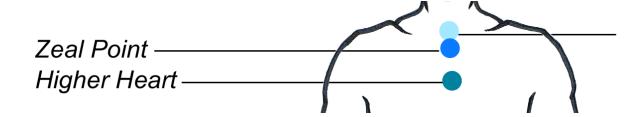
- Colors: teal
- Location: in the center of the chest just above the Heart Chakra
- Associations:
 compassion,
 forgiveness, and
 love
- Stones: turquoise, blue opal, gem silica





Zeal Point Chakra:

- Colors: blue
- Location: between the heart and the throat
- Associations: acts
 as a bridge
 between reason
 and the emotions
- Stones: blue apatite, blue quartz, aquamarine









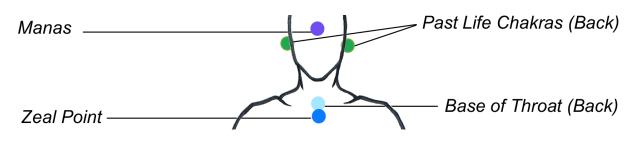
Base of the Throat Chakra:

• Colors: turquoise

Location: on back
 side of the body
 where the neck
 meets the shoulders

 Associations: making choices & decisions

 Stones: turquoise, amazonite, chrysocolla



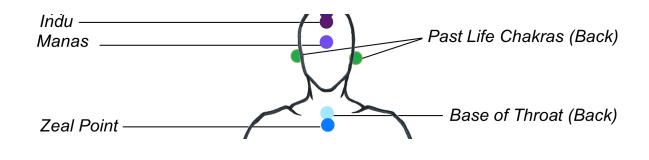






Past Life Chakras:

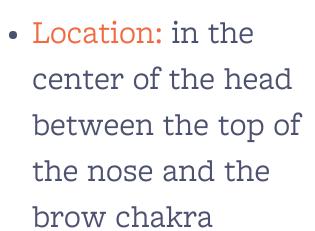
- Colors: green
- Location: behind and just below the ears
- Associations: past life connection, access to akashic records, karmic cleansing
- Stones: green tourmaline, dioptase, green diopside



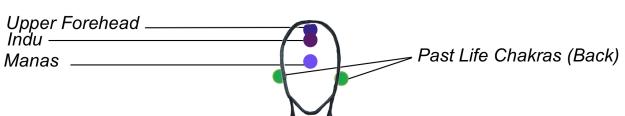


Manas Chakra:

Colors: indigo & violet



- Associations: intellect
- Stones: tanzanite, iolite, azurite

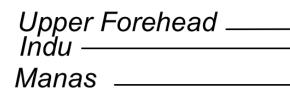




Indu Chakra:

- Colors: indigo & violet
- Location: just above the brow chakra
- Associations: divine love
- Stones: lapis lazuli, sodalite, blue kyanite







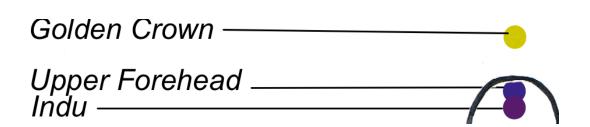






Upper Forehead Chakra:

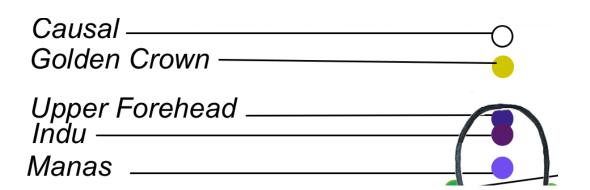
- Colors: indigo & violet
- Location: between
 the brow chakra and
 the crown chakra
 (near the hairline)
- Associations:
 consciousness &
 brain function
- Stones: charoite, sugilite, stichitite





Golden Crown Chakra:

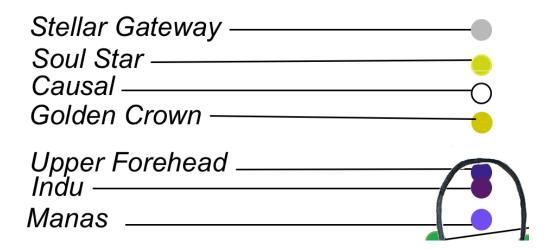
- Colors: gold
- Location: just above the crown chakra
- Associations:
 brings heavenly chi
 into the body,
 clarity
- Stones: pyrite,
 golden rutilated
 quartz, gold





Causal Chakra:

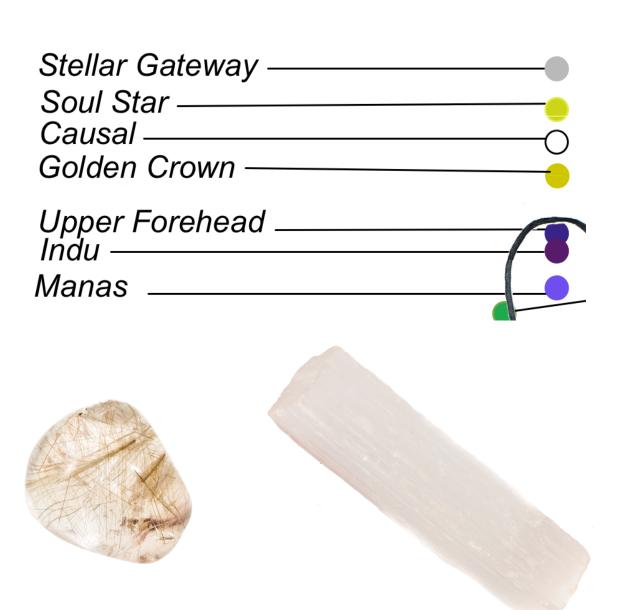
- Colors: teal, pink,
 and white
- Location: just above the Golden Crown Chakra
- Associations: past lives
- Stones: amazonite, pink opal, white onyx





Soul Star Chakra:

- Colors: gold & white
- Location: just above the Causal Chakra
- Associations:
 divine connection,
 oneness, and soul
 mates
- Stones: golden rutilated quartz, selenite, scolecite



Stellar Gateway Chakra:

- Colors: gold & silver
- Location: just above the Soul Star Chakra about a foot above the top of the head
- Associations: enlightenment
- Stones: pyrite, hematite, silver

Stellar Gateway ———	
Soul Star ———	•
Golden Crown ————	0
Upper Forehead	
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Chakra Crystal Casting Board:

- use to help you intuitively heal your chakras
- for self or distant healing (place a photo of the person on the board)
- as a pendulum chart

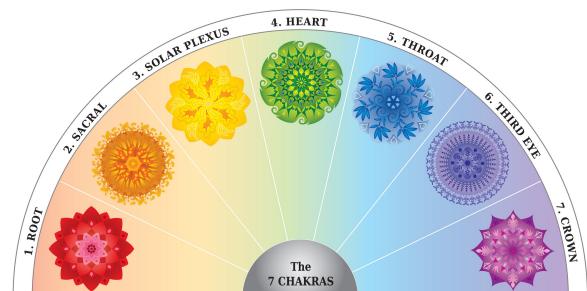


How to Use for Chakra Activation & Balancing:

- Cast the stones on the board
- Move each crystal to the closest chakra - where the stones fall on the board will guide your placement of crystals on the body
- stones that fall off the board are not needed

Chakra Healing Pendulum Chart:

Use this chart with your pendulum to determine which chakras may most need healing energy at this time. Begin by holding your pendulum over the gray area in the center of the chart. Ensure that your pendulum is still, then ask your pendulum to show you the chakra that most needs healing at this time. Follow the first swing of your pendulum to determine which chakra needs your attention. After discovering your answer, you can use one of the chakra layouts or grids in the previous sections to energetically support the healing and balancing of this energy center. For a printable version of this image to use in your Crystal Chakra Grid, please visit: http://tinyurl.com/ChakraPendulumChart



Why Chakra Balancing?

Because each individual person has a unique energy frequency, the resonance that is created by introducing a crystal into the energy field may vary from person to person. (Ex. Amethyst to help headaches)

Because of the variety of experiences people have when using crystals for healing, many crystal healing practitioners have used crystals to target specific areas of the human energy field in order to achieve more uniform results.

The most common way to heal a specific area of the human energy field is through chakra balancing with stones. By placing crystals on the chakras, you can use the healing vibrations given off by the crystal to correct any imbalances within the chakra.

When to Do a Chakra Balance:

Performing this chakra balancing technique about once a month is wonderful because it gives your energy body a little energetic tune-up.

However, if you go through something particularly traumatic or something that just really zaps your energy, it would be beneficial to do it a bit more frequently (maybe once per week) until you're feeling whole, healthy, and balanced.

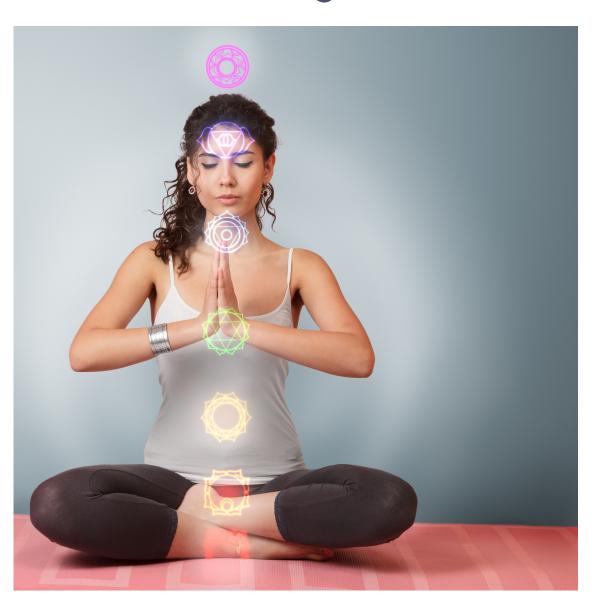
Chakra Healing Session Notes:

Use the chart below to keep records of the stones you use during your Chakra Healing Sessions. Fill in the name of each stone on the diagram below and make notes about your experiences on the lines to the right. For a printable version of this worksheet, please visit http://tinyurl.com/ChakraBalancingWorksheet

Chakra Activation & Balancing Layout:



Group Chakra Activation & Balancing Session:



Strengthening the Chakra System with a Visualization Exercise:



Crystal Chakra Empowerment Exercise:



Step-by-Step Instructions to Create a Selenite Chakra Wand:

