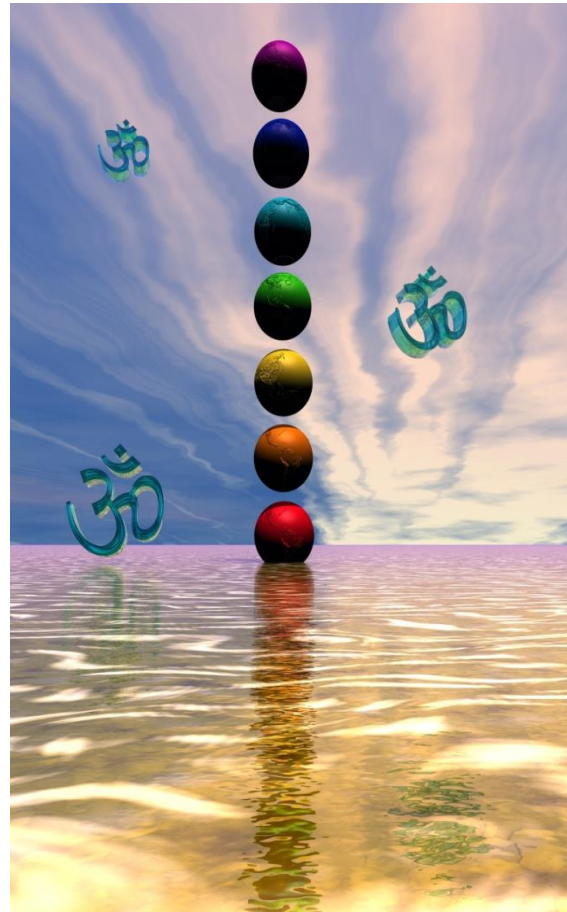


Chakra Healing Crystals and Stones

Crystals have been around on the earth for thousands of years and are unique in that they have perfect atomic structures/energy balance. These structures allow them to be transmitters, storers and reflectors of cosmic energy contained deep within the earth. Crystals have extremely special properties allowing them to receive, focus and convert energy. Quartz crystals are used to amplify sound waves in radios, and light waves in televisions.

Crystals can be used in both a passive and active way. For example crystals are often used in healing and meditation practices to focus and re-direct energy in many positive ways. Crystals can be left in a space at home or work allowing it to rebalance /re-energise the energy within the space. You may choose to wear a crystal around your neck, in your pocket or hold/place during meditation. As our thoughts, feelings and desires are also energy this enables you to use crystals to enhance your meditation and affirmation practice.



Choosing Crystals

It is important to find the crystals that attract you personally. There are no clear rules for what does/doesn't make a suitable crystal. Larger, more expensive crystals does not necessarily mean better for you; finding the right crystals for you is an energy journey.

It is advisable to choose your crystals from the heart as it is your hearts desires that you are trying to manifest. A simple exercise is to hold it in your hand for a few minutes, to bring your awareness to your breath, becoming present; you may instantly feel drawn to the crystal; you can ask a question in your mind; again you will know if it's the



right crystal for you.

All crystals are aligned to different strengths and areas that you can focus; including the 7 major chakras that can support healing, cleansing, meditation and affirmation practice.



Crystals and the Chakras

Each Chakra also has healing crystals and gemstones of co-ordinated Chakra colors, which can be used in crystal healing. Chakra colour healing can have a profound effect physically, emotionally and spiritually; if our Chakras are blocked or drained, then our body, spirit and mind cannot function properly. Clearing and balancing our Chakras with Chakra colours, crystals and Chakra sounds, breath and positive affirmation can easily and effectively, bring us back into a vibrant and healthy balance.

Chakra	Colours	Chakra Stones
Root	Red Black Brown Grey	Garnet Onyx Jasper Ruby Bloodstone
Sacral	Orange	Carnelian Moonstone Tourmaline Yellow jasper Sunstone
Solar plexus	Yellow	Citrine Yellow Sapphire Calcite orange Ametrine Hematite Amber Tigers eye Citrine Gold topaz Agate
Heart	Green Pink	Rose Quartz Green Tourmaline Kunzite

DAILY PRACTICE COMBINED WITH THE ELEMENTS

Chakra	Colours	Chakra Stones
		Emerald Green jade Quartz Amazonite Chrysocolla Rhodonite Aventurine
Throat Chakra	Sky Blue Aqua Turquoise	Turquoise Blue agate Chalcedony Aquamarine Black onyx Mauri greenstone Quartz
Brow/Third Eye	Indigo Purple Dark Blue	Sodalite Lapis Lazuli Opal Sodalite Fluorite Lepidolite Quartz
Crown	Violet White Gold	Amethyst Clear Quartz Topaz Sapphire Garnet Smoky quartz

Clearing and Programming Chakra Crystals

Chakra crystals are a tool and can be like a storage battery for thought energy. “Clearing” has to do with the energy of the stone or crystal.

Chakra crystals can be “programmed” with our thought energy and then act on our subtle chakra energy fields. They also help to create situations in our lives that will lead us in directions that allow positive growth and healing.



Clearing a Crystal/Gemstone

Clearing a Chakra crystal or gem stone is a simple task, and it is a way to ensure that there are no left over negative energies from the person who owned it before you. It is a way to personalise your Chakra crystal, and create a new energy bond between you and your new gem stone partner.

There are several established methods for cleansing crystals:

Soaking the crystals in sea salt/spring water- approx one teaspoon of salt to every three pints of water- leave it for several hours/overnight. Be careful to ensure this is suitable for your crystal, some crystals are too sensitive for this method e.g. Stones that should not be soaked in salt water include crystals that are porous, contain metal or have a water content and include Pyrite, Lapis Lazuli, Opal, Hematite.

Leave the crystal in a place where it can receive **direct sunlight/moon light**

Burn some sage and surround it with smoke

Cleanse the crystal in a singing bowl, placing it into the bowl and using the sound vibrations to cleanse

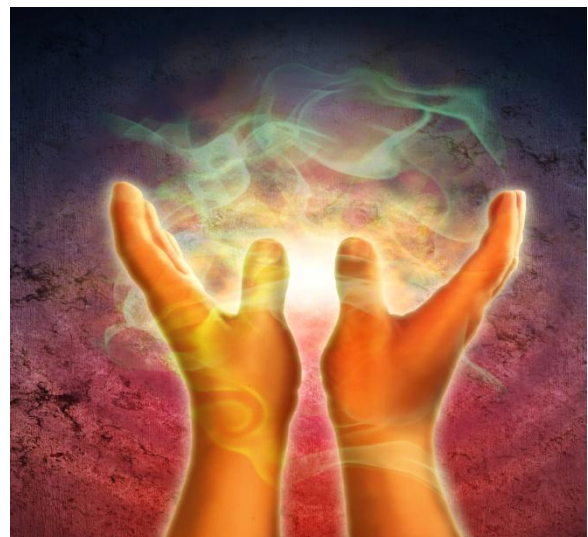
Cleanse the crystals drawing energy from the earth and sky as a bright white light; imagine the white light flowing through your crystals removing impurities and blockages

To Programme your Crystals:

To program your new Chakra crystal, simply hold it in your hand, close your eyes, then in your imagination, create an image of what you want your crystal or gem stone to help you create.

Keep your Chakra crystal close to your skin, and when you cannot wear it, store it in a special box or bag.

When you have cleansed and programmed your crystal, you can try your first meditation with it, to increase your connection with its energies and the crystals with yours.



Chakra Crystal Meditation

Preparation:

Crystal Meditation is about using your crystals to aid you to create a specific outcome during meditation. Any stone may be used, quartz crystals are especially good as they are a master crystal but you can really use any crystals.

By using a crystal to aid you while doing meditation, you may be enabled to stimulate a number of different gifts or talents, and this will depend on what it is you desire to be the outcome. There are a number of different outcomes you may want to achieve from this practice.

Choose one or more stones for each chakra that you have previously cleansed. You may want to balance all of your chakras, even if you have a particular one to work on. If lying down place each stone on the appropriate location or by the side of the chakra on the bed. I like to hold a clear quartz point in one hand and a rose quartz in the other. If sitting you can hold the crystals in your hand or place the crystals beneath your chair or a mixture of both.

As your awareness increases:

After you've practiced this for a while you may want to visualise the colour associated with each chakra as the breath travels through the related part of the body. If you are working on a particular chakra, you may want to create an affirmation related to it. For example, a fourth-chakra affirmation could be "I give and receive love unconditionally." Repeat the affirmation to yourself; visualise yourself flooded with the colour rose. Imagine yourself in loving situations. You can't overdo chakra balancing, and it's a relaxing and simple way to meditate. As you continue to practice it you will find yourself more attuned to your subtle energies. You will become more aware of imbalances before they express themselves physically.

I have a series of Chakra Meditations available to download within the Inner Sanctuary section of my website you may like to use with this