

Section 3: Balancing Chakras With Crystals

Along with your physical body, you also have a subtle body that consists of channels of energy also known as meridians or nadis. When the flow of energy through any of these channels gets blocked or slows down, you can become ill. When your energy flows freely, you live in a state of good emotional, mental, physical and spiritual health. Some of the ways to help enhance the free flow of energy through the subtle body are through acupuncture, reiki and crystal healing.

Chakras

Chakra is the Sanskrit word for wheel. When two or more channels of energy cross in the body, a chakra exists. Chakras are energy centers and they are the easiest places to exchange energy with the outside world. Chakras can go in and out of balance and alignment and is something that happens naturally all the time. Healthy chakras are flexible and move in and out of balance, it is when chakras go far out of balance and alignment then they take a long time to go back, and that is when they need to be healed.

Each chakra enhances qualities on emotional, mental, physical and spiritual levels. When all of the chakras are balanced and aligned several positive benefits can be felt. You can place crystals directly on or around the chakra points on the body to facilitate healing. You can also place crystals directly on the area of discomfort or pain. The crystals will help to focus the energy directly to the body so that it reaches the areas on the body where it is needed most.

The Seven Chakras include the Crown, Brow, Throat, Heart, Solar Plexus, Sacral and Base Chakras. To locate the seven chakras you start at the top of the head with the Crown Chakra, to the Brow Chakra which is also known as the Third Eye Chakra in the center of the forehead above the eyebrows, to the Throat Chakra in the center of the throat. Next is the Heart Chakra in the center of the chest, the Solar Plexus Chakra behind the soft cartilage at the bottom of the breast bone, the Sacral Chakra which is just below the belly button. A good way to locate the Sacral Chakra is to place your thumb on your belly button with your palm on your tummy, the Sacral Chakra will be underneath the palm of your hand. The Base Chakra is at the base of the spine.

Each of the Seven Chakras is associated with a different concept. The Seven Chakras and their associated crystals make up the colors of the rainbow starting with purple at the Crown Chakra.

The Crown Chakra is associated with spirituality, a connection to the universe, awareness, imagination, and optimism. Associated crystal is Amethyst.

The Brow Chakra is associated with the mind, dreams, ideas, psychic abilities and thoughts. Associated crystal is Lapis Lazuli.

The Throat Chakra is associated with communication, expression, freedom, leadership, and responsibility. Associated crystal is Blue Lace Agate.

The Heart Chakra is associated with love, adventure, relationships, safety, and trust. Associated crystal is Malachite.

The Solar Plexus Chakra is associated with the physical center, emotions, and personal power. Associated crystal is Citrine.

The Sacral Chakra is associated with connection to other people, confidence, creativity, and energy. Associated crystal is Carnelian.

The Base Chakra is associated with survival, connection to the Earth, health, abundance, and moving forward in life. Associated crystal is Red Jasper.

Crystals for Chakras

Crystals are associated with the seven chakras, which are the specific energy centers in the body. Each of the seven chakras is linked with certain emotions, which is why crystals are so effective in clearing and activating these energetic pathways.

Crown Chakra. Located at the top of the head, the Crown Chakra is where enlightenment and transcendence occurs. For those crowning, important moments, purple stones such as Amethyst are excellent spiritual companions. Other supportive crystals of the crown chakra are white stones such as Clear Quartz and Selenite.

Brow or Third Eye Chakra. Located in the center of the eyebrows, the third eye is associated with your intuition and wisdom of your higher self. Indigo colored crystals such as Fluorite, Lapis Lazuli, and Sodalite help with creative inspiration by opening the door of inner wisdom.

Throat Chakra. Located at the center of the throat this chakra supports clear and effective communication, which makes it a popular crystal in necklaces. When blue stones like Aquamarine and Lapis Lazuli touch the skin, they help to balance the throat chakra by enhancing self-expression. Other stones such as Angelite, Blue Apatite and Sodalite, are also associated with the throat chakra,

giving you the energy and support that you need to speak the truth with loving communication.

Heart Chakra. When this energy center is activated and cleansed, the energetic body will begin to radiate love of all kinds. This positive, light-filled energy will attract positive influences into your life and strengthen the relationships you already have. For heart chakra healing, inspire feelings of love and compassion with Rose Quartz, Aventurine, and Rhodonite.

Solar Plexus Chakra. Yellow gemstones are excellent for balancing the solar plexus chakra thanks to bright and cheerful colors that encourage optimism and motivation. Be focused and confident because, with Citrine, Yellow Jasper, Rutilated Quartz, and Pyrite by your side, you can be successful at whatever you set out to do.

Sacral Chakra. An unbalanced sacral chakra can make you feel depressed or lethargic. Alternatively, if this energy center is overactive, you could be overemotional. Bring it all into balance with Carnelian, Orange Calcite, Tiger's Eye, and Sunstone, the gemstones of inspiration, excitement, and motivation.

Root Chakra. Always feel grounded and anchored to the earth with root chakra stones like Red Garnet, Red Jasper, Smoky Quartz, Black Onyx, and Hematite. Wear it on the skin as jewelry or keep it throughout the home and you'll begin to notice a renewed sense of confidence.

Placing Crystals

When using crystals on the chakra points you want to create a special place where you can do your crystal work. Place the appropriate crystal on each of the 7 chakra points and lie still, resting and relaxing for 30 minutes. You can repeat this daily until you are feeling better.

Try and be aware of how you are feeling during this crystal practice. Each crystal will feel different, some hot or cold, some light or heavy. You may experience different sensations when you place the crystals on the body. You may have tingles or sensations on the spot the crystal is placed or in other areas of the body. The practice may make you feel calm and relaxed. Accept all that sensations or thoughts that you feel during the process.

Crystal Points

Using four quartz crystal points around each of the 7 chakras crystal can help to intensify the effect. Crystal points are a more powerful way to heal the different

chakras. Place the four crystal points to point towards the central chakra crystal. This technique will help to focus the energy into the chosen chakra.