

Crystal Chakras

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The chakras are linkage points between your aura (the subtle bodies that form the biomagnetic sheath around your physical body) and your physical body. Mediating energy and regulating subtle communication between dimensions, each chakra links to a specific area of life and to various organs and conditions. Loosely speaking, the chakras below the waist are primarily physical although they can affect the endocrine glands and from that the personality, those in the upper torso are aligned to emotional functioning that can create psychosomatic conditions, as can those in the head that function on a mental and intuitive basis but may have physical repercussions. Any imbalance, blockage or disturbance in these chakras can create dis-ease that will ultimately manifest in your physical body but which can be restored to equilibrium before physical illness results.

Traditionally, each chakra is linked to specific organs and has its own colour, although there are different colour crystals that relate to specific chakras. By placing crystals of the appropriate colour and vibration on the chakras, chakra imbalances are quickly eliminated and the chakras harmonized to work together, leading to better health and a sense of well-being. Two of the oldest – over 5000 years - chakra-organ-dis-ease connections are bloodstone with the liver and kidneys and hematite with the liver and blood.

Earth chakra: brown stones

Base chakra: red stones

Sacral chakra: orange stones

Solar plexus chakra: yellow stones

Heart chakra: green stones

Higher heart chakra: pink stones

Throat chakra: blue stones

Brow chakra: indigo stones

Crown chakra: violet stones

Higher crown chakra: white or clear stones

If a chakra is stuck open it is known as a blown chakra and will lead to negative conditions. A blown chakra is particularly vulnerable to outside influence as there is no protection. Similarly, a chakra can be stuck in the closed position leading to blockages

and negative qualities manifesting. A chakra may be blocked because of your own past or because other people 'put a block' on it – they control you, don't want you to see, etc.

Earth star chakra (beneath the feet): The sphere of everyday reality and groundedness. Imbalances or blockages lead to discomfort in your physical body, feelings of helplessness, and inability to function practically in the world. Earth chakra imbalances pick up adverse environmental factors such as geopathic stress, 'black' ley lines and toxic pollutants.

Negative quality: powerlessness. *Positive quality:* empowerment.

Typical dis-eases are lethargic: ME, arthritis, cancer, muscular disorders, depression, psychiatric disturbances, auto-immune diseases.

Base chakra (base of your spine/perineum): The sphere of basic survival instincts and security issues. Imbalances lead to sexual disturbances and feelings of stuckness, anger, impotence and frustration and inability to let go. Fight or flight response. *Negative quality:* insecurity and alienation. *Positive quality:* inner security and connectedness.

Typical dis-eases are constant low level or flare up suddenly: stiffness in joints, chronic lower back pain, renal, reproductive or rectal disorders such as fluid retention / constipation (diarrhea if stuck open), varicose veins or hernias, the extremes of bi-polar disorder, glandular disturbances, personality and anxiety disorders, auto-immune diseases

Sacral chakra (navel) (slightly below your belly button): The sphere of creativity, fertility and acceptance of yourself as a powerful and sexual being. Imbalances lead to infertility and blocked creativity. The sacral chakra is where 'hooks' from other people may make themselves felt, particularly from sexual encounters.

Negative quality: selfish with low self-esteem. *Positive quality:* self-worth and confidence.

Typical dis-eases are toxic and psychosomatic: PMT and muscle cramps, reproductive blockages or diseases, impotence, infertility, allergies, addictions, eating disorders, diabetes, liver or intestinal dysfunction – irritable bowel, chronic back pain, urinary infections

Solar plexus chakra (slightly above your waist): The sphere of emotional communication and assimilation. Blockages can lead to taking on other people's feelings and problems or to being overwhelmed by your own emotions. It affects energy assimilation and utilization and concentration. Emotional "hooks' from other people can be found here. 'Illness as theatre' occurs, playing out the emotional story.

Negative quality: inferiority and clinginess. *Positive quality:* emotional stability.

Typical dis-eases are emotional and demanding: stomach ulcers, M.E, 'fight or flight' adrenaline imbalances, insomnia and chronic anxiety, digestive problems, gallstones, pancreatic failure, eczema and other skin conditions, eating disorders and phobias.

Heart seed – base of breastbone. Soul's purpose in incarnating.

Heart chakra (over your heart): The sphere of love and nurturing. If your heart chakra is blocked, love cannot flourish, feelings such as jealousy are common and there is enormous resistance to change.

Negative quality: possessiveness. *Positive quality:* compassion and peaceful harmony.

Typical dis-eases are psychosomatic and reactive: heart attacks, angina, chest infections, asthma, frozen shoulder, ulcers.

Spleen chakra (below left armpit): The sphere of assertion and empowerment where the psychic vampires link in to get their energy fix. If this chakra is imbalanced, you will have anger issues or suffer constant irritation, with your body turning in to attack itself. If the chakra is too open, other people can draw on your energy, leaving you depleted particularly at the immune level.

Negative quality: aggression. *Positive quality:* self-assertive and empowered.

Typical dis-eases arise from depletion: lethargy, anaemia, low blood sugar.

Higher heart chakra (thymus) (between the heart and the throat): The sphere of compassion. If this chakra is blocked, unconditional love and service cannot be offered. You will be emotionally needy and unable to express feelings openly.

Negative quality: neediness. *Positive quality:* unconditional love.

Typical dis-eases follow those of the heart: arteriosclerosis plus viral infections, tinnitus, epilepsy.

Throat chakra (the centre of your throat): The sphere of communication. If this chakra is blocked, your thoughts and feelings cannot be verbalized. Your truth cannot be expressed. Other people's opinions can cause you difficulties.

Negative quality: mendacity. *Positive quality:* truthful self-expression.

Typical dis-eases are active and block communication: sore throat/quinsy, inflammation of trachea, sinus, constant colds and viral infections, tinnitus and ear infections, jaw pain and gum disease, tooth problems (relate to root beliefs), thyroid imbalances, high blood pressure, ADHT, autism, speech impediment, psychosomatic dis-eases such as irritable bowel.

Brow chakra (third eye) (above and between your eyebrows): The sphere of intuition and mental connection. Imbalances here can create a sense of your being bombarded by other people's thoughts, or being overtaken by wild and irrational intuitions that have no basis in truth. Controlling or coercing mental 'hooks' from other people can lock in here and affect your thoughts.

Negative quality: delusion. *Positive quality:* intuitive insight.

Typical dis-eases are intuitive and metaphysical: migraines, mental overwhelm, schizophrenia, cataracts, iritis and other eye problems, epilepsy, autism, spinal and neurological disorders, sinus and ear infections, high blood pressure, 'irritations' of all kinds.

Crown chakra (top of your head): The sphere of spiritual communication and awareness. If the crown chakra is blocked, attempting to control others is common, and if it is stuck open, obsession and openness to spiritual interference or possession can result. If the crown chakra is not functioning well it can lead to excess environmental sensitivity and delusions or dementia.

Negative quality: arrogance. *Positive quality:* spirituality.

Typical dis-eases arise out of disconnection: metabolic syndrome, 'unwellness' with no known cause, nervous system disturbances, electro-magnetic and environmental sensitivity, depression, dementia, M.E., insomnia or excessive sleepiness, 'biological clock' disturbances such as jet lag.

Past-life chakras (three fingers breadth behind your ears, just above the bony ridge): The sphere of memory and hereditary issues. Imbalances mean that you are stuck in the past and cannot move forward, and may well be repeating your own past life patterns or ancestral patterns that have passed down through your family. This is also a point where people from the past can attach and control you.

Negative quality: dependence. *Positive quality:* self-directed.

Typical dis-eases: chronic illnesses, especially immune or endocrine deficiencies, genetic or physical malfunctions.

Crystals for cleansing and recharging your chakras

To an intuitive eye chakras spin, looking like whirling catherine wheels of light. Dull or black patches or a spin that 'wobbles', or is too fast or slow, signifies dis-ease at the physical, emotional, mental or spiritual level according to the chakra concerned. Fortunately you do not need to 'see' such dis-ease because a crystal will pick up any

disharmony, rectify it and re-energise the chakra. Different bodies have chakras that spin in different directions so you need to establish the right direction and speed of spin for you (see *The Crystal Experience*)

You can either do a complete chakra cleanse and recharge, as below, or you can cleanse one chakra if you particularly identify with the issue or qualities for that chakra or if you have an illness associated with that chakra. Throat or lung conditions, for instance, respond to treating the throat chakra and abdominal distress to treating the base or sacral chakra.

Chakra rebalancer (taken from *Crystal Healing* and *Crystal Experience*, Godsfield Press)

Place a stone of the appropriate colour on each chakra and leave in place for 20–30 minutes.

Full Chakra Cleanse, Balance and Recharge

1. Place Smoky Quartz between and slightly below your feet. Picture light and energy radiating out from the crystal into the earth chakra for two or three minutes and be aware that the chakra is being cleansed and its spin regulated.
2. Place Red Jasper on the base chakra. Picture light and energy radiating out from the crystal into the base chakra as before.
3. Place Orange Carnelian on your sacral chakra, just below the navel, see the light and feel the cleansing process.
4. Place Yellow Jasper on your solar plexus.
5. Place Green Aventurine on your heart.
6. Place Blue Lace Agate on your throat.
7. Place Sodalite on your brow.
8. Place Amethyst on your crown.
9. Place a high vibration crystal above your head.
10. Now take your attention slowly from the soles of your feet up the midline of your body feeling how each chakra has become balanced and harmonized.
11. Remain still and relaxed, breathing deep down into your belly and counting to seven before you exhale. As you breathe in and hold, feel the energy of the crystals re-energising the chakras and from there radiating out through your whole being.
12. When you feel ready, gather your crystals up, starting from the crown. As you reach the earth chakra, be aware of a grounding cord anchoring you to the earth and into your physical body.
13. Cleanse your stones thoroughly (see page xx).

Chakras:

align: Kyanite, Citrine, Quartz

align with physical body: Amber

balance: Sunstone

base: red stones, Fire Agate, Garnet, Pink Tourmaline, Smoky Quartz, Red Calcite, Red Jasper, Azurite, Bloodstone, Chrysocolla, Obsidian, Golden Topaz, Black Tourmaline, Carnelian, Citrine, Cuprite

blockages: Clear Quartz, Lapis Lazuli, Azurite, Bloodstone

blown: Fire Agate (see Chakra Connections, page xx)

brow/third eye: indigo stones, Apophyllite, Sodalite, Moldavite, Azurite, Herkimer Diamond, Lapis Lazuli, Garnet, Purple Fluorite, Kunzite, Lepidolite, Malachite with Azurite (use as polished stone, make remedy by indirect method), Royal Sapphire, Electric-blue Obsidian, Yellow Labradorite, Aquamarine, Iolite

cleanse: Amethyst, Quartz, Bloodstone, Calcite, Citrine, Quartz, Tourmaline wand

crown: purple and white stones, Selenite, Angelite, Moldavite, Citrine, Quartz, Red Serpentine, Purple Jasper, Clear Tourmaline, Golden Beryl, Lepidolite, Purple Sapphire, Petalite, Phenacite, Larimar

earth: brown stones, Smoky Quartz, Brown Jasper, Boji Stone, Fire Agate, Brown Jasper, Hematite, Mahogany Obsidian, Tourmaline, Rhodonite, Cuprite

energy leakage, prevent: Labradorite, Ajoite with Shattuckite, Green Aventurine, Quartz

entities, release from: Petalite, Smoky Amethyst

heart: pink or green stones, Rhodonite, Rhodochrosite, Rose Quartz, Green Jasper, Green Quartz, Jadeite, Jade, Aventurine, Kunzite, Variscite, Muscovite, Red Calcite, Watermelon Tourmaline, Pink Tourmaline, Green Tourmaline, Apophyllite, Lepidolite, Morganite, Pink Danburite, Ruby, Chrysocolla, Green Sapphire

higher heart/thymus: pink or green stones, Dioptase, Kunzite, Tugtupite

higher crown: white stones, Petalite, Selenite, Azeztulite, Kunzite, Apophyllite, Celestite, Muscovite, Phenacite

holes, repair: Amethyst, Green Tourmaline, Quartz

mental influences, detach: Kunzite, Selenite

past life: use appropriate past-life crystals such as Variscite, Preseli

negative karma, disturbances from: Petalite

protect: Apache Tear, Jet, Quartz, Labradorite

remove blockages: Azurite, Bloodstone, Lapis Lazuli, Quartz

sacral/navel: orange stones, Orange Calcite, Blue Jasper, Red Jasper, Orange Carnelian, Topaz, Citrine

solar plexus: yellow stones, Malachite (use as polished stone, make remedy by indirect method), Jasper, Tiger's Eye, Citrine, Yellow Tourmaline, Golden Beryl, Rhodochrosite

Soma: Preseli Bluestone, Petalite, Azeztulite

spleen: Aventurine, Zircon, Ruby, Rhodonite (and see Assertion and Anger, pages xx–xx)

strengthen: Magnetite (Lodestone), Quartz

throat: blue stones, Azurite, Turquoise, Amethyst, Aquamarine, Blue Topaz, Blue Tourmaline, Amber, Kunzite, Lepidolite, Blue Obsidian, Blue Lace Agate

For further information and exercises see *The Crystal Experience: a crystal workshop* in a book, *Crystal Healing and The Crystal Bibles*.