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# **Chakra Healing for Beginners:**

The Complete Guide to Awaken and Balance Chakras  
for Self-Healing and Positive Energy

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# Introduction

Today's modern world is simply a chaotic place that saps and divides our energies. You live immersed in messages from the TV, advertising, social media, emails, and the actual people in your life, all of which are trying to influence your thinking and persuade you to act in specific ways. Trying to stay focused on your life's purpose can be a difficult path to follow. You have ideas, inspiration, and influence happening all around, and that can make you stray far from your authentic passions in life. It can drown out your voice and perspective about reality. But, you're not alone. Most people in the Western world struggle with the bombardment of energy from all sides. So, what do you do?

I'm sure you'll agree that everyone is seeking to create a healthy, happy life for themselves, and I have discovered that it is critical to understand your energy health to do that. The reality is that what you are is pure energy. Your body is made of cells, and those cells are made of atoms, which are, quite simply, made of energy. That's why it's crucial to understand how energy flows through your body, and how energetic forces coming from other sources impact that flow.

For thousands of years, Eastern medicine has understood the importance of maintaining a healthy energy flow throughout the body. Indeed, traditional Eastern medical practitioners know that when that energy flow is blocked, illness results. They also understand how to restore a healthy, harmonious flow of energy to your body. They do so by manipulating energy valves, called chakras. These control the flow of energy, a flow that is crucial to your positive well-being. By activating and awakening your chakras, you will have access to the higher realms of existence. They will supply you with life force energy to help you evolve spiritually, to help you break down the limitations your mind imposes on your life, and expand your consciousness. The energy hidden inside of you is a powerful force just waiting to awaken.

This book aims to teach you how to heal yourself by maintaining balance and harmony throughout your chakra system. Whether you're a beginner who needs the necessary basic information or someone with a deeper understanding who would like a refresher on the basics, this book can help you. You'll learn about all the ways chakras are essential for your health and well-being, as well as the methods you can use to activate them so that your life force energy flows freely through your body. You'll experience the energizing power for

yourself as you practice guided meditation to balance your chakra centers. So many people have blocked chakras, but you don't have to be one of them. This book will show you how to heal, balance, and harmonize these life force energy centers for better health, mental clarity, and spiritual tranquility. Taking care of your chakras is simply the best thing you can do for your mental and physical well-being. Are you ready to discover, heal, and balance the powerful energy flowing through your body? Let's get started today!

# Ancient Medicine and the Use of Chakras

Chakras are energy centers in your body, the function of which is crucial for the maintenance of your health. They are not only vital for maintaining health and wellness; medical practitioners have used these energy centers for healing a variety of health problems for more than two thousand years. Modern Western medicine has often ignored these inborn life force energy centers. Still, there is evidence that balancing and harmonizing these so-called "wheels of light" is critical for maintaining good health and high energy levels. So, where did this system originate?



## A Brief History of Chakras

The word chakra derives from an ancient Sanskrit word that translates as "wheel of light." The chakra system originated in India sometime between 1500 and 500 BCE, at least, that is the first time it is mentioned in the Vedas, the oldest texts. The word was often spelled cakra, and before the time these energy centers were discussed in the texts, the knowledge of the chakra system was passed down through generations of oral tradition. It is often thought of as an Eastern philosophy, but many people have expanded on the older texts to make knowledge more accessible in the modern age.

A chakra is called a wheel of light because it is defined as a spinning disk. There are, in fact, numerous chakras in the body, and there are different models of the main chakras, but the most commonly used system today includes seven 'main' chakras that run in a vertical line from the top of the head down to the base of the spine. Most schools of yoga eventually adopted this dominant model of seven chakras. It is believed to have originated in the eleventh century. The seven chakras include the following;

- **Sahasrara: The Crown Chakra**

The Crown Chakra is referred to as the chakra of consciousness. Its biological analogy is of the pituitary gland, which controls many vital functions in the body by releasing hormones. It also is believed to have a significant role in generating consciousness. Thus, the crown chakra is seen as the control center for the other chakras in the body. A lotus flower often symbolizes it with nine hundred seventy-two petals, and it is located above the head outside of the body.

- **Ajna: The Third Eye Chakra**

Ajna corresponds to the third eye. Its biological correlate is the pineal gland, a light-sensitive gland that produces melatonin, a hormone that regulates sleep and awakening. That's why this chakra is conceived of as the chakra of time, awareness, and of light. It is symbolized with a lotus flower that has two petals.

- **Vishuddha: The Throat Chakra**

This chakra is conceived of as relating to communication and growth. Its biological correlate is the thyroid gland, which is also located in the throat and produces the thyroid hormone responsible for growth and maturation. A lotus flower symbolizes it with sixteen petals.

- **Anahata: The Heart Chakra**

This chakra is located at the heart level, and it is related to complex emotions like compassion, love, equilibrium, and well-being. Its biological correlate is the thymus, which is also located in the chest. It's part of your immune system, as well as your endocrine system. Specifically, it produces T-cells, which are responsible for helping to fight disease-causing organisms. A lotus symbolizes the chakra with twelve petals.



- **Manipura/Nabhi: The Solar Plexus Chakra**

This chakra is located at the solar plexus, and it is associated with the transition from simple to complex emotions, energy, assimilation, and digestion. It corresponds to the pancreas and the outer part of the adrenal glands, the adrenal cortex, both of which help with digestion, converting food into energy. A lotus symbolizes the chakra with ten petals.

- **Swadhisthana: The Sacral Chakra**

This chakra is located in the groin, and it is associated with base emotions, sexuality, and creativity. It corresponds to the testicles in men or the ovaries in women. These produce various sex hormones that are involved in reproduction, and they can cause dramatic mood swings. A lotus symbolizes this chakra with six petals.

- **Muladhara: The Root Chakra**

This chakra is located at the base of the spine, and it is related to instinct, security, survival, and raw human potential. It is more specifically located between the genitals and the anus. While there is no gland there, it is believed to correspond with the inner adrenal gland, which is the adrenal medulla, which is responsible for the fight or flight response when your survival is under threat. It is also believed to be the location of the sleeping Kundalini energy. A lotus flower symbolizes it with four petals.

While these are the main chakras, there are some 114 chakras throughout the body, but the main ones are conceived as energizing the entire system. The system of chakras is connected by many channels, called meridians. The energy circulates through these meridians to the various parts of the body.

### **The Indian Concept**

The Indian concept of the chakra, as described in the Vedas and later in the Upanishads, is related to complex esoteric anatomy referred to as Agamas or Tantras. The practice of balancing chakras in conjunction with yoga is believed to cause Kundalini energy to rise upward through the various energy centers. Once it reaches the crown chakra, it unites with the divine. In the tantric texts, chakras are described as emanations of consciousness coming from Brahman--the supreme cosmic power--which then become concrete in the distinct levels of chakras seen in the body. The energy released by Brahman during creation is called Kundalini energy. Once it enters the body, it is conceived of as lying asleep in the chakra located at the base of the spine, also known as the Muladhara. Therefore, it is the purpose of

Kundalini or Tantric yoga to wake this energy and cause it to rise back up through the chakras along the spine until it can reunite with the divine at the crown of the head. Tantric yoga works with an eighth chakra, called Bindu, located at the back of the head at the same level as the third eye and is associated with prayer.

### **The Chinese Concept**

The Chinese conception of the chakras is similar concerning the model of the human body and the associated organs, but rather than the rising of Kundalini energy, Chinese traditional medicine practitioners believe the chakras are responsible for the circulation of qi (pronounced chee). They see part of this circulation as a microcosmic orbit whereby energy circulates from the head down the front torso and enters the Dantian, which is believed to be the 'sea' of qi. As the energy returns to the heart and then cycles down and reascends to the head, meditation, contemplation, or union with the divine develops. The circulation of qi through the limbs is considered the macrocosmic orbit, which is achieved through outer meridians.

### **The Himalayan Bönpo Concept**

In this tradition, chakras are considered to be pranic centers whereby they influence the quality of one's life experiences. Prana cannot be separated from experience, and thus, the chakras are linked to one's experiential attributes in one of the six realms of existence. Yoga opens the chakras and evokes positive qualities associated with each chakra. The practice of Tantric yoga works to transform all experiences into blissful ones. It liberates negativity and helps one exercise control over your perceptions and cognition.

### **New Age Concepts**

The spread of these ancient traditions to the Western world, although often seen as prompting the New Age movement, actually occurred a surprisingly long time ago. The first commonly accepted reference to chakras is in the book, *Theosophia Practica*, published in 1696. It was written by Johann Georg Gichtel, a German mystic who was a religious leader and critic of Lutheranism. He referred to chakras as inner force centers. Though not commonly accepted by scholars as such, an even older influence may be present in the Hesychastic Tradition. In this eastern Christian monastic life, practitioners seek divine quietness through prayer. This tradition refers to four centers: the cerebro-frontal center located between the eyebrows, like Ajna, the bucco-laryngeal center, located in the back of the mouth, the pectoral center located in the upper chest, and the cardiac center located near

the upper heart and comparable with Anahata. This system developed late in the 13th century.

The modern New Age interpretations in the West regarding chakras come mainly from translating two Indian texts, the *Sat-Cakra-Nirupana* and the *Padaka-Pancaka*. These are both translated by Sir John Woodroffe, aka Arthur Avalon, in the book, *The Serpent Power* (1918). This book was very detailed and complex, and for that reason, it was later simplified in the book, *The Chakras*, by C.W. Leadbeater. His controversial interpretations (in theosophical circles) form the basis for the predominant Western understanding of chakras. Writing at the same time, Rudolf Steiner, the founder of Anthroposophy, a spiritual philosophy that sought to merge science with spirituality, described the chakras as dynamic and evolving. He believed they were different in ancient times and would be different for future generations. He gave instructions on how to develop the chakras into maturity.

Several New Age models of the chakra system developed out of these early philosophies as they became more well-known throughout the Western world. For example, the Bodymind System holds that no chakra is supreme over any other; instead, chakras communicate and work together to maintain health. That is how Ayurvedic medicine can manipulate energy centers to treat various conditions. Chakrology is a New Age term often used to describe alternative medicine techniques that employ and study chakras. There are multiple chakrologies, some of which are grounded in the ancient Hindu Tantric traditions, but others of which incorporate New Ages interpretations as well as ancient Greek and even Christian references. In modern New Age perceptions of chakras, each one is often associated with color and multiple physiological functions, consciousness, classical elements, and other distinguishing characteristics. The function of these wheels of light is to spin and draw the life force energy through the body so that the spiritual, mental, emotional, and physical health all remain in balance. The chakras themselves function as a kind of auric gate where they receive, concentrate, and transmit energies to and from areas of your body and between individuals, from individuals out to the universe, and from individuals to celestial beings. They are, in effect, energy communication centers.

As an integrated whole, the seven chakras represent a unified consciousness or soul. Each chakra reflects a different aspect of consciousness, such as body, instinct, vital energy, emotions, communication, and connection with the divine. If you experience ill health, this is usually the result of an imbalance or energy blockage in the chakra associated with the body's area experiencing the problem. Essentially, the qi, or life force energy, cannot flow

freely, which then affects your physical, mental, emotional, or spiritual health. Chakras can become imbalanced because of many factors, including stress, poor nutrition, lack of exercise, cultural conditioning, physical or emotional injuries, or a disconnection from your higher truth.

# Chakras and You: The Basic Truths

There are many New Age interpretations related to chakras, but in the original Hindu tradition, they are seen as representing vibrational frequencies that correspond to levels of consciousness. They articulate elements, sounds, glands, colors, organs, numbers, planets, tissues, foods, emotions, and much more. They are part of a dynamic relationship between the individual and the unified cosmic energy. This is part of the yogic process of self-realization whereby the individual goes beyond the body and mind and unifies with the cosmic oneness.



The seven main chakras are vital centers in the astral body; that is, the body composed of life energy underlying the physical body. As you open the chakras, you begin to unfold higher and higher states of consciousness, which ultimately leads to an awareness of your higher self. The yogic approach to chakras aims to cultivate this awareness, something that necessitates opening the chakras, which are closed out of ignorance about the true nature of reality and one's true self, thought-free awareness. In other words, the yogic view of opening chakras is to seek your immortal essence.

As part of the integration with the physical body, chakras also influence physical functions. The astral body, also known as the subtle body, allows the life force to enter the physical body, and without, you wouldn't be able to move. Once the life force has entered your physical body, it becomes the source of your vitality, even though it is composed of fine matter and cannot be perceived by your physical senses. The subtle body, however, is always

active within your physical body. When you successfully open the chakras, you experience a merging of the subtle body with the consciousness beyond the body.

As the chakras are opened and functioning, they are energized by Kundalini energy. This is not a physical force, and it is not the type of energy that can be manipulated by individual power; instead, Kundalini is concentrated energy of awareness. This awareness occurs without thought, and at that point, Kundalini energy is activated. This is achieved when prana (qi) or life force energy enters the central channel as it is drawn into the subtle body through the crown chakra. When that occurs, you leave your normal state of consciousness and become aware that your physical body is not your real identity.

The Hindu tradition associates the chakras with their corresponding element. The system is as follows:

- **Sahasrara: The Crown Chakra**

This chakra corresponds with consciousness.

- **Ajna: The Third Eye Chakra**

This chakra corresponds with the mind.

- **Vishuddha: The Throat Chakra**

This chakra corresponds to the element of ether.

- **Anahata: The Heart Chakra**

This chakra is associated with air.

- **Manipura/Nabhi: The Solar Plexus Chakra**

This chakra is associated with fire.

- **Swadhisthana: The Sacral Chakra**

This chakra is associated with water.

- **Muladhara: The Root Chakra**

This chakra is associated with the earth element.

The cosmic functions of the elements associated with each chakra are accessed when you open them. When opened, you gain knowledge of the unity of the constituents of the universe. You also understand how your organs' instruments, and the instruments of cognition, your senses, are part of that integrated whole. That brings you into a deeper level of awareness. To achieve an open state and profound cosmic awareness, it is essential to ensure that the chakras' physical centers are in a state of rest or equilibrium. That is done through achieving stillness of body, breath, senses, and mind. Typically, that is possible by practicing meditation.

When the chakras are opened, you will usually sense a corresponding control over and detachment from the associated physical elements and organs. In a sense, the awakening of consciousness involves detaching from your physical body, much like taking off a heavy overcoat that is no longer necessary on a hot summer day. Aside from a deepened sense of unity with the universe, other signs of opening for each chakra include the following:

- **Muladhara, the earth chakra:** As this chakra opens, you become aware of the cosmic earth element and the unity of all states of matter. You have a heightened awareness of the cosmic earth elements' qualities--things like hardness, roughness, density, and texture--as merely vibrational conditions of your consciousness. In this state of heightened awareness, you might perceive celestial fragrances. You understand the actions of the universe represent the capacity of the cosmic earth element to produce and sustain form.
- **Swadhisthana, the water chakra:** As this chakra is opened, you become aware of the unity of all liquid states of matter as a product of the crystallization of the energy of consciousness. As with the earth chakra, opening the water chakra allows you to understand the qualities of liquid, like softness, wetness, coolness, etc., as your consciousness's vibrational conditions. With an open water chakra, you might experience celestial tastes emanating from all of your experiences. You also understand that purification role of cosmic water energy.
- **Manipura/Nabhi, the fire chakra:** As this chakra opens, you become aware of the unity of all radiant states of nature as another type of crystallization of your consciousness's energy. You experience fire qualities, like light, color, and heat, as vibrational conditions of consciousness. You might be able to experience subtle sights and visions and the auras or radiance of all things. You understand the workings of fire energy as related to its power of illumination.

- **Anahata, the air chakra:** The opening of this chakra heightens your awareness of the unity of all gaseous states of matter as a crystallization of consciousness. You experience the qualities of air, such as motion, penetration, changeability, and subtlety as vibrational states of your own consciousness. You might also feel subtle energies around you and the vibrational energy of the cosmic life force. You also understand the energizing role of cosmic air.
- **Vishuddha, the ether chakra:** As this chakra opens, you become aware of the unity of all space as a crystallization of your energy of consciousness. You experience the qualities of space, such as lightness, pervasiveness, and clarity, as vibrational states of consciousness. You might also perceive subtle sounds and the spatial structure of the universe. You then understand the vibrations of the universe and their relationship to the cosmic ether element.
- **Ajna, the mind chakra:** As this chakra opens, you become aware of the cosmic mind and the underlying unity of all minds in the universe as part of the crystallization of consciousness. You experience the qualities of mind, like perceptiveness, creativity, detachment, and discrimination as vibrational states of your consciousness. You will have the ability to integrate the cosmic elements and their associated organs and functions with your awakened mind. You gain mastery over your mind, which becomes a continual stream of divine perceptions as part of the manifestation of the cosmic principle of mind.
- **Sahasrara, the consciousness chakra:** When this opens, you become fully aware of pure consciousness as the sole reality and underlying substance of everything in the universe. You experience the qualities of consciousness, such as infinity, immortality, peace, and bliss as your nature and the universe's nature. You gain mastery over your awareness, and you then abide in a state of self-realization. You see yourself in all beings, and you see all beings in you. You understand that all things are manifestations of the supreme self, and the supreme self is the sole reality.

### **Psychic Experiences**

As your chakras open, the corresponding realms of the astral universe may become available to you. You may gain insights into the more subtle workings of nature, the senses, the life force, and the process of cosmic creation. You may also gain powers over those processes. It is important to realize, however, that you can't force an opening of the chakras.



It requires purity of body, heart, and mind. Attempting to awaken Kundalini energy prematurely can result in illusory experiences. That's why the various traditions stress living well, eating healthy foods, controlling sexual energy, and having the right attitude, such as non-violence, non-possessiveness, and observances of other kinds of restraint on unhealthy behaviors.

### **Healing Through Chakras**

Some healers can affect each chakra's physical elements to treat physical, mental, or emotional imbalances. This won't, however, cause an awakening of the chakra as nothing external can do that. The use of special diets, herbs, and gems can help to prepare the way for the opening of your chakras as does the practice of yoga, and a guru can help guide you in this process, but ultimately, it is up to you to do the work of opening your chakras. As part of healing, it is important to focus your energies beyond an associated organ's physical nature. For example, rather than being concerned with the stomach's physiology, it is more important to consider the quality of food that you put in it. In this sense, the chakras are like a road map, and if you go astray, that's when the physical correlates can be negatively affected.

When these subtle imbalances are perceived by a traditional Chinese or Ayurvedic medical specialist, it is possible to determine the affected chakra and restore a healthy flow and balance of energy. Using meditation and exercise, such as Qi Gong, Tai Qi, and Yoga, you can effect treatments to counterbalance these subtle disease states. As you utilize your body's movement to create clarity within yourself, you can create an intention to heal, which magnifies the conscious awareness of any treatment imparted by a medical practitioner. In subsequent chapters, we'll discuss more about healing unbalanced chakras and maintaining chakra health.

# Energizing Your Chakras Through Guided Meditation

Meditation is a great way to energize your chakras, but meditation can be daunting if you're a beginner, and you may even have developed a strong resistance to it. That's where guided meditation can help. There are many apps and online websites that provide guided meditation, but there are still several mistakes you'll want to avoid, even with this kind of help. Some of the more common errors include things like falling asleep, finding it difficult to stay focused, failing to prepare your meditation environment properly, trying to force yourself to meditate, not setting a consistent time for meditation, setting your expectations too high, and/or having difficulty establishing a daily routine. So, what are the best ways to avoid these mistakes?



Before we get into avoiding your mistakes, it's helpful to understand the effect of unbalanced chakras. As discussed earlier, each chakra is associated with various organs, illnesses, and symptoms like fatigue. Unbalanced chakras are particularly problematic for the empath. Empaths are already vulnerable from the effects of too much emotional energy bombarding them, and unbalanced chakras can make that situation even worse. Unbalanced chakras can result in leaky auras that further drains the empath and lets in even more unwanted energy from the people they contact.

Unbalanced chakras, in general, can make all parts of your life very difficult. You'll feel ungrounded and unhappy. This creates more stress, which harms the health of your chakras. They are also affected by personal trauma and anxiety. They can be forced permanently open by regularly using chemical drugs, medications, a poor diet, and excessive alcohol use or smoking. Treating the imbalances is imperative for your health, given that the chakras are like energetic glands. When they're in balance, they 'secrete' the necessary energy to maintain both physical and mental health, which means they work to keep your physical endocrine system in balance.

Balancing the chakras is achieved through spiritual healing and meditative practices. That's easy to say, but sometimes challenging to do. Let's look at the common mistakes and how you can avoid them so that your meditative experience will genuinely help heal any chakra imbalances or blockages.

### **1. Meditation Is Not Mandatory**

When you think of anything as something you have to do, it is almost guaranteed to kill your desire and motivation to do it. While meditation is essential to keeping your chakras working correctly, there are other things you can do. Here is a quick list of other ways to help balance and maintain your chakras' health:

- **Spend time in nature:** Being out in nature helps you feel more connected to the universe's healing energy. It keeps you grounded and cultivates a peaceful feeling.
- **Creative visualization:** By visualizing those things that make you feel happy and satisfied, you bring balance and harmony to your chakras' functioning. It can be something as simple as visualizing a flower opening, or it can be more complex, such as visualizing your perfect life as if you already are living it.
- **Breathe deeply:** Breathing with intention is an effective way to restore your chakras. You will bring them into their natural, harmonic balance. You breathe with intention by inhaling energy into your chakra and then exhaling as awareness settles into the chakra.
- **Wearing the right colors:** Each color represents a specific vibration. If you're wearing the proper color for a particular chakra, you can help heal any blockages or imbalances in that chakra. The chakra colors include red for your

root chakra, orange for the sacral chakra, yellow for the solar plexus, green or pink for the heart, blue for the throat, indigo or purple for the third eye, and purple or white for the crown chakra.

- **Practice gratitude:** Whenever you express gratitude, you instantly raise your vibrational frequency, and that acts to open your chakras and attract more positive things into your life.

## **2. You're Actively Trying to Stop Your Thoughts**

This is a common reason why people resist meditation. The truth is that meditation isn't about stopping your thoughts; instead, it's about noticing your thoughts and then letting them go. Don't fight your wandering mind, but notice when it does wander and what your thoughts are like. Are you planning what you'll eat for dinner? Are you worried about a loved one? Do you remember an earlier time in your life? Rather than trying to stop those thoughts from coming, if you notice what you're thinking and give it a quick label (planning, worrying, remembering, judging, etc.), then you can let it go and bring your focus back to your breath without judging yourself. You'll find you enjoy the practice of meditation more if you do this, and it brings your awareness to your higher self, the observer inside of you that is connected to the one universal energy.

## **3. High Expectations**

Many people think that they have failed if they don't go into some kind of otherworldly feeling of transcendence. The truth is that you're not likely to experience that on most occasions when you meditate. What does happen though is that you are healing and balancing your chakras, which improves your physical, mental, and spiritual health, and you'll notice that it helps you stay grounded in the present moment even when you're not meditating. The practice of seeing and labeling your thoughts is key to this result. You'll start to notice that you can more easily let go of thoughts based in the past or the future, which helps you stay present. So, don't expect to be able to somehow rise above it all with each meditation, but each meditation will bring you closer to true connectedness and your higher self. Each meditation will also help balance your chakras.

## **4. Inconsistency**

To get good at meditation, you need to be consistent about doing it. Your egoic mind will resist because it is what is threatened by your practice. As a result, it will throw up

numerous barriers to a successful practice. You'll often find various parts of your body starting to itch, or you'll experience a need to sneeze, or you'll get a cramp, and all of these are mere distractions. It's your egoic mind trying to keep you from making that connection with your higher self. By meditating consistently, you'll begin to recognize those sensations as the distractions they are, and you'll start to understand how to overcome them. The key is awareness and staying grounded in the present moment. If you train yourself to notice them, you'll find they aren't enduring. Consistency is the key to developing this skill.

## **5. Judgmental You**

Judgment is a useless activity. It's a habit that develops from other parts of your life, but when you bring it into your meditation practice, it's extremely counterproductive to successfully opening your chakras. A better habit is to use positive affirmations to replace any judgmental thoughts that arise. Notice those judgments and envision them rising and dissipating in the air the way smoke rising from a campfire does. Then, replace the thought with a positive affirmation like, "I'm getting better in meditative practice with each session," or, "I'm balancing and opening my chakras with each meditation practice." Soon, the judgmental thoughts will be a thing of the past.

## **6. Preconceived Notions**

When you begin a meditation session with preconceived ideas about what you will achieve, you're not staying open to the experience, and you're not staying in the moment. As with high expectations, put aside any expectations and let the experience unfold organically. Be in harmony with what you're sensing, and you'll find your chakras will blossom.

## **Avoiding Mistakes**

To help avoid making these mistakes and successfully open and harmonize your chakras, there are several things you can do before, during, and after your meditation practice. These will help set your practice up for success. Let's look at these helpful habits.

- 1. Choose an appropriate environment:** For successful meditation, you need to be in a comfortable setting. That might mean a cozy room or a place out in nature where you can be alone and where it's silent outside of natural sounds. You'll also want to have on comfortable clothing, so you're not distracted by itchy material or something like tight pants. You also want to have a comfortable place to sit, perhaps a blanket or a cushion.

2. **Review your chakras from the bottom up:** You want to review your chakras to determine if they are blocked or have other problems. It might be obvious beforehand, but sometimes a problem could be caused by a problem in more than one chakra, and it will be necessary to discover each one by tuning into them one at a time. To review them, start with the root chakra and move upward, ending at the crown chakra. This means going from the most 'primitive' chakra (concerned with basic survival) to the most highly developed chakra (concerned with consciousness).
3. **Re-energize each chakra:** Once you've reviewed your chakras, you'll begin the re-energizing process. Envision the chakras as lotus flowers, and as you breathe in, visualize light flowing into the chakra until it glows. As you breathe out, envision your stress flowing out of the chakra. Repeat this as often as necessary and then move on to the next chakra.
4. **Align the chakras:** To align the chakras, you want to get them to all rotate clockwise. If a chakra is spinning in the wrong direction or if it stops spinning, it can cause physical, mental, or
5. **Come out of your meditation slowly:** Once you have energized the last chakra, the crown chakra, continue to breathe deeply for several breaths, and slowly open your eyes to bring yourself out of your meditation. Don't rush it; let yourself be aware of your physical sensations and thoughts and emotions as you come out of the meditative state.
6. **Journal:** After finishing your meditation, it is helpful to journal about your physical sensations, your emotions, and your thoughts. It's also beneficial to journal daily to document your experiences as your chakras are balanced and open. This will help you know when they might be having problems again too.

Now that you know the basics of the process, it's helpful to go through a few guided meditations. It's important to realize that your experience with this type of meditation is different for each person and each sitting. If you're more of a visual person, it will be essential to use the colors associated with each chakra as a focal point. Other people who are more tactile might benefit from placing a hand at each chakra location. That can help them focus on the chakra while meditating.

It's also important to realize that meditation does not necessarily require that you close your eyes. Closing your eyes is typically used to help you soften your mind and focus. Still,

some people might prefer lighting and candle and looking at that during meditation, only closing their eyes at the end of the practice. You might also like to use a visual cue of the chakra points to locate the points on your body. When you reach the crown, close your eyes. Maybe audio is more your style, and if that is the case, you can listen to a guided meditation or soothing music as you practice. With that, let's look at a couple of examples of guided chakra meditations.

### **Chakra Meditation #1**

- **Get comfortable:** Find your spot and settle in. Make sure you won't be disturbed. Talk with your family about giving you this important time for self-care so that they know to leave you alone as you're practicing your meditation. Sit with your spine in an erect position and cross your legs in front of you. If this is uncomfortable for you, you can sit in a chair with your spine erect or on a meditation cushion. You want to sit in a comfortable position, where you won't be in danger of falling asleep, another problem to avoid to energize your chakras truly.
- **Deep breaths:** If you're not using a visual aid, close your eyes, and breathe in and out deeply so that your belly and chest expand and contract with each breath. Let your body relax. Physically scan and relax each part of your body, starting with your head and going down to your feet. Relax each part as you breathe deeply.
- **Bring awareness to your chakras:** Begin with the root chakra and create that mental image of energy flowing through it as it rotates clockwise. Envision each chakra in the color with which it is associated, and envision that energy circulating throughout your body, rising through the successive chakras to the crown chakra.
- **Take your time with each chakra:** Don't try to rush through envisioning the energetic wheels of health and wellness. Give yourself enough time to thoroughly visualize each of the seven main chakras rotating and sending energy flowing throughout your body.
- **Envision the entire chakra system:** Once you've envisioned each of the chakras individually, now you can visualize the whole system working together as the seamlessly flow of energy from your root chakra to your crown chakra, circulating throughout your body, leaving an effect on every part with which it comes into contact. Envision your entire body vibrating with life force energy.



- Express gratitude: Express gratitude for your body and the qi energy that infuses it. Let the feeling of appreciation flood your body and fill the chakras as it merges with your life force energy.
- Bring your meditation session to a close: Bring your focus back to your breath and focus once again on taking deep breaths. When you're ready, open your eyes. Before getting up from your sitting position, take note of the energetic feelings in your body.
- Journal about your experience: Write down your physical sensations, thoughts, and emotions as you went through this energizing experience.

## **Chakra Meditation #2**

For this meditation, you may choose between sitting on the floor or lying flat.

- Get in your preferred position and bring your focus to your breath.
- Close your eyes as you pull your attention within to focus on your root chakra. This chakra represents your connection to the earth. Ask the universal energy to show you this association in whichever manner is best for you, perhaps a word, symbol, or color.
- After visualizing the association, bring your focus to the chakra and visualize it as a spinning wheel. Look deeply into the flow as it rotates. Breathe into the light of the chakra as well as space. Observe and trust that what is right for you will be shown to you. Allow your breath to expand the chakra's light, and brightness, the brighter, the better as this is a cleansing light. Visualize the chakra spinning in a clockwise direction and feel its warmth or coolness. Send every breath into that spinning wheel to expand and cleanse this powerful source of qi.
- Next, move your attention up to each successive chakra in the line. Again, take your time with each as you repeat the visualization listed in the step above. Some chakras will require more love on different days, so take your time. There is no rush. You are in the present moment, and all is well.
- When you reach the crown chakra, allow yourself to step into your mind's eye, and witness your entire body's living energy source. Scan your body to ensure that everything is open and aligned, and the energy is flowing freely. Breathe once again into every point, allowing your breath to move from the crown down the body, passing



through each chakra to the base and back up again. Feel yourself in the flow of qi, and drink in the pleasure as your astral body is flowing with vitality.

- Trust yourself to know where you need to spend more time, and spend the time expanding each point. Remember that some will be more resistant than others. With each meditation session, you'll witness the differences in your body.
- If you have a specific area that you wish to focus on emotionally, spend time on that by concentrating your efforts on that chakra. For example, if you feel a need to expand your voice, you would choose to focus on the throat chakra, and as you do so, you can add a mantra: "I am releasing all that binds me. I center myself and allow myself to be in the flow of the universal oneness."
- When you have finished focusing on any specific areas you want to improve, bring your focus back to your breath. Once again, express gratitude for your life and the energy that flows through you. When you are ready, open your eyes.

### **Chakra Meditation #3**

- Sit in a comfortable position with an erect spine, but do not make your spine rigid. Close your eyes and focus on your breath. Breathe deeply to expand your belly and chest.
- Bring your focus to each part of your body, beginning with your feet and working your way up. Have each part of the body relax as the stress melts away. Visualize the stress running off of your body as water running over and away from you.
- Focus again on your breath. Let it become steady and deep, but don't force it to be any particular way. Just breathe in fully in a non-forced manner. As your mind wanders, gently notice your thoughts, label them, and bless them as you let them go. Then, bring your mind back to your breath, focusing on each inhalation and exhalation. Visualize the oxygen filling your lungs and crossing over into the bloodstream. See it nourishing your muscles, organs, and cells, and watch as it removes toxins from your body, and these are expelled with each exhalation.
- Next, visualize the beating of your heart and the functioning of various parts of your body. Watch as everything works in perfect synchronicity as your breath sustains each area. Notice how the breath is the life-giving force for the entire body.

- Now, imagine the qi as part of what you are breathing in along with the air. Imagine this is a yellowish-orange colored stream that you pull into your body with every breath. Watch as it spreads throughout all areas of the body and infuses your aura. Imagine the aura growing stronger, brighter, and more energetically charged by this life force. Take your time with this visualization. Allow the aura to increase a little with each breath.
- Next, energize each chakra, beginning with the root chakra and working your way up. Visualize the clockwise swirling energy that grows stronger and brighter with each breath you take. At the same time, you're envisioning your life force breathing in with the air, visualizing another fountain of qi coming up from the earth, and adding to the swirling chakra energy.
- Move up to the sacral chakra and each successive chakra after that until you come to the crown chakra. Infuse each with the life force of qi. Spend all the time you need doing this, always working from the bottom up.
- Next, visualize all of the chakras being fed by the energy coming from the breath and the earth. Watch as your aura becomes brighter, clearer, and more energized. See the flow of energy passing through and around your body.
- Finally, bring your focus back to your breath and relax your body. When you are ready, open your eyes. Take a few moments to journal how you feel and the sensations you experienced with this process.

These three chakra meditations will cleanse and energize your chakras, thereby infusing your body with qi's life-giving energy. You'll experience numerous benefits with regular meditative practices. You'll see that you are actively exploring your entire body, witnessing the effects of your thoughts and feelings, and healing the imbalances that life throws your way. It's an incredibly personal practice that produces a profound sense of contentment, peace, and a sense of being energized. You'll find you're sleeping better and that you have a much better connection with your mind, body, and spirit. You also experience the interconnectedness of all things. Your chakras are a veritable tool kit for healing blockages of qi and restoring balance to your energy. That's why it is vital to nurture a harmonious chakra system.

Remember that the purpose of working with your chakras is to experience the wholeness within yourself. As you regularly practice these meditations, you'll bring all aspects of your

consciousness--spiritual, emotional, mental, and physical--into harmonious balance. You'll be able to witness the benefits of your entire system working together as you acknowledge and integrate all levels of your being. Those swirling wheels of energy contain not only bundles of physical structures like nerves and organs, but they also hold your psychological, emotional, and spiritual states of being. Because all of these elements are always moving, you must keep the chakras open, aligned, and fluid. Blockages cause the energy to back up and stagnate, and that is when illness can occur. Everything is connected, and when you can reach inside yourself to see the flow of your life force, you'll realize the importance of maintaining the balance and harmony of every aspect of the system. When you're in harmony, you're better able to experience the life flow of the universe as it cycles through you and every other thing, you'll experience unity with all things, and as a result, your compassion, love, and abundance will blossom.

# Maintaining Chakra Health: Why It's Important

At this point, you might be wondering why maintaining chakra health is so critical. There are many benefits to keeping your chakras balanced. In fact, it's kind of like balancing the wheels of a car, when your chakras are balanced, it helps you to maintain optimum performance. Just like when your car's wheels are unbalanced, if your chakras are out of whack, your performance becomes wobbly, and you experience stress in your life much more profoundly. Your chakras might either be too open or too closed if they are out of balance, but in either case, they can't effectively manage energy transmission and reception in your body. This has profound effects on your health and well-being. It creates much more stress as you interact with the world around you. So, what are the specific benefits of maintaining your chakra health? Well, let's look at several ways it helps you stay healthy and happy.

## Benefits of Balanced Chakras

You might not realize it, but modern physics has confirmed what many people have known intuitively for thousands of years: the physical world is made up of energy. That means everything is a kind of energy, even what appears to be empty space. That also includes you, and your chakras are the tools you have to effectively manage the energy around you as it impacts your physical form. Taking care of those tools provides the following benefits:

- Balancing your chakras is essential for maintaining your spiritual health. If you're able to properly connect to each of the chakras, you'll experience the union with the one universal energy, and you'll see the interconnectedness of everything in the physical realm. It's really a relatively easy way of connecting with that blissful spiritual energy.
- Prana or qi is your life force, and the chakras are the control center for this vital life force. You want your subtle body and its channels to be unblocked so this energy can flow freely.
- Maintaining your chakra health also helps you stay grounded in the present moment. It is a presence that you fully experience your life because you're not obsessing about

the past or dreaming about the future. It's in the present moment that you find peace, and connecting with and balancing your chakras helps you stay grounded.

- The chakras are a blueprint for other areas of your life, and by clearing blockages, you can increase your capacity for love, joy, and well-being. This is your true nature, but life's traumatic incidents can inhibit its natural expression. That's why it's crucial to release old patterns of thinking and free up the pure energy flow that allows you to experience the divine in yourself. When you experience the divine in yourself, you see the divine in others as well.
- Blockages in the chakras have real effects on your physical and emotional health. When that energy can't circulate as it's supposed to do, the energy doesn't reach your body's tissues, and illness can result. Releasing old, stored, negative energy revitalizes your body's tissues and renews your zest for life. It keeps you from being stuck in old patterns that inhibit your spiritual and emotional growth.
- Maintaining your chakra health helps you develop healthy habits, and it can also help as you're struggling to overcome addictive or other self-destructive behaviors. You might engage in those habits if you have a mood disorder or problems regulating your emotions. Those kinds of issues often result from unbalanced chakras because you sense a need to overcompensate for a deficiency in life force energy. By balancing your chakras, you restore qi's healthy flow, and the need to overcompensate disappears, thereby alleviating those compulsive drives. It also increases the sense of joy as you can sense the universal source.
- Freeing up the energy blocked when chakras are out of balance will also unleash your creativity as well as the natural flow of abundance around you, vitality, and a sense of joy, the kind of joy you experienced as a child.
- Balancing your chakras lets you fully experience the truth of who you are, and when you know that, you can listen to that deep, inner voice that expresses your highest integrity. In a sense, it brings you home to yourself.
- Balancing your chakras is also helpful in establishing healthy, energetic boundaries. It helps you understand how better to manage your energy and the energy around you that impacts you every day.

- When you experience the many benefits of balanced chakras, you'll also experience a phenomenal increase in self-confidence and self-esteem. You'll know your real value as you unite with the divinity within.
- As you unblock your chakras and your energy begins to flow freely, you'll also find your mental focus is much improved, which has a cascade effect. It helps you communicate more clearly, and it frees up your senses so that you're better able to both give and receive love. This also helps you feel more grounded, safer in the world, and more connected to the divine souls who make up the universal energy.

By now, you might be wondering how frequently you need to be focusing on balancing your chakras. It's important to consider that these vital energy centers are an essential part of your life. They are crucial to your physical health; they spur your creativity, and they help you as you interact in your daily life. They also help you to digest and process your life experiences. They carry unresolved pain from past traumatic experiences, resulting in imbalances, which can then become chronic conditions. That's why healing them takes time, and it's why you need to regularly attend to your chakras. It needs to be a big part of your self-care regimen so that the energy they circulate can help you move through the world. For that reason, you must employ daily practices to help maintain your chakra health.

There are many tools you can use for this purpose, including the guided meditation techniques we've already discussed, yoga, which we'll discuss more in a subsequent chapter, Reiki healing session, acupressure, acupuncture, and massage, to name just a few. Besides yoga, Tai Chi, and Qi Gong are also great exercises to balance your chakras. Moving your body is a great way to get the energy moving as well. These tools are great for helping to heal and balance your chakras and improve the energy flow throughout your body. You'll find you experience less stress and have more energy if you're consistent with your energetic health.

There are also some specific exercises you can do that are specific to each chakra. These include the following:

- **Root Chakra:** For this chakra, it's helpful to get out in nature. Go hiking, do some gardening, or do something that builds the connection you have with the earth;
- **Sacral Chakra:** One of the best ways to clear this chakra is to dance, especially those kinds of dances that get your hips moving;

- **Solar Plexus Chakra:** It's helpful here to practice making conscious choices. It's not an exercise per se but making a conscious choice about what you want. Making that a habit will help clear the solar plexus chakra;
- **Heart Chakra:** Make a habit out of placing your hands over your heart and practicing self-love. Again, it's not an exercise, but a pattern, and by practicing self-love, you'll clear this chakra of any blockages;
- **Throat Chakra:** One of the best ways to balance this chakra is to sing! Practice toning, tuning, and using your voice to sing your favorite tunes. Sing at the top of your lungs, and you'll experience a whole new level of peaceful energy;
- **Third Eye Chakra:** Guided visualization is the best way to balance this chakra. You're using your third eye as you visualize love, gratitude, and abundance for your highest and best good;
- **Crown Chakra:** Meditation is the best habit to keep this chakra balanced. Any of the guided meditation techniques we've discussed, and many others are helpful for maintaining a healthy crown chakra.

### **Foods That Help Maintain Chakra Health**

Of course, it makes sense that the food you use to create energy for your body is also something that can feed your chakras. Nourishing your chakras with proper nutrition is an integral part of maintaining healthy energy centers. While these energy centers are considered spiritual, they still require the physical form of food to function properly, and each center needs specific types of food to stay in peak condition.





**Muladhara, the root chakra:** This chakra is best nourished with root vegetables such as carrots, potatoes, parsnips, radishes, beets, onions, garlic, and protein-rich foods like eggs, meats, beans, tofu, soy products, peanut butter. Spices that are best for this energy center include chives, paprika, and pepper.

**Swadhisthana, the sacral chakra:** This chakra is best nourished with sweet fruits like melons, mangoes, strawberries, passion fruit, oranges, and coconut. Additionally, honey and nuts are great for this one too. The kinds of spices that are best for this energy center include cinnamon, vanilla, and sesame seeds.

**Manipura, the solar plexus chakra:** Feed this chakra with grains like cereal, rice, flaxseed, sunflower seeds, and dairy products like milk, cheese, and yogurt. As for spices, the best ones to nourish this energy center are ginger, mints, chamomile, turmeric, cumin, and fennel.

**Anahata, the heart chakra:** You can help maintain a healthy balance in this chakra by feeding it with leafy green vegetables like spinach, kale, dandelion greens, broccoli, cauliflower, cabbage, and celery. Additionally, green teas help keep it healthy, and as for spices, try basil, thyme, and cilantro.

**Vishuddha, the throat chakra:** To nourish this chakra, you want to quench it with liquids like fruit juices, water, and herbal teas. That will keep it from becoming unbalanced, which can cause a sore throat and a cold.



**Ajna, the third eye chakra:** To nourish this seat of wisdom and insight, you'll want to feed it with dark blue fruits such as blueberries, blackberries, and raspberries. Wine and grape juice are great too, as are spices like poppy seeds.

**Sahasrara, the crown chakra:** This is your spiritual communication center, and as such, it should be nourished with incense and smudging herbs like sage, copal, myrrh, frankincense, and juniper. It's also good to regularly practice detoxification programs and fasting to develop into your highest form of spiritual communication.

It's difficult to overestimate just how important it is to maintain healthy chakras. These energy centers are vital for your overall well-being. They are critical for your physical health as well as your emotional, psychological, and spiritual health. Without balanced chakras, you're running on empty from an energy standpoint. Practicing specific exercises to unblock your chakras, feeding them the nutrients they need to function correctly, and meditating to maintain open channels is vital to staying energetically healthy. Engage in these healthy practices daily, and you will see real benefits as your energy soars.

# Healing Unbalanced Chakras

Healing unbalanced chakras is all about maintaining balance. Everything is interconnected, and that's why disruption in one part of your body, mind, or spirit affects every other aspect of you. We've talked about some ways to heal unbalanced chakras, but in this chapter, we'll dive into some different techniques and discuss specifics of how to determine which chakras are out of balance and how to heal that specific center.



To begin, let's examine each of the chakras, how to tell if it's imbalanced, and what you can do to correct the situation.

## Root Chakra

To review, the root chakra is associated with the earth and the color red. It helps connect to the earth, and it is concerned with the basic survival needs of food, shelter, safety, comfort, and belonging. When it is blocked, you might have the following symptoms:

- Feeling as though you are stuck;
- Feeling sluggish as though you can't get going;

- Feeling stressed because of over-reliance on external circumstances;
- Continuously having financial troubles;
- Feeling as though your parents have abandoned you;
- Always just getting by or going without;
- Feeling hatred or anger toward your own body;
- Feeling like you're not good enough.

In contrast, when your root chakra is properly opened, you have a strong connection with your family. You feel wanted and loved, are content with your body, confident with money, always have more than enough of both what you need and what you want, and feel safe and as though you are on the right path.

One way to heal your root chakra is to use positive affirmations. An affirmation specific to the root chakra is, "I am happily living safely here on earth, and I am safely traveling on my correct path. You might also include more red-colored foods in your diet. Wear red clothing, listen to music that contains several C notes (the root chakra resonates best with the musical note C), and use your voice to create soothing tones. Use visualization to see the chakra spinning clockwise as the energy moves freely through the center and your body. Essential oils can also help, and they can be inhaled or rubbed directly on your skin.

### **Sacral Chakra**

Recall that the sacral chakra is associated with your sexuality, the nature of your relationships, pleasure, sensation, creativity, freedom from guilt, and the various joys of life. When it is blocked, you may experience the following symptoms:

- Difficulty being sexually and emotionally intimate;
- Believing that sex is wrong or can hurt you or that you must be sexy to be loved;
- Feeling abused, hurt, or confused;
- Lacking in trust that you are lovable just because you're you;
- Struggling with a healthy self-image;
- Having a string of unsuccessful, toxic relationships.

When this chakra is open, on the other hand, you'll have a robust and healthy image of your sexuality as a powerful creative energy, you'll engage in beneficial sexual experiences with people who honor you, and you experience pleasure in many ways in life. Moreover, you're creative in each of your endeavors.

One way to heal this chakra is with the following affirmation: "I am living blissfully connected to my community and my family. I am enjoying my sensual sexuality as it fuels my creative endeavors." You would also want to wear orange clothing and include orange-colored food in your diet, like carrots and oranges. The sacral chakra is associated with the musical note D, so listen to music with those notes. As with the root chakra, using essential oils, toning your voice to what feels right for you (you'll know it as you're changing the pitch of your voice while singing), and visualizing this energy center spinning clockwise with healthy energy circulation are all things you can do.

### **Solar Plexus Chakra**

You might remember that this chakra is associated with your relationship with yourself, your power, self-esteem, self-worth, and freedom from shame. When this chakra is unbalanced, you might experience any of the following symptoms:

- A sense of powerlessness or that you are being victimized;
- A habit of giving your power away to others since you feel it necessary to keep peace in those relationships;
- Having difficulty taking actions to realize your dreams because of low self-esteem;
- Experiencing stomach pains and anxiety.

When your solar plexus chakra is open, you'll have a strong sense of your power and the proper, healthy way to use it. You'll admire others who have power and influence, and you'll emulate them. You'll want your power and influence to do good for the world, and you'll find you trust your intuition and inner guidance, and you won't feel a need for validation from other people. To heal this chakra when it's unbalanced, use the following affirmation, "I am trusting my intuition and guidance, and I am following it where it leads without question or hesitation." You can also wear yellow clothing and include yellow-colored foods in your diet. This chakra is associated with the musical note E. As with the other chakras, essential oils, toning your voice, and visualizing this chakra with healthy, free-flowing energy circulating in a clockwise motion will help keep this chakra open.

## **Heart Chakra**

Recall that this chakra is associated with love, spirituality, compassion, forgiveness, and the masculine/feminine energy of self. It is associated with your emotional zone, and love applies to others, including self-love and self-acceptance. When this chakra is out of balance, you might experience the following emotions:

- A fear of commitment and the sense you have to please others to be loved;
- A feeling of hurt from past relationships such that you guard against love to avoid being hurt again;
- Difficulty giving and receiving love and feeling compassionate;
- Needing to hold grudges;
- Heart disease, asthma, and allergies.

In contrast, when this chakra is opening and working well, you're comfortable with your relationships, can easily give and receive love, feel heartfelt gratitude for how wonderful your life is, and appreciate others. You are compassionate for them and yourself without feeling sorry for anyone, and you love yourself unconditionally. To heal this chakra, use the following affirmation: "I am the divine expression of unconditional love, and I truly love myself. I recognize that all I am is love, and all I will ever be is love. I understand that unconditional love is the source of my birthright." You can also wear green-colored clothing and eat more green foods like string beans, spinach, and kiwi fruit. This chakra is associated with the musical note F, so listen to music with those notes. Use the essential oils, tone your voice, and visualize this chakra with free-flowing energy circulating through it.

## **Throat Chakra**

This is your communication center, your voice, creative self-expression, and the center of your willpower where you listen and feel heard. When this chakra is out of balance, you might experience the following emotions:

- Fear of speaking your truth and saying what you want or feel;
- Feeling like you want to go along, so you don't upset anyone;
- Feeling frustrated because you don't feel you're being heard;

- Having a sore throat or feeling like your throat is blocked.

In contrast, when it's open and flowing freely, you're comfortable speaking your truth, you also feel that others are listening to you and that your truth is being heard and honored. Additionally, you feel as though you are the only one responsible for expressing yourself openly and honestly. To heal this chakra, use the following affirmation: "I freely and openly speak my truth, and I am honest with myself and others. I am safe in expressing myself truthfully, and my honesty is attracting what I deserve as I travel on my path." You'll also want to wear blue clothing and eat more blue foods, such as grapes and grape juice. This chakra is associated with the musical note G, so listen to music with that note throughout. Continue using the essential oils, toning your voice, and visualizing this chakra spinning with free-flowing energy.

### **Third Eye Chakra**

This is the chakra responsible for psychic abilities, intuition, and your sense of purpose in life. It is also associated with self-reflection, visualization, discernment, and trusting your gut. When it is blocked, you might experience the following symptoms:

- Difficulty finding meaning in your life;
- A feeling you're disconnected from your intuition;
- Trouble making decisions;
- Feeling lost when it comes to your path in life and spiritual purpose;
- Frustration that something is wrong and out of alignment;
- Headaches and tension in your brow.

In contrast, when this chakra is open, you act with confidence and trust, you have a strong sense of your inner truth, and you listen to it as it guides you through life, you have inner wisdom and clarity about the purpose of your life, and a strong connection with celestial love. To heal this chakra, use the following affirmation: "I am connecting with celestial love that runs through my life and body. I am trusting my inner wisdom, and my path in life is clear to me." Wear indigo clothing and eat foods that are indigo in color like black beans, blackberries, or plums. This chakra is associated with the musical note A, and listening to music with A notes throughout is healing. Continue using the essential oils, toning your voice, and visualizing the proper function of this chakra.

## **Crown Chakra**

This chakra is your connection with the divine source of universal energy. It is associated with your spirituality, belief systems, revelations, divine consciousness, and enlightenment. It is also closely associated with your brain functions and your central nervous system. When it is blocked, you may experience the following symptoms:

- A sense of loneliness and insignificance as well as aimlessness;
- A strong sense of attachment to material possessions and achievements in a way that furthers a sense of disconnection from the spiritual side of your life;
- A sensation of a lack of guidance from your higher power;
- Feeling unworthy or angry with your higher power out of a sense of abandonment;
- Migraines or tension headaches.

In contrast, when your crown chakra is functioning properly, you feel connected, and as though you are being watched over and cared for, you feel as though you deserve immense blessings, you feel gratitude for the universal love you receive, and you extend that same love to yourself and others. You also feel a connection to the source and Mother Earth. When this chakra is blocked, heal it with the following affirmation: “I am transmuting anything that does not serve me in attaining my highest purpose and following my path in life.” Eat violet-colored foods such as passion fruit, purple cauliflower, and eggplant, and wear violet clothes. Play music with many B musical notes and continue using essential oils, toning your voice, and visualizing the chakra spinning healthily with energy surging through it and from the source into it.

To keep all of the chakras functioning well, practice your guided meditation, yoga, mudras (hand posture), and mantras (chants). You can also wear chakra jewelry like crystals that will help to unblock your energy flow. When your chakras are all functioning in harmony, your life will be truly blessed.

# Chakra Energy Is Your Energy

It is helpful to have a complete understanding of your energy system, how it functions, and the role that chakras play. The reality is that chakra energy is your energy. They manage the flow of subtle energy into and out of the body. When functioning correctly, the chakras open and close to emit and receive energy. Those energies that you don't wish to receive are filtered out as the chakras close down to limit its entrance into and circulation throughout your body. These unwanted energies include those coming from unhappy life circumstances or negative emotions. On the other hand, when you are receiving or giving energy you desire, the chakras open to facilitate that energy movement. When you're feeling love or compassion, for example, the heart chakra will open to permit the flow of that energy between you and the object of your affections.



In a healthy energy system, the chakras open and close quickly, thereby acting as filters in response to what is happening in the world around you. This occurs on a different level of consciousness that may be unrelated to what you are currently thinking or doing. In effect, the chakras are acting as consciousness centers. This is one way to become blocked, congested, damaged, or too open or too closed. Because of their direct connection to consciousness, how the chakras are working has an immediate effect on your emotional,



physical, mental, and spiritual well-being, and that, in turn, has a strong influence over how you think, act, and respond to the events and people in your life. Thus, blockage or other kinds of damage affects the entire energy system.

The interconnected nature of the chakras means they are directly related to your consciousness. Therefore, the condition of your chakras will be reflected in the specific life issues and physical associations of a particular chakra. Clear, strong chakras will produce healthy, active, and evolving responses in the areas of life associated with those chakras. Likewise, damaged, congested, drained, murky, or closed chakras will create a substantial challenge in life-related regions having to do with unhealthy chakras. In fact, the entire energy system will be negatively affected as the energy is unable to move freely from one chakra to another because chakra energy is a vital part of your energy. When the chakra system functions in a diminished capacity, your life force is affected, as is your physical health. That's why it's imperative that you practice regular chakra clearing and strengthening. This is critical for both the maintenance of your health and your personal growth.

### **The Nine Energy Systems**

The chakras are one part of an interconnected energy system that includes nine total energy systems making up your body. Thus, imbalances in this crucial system spread to other areas and dramatically affect your physical experience. The existence of these energy systems has even been backed up by electromagnetic measurements that show no less than nine systems. Here is a brief description of the other eight systems:

- **The Meridians:** These are the channels that carry the life force energy known as qi. Like the body's bloodstream, the meridian system distributes energy throughout your body to bring vitality and balance to each area. They remove blockages, adjust your metabolism, and determine the speed and form of cellular change. And, as with the bloodstream, these energy pathways are critical to your health. They affect every organ and the body's major systems, including the immune system, the nervous system, the endocrine system, the respiratory system, and the digestive system. Obstructions in the meridians jeopardize the entire energy system. Blockages can be cleared by accessing any of the hundreds of tiny, distinct heat reservoirs along the skin's surface. These are the acupuncture points that can be stimulated with needles or physical pressure to clear blockages.

- **The Aura:** This is a multi-layer shell of energy emanating from your body and interacting with the environmental energies to which you are exposed. It is similar to a protective atmosphere surrounding you and helps filter out much of the energy you encounter. It also helps draw in the energy you need. It acts as an antenna to bring energy into your chakras and send energy from your chakras. Your aura also expands and contracts in response to your moods. When you're happy, feeling attractive, or spirited, your aura can expand to fill an entire room. When you're sad, depressed, or melancholy, your aura contracts around in a protective embrace that isolates you from negative influences around you. Studies conducted on auras have shown they correlate to wave patterns picked up by electrodes on the skin.
- **The Basic Grid:** This is your body's foundational energy from all other energy systems emanating. Your chakras sit on this energy grid, which is sturdy and fundamental. This grid can be damaged by severe trauma, and when that happens, it cannot repair itself spontaneously. Instead, the other energy systems adjust their functions in accordance with the damaged grid. Repairing a damaged grid is an advanced and intense form of energy therapy.
- **The Celtic Weave:** All of the body's energy systems weave themselves into a pattern known as the Celtic Weave. This has also been called the Tibetan energy ring, and it has been visualized as intertwined serpents crossing seven times, which is also the symbol of the medical profession. This woven, interconnected energy pattern is why all of the energy systems function as a single unit.
- **The Five Rhythms:** This is a more pervasive system than that of the chakras, aura, or other essential energies. It is a rhythm that runs through all of the systems, and it leaves a vibratory imprint on your physical form. It is these fundamental energy systems that are the building blocks for the universe. They provide the basis for understanding how everything functions, including such concepts as to how societies organize themselves and what is necessary for maintaining your health. Five distinct rhythms are observed in the elements of nature: water, wood, fire, earth, and metal. These are also drawn from the seasons: winter, spring, summer, Indian summer, and autumn. These are likened to the soundtrack of a movie, but instead, they are the soundtrack of life.
- **The Triple Warmer:** This is a meridian that manipulates your immune system's energies to attack invaders, and it also helps mobilize your body's energies to fight or

flee during an emergency. It operates distinctly beyond the range of other meridians, so it is considered a system unto itself.

- **The Radiant Circuits:** This system ensures that all of the other systems work together for the common good. These circuits redistribute energy to where it is most needed, and they respond to any health challenge you might encounter. These circuits have been around longer than the meridians, and are seen in the embryo before the meridians develop. These energies operate as fluid fields, and like hyperlinks on a website, they can jump instantaneously to where they are needed to bring joy, revitalization, and spiritual connection.
- **The Electrics:** This energy emerges from the electrical dimension of the other systems, and thus, the name. They are intimately related to the primary energy systems and are not independent in and of themselves. Instead, they serve as a bridge that connects the other energy systems to the basic level of the body's electricity.

These interconnected and integrated energy systems function to provide you with energy at every level. A problem in one system affects all of the other systems, emphasizing the importance of taking proper care to clear energy blockages and repair damaged systems. Without adequately maintaining your energy health, every part of your body will suffer adverse effects.

# Yoga and Chakras

Yoga is one of the best ways to balance your chakras because it aligns them in the physical body. Using asanas (yoga postures) to balance and stabilize your physical body also helps rebalance your subtle body. The realignment of the chakras accomplishes this. Each of the seven chakras has a specific yoga posture, which helps to align that chakra. The following describes the yoga postures that help to stimulate and balance each of the chakras:

## **The Root Chakra**

The best posture for energizing and aligning the root chakra is Mountain Pose:



- Stand with your feet together and your arms at your sides. Breathe steadily and rhythmically as you press your weight into the balls and arches of your feet in an even manner. You can move your feet about six inches apart if you have any trouble balancing.
- Once you've achieved a good balance, straighten your legs by drawing down through your heels. Ground your feet into the earth, and draw the tops of your thighs up and back.
- Slightly tuck your sacrum, but do not round your lower back. Keep your hips even with your body's centerline.

- As you inhale, elongate your torso. While exhaling, release your shoulder blades away from your head in the direction of the back of your waist.
- Broaden at the level of your collarbone as you keep your shoulders in line with your body's sides.
- Press your shoulder blades toward the back of your ribs, but avoid squeezing them together. Maintain straight arms with your fingers extended and your triceps firm.
- Lengthen your neck while keeping your breathing smooth and even. Relax your gaze while you hold this pose for up to one minute.

### **The Sacral Chakra**

The best yoga pose for aligning and balancing this chakra is Warrior II:



- Stand with your feet wide apart, and your right foot pointed toward the top of your mat. Turn your left foot inwards.
- Reach out with both arms toward the front and back of your mat.
- Bend your right knee to 90 degrees while keeping your knee over your ankle. At the same time, press back through the outer edge of your left foot.
- Maintain your torso perpendicular to the floor while broadening across your collarbones and lengthening the space between your shoulder blades.

- Draw your sacrum slightly down as you direct your gaze out across your right middle finger. Hold this pose for up to a minute and then repeat it on the other side.

## **The Solar Plexus Chakra**

The best yoga pose to align and balance this chakra is Plank Pose:



- Begin on your hands and knees. Place your wrists directly beneath your shoulders.
- Spread your fingers out wide as you press down through your forearms and hands. As you do this, don't let your chest collapse.
- Direct your gaze downward while lengthening the back of your neck and drawing your abdomen toward your spine.
- Tuck your toes and step back with your feet, bringing your body and head into a straight line, like a board.
- Keep your thighs lifted and don't let your hips sink too low. Don't let your butt stick up into the air; keep it low as you maintain your shoulders directly over your wrist.
- Pull your pelvic floor muscles toward your spine while you contract your abdominal muscles.
- Deepen the pose by lifting one leg at a time.
- Hold this pose for five breaths, and then slowly lower your entire body onto the floor.

## **The Heart Chakra**

The best yoga pose to align and balance the heart chakra is the Camel Pose:



- Begin by kneeling upright with knees hip-distance apart. Rotate your thighs inward while pressing your shins and the tops of your feet into the floor. Position your hands on the back of your pelvis with your fingers pointing to the floor.
- Lean back and grab each heel. Hold onto the outside of each foot with your thumbs as you turn your arms outward without squeezing your shoulder blades. Your head should be in a neutral position, or you can allow it to drop back.
- Hold this pose for up to a minute, and then bring your hands back to your front hips. Inhale and lead with your heart as you lift your torso by pushing your hips toward the floor. Bring your head up last.

## **The Throat Chakra**

The best yoga pose for aligning and balancing this chakra is the Bridge Pose:





- Begin lying on your back with your knees bent and your feet flat on the floor.
- Press your feet and arms into the floor and lift your hips toward the ceiling as you keep your thighs and feet parallel.
- Roll your shoulders back underneath your body. Clasp your hands behind your back as you extend your arms along the floor beneath your hips.
- Hold this pose for up to one minute before releasing by slowly rolling your spine along the floor, one vertebra at a time.

### **The Third Eye Chakra**

The best yoga pose to align and balance this chakra is the Tree Pose:





- Begin by standing with your feet hip-width apart. Slightly shift your weight onto your left foot, spread your toes wide.
- Bend your right knee toward the side of your body as you draw your foot up and clasp your right ankle with your hand.
- Draw your foot alongside your left thigh and rest your foot above or below, but not on your knee.
- Place your hands on your hips as you lengthen your tailbone toward the floor. Direct your gaze softly in front of you as you press your right foot into your left thigh or calf.
- To deepen the pose, raise your arms above your head and reach your fingertips towards the sky. To deepen the pose further, close your eyes.
- Hold this pose for up to one minute, and then step your foot back to the floor in a controlled manner. Repeat on the opposite side.

### **Crown Chakra**

The best yoga pose to align and balance the crown chakra is Corpse Pose:



- Lie on your back and close your eyes. You can cover your body with a blanket for this pose.
- Relax your arms and legs and allow your body to feel heavy on the floor.

- Begin at your feet and work your way up the body. Release each body part, every organ, and every cell of your body into a relaxed position. Allow your eyes to close as you invite deep peace and silence into your mind, body, and soul.
- Stay in this pose for 5 - 15 minutes before deepening your breath as you bring gentle movement and awareness back to your body. Roll to your right side, and upon an inhalation, gently press up into a comfortable seated position.

By practicing these poses regularly, you can maintain your chakras in alignment. Using yoga and meditation, you will balance your chakras, thereby cleansing your body, mind, and soul as you purify your energy centers to allow your health and well-being to flourish.

# Hindu Tantras

The word tantra derives from two Sanskrit words: tanoti, which means expansion, and rayati, which means liberation. The word tantra means the liberation of energy and the expansion of consciousness. It describes a method to liberate dormant energy (kundalini) to expand consciousness. The principles of this method form the basis of all yoga practices. The Hindu Tantra scriptures describe the techniques for achieving the liberation of stagnant energy and expanding the mind.



There are 92 Hindu Tantra scriptures. Sixty-four are described as Abhedha, which means 'without differentiation,' and these are called Bhairava Tantras or Kashmir Saivite Tantras. Eighteen of the 92 scriptures are described as Bhedabheda, which means 'with differentiation and without differentiation,' known as Rudra Tantras. Ten of the 92 scriptures are described as wholly Bheda, which means 'differentiated,' known as Siva Tantras. The Rudras Tantras and Siva Tantras are used by Saiva Siddhantins, and are sometimes called Shaiva Siddhanta Tantras.

Tantras are composed of mostly two types: Agama and Nigama. Agamas are texts wherein the Goddess asked questions, and the God replied. Nigamas are where the God

asked questions, and the Goddess replied. The dialogue between the God and Goddess is a unique feature of the Hindu Tantra.

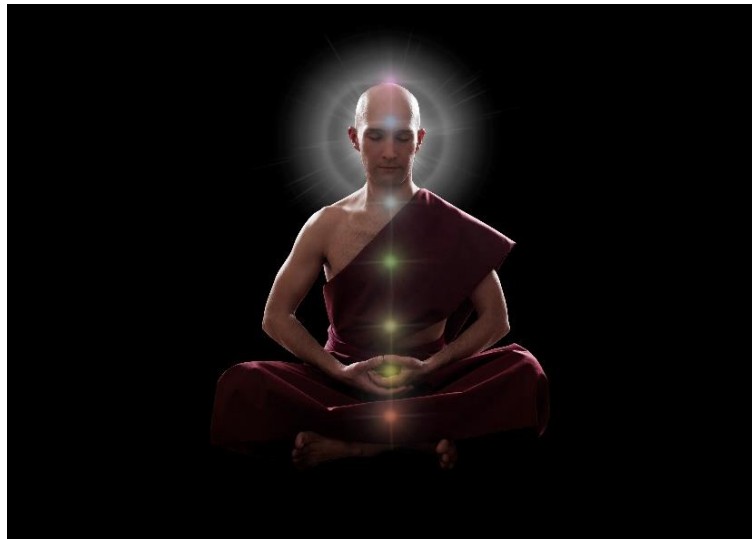
The Hindu tantras, particularly those created in the first millennia of the current era (AD), describe the subtle body as a psyche-mind reality that is invisible but real. The life force energy, described as prana, is variously described as ranging from simple breathing (inhalation and exhalation) to the more complex breath-mind-emotions-sexual energy concept. In either case, the prana vanishes when you die, leaving behind only the physical body. The prana, or subtle body, is also described as what withdraws inside you as you sleep, and that which can awaken. The chakras in this system are part of the body network and nadi, the Hindu term for the meridians, and these are all vital for your physical, mental, emotional, and spiritual health. They also affect how you relate to other people in your life.

In the Hindu tantra, the seven-part chakra system is central to hatha yoga, but these texts also present different chakra theories. In Hinduism's goddess tradition, which is called Shaktism, the chakra methodology is an important concept with yantras (mystical diagrams), mandalas (spiritual symbols), and kundalini yoga as part of its practice. In this practice, the circular chakra energy concept is extended to the group practice of worshiping in a circle, which can involve tantra practice. These tantra practices are meditative exercises that became known as yoga.

After the origins of this practice in Shaktism, several sub-traditions developed within the Shaiva and Vaishnava schools of Hinduism. These eventually were developed into the Nadi and Chakra systems. These all involve yoga and self-realization through techniques that work with circular energy based on the chakra system. This became known as kriya yoga. Some gurus liken this work to Taoist inner orbit practices. These practices are all believed to activate the chakras and stimulate spiritual development, and they are the basis for much of the chakra work done today.

# Buddhist Tantras

The earliest Buddhist tantra is believed to be the Mahavairocana Tantra, which was collected by a Chinese pilgrim, Wu-xing, in 680 CE (current era or AD). Some of the information in this tantra is similar to the Yoga Upanishads. Many Buddhist tantric traditions were influenced by Saiva and Pancharatra Hindu traditions, including the god/goddess cults. Many of the early Buddhist tantras were later called action tantras, which translates as kriya tantras. These are mostly collections of magical mantras, phrases for worldly ends. These do not refer to themselves as tantras. Later, tantras called for the union of the body's energy with the deity using sacred sounds (mantras) and techniques to manipulate the subtle body. The goal was to achieve swift enlightenment.



Some themes unique to the Buddhist tantras include a revaluation of the body and its usefulness for attaining great bliss, a revaluation of female deities and women's role, and a reassessment of negative mental states. The latter is used to liberate one's energy as stated in the Hevajra Tantra: "The world is bound by passion, also by passion it is released." Buddhist tantras spread into nearby countries such as Nepal and Tibet from India around the 8th century and Southeast Asia, China, and Japan. There are approximately 1500 to 2000 Buddhist tantric texts written in the original Sanskrit, and there are some two thousand more that only survive in their translated forms, mostly Tibetan or Chinese.

The Buddhist tantras often teach about four chakras, identified as manipura, anahata, vishuddha, and ushnisha kamala (crown chakra). Still, depending on the meditative tradition, the chakra number varies between three and six. The chakras are considered psycho-spiritual constituents that have a meaningful correspondence to cosmic processes and their hypothesized Buddha counterparts.

The chakras in Tibetan Buddhism are the pivotal providence of Tantric thinking in that they reveal without tantra, there would be no chakras, and without chakras, there is no Tibetan Buddhism. The goal in this practice is to align the life force of the chakras within the central channel, and in doing so, to penetrate the realization of ultimate unity or organic harmony of your individual consciousness with concurrent attainment of the all-embracing love. This is conceived of as the direct cognition of absolute Buddhahood or enlightenment.

For this ultimate goal, the chakras and meridians' systems were developed, and these were then coupled with the method of physical exercises known as yantra yoga. Yoga awakens the deep mind and brings forth positive attributes and virtuous qualities. In this way, tantric practice is believed to transform all experience into clear light. Therefore, it liberates you from all negative conditioning and frees you from control and unity of perception and cognition. In other words, it frees you from identifying with your thoughts. This is the ultimate goal, an understanding of your fundamental unity with the universal oneness.

## Conclusion

The chakras are a vital part of your overall energetic system. They are a critical part of your life force, and they impact your overall health and well-being. As such, it is of utmost importance to maintain their alignment and balance. They must remain unblocked so that your qi can flow freely to all parts of your body. If they become damaged or blocked, you can suffer from various problems, including anxiety, lethargy, and many health problems.

Maintaining harmony and balance in your chakras needs to be part of your overall self-care practice. Meditation and yoga are two of the best ways to keep a healthy chakra system. By visualizing each of the chakras as spinning clockwise without any impediments, using positive affirmations that help heal each chakra, and practicing specific yoga poses to align the chakra system, you can keep your chakras balanced so that your vital life force energy flows freely throughout your body.

With healthy chakras and regular meditative practices, achieving the ultimate goal of realizing the union with the universal energy that runs through all things is possible. This is the enlightenment that ancient Hindu and Buddhist practitioners sought. Understanding your unity with the one energy will bring you the peace of staying grounded in the present moment. It will also provide you with a vital force to pursue your life's purpose and freedom from the negative thinking and external circumstances that are why your chakras can become damaged. Seek the truth of your reality by maintaining your chakras in healthy harmony, and you'll discover the truth of your divinity. That is the gift of healthy chakras.

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**A Bonus Chapter of my book:**

# **CHAKRA HEALING FOR BEGINNERS:**

Discover 35 Self-Healing Techniques to Awaken and  
Balance Chakras for Health and Positive Energy

*Alison L. Alverson*

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# Using Crystals and Gemstones to Harmonize Your Chakras

Because chakras are composed of pure energy, they resonate with other substances that carry energy, particularly various types of crystals and gemstones. There are many crystals and gemstones that have unique properties that make them excellent for balancing and healing your chakras. These stones and gemstones can be aligned with specific chakras based on their energetic attributes. Some chakra stones can even be used on multiple chakras, such as is the case with crystal quartz.



## Where Can You Get Chakra Stones?

Chakra stones are usually available at local stores that sell crystals if you have some of those in your area, and if not, you can always get them from online vendors. The brick and mortar stores are likely to be more expensive than online vendors or crystal fairs that may be in your area. While the price is better from online vendors, it's essential to understand that some unethical vendors might sell you fake stones or even plastic, so be sure to work with an ethical vendor. It's also good to know that if you buy a kit, you'll get a better price

than if you buy stones individually. If you buy a kit, you'll want one that minimally includes seven stones for each of the chakras, but there are also more elaborate ones available that provide everything you need to balance your chakras.

## **Do You Have to Take Care of Them?**

As a matter of fact, you do have to take good care of your stones to maintain their best energy potential. In the same way that plants need to be watered and provided with soil and sunlight to grow, crystals also have a life-cycle with different optimal performance needs. Essentially, they require cleansing, charging, and activation.

### **Cleansing Chakra Stones**

There are a few different ways to cleanse your chakra stones. Here is a summary of each:

- **Water:** Cleansing your chakra stones with water is a fundamental technique, but it's important to use good-quality water to wash them. It should be energetically clean to work well. It's best to use clear spring water or clear ocean water. Additionally, some crystals, like malachite, cannot be cleansed with water since it can cause a reaction due to the stone's molecular structure. To cleanse stones in water, hold the crystal under water and rub it with your fingers for 20 or 30 seconds. After it is clean, allow it to dry in a sunny spot and then leave it to charge with the sun's energy.
- **Salt:** Salt has protective and cleansing properties, and it is also believed by many shamans to deflect harmful energies. To clean your stones with salt, put them on a pile of dry sea salt and leave them for a day or two. It's important to realize that some softer stones might be damaged by sea salt, so be careful about that. You can also mix the salt with herbs and plants like thyme, rosemary, or sage.
- **Sound:** Many people who use gemstones believe they must be cleansed with sound. They argue that the crystal can be reset with loud sounds that shake up their frequency, and after that, they will reset themselves to their natural frequency. Many also believe that you must set the intention to cleanse the stone, establishing a personal connection between you and the gemstone. This is a core technique of most shamans, and it involves working with intention and sounds produced by something like a tuning fork or a Tibetan singing bowl. These should be played near the gemstone. You can also use a gong that produces white noise, making it particularly effective for this technique. If you don't have these items, you can also use computer-

generated sounds and sound frequencies. You can find websites with various frequencies by searching online. Remember to state your intention before playing the sound. You do this by saying something like, "Let the sound clean you of negative and/or foreign energy and restore your original vibration."

- **Smudging:** Another way to clean your chakra stones is smudge them using smoke from the natural incense of sage or rosemary. If possible, try finding dry sticks from the Palo Santo tree or indigenous Tobacco known as Mapacho. If you can't find these, other natural incense will work just fine. To cleanse them, hold the gemstone above the burning incense or blow smoke into it. As you do so, visualize the smoke blowing away any harmful energies as it cleans and protects the stone.

### **Charging the Chakra Stones**

There are many different ways to charge your chakra stones. They are produced naturally, and thus, they should be charged naturally. Here's a summary of the methods you can use:

- **Soil:** Chakra stones come from the earth, and the earth can recharge them. To do so, place them in a soft cloth and lay them on the soil. This can be somewhere in the woods, under a large tree, or in the grass of a field. The ground should be soft and not too sandy if you want to lay them directly on the ground. You can also take them to a natural cave if there is one near where you live. Once you find a good spot where you can feel grounding energy, leave your stones to charge for at least 12 hours. This is the best method for the chakra stones that work with the lower chakras and non-transparent crystals and crystals that have a lot of iron and other types of metal elements in their chemical structure, such as volcanic crystals.
- **Sunlight:** Sunlight is another way to recharge your chakra stones. To do this, place the gemstones on a clean and soft surface and set them out in the sunlight through the day to charge them. If it is a particularly hot day, it might be better to charge them in the morning and afternoon. In that case, you can put them in the shadow during the heat of the middle of the day. Sunlight infuses them with active, moving, stimulative, and fiery energy, which will help you overcome life changes and

obstacles, and it will give you motivation. This charging method is suitable for all of the crystals in the red-orange to yellow spectrum and gemstones of volcanic origin.

- **Moonlight:** Moonlight is also a great way to charge your chakra stones. To do this, put them on a soft surface and leave them outside or on the window sill on a night when the moon is full. Moonlight has specific qualities connected to deep emotions, intuition, dreams, and astral realms. Moonlight provides softer energy that moves more slowly but penetrates more deeply when you need to be introspective and connect to spirit guides. This is the best method for the crystals connected to the higher chakras, from the heart chakra to the crown chakra. It is especially suitable for those stones associated with the third eye chakra.

### **Activating Your Chakra Stones**

Once cleansed and charged, you need to activate your chakra stones. This requires that you be calm and relaxed, and you will need to find a quiet, secure place in your home where you know you won't be disturbed as you do this. It can help to listen to relaxing music or do a seven chakra meditation to align your chakras and reach a calm, alpha state frequency in your brainwaves. This will encourage your intuition, and that's exactly what you want when working with crystals.

When you are calm and ready, take the crystals in your hand and attempt to feel the energy. Imagine white light coming from the universe is shining around and inside your body, and it is connecting you to the crystal. Set your intention in your mind and speak it out loud to the crystal. Though each crystal has a specific natural vibration and function, you can program it to work on particular chakras with different intentions. Your intention should be something like, "Please allow me to use your energy with the highest and best intentions to heal myself (or my friends). Balance my energy and help me heal physically, mentally, spiritually, and on all energy levels."

It's best if you choose to activate those chakra stones related to the problem you're trying to heal. For example, if you are looking for stability in life related to your root chakra and the best stones for that are hematite or red jasper. Once you have programmed your stones for meditation and healing, you will want to carry them as amulets for their protective energy. You can wear them as bracelets, necklaces, rings, or other types of chakra jewelry.

## **What are Chakra Stones Made Of?**

Crystals are a special kind of stone that is composed of one or more types of atoms. These are arranged in a crystalline structure, which means a repetitive pattern that extends in all three dimensions. They are solidified by a unique process called crystallization, which means they grow. The different types of crystals vary by their crystallization and solidification process. That means they have unique atomic and chemical structures. Because they have specific chemical, physical, and energetic properties, they vibrate at particular frequencies. Their unique properties are what make them excellent tools for healers that work with energy. This is because they can both store and transmit information in the form of energy vibrations. In a sense, each gemstone has its unique aura, which makes these stones great for numerous uses in science, industry, and holistic, alternative medicine.

## **How Do You Use Them?**

There are a few different ways you can use your chakra stones to help balance and harmonize your energy. The most common technique for balancing your energy sources is to place the stones on your body where each of your chakras are located. You can also wear them as pendants, bracelets, rings, or other types of jewelry, and you can even make energy grids, altars, or shrines using the stones. It's crucial to select the right stone for the appropriate purpose, which depends on what you're trying to heal or balance.

It's also important to remember that the energy interaction that takes place between the chakra and the stone is a two-way interaction. The chakra stone affects the chakra to balance and heal it, but the chakra is also affecting the stone, either by raising or lowering its natural frequency. It is even possible the chakra will release negative energy into the stone. That's why the stone will need to be cleansed, recharged, and activated after use.

Suppose you are wearing your chakra stone as jewelry. In that case, it's essential to know that its energy is continuously interacting with the energy of its surroundings, and that's another reason it's critical to care for your chakra stones properly. If they are not in use, they should be stored in an energetically beneficial container so that they won't be "dirty" by either stagnant or overactive energy in the room where they are kept.

Now that you're familiar with some of the basics of chakra stones let's examine the different ways they can be used.

- **Technique #1: Placing them on your body.** This is an incredibly effective way to use chakra stones if you've never used them before since it will help you practice healing yourself. You place the stones on your body at the location of your chakras. Do this by picking out a few stones using your intuition, lie down and place them on your chakra locations, and then do a simple chakra meditation. You can also put several crystals on all of the chakras. Once placed, practice meditative breathing exercises and visualize the energy filling your chakras and balancing them. The gemstones will heal you by vibrating at the same frequency as your chakras, and it is through this vibration they will balance your chakras as they restore the proper frequency to them. It's also possible to program the chakras by bringing them qualitative information in the form of intention through the stones.
- **Technique #2: Cleanse and revive the energy of your home.** This is another common technique to make sure that your environment is clear of negative energies or to enhance specific energies. If you do this, you want to put the crystals in clusters or pyramids rather than just pointed crystals. Unlike a pointed crystal, the clusters will project their energy in all directions and cover a larger area. It's also best to put particular stones in the areas of your house where you hang out most often. Some stones have a specific purpose. For example, agate or shungite should be placed by your computer to neutralize the harmful radiation produced by these kinds of devices. You could also place stones like citrine, fluorite, jade, and hematite nearby to help you concentrate on your work. Amethyst, quartz, and selenite are excellent for a restful night's sleep. There are no fixed rules regarding what stones you choose to use in your living environment. You can use your creativity and imagination to do what makes you feel good.
- **Technique #3: Build altars or shrines with your chakra stones.** Personal altars will give you power in various areas of your life. You can arrange your stones based on your intuition and creativity. Begin by picking a location where you want the altar, and wait until you are in a calm, relaxed state before building the altar. You want the act of handling your power stones to calm you and strengthen your intuition. You also want to build your altar based on specific intentions, or to solve a specific problem, or for protection and clearing of negative energies. Whatever your intention, have it in mind as you set up your altar so that you will program the power stones and other objects you might include as you get it organized. Besides the chakra stones, you might include objects with special value for you like statues, pendulums, photos,



incense, or candles. Make sure you set your altar up so that something is oriented toward each of the four cardinal directions, and the energy flows freely. Follow your intuition regarding what should be placed where.

- **Technique #4: Enhance your energy with crystal grids.** Crystal grids are similar in function to altars, but the difference is that they only include chakra stones. That gives them less symbolic power, but they can generate more energy using the stones' power. Crystal grids are usually particular in their arrangement, typically in a mandala-like pattern, and they manipulate particularly in the location in which they are situated. They are very powerful for generating and amplifying energy, and the stones should complement each others' energy qualities. There are several ways to build them depending on the purpose you have in mind, but the basic rule is to follow your intuition and imagination and keep your intention in mind as you go about the process.
- **Technique #5: Wear chakra stone jewelry.** This is another excellent way to balance your chakra energy. Typically, chakra stone jewelry comes in the form of pendants, bracelets, and rings. Just like any other chakra stone, these gemstones need to be cleaned, charged and activated using the processes we've discussed above. It's essential to care for them carefully since they are in constant contact with your energy body. The main advantage of the jewelry is that you have it with you all the time to protect your energy. Additionally, they are very attractive and help you preserve your energy as you come into contact with the people in your life and any stressful situations. Typically, people choose to wear gemstone jewelry to root and balance their energies and protection, but there are some other useful applications. For example, if you need to speak at a business meeting, you might wear a throat chakra crystal to help you with your communication skills. A third eye or crown chakra gemstone might help you connect to celestial energies in a meditation group. If you are on a date, you might choose a sacral chakra gemstone for enhancing your sexual energies and attractiveness to your partner.
- **Technique #6: Crystal water chakra stones diet.** This is a less common but beneficial method for healing your chakras using gemstones. You do this by placing the crystals of your choosing in water--some gemstones don't do well in water, so choose carefully--and then leave them there for a while. After a time, you drink the water. For slightly toxic crystals, place them in a vial or flask and submerge that in

the water. The energy will transfer just the same. Because water is a medium that can store energy, the crystals will inform it with their vibration, and when you drink the water, your body then receives that information and imprints it into your cells. You can choose to use a single crystal at a time or use a combination of gemstones; however, you shouldn't use more than three at one time. Additionally, your dieting period should be minimally one week, but up to one month if you require a close connection with the stone. For maximum effect, your crystal diet should be supported by a proper food diet free from any meat, salt, sugar, alcohol, or processed foods. Moreover, you don't want to eat dairy products during a chakra crystal diet, particularly aged cheese.

## **What Stones Should You Use for Each Chakra?**

One way to choose the gemstone for each chakra is by its associated color. Use red stones for the root chakra, orange for the sacral chakra, yellow for the solar plexus chakra, green or pink for the heart chakra, blue for the throat chakra, indigo for the third eye chakra, and purple, white, or transparent stones for the crown chakra. There are some exceptions to this rule, but you will learn that as you begin to feel the stones' energy and relate to them as if they are living beings. That's the best way to determine which chakra stones you need to use. You might be wondering, however, which stones correspond to the appropriate color. Let's take a closer look at each chakra.

### **Root Chakra Crystals**

The root chakra is associated with the color red, and the following chakra stones work well with this chakra:

- Red Jasper is a strong gemstone for protection. It is believed to absorb negative energy, and it represents your foundational feeling of being grounded.
- Garnet is a cleansing chakra stone that re-energizes, purifies and balances, and brings you passion and serenity.
- Hematite is a healing crystal named for the Greek word meaning blood. It can promote better relationships, block negative energy, and help root your body to the earth and improve blood flow.

## **Sacral Chakra Crystals**

The sacral chakra's color is orange, and the following crystals are best for this chakra:

- Amber helps calm and energize the chakra as well as help you manifest desires and relieve physical pain.
- Carnelian helps restore vitality and motivation as well as stimulate creativity. It also gives you courage, dispels apathy, and promotes positive life choices and motivation for success.

## **Solar Plexus Crystals**

The color for this chakra is yellow, and the following crystals are best:

- Agate is an excellent stone for protection, physical strength, harmony, and good luck. It also enhances your creativity and strengthens your intellect.
- Citrine helps you achieve personal manifestation, and it enhances your imagination.
- Tiger's eye attracts good luck and prosperity, and it also helps increase your confidence, intuition, and mental clarity.
- Yellow jade assists you in being confident and taking control of your life.

## **Heart Chakra Crystals**

The heart chakra is associated with the colors green and pink, and the crystals you should use for this chakra include the following:

- Rose quartz promotes compassion, appreciation, and tranquility. It is the chakra crystal associated with love and beauty.
- Amazonite is associated with knowledge and divine guidance. It helps you communicate better, and it can synchronize your thoughts and words.
- Aventurine is the stone of leadership, optimism, and prosperity.

## **Throat Chakra Crystals**

The color for the throat chakra is blue, and the crystals that will most aid in balancing and healing this chakra are the following:

- Turquoise is a stone that offers protection and strength, and it also promotes communication, a relaxed mental state, and leadership.
- Celestite helps with communication and promotes strength and inner peace.
- Blue Apatite helps with your creativity and communication, and it can help clear away confusion as you strive to achieve your goals.

## **Third Eye Chakra Crystals**

The third eye chakra is associated with indigo, and these crystals will help keep it balanced and healthy:

- Sodalite helps with intellect and can enhance your mental clarity, concentration, and focus.
- Lapis lazuli is a stone of wisdom, power, truth, and good judgment. It can be used for the promotion of your intuition.
- Sapphire is a stone associated with insight and happiness, and it can help you resolve issues and fulfill your goals and ambitions.

## **Crown Chakra Crystals**

The crown chakra is connected to the color violet or white, and these chakras are useful for keeping it balanced and healthy:

- Clear quartz magnifies all other stones' properties, and it can help you connect to your soul for enlightenment.
- Moonstone is the best crystal for fertility. It opens your heart, so you become more nurturing and accepting of love from everyone around you.

- Amethyst represents royalty. It is also associated with spirituality and creativity. It boosts self-esteem, enhances your aura, and can even be used to ease headaches and healing addictions, which are connected to imbalances in the crown chakra.

These chakra stones will help activate or amplify the energies contained in each of your chakras. Still, it's essential to indicate your intention to use them to heal yourself or maintain chakra balance. These gemstones are an excellent way to retain a good energy flow and resolve problems you may be experiencing. Using them in the ways we've discussed will help you keep your chakras healthy and full of positive energy.

[Click here to check out the rest of the book “CHAKRA HEALING FOR BEGINNERS: Discover 35 Self-Healing Techniques to awaken and Balance Chakras for Health and Positive Energy”](#) or go to: <https://amzn.to/37WKOwz>

I would like to thank you for your interest in reviewing my book. If you ever have any questions or if you find any errata that you would like to tell me about, you can get in touch at [alisonalverson12@gmail.com](mailto:alisonalverson12@gmail.com) . Also, if you would like to sign up to the advanced reader group so you get all of my upcoming books for free before the official release in exchange for an honest review, just click [here](#) or visit <https://bit.ly/2UBUUgi> . Your reviews mean the world to me! Thank you in advance