

# CHAKRA HEALING CENTERS

Using STONES, CRYSTALS, FLOWER ESSENCES, ESSENTIAL OILS, YOGA, CHANTS

## Crown Chakra

Location: top and center of head

Color: Purple/Violet, White, Gold

Glands: Pituitary

Body Parts: Muscular system, skeletal system, skin, cerebral cortex, central nervous system

Physical Dysfunctions:

Energetic disorders, depression, chronic exhaustion, extreme sensitivity to light/sound, apathy

Mental/Emotional Issues:

Ability to trust life, values, ethics, courage, selflessness, ability to see larger pattern or picture, faith, inspiration, spirituality, devotion

Possible Causes of Energy Blocks:

Lack of trust in the Divine or life, unresolved anger toward the Divine

Crystals:

Amethyst Chevron, Quartz-Clear, Blue Kyanite, Ametrine, Fluorite, Amazonite, Amethyst, Ammonite, Andara Glass, Angelite, Apophyllite, Aragonite, Auralite 23, Azestulite, Azurite, Black Moonstone, Blue Sapphire, Cavansite, Celestite, Charoite, Chrysoberyl, Citrine, Danburite, Dioptase, Dumortierite, Emerald, Epidot, Green Tourmaline, Herkimer Diamond, Kunzite, Labradorite, Lake Superior Agate, Lapis Lazuli, Lemurian Seed, Lodestone, Merlinite, Moldavite, Nirvana Ice, Nuummite, Opalite, Orthoceras, Peacock Ore, Pink Opal, Prehnite, Quartz-Rutilated, Rainbow Obsidian, Quartz-Rainbow, Quartz-Rose, Selenite, Serpentine, Shaman Stones/Boji Balls, Shiva Lingam, Shungite, Snowflake Obsidian, Sodalite, Sunstone, Super 7, Tanzanite, Tiger's Eye, Tiger Iron

Flower Essences:

Aspen, Angelica, Angel's Trumpet, Rue, Shooting Star, Splendid Mariposa Lily, St. John's Wort, Yarrow, Lavender

Essential Oils:

Peppermint, Sandalwood, Frankincense, Lotus, Eucalyptus, Lavender, Myrrh, Patchouli, Rose, Rosemary, Sage

**Annoint:** Directly on chakra area. Can also apply to both hands and rub together, then place friction energy near chakra.

**Speak:** I now intend to create a connection with my crown chakra. May I understand that I am a reflection of the Divine/Source/Universe/God/Goddess. I release all fear that keeps me from trusting my path. I ask to be supported in the elevation of my consciousness, so I may live in the knowledge of Unity, and trust that my life is unfolding exactly as it should. And so it is.

Yoga Poses:

Downward facing dog, relaxed, but extended forward bends

Mantra Chant: OM

## Third Eye Chakra

Location: between the eyebrows

*Color:* Indigo

*Glands:* Pineal

*Body Parts:* Brain, nervous system, eyes, ears, nose

*Physical Dysfunctions:*

Brain tumors, stroke, neurological disturbances, spinal difficulties, headaches, blurred vision

*Mental/Emotional Issues:*

Self-evaluation, truth, intellectual abilities, feelings of adequacy, openness to other's ideas, ability to learn from experience, emotional intelligence

*Possible Causes of Energy Blocks:*

Lack of trust in one's intuition

*Crystals:*

Amethyst Chevron, Flourite, Blue And Black Kyanite, Quartz-Clear, Iolite, Pyrite, Ametrine, Amazonite, Amethyst, Ametrine, Ammonite, Andara Glass, Angelite, Yellow/Green Apatite, Apophyllite, Aragonite, Auralite 23, Azestulite, Azurite, Black Moonstone, Blue Sapphire, Cavansite, Celestite, Charoite, Chrysoberyl, Citrine, Danburite, Dioptase, Dumortierite, Emerald, Epidot, Green Calcite, Green Tourmaline, Herkimer Diamond, Kunzite, Lapis Lazuli, Lemurian Seed, Lepidolite, Lodestone, Merlinite, Moldavite, Nirvana Ice, Nuummite, Opalite, Orthoceras, Peacock Ore, Pink Opal, Prehnite, Quartz-Rutilated, Fancy/Rainbow Jasper, Rainbow Obsidian, Quartz-Rainbow, Quartz-Rose, Selenite, Serpentine, Shaman Stones/Boji Balls, Shiva Lingam, Shungite, Snowflake Obsidian, Sodalite, Super 7, Tanzanite, Tiger's Eye, Tiger Iron, White Howlite

*Flower Essences:*

Black Eyed Susan, Forget-Me-Not, Hounds Tongue, Lotus, Milkweed, Queen Anne's Lace, Rabbitbrush, Sage, Sagebrush, Shasta Daisy, Star Tulip

*Essential Oils:*

Lavender, Sandalwood, Frankincense, Geranium, Grapefruit, Jasmine, Lemon, Myrrh, Patchouli, Peppermint, Rose, Rosemary, Sage

***Anoint:*** Directly on chakra area

***Speak:*** I now intend to create a connection with my third eye chakra. I release all fear that keeps me from trusting my intuition. May I trust and follow it, and see past what is physically in front of me, so that I may see all possibilities with ease. May I effortlessly integrate my inner vision into all aspects of my life, and allow myself to connect with the emotional intelligence of my third eye. And so it is.

Yoga Poses: blindfolded, forward bends, tea twist

Mantra Chant: SHAM

## Throat Chakra

Location: front and base of neck, at the hollow of the collarbone

*Color:* Light Blue

*Glands:* Thyroid, parathyroid

*Body Parts:* Throat, trachea, neck vertebrae, mouth, teeth, gums, esophagus, hypothalamus, shoulders, arms, hands

*Physical Dysfunctions:*

Raspy, sore throat, mouth ulcers, gum difficulties, TMJ, stiff neck, scoliosis, swollen glands, thyroid problems

*Mental/Emotional Issues:*

Strength of will, following one's dream, choice and capacity to make decisions, judgment, criticism, faith

*Possible Causes of Energy Blocks:*

Withholding or swallowing words

*Crystals:*

Blue And Black Kyanite, Fluorite, Dumortierite, Apatite, Malachite, Blue Lace Agate, Amazonite, Ammonite, Blue Apatite, Yellow/Green Apatite, Aragonite, Aquamarine, Auralite 23, Azurite, Black Moonstone, Blue Sapphire, Cavansite, Celestite, Chalcedony, Chrysocolla, Chrysoprase, Danburite, Epidot, Green Calcite, Green Tourmaline, Herkimer Diamond, Honey Calcite, Iolite, Kunzite, Lapis Lazuli, Lepidolite, Lodestone, Peacock Ore, Pink Opal, Quartz-Rutilated, Rainbow Calcite, Quartz-Rainbow, Quartz-Rose, Ruby in Zoisite, Selenite, Serpentine, Shungite, Snowflake Obsidian, Sodalite, Super 7, Tanzanite, Turquoise

*Flower Essences:*

Calendula, Iris, Larch, Trumpet Vine, Snapdragon, Scotch Broom

*Essential Oils:*

Lavender, Rosemary, Frankincense, Chamomile, Hyssop, Eucalyptus, Geranium, Jasmine, Myrrh, Patchouli, Rose, Sage

***Anoint:*** Directly on chakra area

***Speak:*** I now intend to create a connection with my throat chakra. May I be in touch with my will to live and may I speak my truth in this world authentically, creatively and easily. I release all fear that keeps me from listening to my inner voice. And so it is.

*Yoga Poses:*

Warrior II, camel pose, triangle pose, tea twist

*Mantra Chant:* HUM

## Heart Chakra

Location: At the center of the chest

*Color:* Green/Pink/Magenta

*Glands:* Thymus

*Body Parts:* Heart, pericardium, circulatory system, lungs, breasts, diaphragm, shoulders, arms, ribs

*Physical Dysfunctions:*

Congestive heart failure, heart attack, heart disease, asthma, allergies, lung cancer, bronchial, breast cancer, high blood pressure

*Mental/Emotional Issues:*

Love and hatred, resentment, grief, self-centeredness, loneliness, forgiveness, compassion, hope, trust

*Possible Causes of Energy Blocks:*

Repressed heartache or grief

*Crystals:*

Quartz-clear, Emerald, Tourmaline, Jade, Blue And Black Kyanite, Green Aventurine, Tree Agate, Garnet, Bloodstone, Amazonite, Amethyst, Ammonite, Andara Glass, Angelite, Apache Tear, Apophyllite, Aragonite, Aquamarine, Auralite 23, Blue Sapphire, Carnelian, Cavansite, Celestite, Charoite, Chrysocolla, Chrysoprase, Danburite, Dioptase, Emerald, Epidot, Fluorite, Green Calcite, Green Tourmaline, Herkimer Diamond, Honey Calcite, Jet, Kambaba Jasper, Kunzite, Lake Superior Agate, Lepidolite, Lodestone, Malachite, Merlinite, Moldavite, Nirvana Ice, Opalite, Orthoceras, Peacock Ore, Peridot, Pink Opal, Prehnite, Pyrite, Quartz-Rutilated, Rainbow Calcite, Fancy/Rainbow Jasper, Rainbow Obsidian, Quartz-Rainbow, Rhodochrosite, Rhodonite, Quartz-Rose, Ruby in Fuchsite, Ruby in Zoisite, Selenite Serpentine, Shaman Stones/Boji Balls, Shungite, Snowflake Obsidian, Super 7, Tanzanite, Tree Agate, Unakite

*Flower Essences:*

Aloe, Bleeding Heart, Borage, California Poppy, Honeysuckle, Love Lies Bleeding, Indian Paintbrush, Penstemon, Pink Monkeyflower, Yerba Santa, Willow, Zinnia

*Essential Oils:*

Ylang Ylang, Lemon Balm, Lavender, Geranium, Palmarosa, Bergamot, Chamomile, Eucalyptus, Jasmine, Myrrh, Patchouli, Pine, Rose, Rosemary, Sage, Sandalwood

***Anoint:*** Directly on chakra area

***Speak:*** I now intend to create a connection with my heart chakra. May I fully and completely connect with myself in loving and compassionate ways, and extend that outward to those around me. I release all fear that keeps me from receiving and giving love. I ask to be supported in elevating the vibration of my heart to one of joy. May I love and accept all of myself, including my flaws. And so it is.

*Yoga Poses:*

Camel pose, seated spinal twist, eagle pose

*Mantra Chant:* YUM

## Solar Plexus Chakra

Location: Two inches above the navel

*Color:* Yellow

*Glands:* Pancreas, adrenals

*Body Parts:* Abdomen, stomach, upper intestines, liver, gallbladder, spleen, middle spine

*Physical Dysfunctions:*

Arthritis, gastric or duodenal ulcers, colon/intestinal problems, pancreatic/diabetes, chronic or acute indigestion, liver or adrenal dysfunction, fatigue

*Mental/Emotional Issues:*

Trust, fear, intimidation, self-esteem, self-respect, care of self and others, responsibility for making decisions, sensitivity to criticism, personal honor

*Possible Causes of Energy Blocks:*

Stuffed or repressed anger, issues of control – as related to power

*Crystals:*

Amber, Tree Agate, Quartz-clear, Blue And Black Kyanite, Garnet, Ametrine, Amazonite, Ammonite, Blue Apatite, Yellow/Green Apatite, Aragonite, Auralite 23, Blue Sapphire, Bumble Bee Jasper, Charoite, Chrysoberyl, Chrysoprase, Citrine, Danburite, Emerald, Epidot, Fluorite, Golden Topaz, Green Tourmaline, Herkimer Diamond, Jet, Kunzite, Lake Superior Agate, Lapis Lazuli, Lepidolite, Lodestone, Nuummite, Ocean Jasper, Orthoceras, Peacock Ore, Pietersite, Pyrite, Quartz-Rutilated, Quartz-Rainbow, Rhodochrosite, Quartz-Rose, Ruby in Zoisite, Selenite, Serpentine, Shungite, Snowflake Obsidian, Sunstone, Super 7, Tiger's Eye, Tiger Iron, Turquoise

*Flower Essences:*

Arnica, Blackberry, Buttercup, California Pitcher Plant, Madrone, Manzanita, Nasturtium, Sunflower, Tansy, Tiger Lily

*Essential Oils:*

Lavender, Lemon, Roman Chamomile, Rosewood, Rosemary, Bergamot, Eucalyptus, Geranium, Lemongrass, Myrrh, Patchouli, Peppermint, Pine, Rose, Sage, Sandalwood, Sweet Orange, Tangerine, Ylang-Ylang

***Anoint:*** Directly on chakra area

***Speak:*** I now intend to create a connection with my solar plexus chakra. May I understand my self-worth and personal power. I release all fear that keeps me from being in touch with my soul's life purpose. I ask to be supported in all ways so that I may be in touch with my warrior, feel whole and centered in who I am. And so it is.

*Yoga Poses:*

Cat pose, sun salutation

*Mantra Chant:* RA

## **Sacral / Splenic Plexus Chakra**

Location: Two inches below the navel

*Color:* Orange

*Body Parts:* Lower vertebrae, pelvis, appendix, bladder, hip area, kidneys

*Physical Dysfunctions:*

Chronic lower back pain, sciatica, gyno, pelvic pain, uterine/bladder/kidney problems

*Mental/Emotional Issues:*

Guilt and blame, money, sex, power and control, creativity, ethics, honor in relationships

*Possible Causes of Energy Blocks:*

Abuse or trauma

*Crystals:*

Amber, Blue And Black Kyanite, Garnet, Amazonite, Ammonite, Blue Apatite, Yellow/Green Apatite, Aragonite, Auralite 23, Blue Sapphire, Bumble Bee Jasper, Carnelian, Charoite, Citrine, Copper, Danburite, Emerald, Epidot, Fluorite, Golden Topaz, Green Calcite, Green Tourmaline, Herkimer Diamond, Honey Calcite, Jet, Kambaba Jasper, Lake Superior Agate, Lepidolite, Lodestone, Moldavite, Moss Agate, Nuummite, Ocean Jasper, Peacock Ore, Pietersite, Pyrite, Quartz-Rutilated, Rainbow Calcite, Quartz-Rainbow, Red Jasper, Rhodochrosite, Quartz-Rose, Ruby in Zoisite, Selenite, Serpentine, Shungite, Snowflake Obsidian, Sunstone, Super 7, Tiger's Eye, Tiger Iron, Tree Agate, Turquoise

*Flower Essences:*

Black Cohosh, Calla Lily, Easter Lily, Fuchsia, Golden Yarrow, Hibiscus, Mallow/Marshmallow, Morning Glory, Peony, Quince, Sticky Monkeyflower, Star Tulip, Mariposa Lily

*Essential Oils:*

Ylang Ylang, Lemon, Patchouli, Rosewood, Sandalwood, Bergamot, Chamomile, Eucalyptus, Geranium Juniper Berry, Lavender, Lemongrass, Myrrh, Peppermint, Pine, Rose, Rosemary, Sage, Sweet Orange, Tangerine

***Anoint:*** Directly on chakra area

***Speak:*** I now intend to create a connection with my sacral plexus chakra. May I be in touch with my emotions in healthy ways, connecting easily to my pleasure and emotional aspects of my sexuality, in ways that sustain me. I release all fear. I ask to be supported in the harmony and clairsentience, so that I may be at peace with how I feel. And so it is.

*Yoga Poses:*

Downward facing dog, child's pose, open angel pose, pigeon pose

*Mantra Chant:* VAM

## Root Chakra

Location: at the perineum and base of spine

*Color:* Red

*Glands:* Adrenals

*Body Parts:* physical body, base of spine, legs, bones, feet, rectum, immune system, large intestine, teeth

*Physical Dysfunctions:*

Chronic lower back pain, sciatica, varicose veins, cancer, constipation, degenerative arthritis, knee problems, depression, immune-related disorders, weight problems

*Mental/Emotional Issues:*

Family safety and security, ability to provide for life's necessities, ability to stand up for self

*Possible Causes of Energy Blocks:*

Fear, guilt

*Crystals:*

Garnet, Bloodstone, Hematite, Onyx, Quartz, Fire Agate, Lodestone, Blue And Black Kyanite, Moss Agate, Amazonite, Ammonite, Apache Tear, Blue Apatite, Yellow/Green Apatite, Aragonite, Auralite 23, Black Obsidian, Black Tourmaline, Blue Sapphire, Chrysocolla, Copper, Epidot, Fluorite, Green Tourmaline, Hematite, Lepidolite, Lodestone, Moss Agate, Ocean Jasper, Peacock Ore, Pietersite, Quartz-Rainbow, Red Jasper, Serpentine, Shungite, Super 7, Tiger's Eye, Tiger Iron, Tree Agate, Turquoise, Unakite, White Howlite

*Flower Essences:*

Baby Blue Eyes, Corn, Echinacea, Five Flower Formula, Fireweed, Goldenrod, Green Nicotiana, Pink Yarrow, Sagebrush, Sweet Pea, Oregon Grape.

*Essential Oils:*

Patchouli, Myrrh, Sandalwood, Vetiver, Spikenard, Eucalyptus, Grapefruit, Juniper Berry, Lavender, Lemon, Lemongrass, Pine, Rose, Sage

**Anoint:** Can apply to hips. Also apply to both hands and rub together, then place friction energy near pubic area.

**Speak:** I now intend to create a connection with my root chakra. May I feel grounded and secure in my being and existence. I release all fear. I ask to be supported in the trust that all of my basic needs in life are met, that I am connected in healthy ways to my family and tribal consciousness, which helps me to move with the ebb and flow of life. And so it is.

*Yoga Poses:*

Warrior I, II, Tree Pose, Chair Pose, Corpse Pose, Child's Pose

*Mantra Chant:* LAM