

This document download is a free service from the Mysterys By Mail website. Other downloadable documents and DVD's are also available and we will be updating and adding new titles regularly so please keep checking our website or join the mailing list to be advised of new and exciting titles and offers.

Chakra Balancing with Crystals

Copyright 2007 Mysterys By Mail

Often in life we feel a little off balance, out of sorts and often this is caused by our body's natural energy flow being blocked

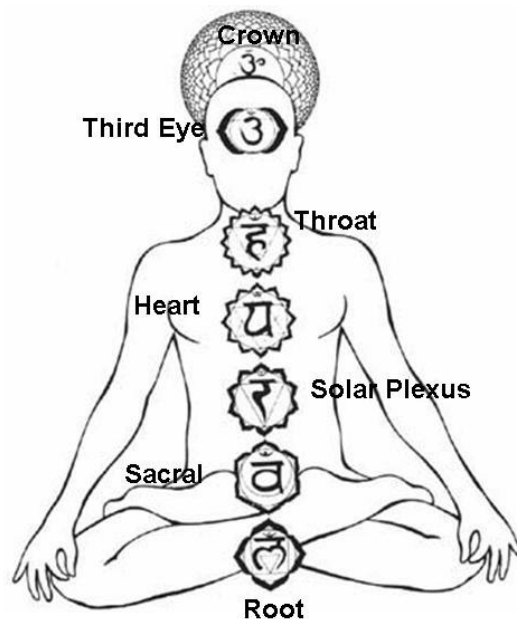
When our natural flow is upset we can get tired, irritable, stressed and sick. This information guide is presented to help you discover where your personal energy flow is blocked and how to recover your natural energy flow.

And we are going to be focusing on how to do this naturally and easily with crystals.

To gain balance first we must see where energy or "Chi" is being blocked. Our bodies are made up of many tiny energy points called Chakras.

The seven main Chakra points work up from the base of our bodies to the top of our heads, bringing energy up from the earth which is grounding us and connecting us to spirit.

The Chakras:



The Base or Root Chakra

Located at the bottom of the naval and above the reproductive organs

This Chakra governs creativity, reproductive elements and grounding energies

The Sacral Chakra

Positioned just near the belly button.

This Chakra helps focus feelings and emotions, memories and instinct

The Solar Plexus Chakra

Located at the bottom of the ribcage and governs our connection to how we present ourselves to the world.

When functioning properly it brings a balanced attitude to the spiritual and material needs in your life and promotes acceptance of self. It is the 'I am' chakra and is connected to your development as an individual.

The Heart Chakra

Not surprisingly, located in the middle of our chest right over our heart.

This Chakra is our emotional connection to others, and governs healing and emotional expression.

The Throat Chakra

Located in the throat right above the Larynx.

This Chakra allows communication of inner truth and connects health wise to lungs, air, and throat

The Third Eye Chakra

Sometimes referred to as the Brow Chakra, is located at the top of our nose directly between our eyebrows.

The Third eye is our connection to spirit and psychic awareness and allows us to communicate directly with higher self.

The Crown Chakra

The most powerful of the chakras, it is located right at the top of our skull, where a baby's fontanel is when they are born.

The Crown chakra facilitates our connection to greater understanding and is the gateway for the energy of the universe to enter our consciousness.

If any of these major Chakras are blocked it can cause us difficulty in the area attributed to the Chakra, for example, someone with sluggish or blocked Heart Chakra may find it difficult to get over past emotional hurts, a blocked Throat chakra can lead to communication difficulties and a sense of not being "heard"

Diagnosing Chakra Imbalance:

Often it is not initially obvious which of our chakras are blocked, and often a block in one can lead to problems in all the chakras as the energy or "chi" which is circulating around your body is slowed at several points but manifests simply as an issue around one chakra, such as a solar plexus block causing emotional problems as the energy can't work properly in the connecting heart chakra.

However there is a simple way of testing your chakra circulation.

You will need another willing helper in order to do the following exercise but it is a wonderful thing to share with a friend as you can both do chakra diagnostics for each other.

Exercise:

To see which if any of your chakras are blocked stand upright with a partner.

Hold out your right arm, slightly resist as your partner gently presses downward on your arm.

Once you have established your general strength resistance, have your partner place their left hand in the air slightly in front of each chakra point.

There is no need to touch the person, simply connect to the energy.

When your partner has placed their hand over the chakra point, they should place some pressure on the arm and see if the general resistance is stronger or weaker than before.

Have your partner move up the body, testing the resistance at each chakra point.

Where ever there is less resistance to the pressure placed by the tester, a block or imbalanced chakra is indicated.

It is often a good idea to do the process twice in order to double check your findings.

Reactivating the Chakras:

Once you have identified the weak points you can easily reactivate and unblock the chakra point by placing the appropriate crystal on the chakra point.

The root chakra will respond to grounding or earth energy crystals such as *Tiger's eye* or *Bloodstone*, *Smokey Quartz* or *Black Tourmaline*

Reds and Oranges are the colours of the sacral chakra
So crystals which reflect this is a good rule of thumb. Specifically
look at *Red Jasper, Carnelian, Topaz* or *Citrine*

Solar Plexus is connected with divine sun energy and yellow and gold
are the element to look at here. Also lighter, less dense crystals such
as *Malachite, Citrine, Rhodochrosite* or *Tiger's Eye*

The heart chakra resonates with green and pink. So *Aventurine, Rose
Quartz, Ruby* and *Chrysocolla* are good choices to rectify a blockage
here.

Blue is the colour for the Throat Chakra and crystals such as *Azurite,
Turquoise, Aquamarine, Kunzite* and *Lepiodite*.

Psychic ability and spirit is represented by purples and blues so higher
resonant and lighter weight crystals such as *Amethyst, Sodalite* and
Fluorite are excellent for clearing the Third Eye chakra point.

The highest chakra point, The Crown, resonates with *Selenite, Clear
Quartz* and other clear or light coloured crystals.

Sourcing Crystals and Further Chakra Balancing Information:

All of these crystals and many more are available at *Mysterys By
Mail*. Visit the *Crystal Central* link for more information about what
crystals are in stock as well as some of the very special collector's
pieces available.

Once your chakras are balanced you may notice a marked
improvement in your general health, emotional relationships or even
your quality of life. Remember stress, unhealthy lifestyle choices and
general ill health can affect the chakras so don't be afraid to do this
diagnostic and balancing a few times a month to ensure all your chi is
moving effortlessly.

We hope you have enjoyed this information and we look forward to
seeing you again here at *Mysterys by Mail*.