

Chakras are powerful energy vortexes in your body, located from the base of your spine to the top of your head. They receive and transmit energy, each one relating to different parts of your body and aspects of your being from physical to emotional and spiritual.

**When they are open and flowing,
everything works in harmony.
When they are closed you feel unwell, and
you may have dis-ease or illness or dis-
function in your life.**



Chakra Balancing using Gemstones

Garnet/Red Jasper - Root Chakra –safety, survival, belonging. **Red.**

Carnelian - Sacral Chakra – pleasure, intimacy, sexuality, creativity. **Orange.**

Citrine - Navel Chakra – self esteem, ego, personal power. **Yellow.**

Jade/Peridot/Malachite- Heart Chakra – love, forgiveness, relationships. **Green.**

Lapis/Aquamarine - Throat Chakra – communication, expression. **Blue.**

Amethyst - Forehead Chakra – clairvoyance, connection to higher self, imagination. **Purple.**

Clear Quartz - Crown Chakra – intuition, spirituality, selflessness. **White.**

Hematite is also be used for it's powerful grounding properties.

There are many ways to assist in keeping the chakras open, balanced and functioning optimally for **optimum wellness** including meditation, yoga, colour therapy, herbs, diet, dance, essential oils, gemstones and crystals, sound therapy, massage.....

www.**Chakra Lover**.com

Namaste