

Chakras are subtle, dynamic energy vortexes and are as much a part of our bodies as arms or legs. You can't see electricity, but when you turn on the light, you see its effect. The chakras can similarly be understood by their effects.

Physical organs and maladies in the area of a chakra can be treated with stones of the colour relating to that chakra. It is not surprising that our subtle energy centres are especially connected to the physical body in their location. A basic example of this would be using green stones like chlorite or peridot to treat heart or chest conditions, as that organ is influenced by the 4th, or heart chakra.



The logic is that as gross matter manifests from subtle energy, so strengthening the chakras in the problem area would be a good start. Another point, is that while the organ may be healed conventionally, if the underlying energetic imbalance is not addressed, the condition may return. A man may have a heart attack and blood thinners keep him going, but if the causes are not addressed, stress for example, there's a good chance of more heart problems.

All things are full of signs, and it is a wise man who can learn about one thing from another. Plotinus - Roman philosopher.

The constitutional properties of quartz including its ability to be programmed, means it can be used on any or all of the chakras. Programmed means nothing more than the ability of quartz to accept the imprints of the mind in the same way wet sand accepts the imprints of our feet. This is the nature of quartz, it accepts, stores and transmits information. Native Americans understand quartz crystals to be the "braincells" of *Grandmother Earth*. One of the reasons for this is because their shaman could perceive the peculiar quality of quartz to interact with the human mind naturally.

Quartz is natural silicon, information technology is based on silicon because its properties facilitate the storage and transference of information. The doctrine of signature of the herbalists has far reaching implications.

A clear intention manifest through words or visualization (whichever you find easier), while holding the crystal is sufficient. Repeat this as many times as it takes for you to be convinced that you have clearly communicated your intention.

The biggest obstacle to success in this endeavour, is a firm belief that you or the crystal cannot "do it". This is not a matter of faith, but the disbelief in itself constitutes a "counter programme", like saying yes and shaking your head, it sends contrary signals. Even so, don't be discouraged, the inherent nature and energy of the crystal will have an effect, and as these or their benefits are experienced, the "counter programme" will gradually diminish.

At first, concentrate on the clarity of the intention and even if you are not convinced, you will soon see results.



The seven colours of the rainbow correspond exactly and in order with our chakra system. The same patterns can be seen in the ratios of music, geometry, nature and the proportions of the human body. They are the blueprints for the structure and nature of this world and have been the subject of investigation by mystics, yogis, seers and shaman since time immemorial.

This is not a matter of academics. As we begin to perceive the natural, intelligent patterns everywhere, which to the untrained eye appear as mere coincidence, higher intelligence is slowly established and the fears born of apparent chaos vanish.

<p><u>First Chakra - Root - Red</u> red garnet smoky quartz black obsidian hematite bloodstone Base: black</p>	<p><u>Second Chakra - Sacral (Belly) - Orange</u> carnelian orange calcite tiger's eye Red Jasper Sacral</p>
<p><u>Third Chakra - Solar Plexus - Yellow</u> citrine topaz golden calcite Tigers Eye Solar Plexus: Yellow Aventurine</p>	<p><u>Fourth Chakra - Heart - Green and Pink</u> rose quartz kunzite watermelon tourmaline jade green aventurine Heart</p>
<p><u>Fifth Chakra - Throat - Light Blue</u> aquamarine azurite sodalite amazonite Throat: Blue Lace Agate</p>	<p><u>Sixth Chakra - Third Eye - Blue or Indigo</u> lapis lazuli moonstone blue fluorite sugilite clear quartz Third Eye: Dumortierite</p>
<p><u>Seventh Chakra - The Crown – Violet, white or Clear</u> amethyst Oregon opal clear quartz Crown</p>	

The technique of using crystals and gemstones on the receiver's body for healing is called laying on of stones. It is a powerful method of cleansing negative energy, clearing and balancing the chakras, effecting emotional release, and bringing light and healing into all the aura bodies. Cleared, programmed, and dedicated stones move the receiver's vibration into alignment with the planet and the universal grid. This results in a freeing of life force energy in the chakras and aura, a healing of the Body of Light, and a transformation of negative or dis-ease into health.

The process may be done with clear quartz crystals only, colored gemstones only, or a combination of both. The stones may be used alone or with a hands on healing (ie; Reiki). The stones are placed upon the receiver's body from feet to head. The healer then begins using her hands as usual starting at the head and moving toward the feet. (Use gemstones with colors matching each chakra's color. The stones can be in any form-faceted, raw, tumbled, eggs, or beads.) Energy in this type of healing needs to move in one direction through the body, either Earth to sky or sky to Earth. If the energy is Earth to sky, all the gemstones that have points are placed with the points turned towards the receiver's crown. The effect of this direction is to move the receiver's energy to a higher vibration or more spiritual level. If the direction is from sky to Earth, it is the opposite, with the crystals pointing toward the feet. This direction moves life force energy from crown to feet for grounding and rooting into Earth.

To begin, the receiver lies on her back on a padded floor or massage table, with pillows under her head and knees for comfort. The space should be quiet, comfortable, and warm. Use only stones that have been dedicated to positive energy and programmed for healing. Invite spirit guides and/or angels into the session if you wish.

Start by placing a clear quartz crystal above her head and below her feet. In the right hand place another crystal and in the left hand place a rose quartz gemstone. (my personal method). Then go chakra by chakra, moving from the feet to crown and placing the appropriate colored gemstone for each center. (Be sure you have your healing stones spread out where you can reach them easily.) There may be stones that you are drawn to for a particular reason, let yourself be guided, there are no real rules. You cannot do it wrong. A stone that is not needed for the session or is inappropriate for the receiver's energy will roll right off or roll to another place where it is better utilized. Allow this to occur. If the receiver feels uncomfortable with a particular stone, remove it, the energy is not right for her needs.

When the stones are all in place, the healer has two options. She (he) can go to the head and begin a hands on healing. Be sure to cover the stones with your hands carefully in order not to scatter the gemstones. While your hands are covering each chakra over the stone, visualize the bright color of the gemstone entering the chakra, making it appear bright, balanced, centered, and healthy. Do this visualization until you feel confident to move to the next chakra. Be sure to flick fingers to release any negative energy before going to the next center. End with a complete brushing of the aura.

The other option a healer has once the stones are placed is to sit beside the receiver and simply wait, allowing the gemstones and spirit guides to do the healing. As the receiver's chakras and aura absorb and are balanced by the crystal and gem energies, the stones begin to roll off one by one. When all the stones are off, or the receiver feels finished with those that remain, the healing is over. End with a complete brushing of the aura and allow the receiver to lie quietly without the stones. Ask for feedback and discuss anything that you feel should be discussed. While she is doing this, the healer can gather up the stones from the table or floor and clear them again before putting them away. Put them into your protective box.

A laying on of stones healing can be quite intense. There is often a major energy shift during this type of healing. More frequent emotional releases, past life and this life trauma openings and other transformative events. The healers role in this is to wait for the release to end and to be entirely non-judgmental. After a session, there may also be a physical detoxification process that can continue for up to a week. Be aware of what is happening and again, allow it. The changes are always positive and are usually gentle.