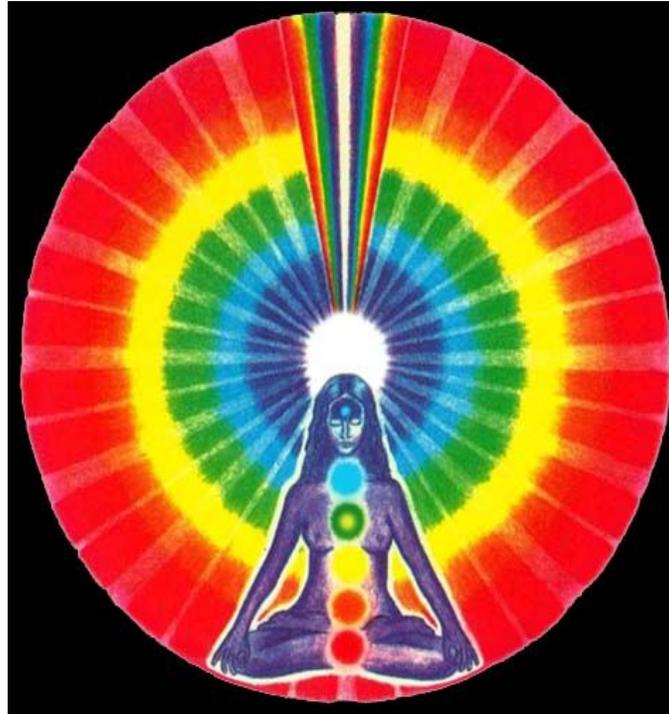


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**Original illustration from *The Chakra-Handbook*
by Shalila Sharamon and Bodo j. Baginski from Rick Richards.com**

Crystal Healing, Chakras and Reiki

Crystals provide a gentle form of healing that co-operates with the body to bring things back into balance. Working through vibration, color and resonance crystals help heal the body, mind and spirit to restore equilibrium and rectify the underlining causes of a condition. Using crystals along with Reiki amplifies the energy for healing issues such as:

- Clearing and strengthening the aura
- Chakra balancing and activation
- Mental and emotional cleansing and relaxation

Chakra is a Sanskrit word meaning “wheel”. A chakra is like a vortex: a constantly revolving wheel of energy.

Traditionally, there are seven major chakras associated with the physical body. They are aligned with the spine and located in the base of the spine, the lower abdomen (sacral), the solar plexus, the heart, the throat, the center of the forehead (third eye), and the crown of the head. The chakras also coincide with all major organs and endocrine system. Reiki is able to assist in opening blockages which can lead to physical problems in terms of health

When our chakras are blocked, or not in balance, the free flow of energy is impeded, leading to physical, emotional, mental or spiritual dis-ease. When the chakras are unblocked and free-flowing, however, we enjoy optimum health.

I have included some information I have collected regarding the chakras but if you are interested in learning more there are many websites dealing with this.

BASE CHAKRA - 1st Chakra

Located at the base of the spine. Color is red (representing passion for life) or black (signifying stability or grounding).

Governed by the adrenal glands, it looks after our bones, teeth, nails, spinal column, anus, rectum, colon, prostate gland, blood and cell building.

The base chakra controls our "grounding" to the earth and is associated with all our survival instincts and self-preservation. Relates also to the physical body, individuality, stability and security.

SACRAL CHAKRA - 2nd Chakra

Located at about three inches below the navel. Color is orange (representing creativity and wisdom).

Governed by the gonads, it looks after our pelvic girdle, reproductive organs, kidneys, bladder and all body liquids.

The sacral chakra is associated with our relationships with others, our ability in giving and receiving, sexual / passionate love, and our creativity.

SOLAR PLEXUS CHAKRA - 3rd Chakra

Located just below the ribs. Color is yellow (representing analytical thought and intellectual activity).

Governed by the pancreas, it looks after our lower back, abdomen, digestive system, stomach, liver, spleen, gallbladder and nervous system.

The solar plexus chakra is our emotional center. It aids in control of the "digestion of life", thus the power and control over our lives.

HEART CHAKRA - 4th Chakra

Located at center of chest at the level of the heart. Color is green (representing healing and balance) or pink (signifying unconditional love and compassion).

Governed by the thymus gland, it looks after our heart, upper back, lower lungs, blood, circulatory system and the skin.

The heart chakra is about unconditional love, connection, acceptance, transformation and powerful healing. It is the center of compassion, love, group consciousness and spirituality associated with an "oneness" with "all that is". It balances and bridges between the lower three chakras and the upper three chakras.

THROAT CHAKRA - 5th Chakra

Located at the throat. Color is blue (representing knowledge of, and oneness with, divine guidance).

Governed by the thyroid gland, it looks after our neck, throat and jaw, vocal chords, respiratory system, alimentary canal and arms.

The throat chakra is our communication center, thus giving us our ability to verbally express ourselves and to be able to have open, clear communication of feelings and thoughts. Ability to release. It is the gateway to the Higher Consciousness and the gateway through which the emotions contained in the heart pass, to become balanced and harmonized.

THIRD EYE CHAKRA - 6th Chakra

Located between and approximately one finger space above the brow. Color is indigo (representing the search and attainment of spiritual purpose) or purple

Governed by the pituitary gland, it looks after our face, left eye, ears, nose, sinuses, cerebellum (lower brain) and central nervous system.

The third eye chakra is involved with our intuition and our inner seeing, our higher consciousness, emotional and spiritual love center.

CROWN CHAKRA - 7th Chakra

Located at the crown of the head. Color is violet (representing enlightenment) or white (signifying purity, perfection and bliss).

Governed by the pineal gland, it looks after our cerebrum (upper brain) and right eye.

The crown chakra is the center of an individual's spirituality, enlightenment, dynamic thoughts and energy – our very essence. It allows for the inward flow of wisdom from the ethers and brings the gift of cosmic consciousness. When stimulated and clear, it enables one to see the truth concerning illusory ideals, materialistic pursuits and self-limiting concepts. It further allows one to experience continuous self-awareness and conscious detachment from personal emotions.

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