

Chakra Healing with Crystals

The human energy field can become unbalanced, but you can readjust it to promote wellness using healing crystals. Colored Chakra crystals produce certain vibrations to promote wellbeing by adjusting the chakras.

Third Eye Chakra

The Third Eye, or the 6th Chakra, is just above the eyebrow and connected with the color Purple. It aids with intuition, guidance, self-realization and self-mastery with:



Crown Chakra

The 7th chakra at the top of the head, Crown Chakra, is connected with the colors White and Violet. It allows for the introduction of energy distribution through the body, creating spirituality, energy, intelligence, and deep thought with:



Throat Chakra

The 5th Chakra, or the Throat Chakra, is just above the collarbone, at the throat, and is connected with the color Blue. It promotes truth, communication and honest living, while encouraging self-expression with:



Heart Chakra

The 4th Chakra, or the Heart Chakra, is located in the center of the chest and is connected with the colors Pink and Green. It allows you to live life from your heart and truly feel—which is the fastest way to healing. Open your heart chakra with:



Solar Plexus Chakra

The Solar Plexus Chakra, or the 3rd Chakra, is located behind the navel and is connected with the color Yellow. It controls courage, honor, compassion, and responsibility to others, which manifests creativity with:



Sacral Chakra

The 2nd Chakra, or Sacral Chakra, is located in the lower abdomen, and is connected with the color Orange. This chakra is linked with sexuality, creativity, passion and personal power, which are promoted with:



Root Chakra

The 1st Chakra, or Root Chakra, is located at the base of the spine, and is connected with the color Red—it is connected with security, grounding, physical activity, confidence and identity, which are enhanced with:



Healing With Crystals And Chakra Energies

Jerome Styron



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