



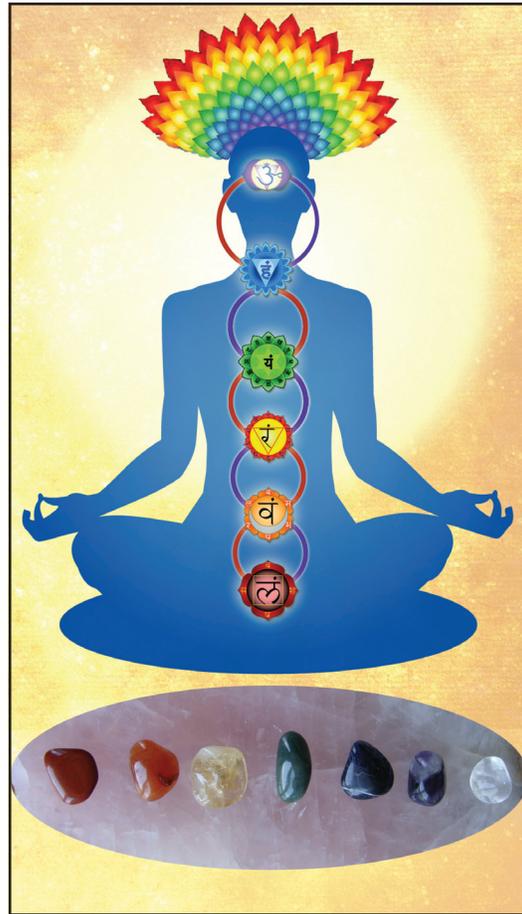
# How to Use Chakra Stones

Most ancient cultures recognized that the human body has major energy centers, or chakras (Sanskrit for

“wheel”) that are located along the spinal axis. Chakras are areas of spinning energy, the slowest rotating chakra being at the base of the spine and the fastest at the crown of the head. Chakras act as primary life-force energy centers through which our body energy flows, for the regulation of all the life functions of the body. Each chakra is associated with a particular major gland, and receives, assimilates, and expresses its own unique life-force energy. Chakras act as gateways to consciousness and each chakra has its own specific vibration or frequency, which reflect our mind-body-soul relationships. There are 7 primary chakras. Each chakra governs an aspect of self-development that is part of the blue print of our human experience-survival, relationship, self-esteem, love, expression, intuition, and universal consciousness. Learning the chakra system is one of the quickest ways to discover your energetic sense of self.

Throughout time all cultures have honoured natural gemstones for their ability to enhance the physical, emotional, mental, and spiritual attributes of the body. Each gemstone has its own unique crystalline structure and individual properties. The gemstones in this chakra stone set have been carefully chosen to correspond with each chakra to help support and balance the energy centres of the body.

Chakra gemstones can be used in a variety of ways. One specific stone can be chosen for its particular attributes and carried either in your pocket, or in a small pouch around your neck. Let your own intuition guide you as to which stone is appropriate for you at this time. You can choose one stone and create a firm intention to help manifest a specific need. Chakra stones can be used in meditation by placing the stones on each corresponding chakra. Please refer to the chart above for placement. You can enhance all the chakra energy centers through mindful meditation and visualizations. When the body is relaxed and calm, as during meditation; more cosmic life force can be absorbed into our bodies to nourish our physical forms, our emotional bodies, and our souls.



7th Crown: Clear/White  
Quartz

6th Eye: Purple  
Amethyst

5th Throat: Blue  
Sodalite

4th Heart: Green  
Aventurine

3rd Solar: Yellow  
Citrine

2nd Sacral: Orange  
Carnelian

1st Root: Red  
Jasper