

CHAKRA SET INSTRUCTIONS Congratulations in acquiring your Chakra Gem Set! Your set is stored in brown rice & herbs which *clean* your stones, if you store them in there they should remain *clean*. There are many ways to activate and balance the 7 major chakras. Combining methodologies is ideal for an enlightening experience. This gem stone set is one of those amazing tools that aid in personal awakening & growth. I have suggested 3 programs below to get you started. Explore further with the aid of Yoga, Bach Flower Remedies / Gemstone Remedies (see *Apothokerri* section Flower Remedies www.herbalelements.net), Aromatherapy, & Massage.

Your set contains: drawstring bag, brown rice herb mix (keeps stones from scratching each other & cleans stones), 7 stones (sets vary), Chakra instructions & fact sheet. (All sets are “pre-cleaned”).

CHAKRA	POSITION	STONE	COLOR
7 th Crown	Top of Head	Clear Quartz	Purple / White
6 th Third Eye	Forehead / Brow	Amethyst	Dark Blue / Violet
5 th Throat	Base of Throat	Sodalite/Agate	Blue
4 th Heart	Breast Center	Rose Quartz/Aventurine	Green/Pink
3 rd Solar Plexus	Above Naval	Tiger’s Eye/Jasper	Yellow
2 nd Sacral	Below Naval	Carnelian/Agate	Orange
1 st Root	Below Sacral	Hematite/Jasper	Red

Prior to any program, smudge yourself and the room with a sage/smudge stick or incense or spray with an herbal energy spray (www.herbalelements.net).

Program 1 Candlelight Mirror Meditation

Materials Needed: mirror, tealight candle, chakra set

1. Place the mirror on a flat table surface. Arrange each stone in a straight line- north to south or spiral- by color starting with the 7th chakra ending with the 1st chakra. Leave room to place the tealight at the start of your line (7th chakra).
2. Light the tealight. Close your eyes and center yourself by envisioning the light from the tealight as pure white light energy that will cleanse, heal & activate your chakras. Feel the light move through each of your stones from red to purple back to the candle light.
3. When ready, open your eyes and say out loud “May the light cleanse & balance each chakra, activating them in perfect harmony.” Allow the candle to fully burn. Store stones in your bag. Repeat this program as often as needed.

Program 2 Gem Stone Meditation

1. Arrange your stones in a line on a flat surface from red 7th to purple 1st (or quartz). Sit in a comfortable chair facing your stones.
2. Pick up each stone one at a time in your hands starting with red and meditate for several minutes. As you focus on the color and chakra, feel the vibrations radiating energy from your stone. Continue with each stone.
3. When you are done, store your stones in your drawstring bag with herb/rice mix. Additional cleaning or recharging your stones in sun or moonlight may be needed from time to time.

Program 3 Chakra Meditation 7 day This is a series of seven 15 minute sessions. It should be done starting on a Monday ending with Sunday. Drink plenty of tea and water throughout this week.

1. Start with the root chakra. Lay on the floor comfortably on your back. Place your stone on its position on your body (root would be red stone on pelvic bone).
2. Lay quietly with your hands flat on floor, feet relaxed & eyes closed. Envision the color rotating like a wheel, spinning the chakra. Feel the healing vibration of the stone against your skin into your body. Continue to meditate for 15 minutes or so as you feel you need.

3. The next day, repeat as above continuing with the next chakra until completed. Sunday you should finish with the crown chakra which opens our spiritual awareness and connects us with the divine. You may repeat this program as often as you need to or you can concentrate on just one chakra that may need more concentrated work than others.

For Additional information of working with your chakras please inquire at: herbalelements@comcast.net or consult the following references: *A Handbook of Chakra Healing* by Kalashatra Govinda. Konecky & Konecky 2002. *The Book of Chakras* by Ambika Wauters. Quarto Inc. 2002. *The Crystal Bible* by Judy Hall. Godfield Press 2003. *Love is in the Earth* by Melody. Earth-Love Publishing House 1995.

CRYSTAL & STONE CARE

***NEW CRYSTALS / STONES**

1. SELECTING STONES- Select your stone / crystal (I use the terms interchangeably) for its attributes that are attractive or beneficial to you or loved one. Make sure the stone fits the purpose you seek and that it “feels” good to you when you hold it your hands.

2. CLEANSE- Always clean Before Use. See instructions below. *

3. DEDICATE-Dedicate the purpose for your stones. Focus the energy by holding your stone in your hands, concentrate, and say out loud *“I dedicate this crystal to the highest good of all & use it in light & love for healing & protection.”*

4. ATTUNE- Program the specific purpose for your stones use. Hold in it your hands, consider what you seek: (love, healing, etc. be very specific) & tune into your stone and concentrate on your purpose. When ready, say out loud *“I attune this crystal for (your specific purpose).”*

***CLEANING CRYSTALS / STONES**

There are many ways to cleanse, here are some suggestions.

SALT WATER BATH- Great for quartz & quartz-like actual “crystals” either points, clusters or tumbled stones such as clear quartz, smoky quartz, rose quartz, amethyst, etc. Add salt to a glass bowl with warm water. Immerse crystal with the intention to wash away all negativity. Soak for several minutes or days; then remove, rinse & pat dry.

SUN / MOON CHARGE- Place stone for a few hours in the light of the sun or moon to recharge it. Make sure stone will not fade or discolor in sun.

SMUDGE- Smudge stones with smudge sticks or incense. Focus on clearing negativity.

HERB / RICE SOAK- Place stones in a bowl or bag filled with dried brown rice and dried herbs & flowers and soak for a day or more. This helps to balance energy & energize stones.

USING YOUR CRYSTALS & STONES

- Always use Clean Stones, keeping positive energy flowing and “charges” the stones.
- Use your stones with positive & beneficial intentions. They can be used with several methods of healing- meditation, chakra alignment, etc.
- Store your stones in a silk or satin scarf or drawstring bag. They can be displayed within your home or office to aid to balance energies and remove blockages, allowing for good health & prosperity.

CRYSTAL MEDITATION

There are numerous positive benefits to regular meditation with crystals. Seeing is in the believing! To start, you will need to have quiet time-*undisturbed*- no phone, TV, etc. for several minutes. Light a candle or incense if desired. Sit in a comfortable chair with your crystal in your hands. As you look at your stone, slowly breathe deep breaths, releasing tension. Envision breathing in positive energy and letting go of the negative. When you are ready, close your eyes and feel the vibrations passing through your hands in and around your body. Meditate for as long as you feel comfortable. When you are finished, open your eyes and put the crystal aside. Place your feet firmly on the floor to ground your self to the earth (you can hold a smoky quartz or boji stone) envision the connection. Drink a glass of water or tea.

www.herbalelements.biz

herbalelements@comcast.net

copyright Herbal Elements 2009

