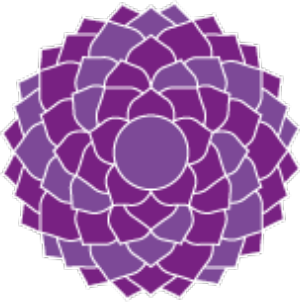


## YOUR SEVEN CHAKRAS



### **CROWN CHAKRA – SAHASWARA**

Your 7<sup>th</sup> Chakra is the Sahaswara or Crown Chakra. It is located at the top/crown of your head and can be white or violet in colour. Some people's Crown Chakras also appear as a Lotus flower. It governs Higher Consciousness and Higher Awareness. It is strongly connected to your 6<sup>th</sup> Chakra. Physically, it is tied to your Brain, Pineal Gland, your mental and emotional states and sleep.

When this Chakra is in balance, you have a sense of connection to the world at large that brings you unlimited energy, and a sense of peace, love, wholeness and gratitude.

The meditation word for this Chakra is AUM.



### **THIRD EYE CHAKRA – AJNA**

Your 6<sup>th</sup> Chakra is the Ajna or Third Eye Chakra. It is located between and just above your eyebrows. It can be indigo or deep purple in colour or sometimes appear as an eye. It governs Intuition and Wisdom. Physically, it is tied to your head, sinuses, brain, vision, hypothalamus, pituitary glands, and central nervous system.

When this Chakra is in balance, you feel even keeled and know things intuitively – your internal voice/gut is guiding you – at a comfortable level, you are not overwhelmed by energy or knowledge from others.

The meditation word for this Chakra is SHAM.



### **THROAT CHAKRA – VISSHUDDHA**

Your 5<sup>th</sup> Chakra is the Visshuddha or Throat Chakra. It is located in the centre of your throat and is light blue in colour. It governs Communication and Expression. Physically it is tied into your throat, vocal chords, thyroid, sinuses, chin, mouth, shoulders and lungs.

When in balance, your Throat Chakra allows you to express yourself well, communicating your needs, desires, feelings and emotions with ease. Words flow easily and in a smooth rhythm.

The meditation word for the Chakra is HAM.



### **HEART CHAKRA – ANAHATA**

Your 4<sup>th</sup> Chakra is the Anahata or Heart Chakra. It is located in the centre of your chest and is bright green in colour. It governs Love and is physically tied into your heart, lungs, mid-back and circulatory system. While the Heart Chakra governs love it also influences the whole system and process of energy flow so it is important to keep it in balance.

When in balance, you feel a flow of love, both giving and receiving, that is steady. You see love in the world and admire it and while you may see bad things, they don't overwhelm you.

The meditation word is YAM.



### **SOLAR PLEXUS – MANIPURA**

Your third Chakra is the Manipura or Solar Plexus Chakra. It is located in your Solar Plexus, between your sternum and navel and is bright yellow in colour. It governs Drive, Ambition, Assertiveness and Creativity. Physically it is tied to your solar plexus, gall bladder, stomach, liver, spleen and central nervous system.

When in balance, you feel good about your self and your contributions. You are striving and assertive when necessary but also patient about achieving future goals. Your creativity is flowing.

The meditation word for this Chakra is RAM.

**SACRAL CHAKRA – SVADHISTHANA**

Your 2<sup>nd</sup> Chakra is the Svadhisthana or Sacral Chakra. It is located between your belly button and your pelvic bone and is bright orange in colour. It governs Desire, Sexuality, Pleasure, Happiness and Joy. Physically it is tied to your sexual organs, lower back, bladder, kidneys, and digestion.

When in balance, you experience a healthy sexuality and sex drive and can feel happiness, joy, bliss, and pleasure. This Chakra not influences the Chakras next to it but in terms of mood and expression has strong links to the Heart and Throat Chakras.

The meditation word for this Chakra is VAM.

**ROOT CHAKRA – MULADHARA**

Your 1<sup>st</sup> Chakra is the Muladhara or Root Chakra. It is located at the base of your spine, your tailbone and is bright red in colour. It governs Safety, Security, Stability, Strength, Sense of Self and Self-Confidence. Physically it is tied into your perineum, tailbone, kidneys, spine, adrenal glands, lower bowels and reproductive organs.

When in balance, it keeps you grounded, rooted to reality, confident, secure in the knowledge of who you are and allows you to forge your path.

The meditation word for this Chakra is LAM.

## CHANNELED WISDOM CHAKRA STONES

*Spirit channeled these specific stones to us for their unique healing properties. These stones may differ from other traditional choices, but we are guided to do things differently at Channeled Wisdom.*



### **CROWN CHAKRA – HEMATITE**

Hematite prevents you from absorbing negative energy from others, most often absorbed through the Crown Chakra. It stimulates concentration and focus, enhances memory, and thought and helps boost self-esteem and confidence. It encourages willpower and helps overcome compulsions and addictions.

It utilizes Yin-Yang energies to balance body meridians in order to provide equilibrium between the ethereal and physical nervous systems for balance between the Body, Mind, and Spirit. It is also great for grounding and protecting us; strengthening our connection with the earth, making us feel safe and secure. It helps us with courage, strength, and goal-setting.

Hematite restores, strengthens, and regulates the blood supply; aiding blood conditions such as Anaemia. It supports the kidneys and regenerates tissue. It stimulates the absorption of iron and formation of red blood cells. It also aids in the treatment of leg cramps, fractures, anxiety, and insomnia.



### **THIRD EYE CHAKRA – FLUORITE**

Fluorite absorbs and neutralizes negative energy, stress, and anxieties. It aids in learning, concentration, self-confidence and helps us in decision-making. It balances energy and improves vestibular issues, both physically and mentally. It encourages positivity.

Fluorite helps boost the immune system and stimulates the regeneration and restructuring of cells, particularly in the skin and respiratory tract, and heals ulcers and wounds. It strengthens bone tissue, and helps alleviate Rheumatism and Arthritis. It improves the discomfort of nerve-related pain.



### **THROAT CHAKRA – SODALITE**

Sodalite brings back order and calmness to the mind. It encourages truth, rational thinking, and intuition. Sodalite restores emotional balance and calms panic attacks. It promotes self-esteem, self-acceptance, and self-trust.

Sodalite treats the throat, vocal cords and larynx and helps with hoarseness and digestive disorders. It balances the metabolism, boosts the immune system, and overcomes calcium deficiencies. It combats radiation damage by soaking up electromagnetic rays. It cools fevers, lowers blood pressure, and stimulates the absorption of body fluids. It can also help to prevent insomnia.



### **HEART CHAKRA – UNAKITE**

Unakite regulates our interaction with the external world and controls what we embrace and what we resist. It gives us the balancing ability to be ourselves.

When the Heart Chakra is out of balance we may feel either controlling, or controlled in our relationships. We may find ourselves having inappropriately strong emotional responses to everyday interactions. We may be unable to move beyond a painful experience or loss.

Unakite helps remove blockages and re-balances the Heart Chakra, letting us understand our own needs and emotions clearly. It assists us in releasing anger and depression in a gentle, healing way that supports the body as it transitions into a state of peace and balance. When the Heart Chakra is balanced, it aids us with change, forgiveness and allows us to bring more peace and equilibrium into our lives.

Unakite also aids the reproductive system, promoting a healthy pregnancy and transition into delivery. It is good for breathing irregularities and hyperventilation. It also is known for aiding in healing and re-growth on a cellular level and is particularly useful in support of the heart and lungs: assisting function, circulation, balance of bodily

fluids and metabolism. In addition, it is considered highly restorative in cases of tissue deterioration and in treating diseases or cancers of these areas.

### **SOLAR PLEXUS – CALCITE**



Calcite is a powerful energy cleanser and amplifier. It brings forth a polarising prismatic energy, which produces an energy spectrum to clear and activate all the Chakras. Calcite is a spiritual stone that facilitates the opening of higher consciousness and intuitive abilities. It connects emotions with the intellect. It calms the mind, stimulates insights and boosts memory. It helps the mind and body to remember your soul experiences.

Calcite cleanses and improves the functions of the kidneys, pancreas, and spleen. It dissolves calcification of the bones. It alleviates intestinal and skin conditions, stimulates blood clotting and tissue healing.

### **SACRAL CHAKRA – CARNELIAN**



Carnelian is a stabilizing stone, restoring vitality and motivation. It calms anger, diminishes emotional negativity, and replaces it with love. Carnelian boosts fertility and stimulates sexuality. It helps you trust yourself and your intuition. It overcomes negative conditioning and encourages steadfastness and is useful for overcoming abuse of any kind. It also stimulates creativity, courage, and promotes positive life choices. It sharpens concentration and helps with mental lethargy. It helps the ego in dealing with envy, rage, and resentment.

Carnelian treats lower back problems, Rheumatism, Arthritis, and Depression. It regulates the kidneys, and accelerates healing in the bones and ligaments. It also improves vitamin and mineral absorption and ensures good blood supply to organs and tissues.



### **ROOT CHAKRA – BRECCIATED JASPER**

Brecciated Jasper balances Yin and Yang and is a particularly good grounding stone that can assist those who feel overwhelmed. It is known as the “supreme nurturer”: sustaining and supporting through times of stress, bringing tranquility and wholeness. It provides protection and absorbs negative energy. It supports and re-energizes the body during prolonged illness, promoting health and healing. It also amplifies sexual activity. It clears electromagnetic and environmental pollution, including radiation, and can help with allergies.

It encourages honesty with one's self and provides courage to assertively tackle problems. It can enhance organizational abilities while helping to develop creativity. It stimulates the imagination and transforms ideas into action. It also encourages empathy and communication with animals.

*These stones and the descriptions provided are for informational purposes only. While they can support other types of treatments, they are not intended to override any professional medical advice and are not to solely treat any illness. This information is for you to use at your own discretion. Channeled Wisdom will not be liable for any effects to the user of this information.*

### **HOW TO USE YOUR STONES**

Stones purchased from Channeled Wisdom have been cleansed and channeled with your personal intent so they hold many beneficial and healing qualities. They are ready to use.

You can use your stones in many ways and for a variety of issues. As noted in the explanations above, you can use each stone alone for a specific purpose or combine them for added healing.

One way to use your stones is to place any or all the stones under your bedding or on your bed in the chakra layout and lay on top of them. This will help bring positive and balancing energy to your Chakras.

You can also hold the stone(s) in your hand and focus on the healing benefit you are looking for.

You can meditate on one, two or all your stones at the same time, holding them in your hand or placing it in front of you. You can also lay them on top on your body in their corresponding locations to meditate.

Purse, bag, or pockets. These stones can go anywhere with you and be used anytime. Just remember to take these stones with you. The more you carry your stones with you the more they absorb your energy. It's like they are getting to know you. This will increase the energy and healing qualities of each stone as they become more in tune with you.

Stones are very calming and its something you won't want to leave home without!! These stones are safe and will not cause any harm or side effects and will not make any current illness worse. That's the bonus of using stones.

## **HOW TO CARE FOR YOUR STONES**

Not only have we channeled your personal intent into your Chakra Stones, we also cleansed the stones of any energy they may have picked up in the handling process before we received them.

As you use your stones, they will absorb energy from you and from your surroundings. To maintain their efficacy, you will want to cleanse them periodically yourself. If you use them daily, cleansing them every 2 weeks will be beneficial. If you use them periodically, cleansing them once a month will be sufficient. If you will be using them to help others, make sure they are cleansed before and after the other person uses them.

To cleanse your stones you have a few options. You can run them under water or set them in direct sunlight for a period of a few hours or set them in the light of a full-moon overnight. Whichever method you use, always state your intent first "I am cleansing these stones of any unwanted energy".