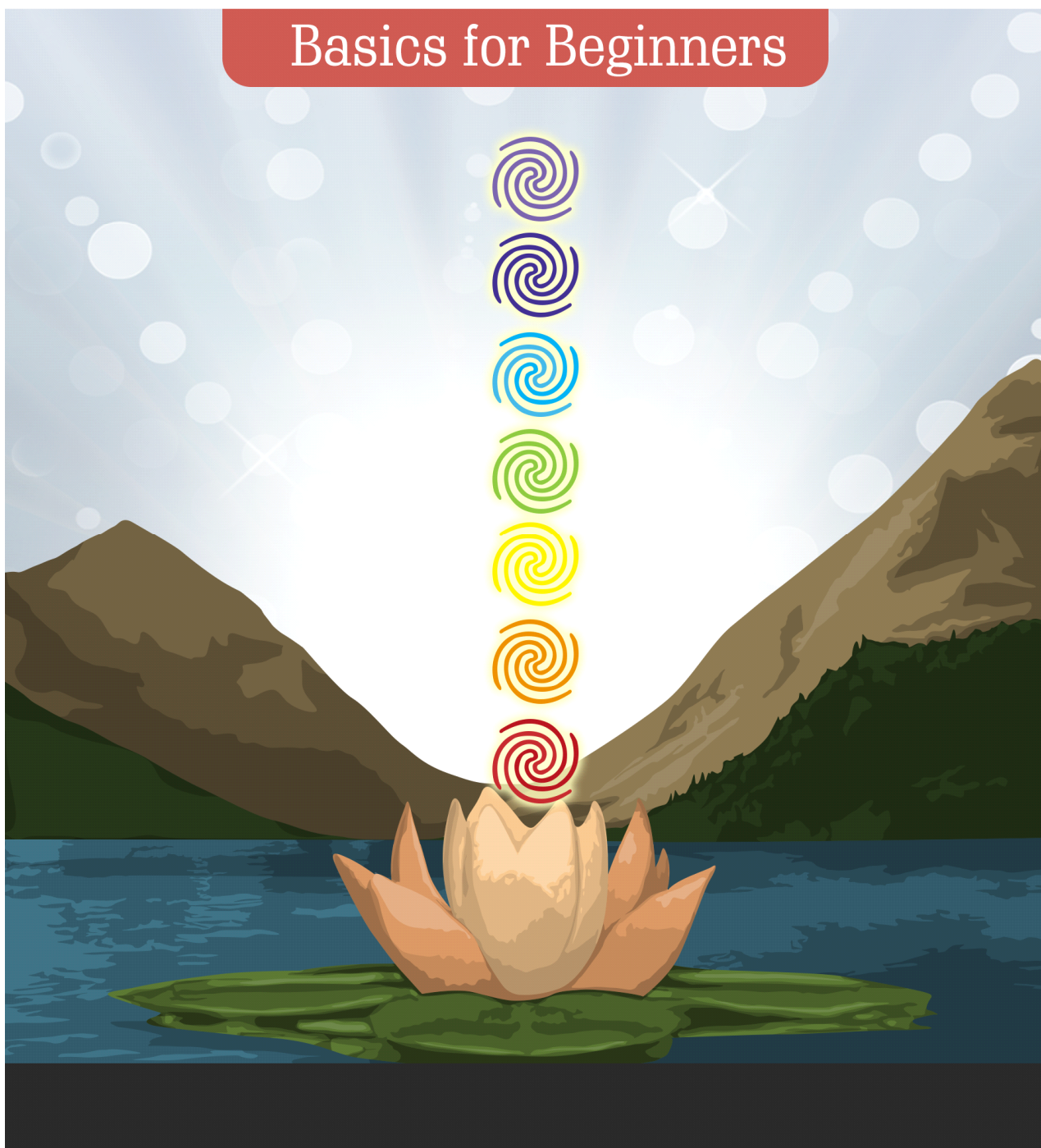


CHAKRAS *and* CHAKRA STONES

Basics for Beginners



YourPowerToCreate.Com

Chakras and Chakra Stones: Basics for Beginners

Presented by
Your Power To Create
And
Felicia Ransome-Stoute

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Introduction

As you explore traditional medicine, you may stumble across the word chakra and wonder what it means and why the chakras are so important in Ayurvedic (ancient Indian) medicine and qigong (ancient Chinese medicine).

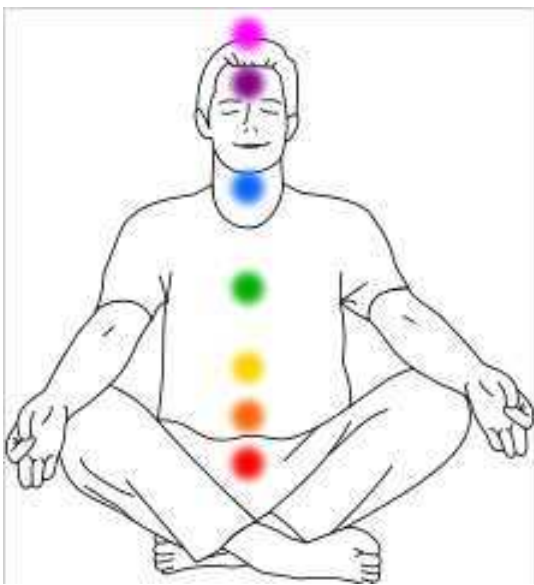
In India, they refer to the prana (pronounced PRAH-NAH) as the life force and energy of the body. In China it is the Qi or Chi (both pronounced CHEE). Chakras are like reservoirs of particular kinds of energy in the body.

Through knowing where the chakras and what type of energy each contains, it is possible to use chakras for healing, balance, and even exercises performed to achieve healing effects in mind, body and spirit.

In this guide, we will discuss what chakras are, where they are located, and why each is supposed to contribute to our overall health and well-being. We will also discuss easy ways to work with your chakras in order to enhance your life using chakra stones.

What Are Chakras And Why Are They Important?

The word chakra means wheel, or vortex. It is considered to be an energy center that spins. Most illustrations of the chakras make them look like a round ball at each location, but this is not accurate. In an image it appears chakras are solidly in place on the body, but they actually spin from front to back like a dinner plate twirling. If we think of a whirlpool, we will also get an idea of the way chakras in our body.



Each chakras is the seat of a particular form of energy. There are lower chakras and higher chakras. If we use the comparison of the whirlpool again, our energy can sink to the lower chakras unless we make a conscious effort to move our energy up to the higher chakras. In this way we can live a balanced and complete life.

Once you locate each of your chakras, you can work on improving the health of each. When chakras are each in balance, you can practice moving the energy upwards, thereby lifting you with a whole new power and purpose.

You will find yourself feeling a renewed vitality, work will become easier, stress grow less, and relationships improve. When your chakras are balanced, the mind, body and spirit are super-charged with purposeful energy and strength.

The chakras are described as being aligned in an ascending column from your anus all the way to the top of the head. The column is known as the central channel and has a series of loops which connect it with the left and right channels in the body. According to Ayurvedic medicine, the right channel is white and masculine, the left channel red and feminine.

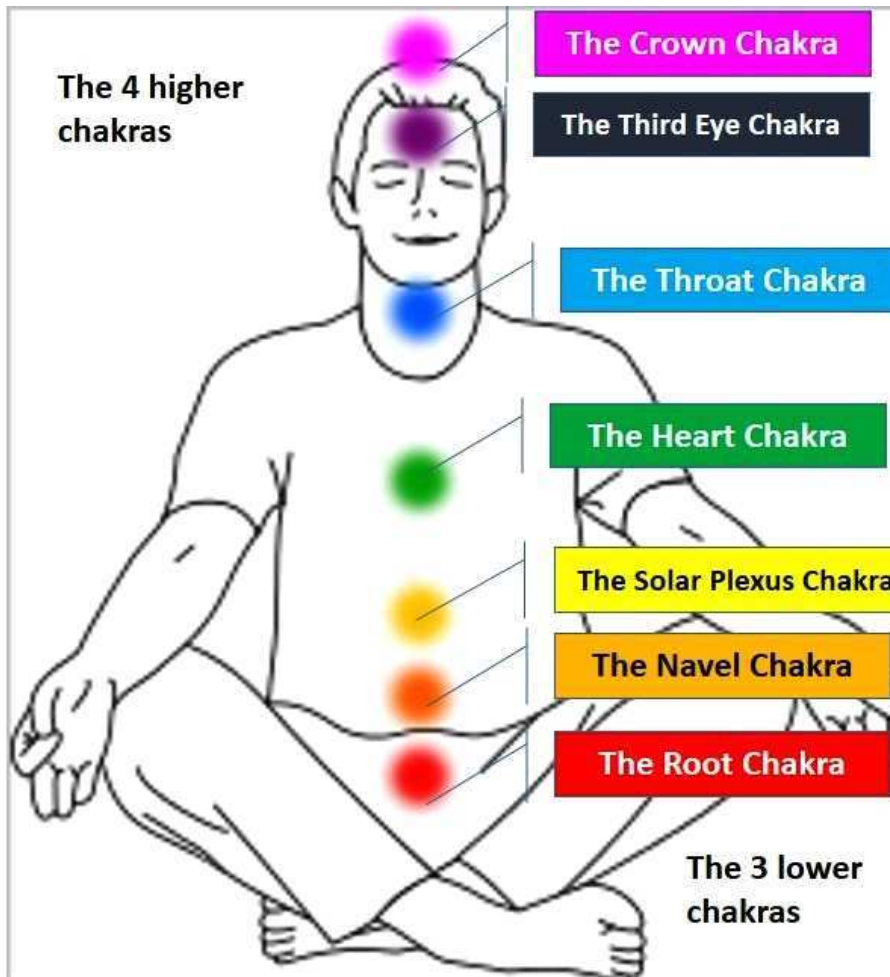
The three channels are intertwined through the chakras with a single loop apart from the heart chakra, which has 4 loops in total as it connects to the upper and lower chakras and left to right. If the heart chakra is in balance, therefore, you can expect wonderful things in your life.

Now that you know what the chakras are, it is time to look at where each one is located, why it is important, and what form of energy is centered there. We will start with your three lower chakras in the next chapter.

The Energy Of The Three Lower Chakras

As you can see from the diagram, we have 7 chakras, each with its own color and name, which also gives us a hint as to the kind of energy contained there.

- The Root Chakra
- The Navel, Sex or Sacral Chakra
- The Solar Plexus Chakra
- The Heart Chakra
- The Throat Chakra
- The Third Eye Chakra
- The Crown Chakra



Before we continue, it is important to note that we are discussing what is known as your subtle body, your psychic and spiritual channels, not your physical body. If a surgeon were to cut you open, for example, they would not see 7 chakras. However, those who have studied the chakras for centuries, or people who want to learn more, can experience wonderful changes in their lives through chakra work.

Let's start with the 3 lower chakras and work our way up to the 4 higher chakras. Refer to the diagram above as needed. We have also created a little symbol for each chakra to help you remember its color and function.

1-The Root Chakra



The red or root chakra is the seat of security, survival and basic humanity. It is all about getting life's essentials, food, water, and other essential resources we need to survive. It is the foundation of our stability in the literal as well as figurative sense. Think of the base of a triangle as you picture your lower chakras.

In Sanskrit the name of the root chakra is muladhara (pronounced MOO-la-DAH-ra). In Kundalini (CUNH-dah-LEE-knee) yoga, which works on the coiled energy in your subtle body, some of the exercises, meditation and mantra chanting are done with locks, that is, applying internal pressure to try to focus the energy and then move it up the body.

One of the most important locks is mulabhandha, (pronounced MOO-la-BAAN-dah), locking the root chakra in order to get the energy flowing upwards to the next chakra. By clenching and releasing the muscles around the anus and buttocks, you can let the energy flow instead of being coiled too tightly through stress or being in survival mode all the time.

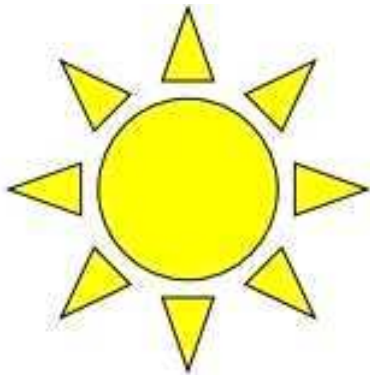
2-The Navel, Sex or Sacral Chakra

The orange chakra, referred to as the navel, sex or chakra, or the sacral chakra after the sacrum, the bone at the bottom of your spine, is the seat of energy for the reproductive organs, and the genitourinary system, including the kidneys and the adrenal glands above them. It is the seat of procreation, reproduction, creativity and passion.

In Kundalini yoga, the breath of fire is a rapid pumping in and out at the navel point to stimulate the energy in the same way we would use a bellows to fan a spark into a full-blown flame.

Through the root lock and breath of fire you can move your energy up to the next chakra and beyond.

3-The Solar Plexus Chakra



The yellow chakra is known as the solar plexus chakra. Solar refers to the sun, and plexus to a network or connections. In Western medicine, it refers to the complex cluster of nerves located in this area. The nerves spread out like the rays of the sun. In traditional medicine, the solar plexus is the seat of energy.

When you think of the solar plexus chakra, picture the heat, warmth and power of the sun. This is the seat of your willpower and acting on instinct, the gut feeling we often talk about.

Also think of your digestion, and how powerful process transform based substances like food and drink in energy to fuel the body. Also think about

fear and anxiety, how your stomach twists and turns in response to a stressful situation. Your solar plexus is the seat of your spiritual growth. All of the energy from your lower chakras can be focused here and then driven up towards your higher ones once you learn how.

The most effective way to do this is through the Kundalini yoga lock Uddiyana (OO-dee-AH-nah), the diaphragm or solar plexus lock. It is used in order to move your pranic energy up to the heart chakra. It is said to give youthfulness to the entire body. It is done with the breath held out, not in.

The easiest way to apply this lock is to stand with your feet shoulder width apart and bend the knees slightly as if doing the chair pose in yoga. Only in this case, don't raise your arms over your head. Instead, rest your hands on your knees, exhale, then lift your chest upwards using your core muscles and those in your back. Do not try to overstretch.

This lock also said to massage the heart, to open up the chakra and increase its power.

These are the three lower chakras. Once they are in balance and unblocked, you should be able to move the energy upwards and downwards along your central channel as needed.

If you want to attain your higher self, however, you need to learn to move the energy of the lower chakras into the higher chakras, from the heart upwards. Let's look in the next chapter at your 4 higher chakras.

The Energy Of The Four Higher Chakras

Your 4 higher chakras are based in part on the energy from your 3 lower chakras, but with practice, you can also do a good deal to stimulate energy within each of the higher chakras.

4-The Heart Chakra



The green or heart chakra in the center of our chest is the seat of complex emotions, including compassion, tenderness and unconditional love. It can get blocked through rejection, which Western doctors now term 'broken heart syndrome'. Your heart is the center of your life on both the physical and subtle levels.

5-The Throat Chakra



The blue or throat chakra is the seat of our communication and expression. The name in Sanskrit means very pure. Our speech should be truthful and positive, not deceptive and negative. It is the seat of security, because you will say what you mean and mean what you say.

Driving energy upwards from the heart to the throat chakras can be accomplished through the third Kundalini lock, neck lock. With your head straight, gently tuck your chin in as far as it will go to store the energy.

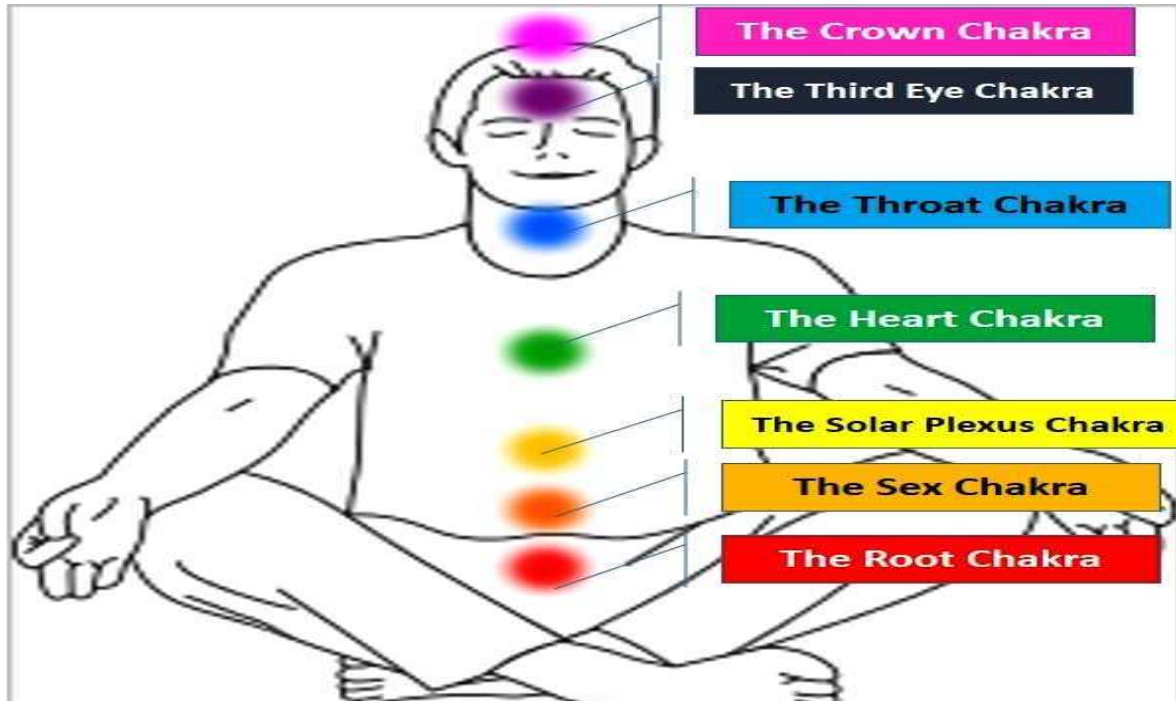
6-The Third Eye Chakra

The purple or third eye chakra, also referred to commonly in yoga as the ajna (AHJ-NAH) chakra, is the seat of your intuition and inspiration. It is also supposed to help balance both the lower and higher chakras and the left and right channels of the body that run parallel to the central energy channel in our subtle body. It blends rational and emotional thought into a whole.

7-The Crown Chakra

The magenta or reddish purple chakra is your crown chakra. Think of it as an umbrella over your head which allows your energy to flow up and down, and also outwards to the rest of the world if you choose to project it. It is a state of pure consciousness.





The fourth important lock in Kundalini yoga, the Mahabhandha, or great lock, is a combination of root, solar plexus and neck lock and is a powerful way to drive your energy upwards to the crown chakra.

Now that you know the essentials regarding the 3 lower chakras and 4 upper chakras, it's time to look at the topic of chakra stones.

Chakra Stones for Beginners



Some traditional forms of healing use stones or crystals to work with the body's energy. In the case of chakras stones, they are used to balance or even enhance the energy of a particular chakra.

Most of the stones are related in color to the chakras you are trying to enhance, though this is not always the case. Here are a few suggestions for each of your 7 chakras:

- Root chakra: bloodstone, tiger's eye, agate
- Sacral chakra: carnelian, moonstone, coral
- Solar Plexus chakra: malachite, calcite, topaz
- Heart chakra: jade, green calcite, green tourmaline
- Throat chakra: lapis lazuli, turquoise, aquamarine
- Third eye chakra: amethyst, purple fluorite, black obsidian
- Crown chakra: clear quartz, amethyst, diamond

Once you have a stone for your particular chakra or have purchased an entire set, lie down, relax, and apply the stone/s as needed. For the sex chakras, place the stone on your navel. For the root chakra, place it wherever it is comfortable, in the center of the area so it is not too far over to the left or the right.

Even just touching a chakra with your finger can stimulate focus and energy. The stone will magnify this effect. For example, use a finger or thumb to massage your third eye chakra if you need inspiration and mental

clarity in order to complete a project. When you take a break, massage again and lie with the stone for 5 to 10 minutes, then get back to work.

Conclusion

The 7 chakras and the energy within each are essential to an understanding of traditional medicine and how it is not just our physical body but our subtle energy body that can be healed and transformed once we understand how it works. Yoga, meditation and using chakra stones are just a few of the ways to balance, stimulate, and add power to each or all of the chakras you wish to work on.

To your best health and a more fulfilled life!

Resources

[Kundalini yoga basics](#)

[Chakras](#)

[Bhandas or Locks](#)

[Pranayama or Breathing –Breath of Fire](#)

[Chakra stones for balancing](#) – Look up by chakra, or by stone. Also has a good range of inexpensive 7 stones for the chakras jewelry

[Chakra Stone Sets](#)

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