

Gemstones and the Chakras

The practice of acupuncture and reflexology has confirmed that the smallest regions of the body can have a significant influence on an entire organ. The same principle underpins the practice of healing with gemstones and crystals. Healing stones are particularly powerful when used in conjunction with the body's energy centers, the chakras.

Indian doctors and therapists have posited that sickness is always linked to a disturbance in the flow of energy within the body. The free flow of this energy provides cells and organs with what they need to sustain their healthy functioning. In fact, health can be defined as the state in which energy is flowing unimpeded through the chakras. But when for whatever reason the flow of energy is blocked, a part of the body will not function properly. These blockages can arise from physical complaints or psychic conflicts.

There are seven primary chakras in the human body vibrating at seven different frequencies, each sharing information with the others. In addition, there are secondary chakras in the hands and feet.

- **1st Chakra – Root (Base)** – The root chakra is located in the area of the base of the spine in the area of the lumbar. It activates and strengthens the will (e.g. the will to live, to survive, to manifest etc.) It absorbs energy from the earth. It is the energy center which vitalizes the kidneys, the suprarenal glands, and the spinal column in the physical body. *Energy of the first chakra – A disturbance in the root chakra leads to addition, uncontrolled or diminished sexuality, digestive disorders and obesity. If energy flows smoothly through this chakra, one will feel a deep connection to nature. Gemstones recommended for treating the Root Chakra – Garnet, Hematite, Red Jasper, Coral, Onyx, Rhodonite, Ruby, Black Tourmaline. Colours – Red and Black. In all cultures red is the color of life, warmth and vitality. Red stimulates the life force. Black represents stability and grounding to the source of security.*
- **2nd Chakra – Sacral** - The sacral chakra is located in the area 1" to 2" below the navel. It is the center of desire, emotion, creativity, sexuality, and intuition. It is the center which vitalizes the digestive system, reproductive organs, sexual activity, and the gonads where sex hormones are produced. It is attuned to emotions and thoughts concerning well-ness and is, usually, the center which allows the condition of disease to manifest in order to cleanse the body, mind, and/or emotions. *Energy of the second chakra: A disturbance in the second chakra causes sexual problems. Life may seem to lose its meaning. When the balance of energy is restored, one becomes more open and is able to enjoy life.* Gemstones recommended for treating the Sacral Chakra: Orange Beryl, Orange Jasper, Carnelian, Turquoise, Blue/Green Fluorite. **Colours – Orange and Blue/Green.** Orange represents wisdom, equity, creativity, and benevolence to all, and blue/green representing the synthesis of Divine guidance in the areas of healing.
- **3rd Chakra – Solar Plexus** – The solar plexus chakra is located at the navel. The third chakra contains a protective energy, protecting against any negativity which is contained within any of the other chakras. It is the center which vitalizes the stomach, liver, gall bladder, sympathetic nervous system, pancreas, and adrenal glands. *Energy of the Solar Plexus Chakra – When energy flows uninterruptedly through the third chakra, one feels a deep sense of inner peace. Blockages will create discontent, restlessness and discouragement. Gemstone recommended for treating the Solar Plexus Chakra: Tiger's Eye, Topaz, Yellow Tourmaline, Citrine, Yellow Calcite. Colour – Yellow representing meditative analytical thought and intellectual activity.*

- **4th Chakra – Heart** – The fourth chakra is located in the center of the chest at the level of the heart. It is the center of compassion, love, group consciousness, and spirituality associated with a “oneness” with “All That Is”. *Energy of the Heart Chakra – **The one whose heart chakra has been opened radiates joy and friendliness. She will be considerate of others and have a highly developed sense of empathy.*** Gemstone recommended for treating the fourth Chakra: Aventurine, Chrysocolla, Jade, Moss Agate, Emerald and Tourmaline, Rose Quartz, Coral, Rh-odonite, Rhodochrosite. Colour – **Green** and **Pink**. Pink represents softness in strength, compassion, empathy, and unconditional love to all, and Green represents soothing, smoothing healing, ecstasy and exhilaration, and a joyful and fulfilling anticipation.
- **5th Chakra – Throat** - The fifth chakra is located at the neck, the center being recognized as the area of the throat located above the collar bone. It is the center of communication, sound, and expression of creativity via thought, speech, and writing. It is the center which vitalizes the thyroid gland, throat and jaw areas, alimentary canal, lungs, vocal cords, and the breath. *Energy of the fifth Chakra – **when energy flows freely through the throat chakra one will be open to new experiences. Such individuals will be able to express themselves and stand up for their beliefs.*** Gemstones recommended for treating the throat chakra are Aquamarine, Blue Lace Agate, Blue Opal, Pearl, Turquoise, Blue Topaz, Chrysocolla. Colour: **Blue** – the vibratory effect of the color blue is cooling, calming and healing. Blue is the color of innocence.
- **6th Chakra – Third-Eye (Forehead)** – The Third-Eye Chakra lies above the nose. It is linked to the eyes, nose, face and senses, as well as those more intangible avenues of perception, including insight and intuition. The sixth chakra when activated and clear, is the center for outside guidance and the intuitive “aha”. It also assists in the purification of negative tendencies and in the elimination of selfish attitudes. It is the center which vitalizes the cerebellum, nose, central nervous system, the pituitary gland, and the left eye. *Energy of the sixth Chakra – **When energy flows through the forehead chakra one’s understanding becomes broad and deep. Such an individual sees the world and herself clearly. She can rely upon her own intuitive sense.*** Gemstones recommended for treating the Third-Eye Chakra are Sodalite, Amethyst, Sapphire, Clear Quartz Crystal, Lapis Lazuli, Fluorite. Colour: **Indigo** representing attainment, the search, and those who search for the spiritual purpose of life.
- **7th Chakra – Crown** – The Crown Chakra is located at the crown of the head. It is the center of spirituality, enlightenment, dynamic thought, and energy. It is the center which vitalizes the cerebrum, the right eye, and the pineal gland. *Energy of the seventh Chakra- **When stimulated and clear, it enables one to see the truth concerning illusory ideals, materialistic pursuits, self-limiting concepts, pride, and vanity.*** Gemstones recommended for treating the Crown Chakra are Amethyst, Clear Quartz Crystal, Diamonds, Violet Fluorite. Colour: **Violet**, the colour with the highest vibratory frequency; shimmering **golden-white** representing the state of perfection in body, mind, emotions, and spirituality.

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