

Chakras & Auras: A Crystal Healing Approach

By: Certified Crystal Healer Ashley Leavy



Chakras are vortices of energy found in the aura, or energy field, of the human body. These energy centers act as satellites to the universe, taking in energy, using it to influence the mind, the body, and the spirit, and then returning it back to the universe. Each chakra rules a specific section of the physical body, specific emotions, and certain aspects of one's spiritual self. There are seven major chakras found along the spine, but there are many other minor chakras located all throughout the physical body.

In crystal healing, the seven chakra system is most commonly used. However, there are many minor chakras that can be used under particular circumstances. In fact, all of these chakras are influenced by the crystal's healing energy during a healing session, but the energy is typically more precisely directed to the body's seven main energy centers. By placing crystals on the chakras, one can use the healing vibrations given off by the crystal to correct any imbalances within the chakra.

Typically, crystals are associated with specific chakras based on their color, but this is not always true. Some crystals have other inherent properties that allow them to be used on chakras other than those that are associated with their color. These exceptions can be discovered after research or intuitive insights about additional properties that the crystal may have. These associations may even vary from person to person so it is important that one takes time to connect with a particular crystal before placing it on the body.

Please Note: The seven most commonly known chakras have been numbered 1-7. Other minor chakras have been bulleted. This listing appears in order from the area below the feet toward the area above the crown of the head.

- Gaia Gateway Chakra (Black Crystals)
- Earth Star Chakra (Brown Crystals)
- 1. Root/Base/Perineum/Muladhara Chakra (Black, Brown, or Red Crystals)
 - Coccygeal Chakra (Burnt Orange or Rust Crystals)
- 2. Sacral/Pubic/Spleenic/Pelvic/Swadhisthana Chakra (Orange Crystals)
 - Navel/Sea of Chi'i/Door of Life Chakra (Yellow-Orange or Gold Crystals)
- 3. Solar Plexus/Diaphragmatic/Power/Manipura Chakra (Yellow or Gold Crystals)
 - Lower Heart/Sacred Heart Chakra (Green Crystals)
- 4. Middle Heart/Shoulder Blades/Anahata Chakra (Pink Crystals)
 - Higher Heart/Ascending Heart/Thymus Chakra (Teal Crystals)
 - Base of Throat/Base of Neck Chakra (Turquoise Crystals)
 - Zeal Point Chakra/Mouth of God/Talu/Lalana Chakra (Blue Crystals)
- 6. Third Eye/3rd Eye/Brow/Ajna Chakra (Indigo or Violet Crystals)
 - Manas Chakra (Indigo or Violet Crystals)
 - Indu Chakra (Indigo or Violet Crystals)
 - Upper Forehead Chakra (Dark Indigo or Deep Violet Crystals)
- 7. Crown/Sahasrara Chakra (Violet, Golden, or Clear White Crystals)
 - Golden Crown Chakra (Gateway Chakra) (Gold Crystals)
 - Causal Chakra (Gateway Chakra) (Teal & Pink or White Crystals)
 - Soul Star Chakra (Gateway Chakra) (Gold & Clear White Crystals)
 - Stellar Gateway Chakra (Gateway Chakra) (Gold & Silver Crystals)

Crystal Layout to Activate the Chakras:

In this layout the healer should place a stone of the corresponding color on each of the seven main chakras. This exercise will open the energetic pathways within the subject and will also activate the major and minor chakras within the subject's body. This technique is best used with tired or fatigued subjects, or those who are under a great deal of stress.

To begin, you should choose a colored stone that is appropriate for each of the seven main chakras, using the color correspondences listed above.

Beginning at the root chakra, you should place a red stone, such as Garnet or Red Jasper, at the base of the subject's spine.

Next, you should place an orange stone, such as Carnelian, on the subject's sacral chakra, about two inches below the subject's navel (about half way between the subject's pubic bone and belly-button).

Then, you should place a yellow stone, such as Yellow Aventurine or Yellow Calcite, on the subject's solar plexus chakra, about two inches above the subject's navel, between the subject's belly-button and his or her breast bone.

You should then move to the subject's heart chakra and choose a green stone, such as Green Fluorite or Green Aventurine, and place it in the center of the subject's chest.

Next, you should place a blue stone, such as Blue Opal or Blue Quartz, on the subject's throat chakra at the center of the throat.

Then, you should place an indigo (dark blue) stone, such as Lapis Lazuli or Sodalite, at the subject's brow chakra, located between and slightly above the subject's eyes.

Finally, you should place a violet stone, such as Sugilite or Amethyst, at the subject's crown chakra, located on the top of the subject's head.

If terminated crystal points are used, the terminations should face toward the subject's crown.

If you do not have enough colored stones to use, or if you would prefer to use clear quartz only, the quartz crystals may be used without other stones. The quartz should be programmed to the color of each chakra before being placed on the subject's body.

After the stones have been placed on the body, you should infuse each chakra with energy by placing your hands just above each stone. To infuse a chakra with energy, you should bring white light energy in through your crown chakra and pass it through your hands to charge the area with energy from the universe. To bring white light into your body, you should be grounded and centered. Then, you should visualize your crown chakra

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opening and, as you inhale, visualize a stream of universal light beaming into the crown of your head. You should then exhale and push the light down through the palms of your hands. You can now transfer this energy into the subject.

You should begin this energy-infusion at the brow chakra, and then you should move to the crown chakra. After this, you should move to the root chakra and continue up the spine to the sacral, solar plexus, heart, and throat chakras. You should then again infuse the brow and crown chakras with energy. You should spend at least three to five minutes at each chakra or until you intuitively feel that there is sufficient energy at each chakra.

Crystal Layout to Balance the Chakras:

This technique can be utilized to balance the energy of each chakra and is particularly best utilized with subjects that suffer from anxiety, anger, ADD, or a great deal of stress.

To begin this technique, repeat the laying on of colored stones from the previous exercise, but stop before beginning the energy-infusion technique. Then, return to the root chakra and place a stone of the complimentary color next to the stone that has been placed at each chakra. Work up the chakras, beginning at the root and moving up toward the crown, using the following colors:

- Root Chakra: Green stone
- Sacral Chakra: Blue stone
- Solar Plexus Chakra: Violet stone
- Heart Chakra: Pink stone and Red Stone
- Throat Chakra: Orange stone
- Third Eye Chakra: Red stone
- Crown Chakra: Yellow stone

If you do not have enough colored stones to use, or if you would prefer to use clear quartz only, the quartz crystals may be used without other stones. The quartz should be programmed to the color of each chakra before being placed on the subject's body.

The stones in this technique should not be infused with energy. Instead, they should be left to transmit healing, balancing energy into the subject's aura and subtle bodies. The crystals should be left on the body for approximately twenty minutes or until you intuitively feel that the subject has absorbed the healing energy.

The most important thing to remember as you are placing stones on the subject's body is that the stones should all be aligned with the subject's spine. This assures that the energetic channels are properly opened.

If you find it difficult to remember the correspondence between color and the chakras, you should try to memorize the following acronym: **ROY G. BIV** (i.e. like a man's name).

R (Red)

O (Orange)

Y (Yellow)

G (Green)

B (Blue)

I (Indigo)

V (Violet)

The chakras also correspond to particular auric realms (layers of the energy body).

Please Note: This listing appears in order from the innermost layer toward the outermost layer of the aura:

- Physical Body
- Etheric Body
- Emotional Body
- Mental/Vital Body
- Astral Body
- Etheric Template
- Celestial Body
- Causal/Ketheric/Intuitive Body

An Exercise for Aura Health:

You should strengthen and protect your aura in various everyday life situations. You should especially strengthen the aura if you know that you will encounter an individual that will drain your energy, as this is extremely detrimental to the auric body. This should also be done if you know that you will have to spend time in a negative energy environment or deal with a situation surrounded by negative energies and emotions.

To protect the aura, you should close off your energy body to others by engaging in the protective posture (feet crossed at the ankles and with thumbs and fingers touching).

To strengthen and energize the aura, you can undertake the nostril breathing technique. In this technique, the breath is used to strengthen the auric field and to balance the mind and the physical body. This technique is performed by alternating your breaths, breathing in through one nostril and then out of the other.

To begin the technique, hold the nostrils between your thumb and index finger. Place your right thumb and finger over your nostril (without squeezing) and exhale. Then connect your tongue to your palette just behind your front teeth. Next, press your thumb against right nostril to close it and inhale through your left nostril for approximately three seconds. While keeping your right nostril closed with your thumb, press your index finger onto your left nostril. Your nose should now be closed between your thumb and finger. Keep your nostrils pinched shut for approximately 15 seconds.

If 15 seconds is too long for you, then reduce the time limit to amount that you feel comfortable with. Now, remove your thumb so as to open your right nostril, but continue holding your left nostril closed with your index finger. Slowly release your breath through your right nostril for approximately three seconds.

Remove your right hand from your nose and place your left hand on your nostrils with your thumb pressing on your left nostril. Inhale through your right nostril for approximately three seconds and press your left index finger onto your right nostril, so as to close it. Hold this breath for approximately 15 seconds. Then, remove your thumb to open your left

nostril, but continue to press your right nostril closed with your index finger. Slowly release your breath through your left nostril for approximately three seconds.

Repeat this exercise, while alternating nostrils for approximately three to five repetitions.

To purify the aura, you can perform the cleansing vortex exercise. In this exercise, you should visualize a whirlwind of purifying, healing, white light which surrounds the entire auric body (beginning at the Causal/Ketheric Body). You should then visualize this whirlwind removing all negative energy and transmuting it into positive energy. Then, you should visualize that the vortex departs into the earth and this positive energy is released into the earth for the good of all beings.

Once the aura has been strengthened, protected, and cleared, you are ready to absorb the healing energy of the crystals.

This process should be followed by a mindfulness meditation exercise and focused breathing.

*Crystal Healing is not meant to replace conventional medicine, but rather to complement and enhance it. The information within this guide is purely metaphysical in nature and is by no means medical. Crystal Healing should only be used with the understanding that it is not an independent therapy, but one that is a part of a holistic healing approach.

Ashley has been drawn to work with crystals and stones since childhood. After years of self-study, she began earning a number of professional certifications in crystal healing. Ashley Leavy is a Master of Crystology and is Certified and accredited in Melody's Level I & Level II Love is in the Earth Workshops. She has also studied with Master Crystal Teacher DaEl Walker of the Crystal Awareness Institute. Ashley has earned many other certifications over the years and considers continuing education on the subject to be a top priority. Ashley is also a member of the Global Spiritual & Holistic Association, which strives to support a professional approach and a high standard of practice for ethical and conscientious holistic therapists. In addition to offering healing sessions, Ashley loves to teach

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