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Aligning Chakras With Crystals



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You can use [healing crystals](#) to align your [chakras](#), which are [life force energy centers](#) that connect the physical to the [etheric](#) [✦](#). Whether you have a single crystal or crystals in every color, you can use them to balance and harmonize your chakras.

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Using Crystals for Chakra Alignment



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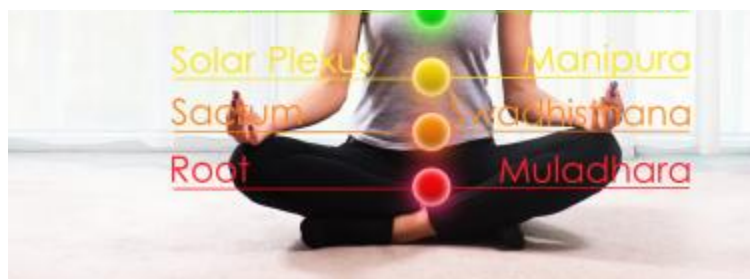
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7 Essential Crystals Method

A simple way to align all the chakras is to lie with a crystal on each chakra. You can use the [7 essential crystals for beginners](#) and lie on your back with one crystal on each chakra as follows:

- Root - smoky quartz
- Sacral - carnelian
- Solar plexus - citrine
- Heart - rose quartz
- Throat - chalcedony
- Third eye - amethyst
- Crown - clear quartz

Lie for about ten minutes with the crystals in place, focusing on your breathing. Your root chakra crystal should be just beneath your root chakra (between your legs) and the crown crystal should be just above the top of your head. Place all other crystals directly on your body. [Cleanse the crystals](#) after use.

Matching Crystal Color to Chakra Color Method

You can also choose crystals that match the color of each chakra to balance them. As with the previous method, place the root chakra crystal just below your root chakra between your legs and the crown chakra crystal just above the top of your head with all others directly on each chakra. Use a crystal with the following colors for each chakra:

- Root - red or black
- Sacral - orange
- Solar plexus - yellow or gold
- Heart - green or pink
- Throat - blue
- Third eye - violet or purple
- Crown - white or clear

As with the previous method, lie for ten minutes on your back. Visualize each chakra as a glowing

wheels of color rotating in a clockwise direction (note the diagram above for colors) and visualize the energy of the crystal mixing and blending with the colors of each chakra. Cleanse your crystals after use.

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Clear Quartz Method

If you don't have a ton of crystals in various colors, it's okay. Clear quartz is the most abundant crystal available, and you can find it almost anywhere.

1. Gather two pieces of clear quartz.
2. **Clear and program the quartz.** While programming the quartz, state the intention is chakra alignment, using a phrase such as: "These pieces of quartz will align and balance my chakras."
3. Lie on your back. Place one piece of the programmed quartz just above the crown of your head and the other just below your root chakra on the bed, table, or floor between your legs.
4. Focus on breathing and visualize energy running from one piece of quartz to the other, moving through all of your chakras. Do this for at least ten minutes.

Crystal Point Method

For this method, you will need a crystal point - that is, a crystal with a point on one end and flat on the other end. Clear quartz works well here, although you can use any crystal point you wish.

1. Cleanse your crystal.
2. Lie on your back, holding the crystal in your non-dominant hand with the point showing.
3. Starting at your crown chakra, spiral the crystal in a clockwise direction over the chakra, making nine concentric circles.

