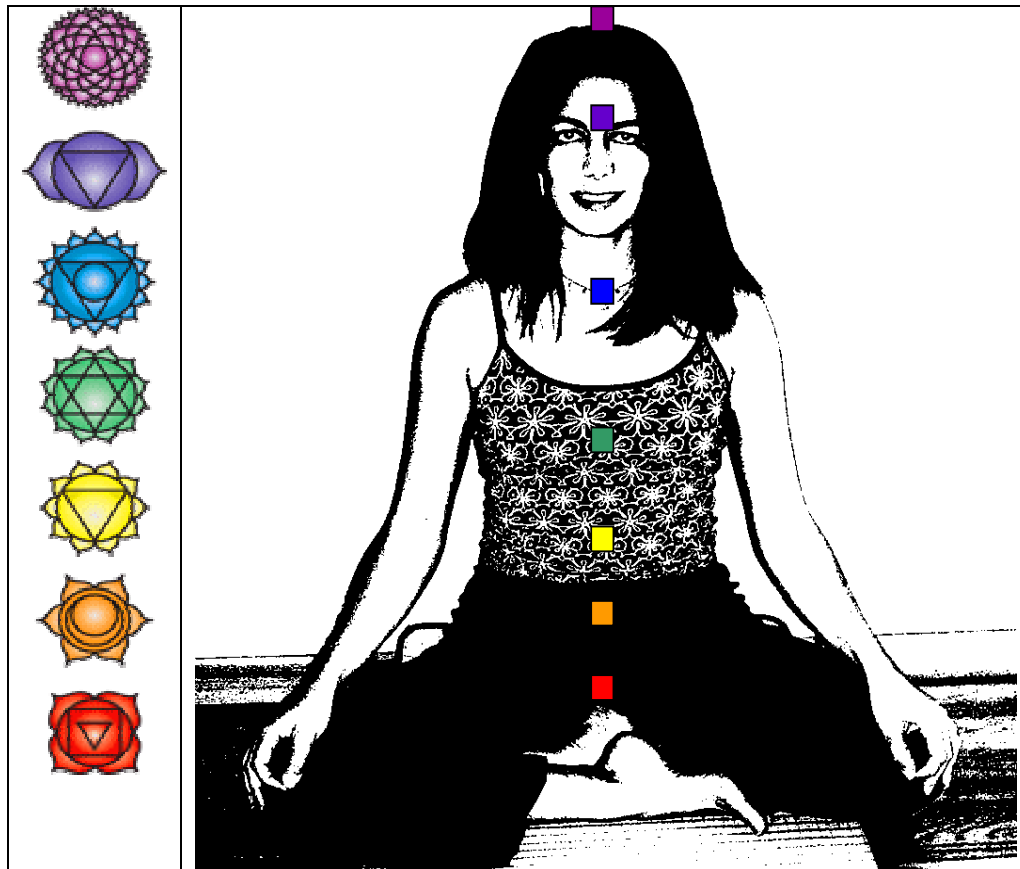


Chakra

Jewelry & Characteristics



Chakras are seven main energy centers in the body. They are spinning energy centers not visible to the human eye. They run along the spine, starting at the base and running upwards to the crown of the head, each having its own corresponding color and characteristics. Each chakra relates to specific spiritual, emotional, psychological and body issues. Being in tune with your chakras allows you to awaken & expand your own personal power while balancing your physical, emotional and spiritual well-being.

The 1st Chakra – Muladhara (Base or Root)

Location: The pelvic floor or base of the tailbone

Color/Stone: Red/Garnet/Onyx/Coral

Characteristics: Survival, grounding, acceptance, physical energy and general well-being. Keeping this chakra balanced helps to release stress & tension of the nervous system.

The 2nd Chakra – Svadhistana (Sacral or Navel)

Location: Below Navel (Hips, Sacrum, near the spleen)

Color/Stone: Orange/Carnelian/Chalcedony/Citrine/Moonstone

Characteristics: Emotions, sexual desire, creativity, joy. Keeping this chakra balanced helps people suffering from sexual blockages and lack of sexual desire. Also helps bring more creativity and joy into one's life.

The 3rd Chakra – Manipuraka (Solar Plexus)

Location: Just above the navel

Color/Stone: Yellow/Citrine or Amber/Sunstone/Tiger Eye/Tourmaline

Characteristics: Personal power, self-confidence, strength, determination and discipline. Keeping this chakra balanced helps to maintain psychic and mystical energies and is a great source of physical energy & power.

The 4th Chakra – Anahata (Heart)

Location: Chest, Heart

Color/Stone: Green or Pink/Jade/Peridot/Malachite/Ruby/Green Aventurine or Rose Quartz

Characteristics: Love, self-love, harmony, forgiveness and compassion. Keeping this chakra balanced helps people suffering from emotional trauma and problems in relationships or any matters of friendship or love.

The 5th Chakra – Visudha (Throat)

Location: Throat

Color/Stone: Blue/Turquoise

Characteristics: Communication, truth, creativity and independence. Keeping this chakra balanced releases the tension in the neck and shoulders and headaches (tension or migraines). Also assists in speaking and communication.

The 6th Chakra – Ajna (Third Eye)

Location: Brow Point, Center of forehead between the eyes

Color/Stone: Indigo/Lapis or Sodalite/Charolite/Labradorite

Characteristics: Divine inspired thought, intuition and Clarity. Keeping this chakra balanced helps with spiritual awareness, intuition & meditation.

The 7th Chakra – Sahasrara (Crown)

Location: Top of the head

Color/Stone: Violet or White/Amethyst or Quartz Crystal/Iolite/Opal

Characteristics: Boundlessness, pure spirit, divine light, universal connectedness and faith. This chakra needs to be open during any crystal healing. It is the chakra through which you can obtain the highest understanding and knowledge. It brings one closer to Spirit (God).

Quartz,

All Chakras