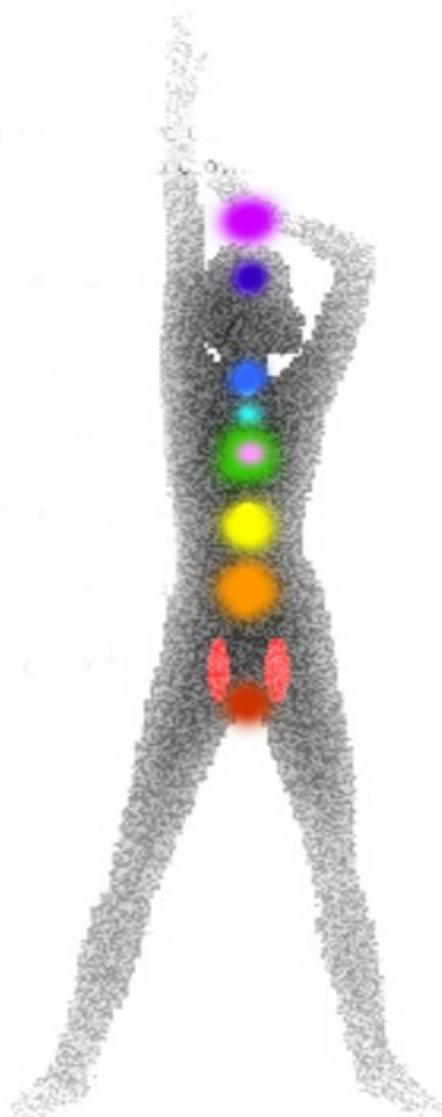


# The Chakra System



**Crown Chakra**  
**Violet/Gold/White**

Incoming Cosmic Energies, Direct Connect to Higher Self, Spirituality, Higher Mind

**Third Eye:**  
**Indigo Blue**

Psychic Center, All Clairvoyance, Cosmic Sensing, the Mental Body

**Throat**  
**Blue**

All Communication, Speaking Truth

**Heart**  
**Green and Pink**

All Love, Ability to Give and Receive Energy, Connection to All, Healing, Connected to Hands

**Solar Plexus**  
**Yellow/Gold**

Power, Will, Strength, Potency, Confidence, Warmth, Humor

**Belly**  
**Orange**

Creativity, Joyfulness, Sexuality, Reproduction, Preservation, Vitality

**Root:**  
**Red, Brown, and Black**

Primal Energies, Connection to Earth, Grounding, Kundalini Rising up Spine, Connected to Feet

## The Many Ways to Work with Stones

**1) Attuning:** *Intentionally plugging into a stone through direct contact to receive benefit from the stones energy.*

- **Basic Attuning:** The very simple act of holding onto a stone and *intending* to “tune into” or “attune” to the rocks energy. Hold the rock and say, “*I request to attune to this rock, now please.*” Then you allow the stone energy to wash over you. The hands, through the Meridian System, are connected with the rest of your body.
- **Indigo Gabbro Assisted Attuning:** Indigo Gabbro is a basalt-like rock from Madagascar that has the technical ability of synergizing another stone by “swirling” it around your energy field. Hold an Indigo Gabbro in your right hand and whatever other stone in your left hand, while making your request to attune.

**2) Chakra Work:** *Using rocks to help cleanse, energize, refresh, or zoom up a sluggish energy system.*

- **Laying on of Stones:** Placing stones of appropriate color onto the chakra centers.
- **Labradorite Cleanse:** You can hold labradorite in your hand or hold at each chakra for a length of time while saying/intending, “I request to initiate cleansing, clearing, and purification (at this chakra...), now please.”
- **Rock Breathing:** Using your imagination, place the stone on your physical body and imagine breathing through the stone, into your body, then out again. This works very well for chakra vitalization, cleansing, and “bringing” the stone vibration into your energy field.

**3) Nearness:** *The most common form of interacting with stone energy is simply by keeping the stone(s) near you in some way.* This can be done by carrying or wearing a medicine bag, wearing jewelry, using pocket rocks, bra stones, or sleep stones (stones near/in the bed while sleeping, such as, pillow case, sleep mask, sleep pouch). *Specific Area Placement:* This is “nearness” as it relates to using specific stones to support corresponding environments. For example, love stones in a bedroom, protection stones in a car, prosperity stones in a wallet/cash register, relaxing stones in a meditation room, or stones that correspond to area placements in Feng Shui.

**4) Crystalline Grids:** *Grids use a sacred geometric layout of stones, which are activated to create a dynamic energy field.* The grids can be used for supporting the energy of an environment, interacting directly with the human energy field, gem elixir creation, or for more advanced intentional/manifestation work. It creates “nearness” to the energy without having to be in physical contact with the stone.

**5) Gem Elixirs:** *This is the product of “downloading” the energy/vibration of a rock, or set of rocks, into a liquid medium, such as water, so that it can be ingested, sprayed into the auric field, or put into a bath.* There are many ways to download the energies into the fluid, some more safe than others, such as, gem elixir by crystal grid, sunlight immersion, moonlight immersion, and direct download. SOME CRYSTALS/STONES ARE POISONOUS, SO DO NOT IMMERSIVE IN WATER TO INGEST WITHOUT CHECKING.