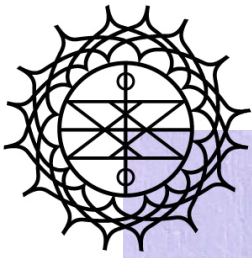


Crystal Soul | @crystalsoul__

#ChakraChallenge



CRYSTAL SOUL



**CHAKRA
BALANCING
WITH CRYSTALS**

W E L C O M E

This guide will help you focus on the 7 main chakras for the whole week (1 per day). It contains information about each chakra, some crystals recommendations, rituals and affirmations to balance, and work with them in different ways! These rituals will assist you in connecting with your own magic and intuition.

THE CHAKRAS

They are vortices of energy located throughout the body, each with an specific vibrational frequency. They are metaphysically linked with a number of different systems within the body - physical, mental, emotional & spiritual. These energetic “wheels” are the easiest places in the body to exchange energy with the outside world.

WHY BALANCING YOUR CHAKRAS?

Our chakras can get “out of whack” in different energetic levels - it is a natural response from the body to the internal and external energetic influences. Although there are many ways to balance our chakras, these energy vortices show an amazing response to crystals, specially the ones with similar energetic frequencies.

ROOT CHAKRA



SMOKY QUARTZ

ROOT CHAKRA / MULADHARA



~ Grounding, stability, physical security, support, basic needs ~

Location: Base of spine.

Element: Earth.

Color: Red.

Musical Note: C

Bija: Lam.

Crystals: Smokey Quartz,
Black Tourmaline, Hematite,
Bloodstone, Onyx, Garnet.

Foods: Proteins, meats.

Incense/Oils: Cedarwood,
Patchouli, Myrrh, Musk.

Sense: Smell.

Ruling Planet: Saturn.

BALANCED:

Grounded, sense of belonging, high physical energy, connection with the earth.

BLOCKED:

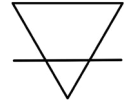
Fear, Ungrounded, emotionally drained, victim mentality, disconnected from nature.

TOO OPEN:

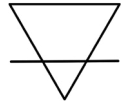
Self centeredness, bully.



HEALING RITUAL

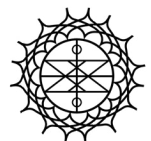


- ~ If possible, go out to nature, barefoot, and do some grounding - If not possible, gather some house plants, touch and connect with them, and/or play some nature sounds in the background.
- ~ Light some candles, preferably red, and burn some rose or myrrh incense.
- ~ Set some root chakra aligned intentions.
- ~ Lay on the ground, close your eyes, picture a beam of healing red light rising from the earth, all the way to the base of your spine - let it rest there and feel its warm presence.
- ~ Place your hands and 2 Smokey Quartz on your hips. Feel your body slowly sinking into the ground. Visualize and feel the earth, the grass, and mama Gaia breathing with you, through you, keeping one magical rhythm.
- ~ Breathe and just be. Allow the light to flow through your body for a while. Picture it spinning clockwise.
- ~ When you are ready, open your eyes and thank Mama Gaia for the mutual healing received.



ROOT CHAKRA

I am one with Mother Earth.
I feel grounded and secure,
nourished and protected.
Gaia is my home. My body
is my temple.



SACRAL CHAKRA



CARNELIAN

SACRAL CHAKRA / SVADHISTHANA



~ Creative expression, allowing
pleasure, goddess source, desire ~

Location: Lower abdomen

(between navel and genitals).

Element: Water.

Color: Orange.

Musical Note: D

Bija: Vam.

Crystals: Carnelian,

Orange Calcite.

Foods: Liquids.

Incense/Oils: Jasmine, Orange,

Sandalwood.

Sense: Taste.

Ruling Planet: Pluto.

BALANCED:

Creative, expressive,
sexually balanced,
trusting.

BLOCKED:

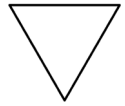
Guilt, frigid or impotent,
unable to feel pleasure,
martyr attitude.

TOO OPEN:

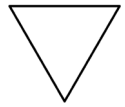
Emotionally unbalanced,
manipulative, sexually
addictive.



HEALING RITUAL

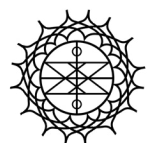


- ~ Put some relaxing music in the background.
- ~ Smudge some sage and clear the space with the intention of creating a sacred altar. Burn some orange or sandalwood incense.
- ~ Gather some orange flowers, candles, seashells, or anything that reminds you of the water, a childhood toy, or symbolic piece (as a reminder of pleasure and fun).
- ~ Write down some related intentions.
- ~ Create an altar with all your chosen elements and place some carnelians in form of a grid.
- ~ Sit in front of your altar, close your eyes, and visualize a very powerful orange ray floating over your altar in clockwise direction. Visualize it floating from your altar towards your sacral chakra.
- ~ Breathe and just be. Allow the light to flow through your body for a while. Feel its warmth and pleasing sensation.
- ~ When your are ready, open your eyes, place your hands on top of your altar and say the affirmation (in the next slide) out loud. Finalize by saying: “And so it is. Thank you, Thank you, Thank you”



SACRAL CHAKRA

My body is the temple of my
soul and essence. I honour it
in every way. I am worthy of
pleasure. I am worthy of love.



SOLAR PLEXUS CHAKRA



NATURAL CITRINE

SOLAR PLEXUS CHAKRA / MANIPURA



~ Personal power, self-will, courage,
confidence, self-esteem ~

Location: Between navel
and base of sternum.

Element: Fire.

Color: Yellow.

Musical Note: E

Bija: Ram.

Crystals: Citrine, tiger's eye,
yellow calcite, honey calcite,
sunstone, malachite, pyrite.

Foods: Starches.

Incense/Oils: Lemon,
Lemongrass, peppermint.

Sense: Sight.

Ruling Planet: Mars/Sun.

BALANCED:

Personal power,
uninhibited,
confident, joyful.

BLOCKED:

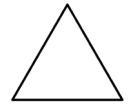
Insecure, need of
constant reassurance,
powerless, low
self-esteem, anger.

TOO OPEN:

Judgmental, controlling
and superior.

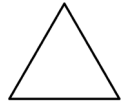


HEALING RITUAL



- ~ Put some relaxing music in the background.
- ~ Smudge some sage and clear the space with the intention of creating a sacred space. Diffuse some lemongrass.
- ~ You can make your grid on top of a mandala, sacred geometry shape (metatron cube, flower of life, lemniscate), color cloth, or simply directly on a surface.
- ~ Write down some related intentions on small pieces of paper and place them in the center.
- ~ Intuitively, choose your solar plexus crystals (mentioned above) and lay them creating a pattern. Start by placing the center stone first.
- ~ With a clear quartz crystal wand, symbolically connect all the crystals together.
- ~ Close your eyes, breathe and picture/feel what you're looking to manifest. Hold it in your belly, in your solar plexus chakra.
- ~ Place your hands near your heart, and put them apart as if you're holding a basketball, and direct your intention towards the intention energy ball.
- ~ As you start to feel the energy between your hands, slowly grow the ball size.
- ~ Place your energy ball on top of your grid and release it. Bring your hands back to your heart.

That's it, you've created a Solar Plexus crystal grid. Now all you have to do is to continue charging it with your intention and visualizations as much as possible, and just let it be. It knows what to do!!! Consider it a constant prayer and energy portal for healing, growth, magic, and manifestation!!



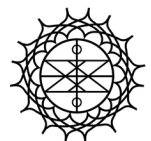
SOLAR PLEXUS CHAKRA

I love and accept myself as I am.

I embrace my personal power.

I deserve all the joy, happiness,
and prosperity coming my way.

My worth is not measured
by my productivity.



HEART CHAKRA



ROSE QUARTZ

HEART CHAKRA / ANAHATA



~ Unconditional love, compassion,
nurture, connection ~

Location: Center of chest.

Element: Air.

Color: Green & Pink.

Musical Note: F

Bija: Yam.

Crystals: Rose quartz,
aventurine, amazonite,
emerald, green garnet, jade,
green apophyllite, watermelon
tourmaline.

Foods: Vegetables.

Incense/Oils: Rose,
bergamot, geranium.

Sense: Touch.

Ruling Planet: Venus.

BALANCED:

Compassionate,
unconditional love,
nurturing, acceptance,
committed.

BLOCKED:

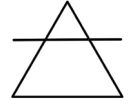
Fear of rejection,
unworthiness, self-pitying,
co-dependency, fear
of vulnerability.

TOO OPEN:

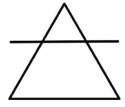
Emotionally restricted,
overly dramatic,
attachment.



HEALING RITUAL



- ~ Put some relaxing music in the background.
- ~ Smudge some sage and clear the space with the intention of creating a safe space. Burn some rose incense.
- ~ Close your eyes, breathe in and out a few times. Picture yourself completely relaxed and content.
- ~ Put your hands in your heart, and repeat the affirmation from this post (next slide).
- ~ Grab pen and paper. Quietly tune in and listen to your heart. How are you feeling? What is it telling you? Don't over-think it, just let it flow. Maybe ask yourself a question and then start writing. Just see what comes ~ I once read a quote that I've hold close to my heart ever since: "When your heart speaks, take good notes".
- ~ Once you're done, read your notes without editing. Hold them close to your heart and give thanks for the messages received, even if they don't really make sense right now. Just trust.



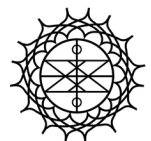
HEART CHAKRA

I feel love and compassion in every way.

I am grateful for all the love I've received.

I open my heart and allow myself to feel.

I am love, as I am light.

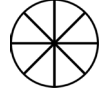


THROAT CHAKRA



AQUAMARINE

THROAT CHAKRA / VISHUDDHA



~ Communication, self-expression,
listening ~

Location: Centrally, at base
of neck.

Element: Ether.

Color: Blue.

Musical Note: G

Bija: Ham.

Crystals: Lapis Lazuli,
aquamarine, blue lace agate,
blue chalcedony, sodalite,
azurite malachite,
azurite, angelite.

Foods: Fruits.

Incense/Oils: Chamomile, sage.

Sense: Sound / hearing.

Ruling Planet: Mercury.

BALANCED:

Inspiration, good
communication and
self-expression, inner
stillness, expression
and creativity
through sound.

BLOCKED:

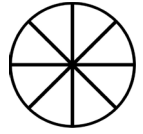
Incoherent, holds back
from self-expression,
inability to remain still,
perfectionism.

TOO OPEN:

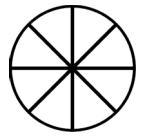
Over-talkative, arrogant,
difficulty on staying
focused, not a good listener.



HEALING RITUAL



- ~ Go out to nature or put some relaxing music in the background.
- ~ Smudge some sage, and clear the space with the intention of creating a sacred space. Burn some palo Santo.
- ~ Pick a throat chakra energy crystal, it could be any of the ones mentioned above, or one of your own that also resonates with this energy.
- ~ Grab the crystal, touch it, see it, and talk directly at it. Communicate with its spirit. Introduce yourself, welcome it to your environment, express your intention.
- ~ Lay on your back and place the crystal on your throat chakra. Breathe in and out and listen to it. Communication is a two way street, in order to have a successful one you have to listen too. What does it have to say? Listen closely to its voice - it will be subtle, maybe through words, maybe through symbols or colors.
- ~ Engage in the conversation. You can be yourself, you can say what comes in the moment. Talk and listen as much as it's needed.
- ~ Once you're done, give thanks to the spirit of the crystal for the messages received, carry it around with you, and continue to listen.

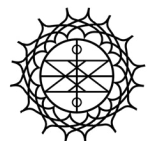


THROAT CHAKRA

It is safe for me to speak my truth.

What I have to say is worthy
of being listened to.

I listen intently to myself
and others.



THIRD EYE CHAKRA



AMETHYST

THIRD EYE CHAKRA / AJNA



~ Perception, intuition,
imagination, harmony ~

Location: Above &
between eyebrows.

Element: Light.

Color: Indigo.

Musical Note: A

Bija: Om.

Crystals: Amethyst, sugilite,
fluorite, lepidolite.

Foods: Teas and Spices.

Incense/Oils: Lavender, violet,
rosemary.

Sense: Perception.

Ruling Planet: Neptune, Jupiter.

BALANCED:

Highly intuitive, very
imaginative, perceptive.

BLOCKED:

Fear of success, limited
perception of life.

TOO OPEN:

Arrogant, rationalist,
dogmatic.



H E A L I N G R I T U A L

- ~ Put some relaxing music in the background.
- ~ Smudge some sage, and clear the space with the intention of creating a sacred space. Diffuse some lavender.
- ~ Grab an amethyst (or any other crystal that resonates with the third eye energy). Touch it, feel it, welcome it to your field.
- ~ Lay on your back, close your eyes, and place the crystal on your third eye chakra. Breathe in and out. Set the intention of connecting with your intuition and opening your third eye.
- ~ Focus on it, focus on the feeling of the crystal touching your skin and visualize a violet ray bathing your forehead.
- ~ Feel its energy and how the energy vortex spins effortlessly between your physical eyes. Be aware of any sensations or feelings that may arise (smells, colors, peace, etc). Visualize your third eye opening just like a lotus flower. Opening petal by petal, expanding your awareness, and connecting you to your higher self.
- ~ Be present and enjoy the experience. When you're ready, open your eyes, place your hands on your third eye chakra and give thanks for the healing, expansion, and messages received ~ Thank you, thank you, thank you!

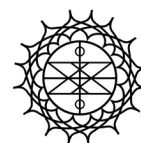


THIRD EYE CHAKRA

I trust my inner self and
intuition to guide me.

I can create my own reality.

I expand my awareness and vision,
my mind is open.



CROWN CHAKRA



APOPHYLLITE

CROWN CHAKRA / SAHASRARA



Perception, intuition,
imagination, harmony. ~

Location: Top/Crown of head.

Element: Thought.

Color: Indigo.

Musical Note: B

Bija: Ng.

Crystals: Clear quartz, lemurian
quartz, apophyllite, moon
stone, diamond.

Foods: Teas and Spices.

Incense/Oils: Lavender,
frankincense, angelica.

Sense: Awareness.

Ruling Planet: Uranus.

BALANCED:

Peaceful, open
mindedness, spiritual
connection, wisdom.

BLOCKED:

Exhaustion, no sense
of “belonging”,
obsessive thinking.

TOO OPEN:

Depression, frustration,
feeling unfulfilled.



HEALING RITUAL

- ~ Put some relaxing music in the background.
- ~ Smudge some sage, and clear the space with the intention of creating a sacred space.
- ~ Light some candles, preferably white, and diffuse some lavender / frankincense.
- ~ Grab a crown chakra crystal of your preference.
Welcome it to your space.
- ~ Sit on the floor, spine straight in lotus position. Hold your crystal between your hands and set the intention the connecting with your spiritual guides. Welcome them, and allow your mind to be cleared so you can receive the messages.
- ~ Communicate with your guides. Ask a question or simply let whatever they want to communicate, in that moment, to come.
- ~ Visualize a pillar of bright light coming down the sky to your crown chakra and the rest of your body. Feel it flowing through you. Breathe and just be. Allow the light fill your body and bring with it the messages you need to hear.
- ~ When your are ready, open your eyes, and thank the spirit of the crystal, your spiritual guides, and your highest self for all the messages and mutual healing received.

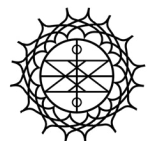


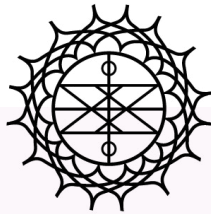
C R O W N C H A K R A

I choose to transform my life
and embrace my path.

I release all limiting thoughts
and raise my awareness.

I am always connected to my higher self.





CRYSTAL SOUL



**HAVE A
MAGICAL
CRYSTAL
JOURNEY**



thank you, thank you, thank you

I really hope you've enjoyed this journey through your chakras, body, and soul, and that you've done / received some beautiful healing messages.