

The Three Stars

You will see on the diagram in the previously section that there are three energy stars. One beneath the feet, one between the solar plexus and the sacral chakra and one above the crown chakra. These stars are points of energy to be aware of. Sometimes we may want to place crystals in these places - below is just a brief description of their energy resonances. We will come back to these energy points later in the course.

The Earth Star

The Earth Star lies a couple of inches or so beneath the feet. It resonates with the colour black or brown. It can be thought of as part of the base chakra but it is at this point that we are truly rooted into the Earth. You can get a feel for this when you place hematite below your feet. When we are rooted to the Earth we are here and present in our body upon the Earth. A weak connection through the Earth star leads to ungroundedness and lack of wanting to be present at all.

In crystal healing, placing a grounding crystal at the Earth Star is essential to prevent our Client from energetically floating off and making it harder for us to ground them at the end of the healing and for them to assimilate the healing properly and be aligned in their energetic body.

The Incarnational Star

The Incarnational star lies at the centre of the hara which is an energy circle between the solar plexus and the sacral chakras. It resonates with the colour gold. It is at this point that our true soul sits. Some believe that this is where the essence of our life force is stored. Focusing on this area as a star is very powerful in meditation. Within this star lies all the wisdom of the past life times that we bring with us. This is the centre of Wisdom.

The Soul Star

The soul star lies a couple of inches or so above the crown. It resonates with the colour magenta pink or gold. The soul star contains the higher self, the knowledge of all our lifetimes, past, present and future. It works strongly with the crown chakra and if used consciously connects us to our higher wisdom, the divine and opens clairvoyance and clairsentience. It is a gateway to cosmic energy.

Sometimes we may feel the need to not only place a crystal above the crown chakra but to also place a crystal above it at the Soul Star . #

Be aware that bringing in lots of Light into the body, definitely requires sufficient and strong grounding. Never activate the crown and soul star without using a grounding crystal also in the Earth Star between the feet.