

## The Chakras

### The Throat Chakra

The Throat chakra lies at the centre of the dip in our physical throat area. The resonant colour to this chakra is blue. The throat resonates with our ability to create and express our creativity, to be responsible for our actions, to communicate our thoughts and feelings freely with no inhibitions and to listen to others and listen to the little voice within ourselves.

Imbalance of the throat chakra may be associated with an aloofness, inability to express our hearts desires, inability to express ourselves through speech, an inability to act as an individual in the world.

Placing a crystal on the throat chakra would simply be to place it in the little dip of the throat being careful that the coldness of the stone may alarm the Client if placed on the bare skin which is usual. We may wish to gently say, I'm placing a crystal on your throat as you place it very gently.

Observe what happens here. Sometimes coughing might occur or some kind of release elsewhere in the body - laughing, crying.

### The third Eye Chakra or Brow Chakra

The third eye chakra lies at the area between the eyebrows and it resonates with the colour deep blue or indigo blue. This chakra is very sensitive and fast. If it is overstimulated it can cause blurred or disturbed vision. This chakra is about our intuition - our inner tuition - our ability to vision and to think/imagine. It is where we visualise and begin to have spiritual understanding - our emotional intelligence. Associations with the Pineal Gland and Pituitary Gland - it helps us receive and understand/process Light and Life. Clairvoyance. Be careful when placing crystals on this chakra. Change happens quickly and be sure not to use any crystal that is energetically 'heavy' eg. Hematite or red/orange crystals.

Imbalance in the third eye chakra may lead to depression, clinical depression, disturbances of vision, inability to imagine - lack of trust in intuition.

### The Crown Chakra

The crown chakra lies at the top of our head, just forward from the centre in the area where our fontanelle was when we were an infant. The crown is the gateway to the Light of the Cosmos. Light and life force energy enters in through the crown and moves through the chakras. Through this chakra we are connected to the divine spiritual essence of the Light and Life Force or Source - we feel consciousness and bliss. It is the centre of psychic knowing. Colours associated with this chakra are violet and white and sometimes gold too.

Imbalance in this chakra could lead to depression, weakness in the body, When we place a crystal above the crown chakra we are energising the amount of Light that comes into the body. We are clearing blockages that prevent it.