

Using a Wand to Clear and Energise the Chakras

Why do we need to clear the chakras?

During crystal healing you will find that some of the chakras are not performing to their optimum levels. They may be overactive, underactive, feel painful, blocked, sticky or fuzzy. There are many words that we may use to describe a chakra that is not balanced.

How to clear/energise/balance Chakras:

First of all it is important to assess the chakra you are working on. Assess the chakras at each auric layer, coming in gently through the aura and moving down as far as the etheric layer.

There are many ways to energise and cleanse the chakras.

Simply use our hand and our intention to cleanse or energise

Use a crystal placed directly on the chakra to cleanse or energise

Use crystal points around the chakra pointing inwards - to energise or outwards to cleanse.

Use flowers.

Use a wand.

The simplest method of energising a chakra is to hold our hand over the chakra at the auric level which needs work and to visualise energy channelled through our hand into the chakra and to visualise that chakra opening up like a flower. You may wish to visualise a colour at the same time.

If we wish to cleanse a chakra with the hand - hold the hand over the chakra at the auric level which requires cleansing and gently move your hand anticlockwise over the chakra to remove the stuck energy. Be careful as to not be intrusive when working in the aura - remember your client can feel what you are doing. Brash quick movements feel unpleasant.

Another way to approach chakra energising/cleansing is by instead of using our hand we use the point of the wand. Clearly we need to be very careful as the point of the wand is very directive. We can be very precise. Almost like a surgical tool, we can use a wand to energise by turning it

Clockwise in the aura to energise. To cleanse the chakra instead turning the wand gently anticlockwise to remove stuck energy and grounding it in the earth by pointing the wand directly to the floor visualising the stuck energy being recycled by the Earth.

Caution:

Because the wand has a point and will direct energy through the tip, we need to be careful when coming in down through the layers of the aura gently feeling how close to the physical body we need to go - at which level or levels in the aura does the cleansing/energising need to take place.

Sometimes a chakra may need cleansing on one level and energising on another level. Be intuitive - feel your way.

When to work on the chakras

During a healing, we may immediately get a sense of one or two chakras that definitely need re-balancing. You may wish to use the wand to do this work, or you may wish to place a crystal on the chakra and observe what happens. You may then either not need to do anything more, or you may feel that a wand is needed to help energise/cleanse. Remember when we place crystals, we will feel/see that energy is moving. Wand work will assist that energy to move.

Note:

I recommend that you try using a wand on some of your own chakras to get a feel for this technique before you try it out on someone else.