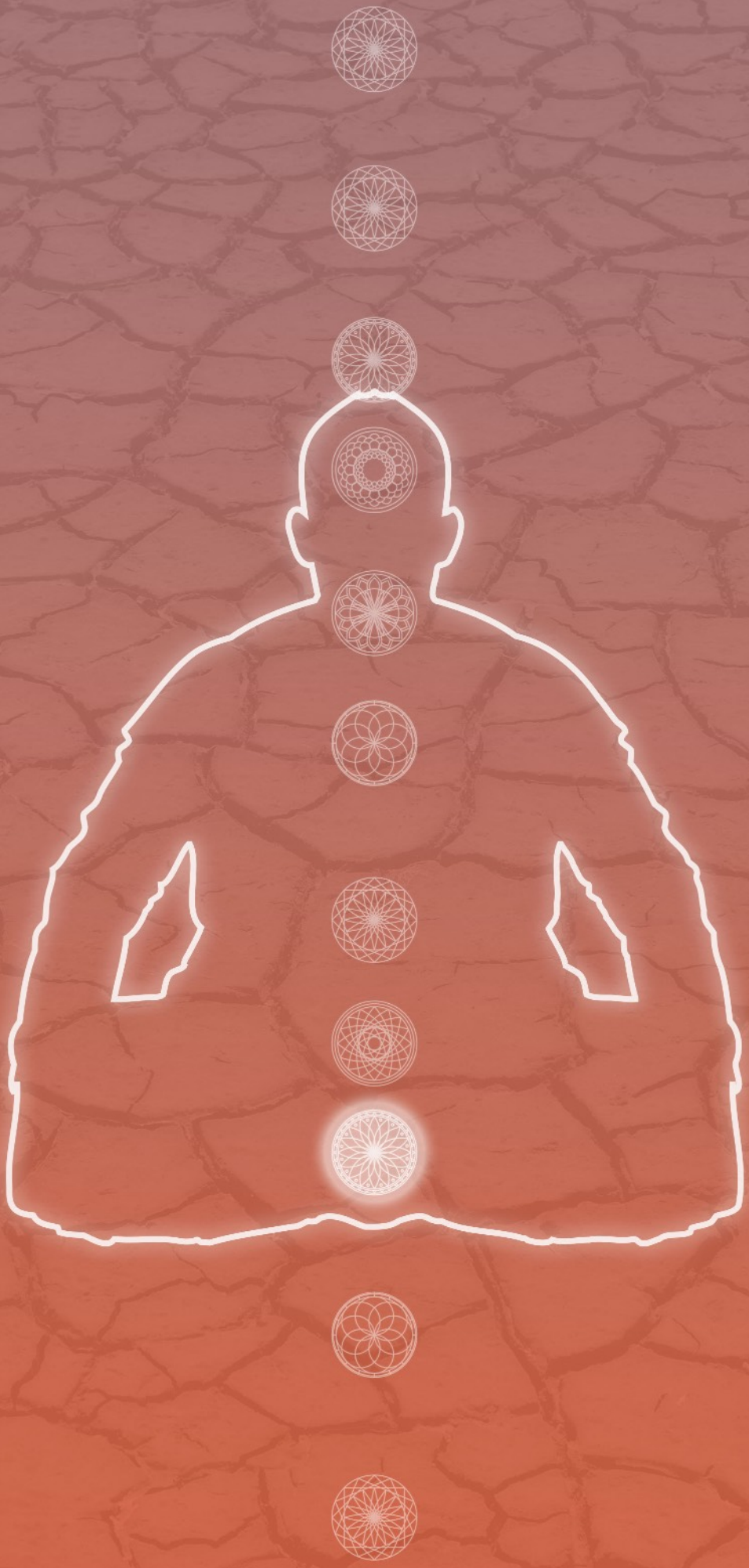


CHAKRA HEALING & AFFIRMATION CHART

KYLE GRAY



CHAKRA HEALING & AFFIRMATION CHART



BASE CHAKRA

"Muladhara" which means 'Root Support'

Colour: Red - Element: Earth

Suggested Crystals: Stones that are black, smoky, brown or red

Key energetic topics: safety, security, home, family

Representing your right to be here on the planet. If the base chakra was to be in nature, it would be the soil in which seeds are planted.

Physiology: Lower half of body, legs, feet, base of spine, lower discs.

Affirmations to breathe in:

I have a right to be here on Earth.

I have chosen to incarnate on this planet.

It is safe for me to be here.

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SACRAL CHAKRA

"Swadisthana" which means 'One's own place'

Colour: Orange - Element: Water

Suggested Crystals: Stones that are orange, golden or brown

Key energetic topics: flow, trust in life, capacity to create, produce and reproduce

Representing your right to be in your own body. If the sacral chakra was to be in nature, it would be the water that feeds the soil for seeds to grow.

Physiology: Reproductive system, sensual organs/genitals

Affirmations to breathe in:

My body is the home of my soul.

I have a right to be here in my body.

I am safe in my body.

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SOLAR PLEXUS CHAKRA

"Manipura" which means 'Lustrous Gem'.

Colour: Yellow - Element: Fire

Suggested Crystals: Stones that are yellowish, clear yellow, golden, orange, clear with gold/yellow/red

Key energetic topics: willpower, drive, intention, decisions

Representing your right to decide. If the solar plexus chakra was to be in nature, it would be the sun that encourages seeds to grow.

Physiology: Stomach, digestive system, main organs, intestines, middle back, core muscles

Affirmations to breathe in:

I have a right to make my own decision.

My will is strong and focused.

It is safe for me to manifest the life I desire.

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HEART CHAKRA

"Anahata" which means 'unstruck'.

Colour: Green/Pink - Element: Air

Suggested Crystals: Stones that are green of any shade, aquamarine, pink or clear with pink or green

Key energetic topics: giving love, receiving love, compassion, altruism, service.

Representing your right to love and being loved. If the heart chakra was to be in nature, it would be the air/wind that would support pollination and the bees.

Physiology: heart, upper respiratory, chest, breasts, middle back, sternum

Affirmations to breathe in:

I have a right to love and be loved.

My heart is open to giving and receiving.

It is safe for me to accept love.

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THROAT CHAKRA

"Vishuddha" which means 'the purifier'.

Colour: Blue - Element: Space/Akasha

Suggested Crystals: Stones that are blue of any colour, aquamarine, clear with blue

Key energetic topics: Expression, voice, speaking up, truth.

Representing your right to express, speak up (and be heard) and share your truth. If the throat chakra was to be in nature, it would be the life force that flowers need to be and express.

Physiology: throat, shoulders, upper chest, thyroid, hormonal flow.

Affirmations to breathe in:

I have a right to speak my truth and be heard.

I express myself with openness and honesty.

It is safe for me express my authentic self.

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BROW CHAKRA

(Third eye) "Ajna" which means 'perception'.

Colour: Indigo/Deep Purple - Element: Space/Akasha

Suggested Crystals: Stones that are deep blue, purple, violet.

Key energetic topics: Perception, inner vision, imagination, how you see things.

Representing your right to see on a physical and spiritual level. If the brow chakra was to be in nature, it would be the spirit that lets flowers express their individual beauty.

Physiology: eyes, head space, frontal lobes (brain)

Affirmations to breathe in:

I have a right to see the world through my own eyes.

I awaken and trust in my inner vision.

It is safe for me to see and be seen.

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CROWN CHAKRA

"Sahasrara" which means 'a thousand petals' in reference to a lotus.

Colour: Violet/Crystal Clear - Element: Light

Suggested Crystals: Stones that are violet, clear, rainbow coloured

Key energetic topics: Spiritual connection, mind connection, how you see/ experience God.

Representing your right to experience the Divine. If the crown chakra was to be in nature, it would be the essence that gives nature a purpose.

Physiology: Crown of the head, brain, the upper head, hair/scalp.

Affirmations to breathe in:

I have a right to know the Divine.

I accept that I am part of the bigger picture.

It is safe for me to connect with Spirit.

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NEW AGE CHAKRAS



EARTH STAR CHAKRA

(6-12 inches below the feet)

Colour: Copper / Bronze

Suggested Crystals: Golden, brown, smokey, copper or metallic covered stones

Key energetic topics: Earth connection, wisdom of Earth, groundedness, a sense of belonging.

Representing your right to exist and be on the Earth. Earth Star allows you to connect directly with Earth Mother (Gaia) and her angels.

Archangelic protector: Sandalphon – enters via the feet.

Affirmations to breathe in:

I have a right to know Earthly wisdom.

I connect deeply with the heart of Earth.

It is safe for me to walk the planet and live with purpose.

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SOUL STAR CHAKRA

(6-12 inches above the head)

Colour: Magenta / Crystalline

Suggested Crystals: Ruby, Rutilated or Lemurian Quartz, 'Aura' Crystals, Platinum

Key energetic topics: Soul connection, higher purpose, connection to divine wisdom

Representing your right to know your soul's purpose. Soul Star allows you to connect directly with Sky Father / The Universe and the angels of ancient wisdom.

Archangelic protector: Metatron – enters via the Crown.

Affirmations to breathe in:

I have a right to know my soul's purpose

I connect deeply with I AM presence.

It is safe for me to receive and connect with Ancient wisdom.

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GAIA GATEWAY CHAKRA

(12 inches or more below the feet)

Gaia gateway is a direct connection to Gaia and the Inner Earth, the matrix of early consciousness.

Colour: Deep brown, black and hints of copper

Suggested crystals to replenish: Any crystal that looks like the night's sky or stars, obsidian, lemurian seeds, tektites or meteor pieces, euclase,

Key energetic topics: Connection to Gaia, Earth power, remembering your past lives.

Representing your right to remember your divine mission or purpose. Gaia Gateway allows you to connect directly with the Earth's intelligence / Divine Matrix

Connect directly via Crystal Skulls.

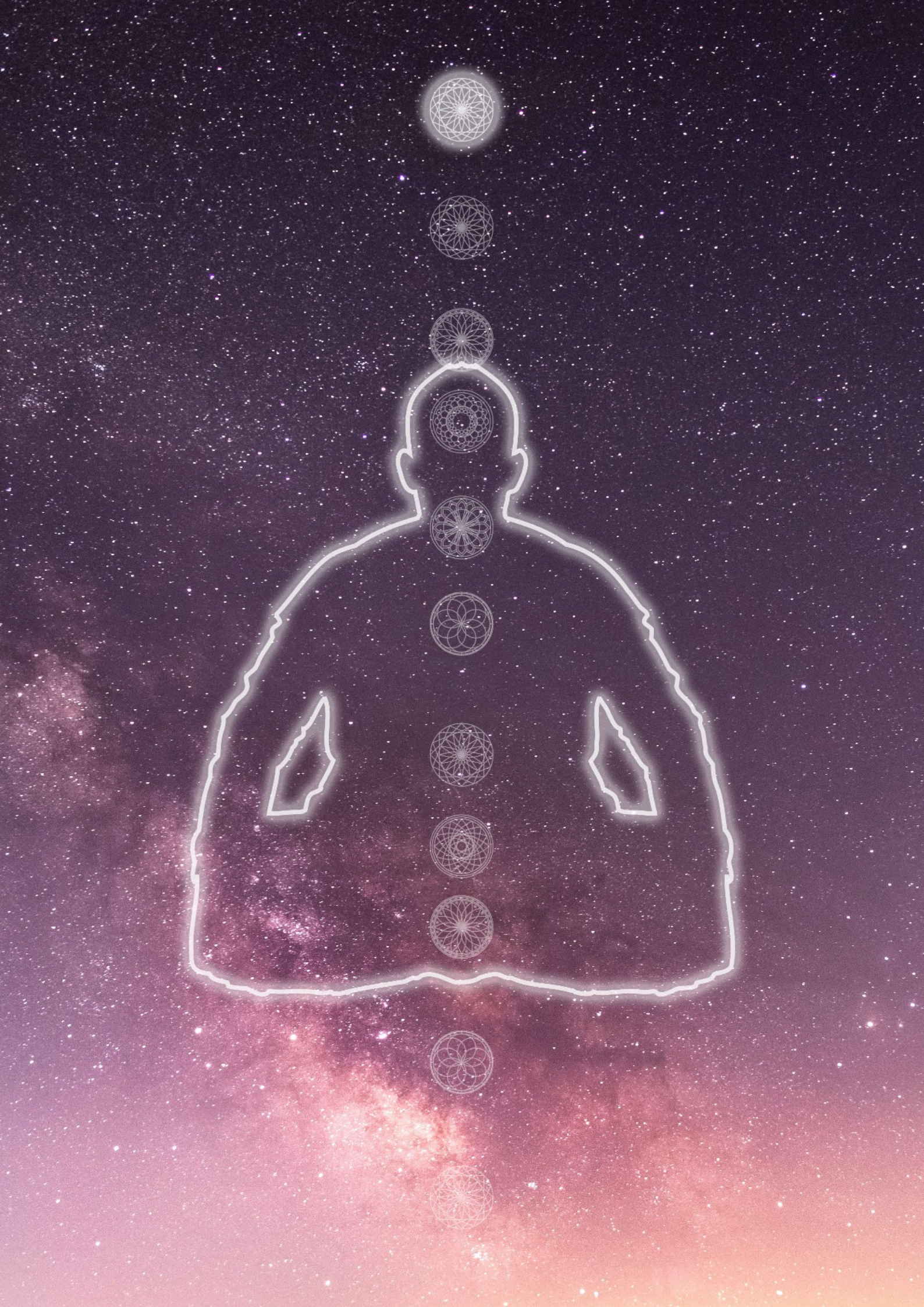
Affirmations to breathe in:

I have a right to incarnate within this dimension.

The Earth is my loving mother.

It is safe for me to be at home upon Gaia.

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STELLAR GATEWAY CHAKRA

(12 inches or more above the head)

Colour: Beyond colour - looks like a Milky Way of Stars.

Suggested Crystals: Any crystal that looks like the night's sky or stars, obsidian, lemurian seeds, tektites or meteor pieces, euclase.

Key energetic topics: Connection to Source, star power, remembering your cosmic origin.

Representing your right to remember your Cosmic origin. Stellar Gateway allows you to connect directly with the God particle.

Archangelic protector: Orion – draws star power into the heart.

Affirmations to breathe in:

I have a right to remember my cosmic origin.

I connect deeply with the power of the cosmos.

It is safe for me to remember, manifest and create.

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CRYSTAL REFERENCE GUIDE

Color	Chakra	Complimentary / Restore	Activate	Affirmation
Milky Way	Stellar	Brown, Copper, Gold	Obsidian, Meteor pieces	It is safe for me to remember, manifest, create.
Magenta Crystalline	Soul Star	Golden, Brown, Smoky	Ruby, Lemurian Quartz	It is safe for me to receive ancient wisdom.
Violet / Crystal Clear	Crown	Black	Violet, Clear, Rainbow	It is safe for me to connect with Spirit.
Indigo	Brow	Yellow / Gold	Deep blue, Purple, Violet	It is safe for me to see and be seen.
Blue	Throat	Orange, Deep Yellow	Blue	It is safe for me to express my authentic self.
Green / Pink	Heart	Red, Brown, Black	Green, Aquamarine, Pink	It is safe for me to accept love.
Yellow	Solar Plexus	Purple, violet, deep magenta	Yellows, Oranges, Golden	It is safe for me to manifest the life I desire.
Orange	Sacral	Blue, deep blue, indigo	Orange, Golden, Brown	I am safe in my body.
Red	Base	Green	Black, Smoky, Brown or Red	It is safe for me to be here.
Copper / Bronze	Earth Star	Magenta, Platinum	Golden, Brown, Smoky	It is safe for me to walk the planet.
Milky Way	Gaia	Obsidian, Tektites	Black, Brown, Copper	It is safe for me to be at home upon Gaia.

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