



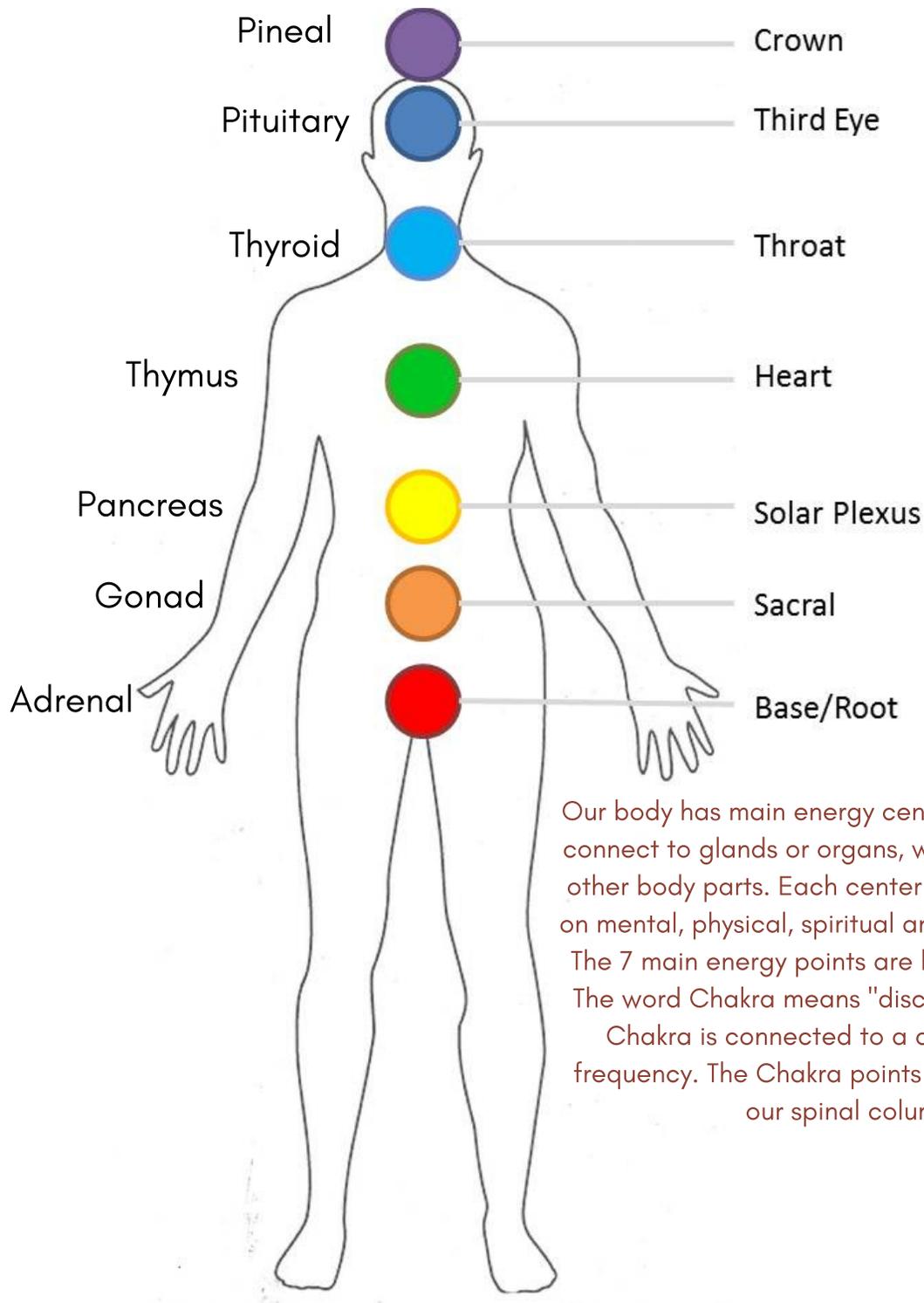
*intro
to energy
guide*

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7 Chakra Understanding



Our body has main energy centers, each of which connect to glands or organs, which in turn govern other body parts. Each center is connected to us on mental, physical, spiritual and emotional levels. The 7 main energy points are known as Chakras. The word Chakra means "disc" or "wheel". Each Chakra is connected to a color vibrational frequency. The Chakra points are aligned along our spinal column.

7 Chakra Understanding



The Chakra discs spin and draw in information/vibrations from people around us and our environment in general. This in turn influences our health and well-being. When the Chakras are balanced we are healthy and vibrant. Energy flows through and between them. When our Chakras are out of balance, we will manifest symptoms of the imbalance in the area of our body governed by the Chakra in addition to mental, spiritual or emotional imbalance or discomfort.

You will notice the seven Chakra colors correspond to the 7 colors of the rainbow or the 7 colors which make up light itself. Each color has a different frequency it vibrates at and each color affects us differently. Our body is constantly being "polluted" with negative energy and environmental exposure and the pollution causes imbalances in the Chakras. Understanding the Chakra system and how it affects our health in different ways can assist us in managing our own health, spiritual well-being and emotions.



Root: Located at the base of our spine this is our foundation, that which grounds us. The Chakra is associated with your legs, feet, large intestine, spine, bladder, prostate and adrenal glands. Blocking may result in fear and procrastination.



Sacral: Located between the base of the spine and the belly button. Associated with lower abdomen, kidneys, gallbladder, womb, skin and spleen. Blockage may result in emotional problems, compulsive behavior, eating disorders, alcoholism, gout and depression.



Solar Plexus: Located just above the belly button. Associated with the digestive system, muscles, pancreas, liver, nervous system and metabolism. Blockage may result in frustration, lack of direction, lack of mental clarity.



Heart: The "House of the Soul" and center of love, harmony, growth and peace. Blockage may result in poor behavior (lack of humanity), poor immune system, heart problems (naturally), lung and blood pressure issues.



Throat: Located in the throat, this is the center of our communication and creativity. Associated with neck, jaw, shoulders, arms and hands. Blockage may show as difficulty in communicating, dishonesty and lack of wisdom. Health issues include Thyroid problems, hormonal issues, mood swings, cold and flu symptoms and toothache.



Third Eye: Located in the center of the forehead and associated with the spiritual nature of our lives, perception, memory and "knowing"- inner vision, intuition, and controls ear, nose and throat with the nervous system. Blockage may result in mental rigidity, headaches, migraines, sleep disorder and paranoia.



Crown: Located at the top of the head. It controls the cortex and the nervous system. Your "Connection with God" and center of personal destiny, understanding and bliss. Associated with self-awareness, meditation and wisdom. Controls the central nervous system and brain. Blockage may result in physiological problems, depression, senility, vein and blood vessel issues and skin problems.

Crystals 101



Your thoughts create your reality. You are a reflection of your surroundings and they are a reflection of you, therefore your mind is the most powerful tool you possess for directing your life down the path of your choosing. If your thoughts are filled with negativity, your world becomes filled with negativity as well, but...If you focus your thoughts and energy only on the things you want to see happen in your life and you will see these things flourish and grow.

Everything, whether it's physical, energetic or spiritual vibrates at some level. Your emotions and thoughts can be communicated by the level they vibrate at. Crystals act like antennae by growing and amplifying your vibrational energy. These vibration fields can be impacted by the unique energy of each crystal you hold within this field. This is why it is important to have control over your thoughts: the crystal will immediately go to work acting on your thoughts and projecting this energy further than your own human energy could.

On the other end of the spectrum, because crystals come from the Earth in their most purest form, they are energetically speaking "perfect" and as such they vibrate at a rate like a tuning fork helping to raise the frequency in your body. Hence why certain stones can loosen and help remove energetic/emotional blocks in the body. Or to also help in balancing Chakras as well as channeling with opening certain Chakras.

Cleansing Your Crystals

Sun/Moon/Stars: simply place your crystals in a place where they will be completely exposed to the Sun and Moon and they will be cleansed within 24hrs (even on cloudy days).

Earth: bury your crystals either directly in the Earth or if you prefer inside a natural fabric pouch and again leave for 24hrs. Avoid dirt which has been fertilized or had pesticide application. The same can be done with natural Sea Salt, but no pouch is necessary.

Sage Smudging: light a Sage stick or loose leaf and when the flame takes hold, blow it out, so you just have the smoke remaining. Hold the crystal in the smoke for a few minutes. After cleansing, expose it to the Sun or Moon (through a window is ok) for a few hours to re-energize.

Running water: use this method only if you are able to access water from a natural spring, river, etc. never use tap water. Put the crystals in a container for safe keeping and let the water gently cleanse them for a couple of hours.

Another Crystal: use a LARGE crystal cluster which must be regularly cleaned itself, simply place the small crystal on top of it for a few hours. This will both cleanse and energize. Selenite is perfect for this option because it has the ability to quickly unblock "stuck" energy and completely remove negative energy. Selenite will also greatly magnify the energy of anything that is placed upon them. You can set almost anything you'd like on selenite to cleanse and recharge. Selenite doesn't retain negative energies and doesn't have to be cleared. Selenite constantly recharges itself.

Intention/Visualization: Place the crystals in front of you and using your intention focus, concentrate and ask the Univers to cleanse and energize. Visualize a bright white light surrounding and cleansing your crystal. (You may need to practice this method for a while before it becomes effective.)

Programming Your Crystals

Once your crystals have been cleansed and energized they need to be programmed to fit for you. It's best to smudge yourself and the space around you prior to doing your programming or you may do a "Cast Out" to clear the space and yourself. Sit quietly in a space you are comfortable with. Formulate a specific intention clearly in your mind. Focus your energy, intentions and thought on the crystal. Hold your crystal, focus 100% on it and transmute your thoughts directly to your crystal. Invision your energy like a light coming from your heart, connecting to your crystal. Do this until you feel the process is complete. Let the crystal spend time with you each day and use its energy.

Remember when picking new crystals, pick ones that you feel "called to" and use your intuition when choosing what crystals to use or have on you for your every day needs.



Sage Your space

- clears up argumentive energy
- moved into a new place
- reset the mood
- cleanses negativity & removes tension
- cleanses the air
- improves sleep & great for meditation
- increases positive energy

Palo Santo

- spiritual purifying and energy cleansing
- inspiring creativity, bringing love & good fortune
- bringing deeper connection to the divine source
- energetic protection & removal of negative energy

1. Start at the front door of your house with it cracked open. You're going to move from room to room in a counter-clockwise fashion.
2. Light one end of your smudge (sage or palo) with a flame.
3. Walk through each room, letting the smoke reach every corner of every room (use your hand to fan the smoke out in all directions). As you move through the house, say the affirmation: "All negative energy must go away. Only positive energy can stay."
4. Repeat the affirmation as many times as you'd like. Repeat this until all of your rooms have been thoroughly smudged. If there's a spirit energy or intense negativity, smudge your garage, attic, basement, and closets too.
5. You should end your smudging ritual back at your front door. State, "Bless this space with smudging smoke. We release all negative energy from this home. It is done and so it be"

Clear Yourself

Start from the top, and bring the smoke around the head, down the torso, and toward the feet (front first then back). Don't forget to get the crown of the head, and the palms and soles. You can use your hand as a fan to help keep the smoke going and to direct it.

Once the area is ventilated and the herbs lit, you can tell the unwanted energy to leave the space—out loud. Like: "Any energy that is not of my highest and greatest good get the fuck out. Please exit through the open window/door".



Aromatic: To use an essential oil aromatically, simply smell the oil directly from the bottle. Or place a few drops into a diffuser, which disperses the oil into the air. Another option is to add a few drops into the palms of the hands, rub together and inhale.

Topical: To use an essential oil topically, add a few drops in the palm of the hand with a carrier oil and apply to desired area (a roller ball is perfect for this). Essential oils are very potent, so a small amount should be sufficient.

Internal: Only use the highest grade of quality if you are to use an essential oil internally. Place a few drops under your tongue, in a gel capsule, or in a glass of water. Children may prefer the essential oil added to honey for their internal use.

Emotional Healing

Essential oils are powerful physical healers. Some essential oils are considered to be 40-60x more potent than herbs. Essential oils assist the body in fighting unfriendly microorganisms; purifying organs, glands, and body systems; balancing body functions; and raising the body's energetic vibration.

As the oils secure our physical health, they provide us with the energy needed to penetrate the heart and enter the emotional realm. Essential oils raise the vibration of the physical body. As the body lives in higher energetic vibrations, lower energies (such as suppressed emotions) become unbearable. The body wants to release these feelings. Stagnant anger, sadness, grief, judgment, and low self-worth cannot exist in the environment of balance and peace which essential oils help to create.



Gold: wealth & abundance

Silver: moon energy & protection

White: bringing in positivity & healing

Black: getting rid of negativity, shadows, & darkness

Purple: royalty, power, business progress, ambition, power and being connected to your higher Self

Blue: healing, femininity, the ocean, tranquility & patience

Green: fertility, luck, wealth & finance

Orange: creativity, encouragement, attraction & stimulation

Pink: nurturing, healing your heart, femininity & love

Yellow: creativity, vision, illumination, purpose & positivity

Red: passion, sexual love, desire, health & fire

Utilize your candle for meditations, for setting intentions, as well as any bath ritual you do in order to raise your vibes as well as achieving attentive focus to the desired results. Plus, they're are calming to our souls.



Auric Cleansing Bath

- pinch of fresh or dried sage
- 5 drops of Peppermint oil
- 5 drops of Frankincense oil
- 1/2 cup Epsom Salt
- 1 clear quartz

Light your candle(s), add all your ingredients to your bath.

Put on a soothing playlist to relax to. Have your crystal up by your head on the tub edge.

Submerge your whole body in the tub, feeling the water cleansing/soaking the negative energy away from your body.

When you are finished, unplug the bath and as the water is draining, stay in and visually watch the water drain, pulling all the "crap" away from your Aura.

Moisturize with Coconut oil afterwards.

Setting up your space

Before utilizing your goodies, its best to clear your energy, have a vibing work space, and find feminine "flow" just to get you in the mood. So here are some things to utilize with your ebook and what you've learned to create a space of learning/growth.

- Allow yourself 30min of alone time to do them
- Sage you & your space
- Enjoy a cacao elixir
- Meditate/ground yourself (utilizing Chakras, Crystals & Essential oils)



- 1/4-1/2 cup of full fat coconut cream (or milk of choice ex: almond, cashew, etc.)
- full scoop of grass fed collagen (2Tbsp)
- 1 Tbsp Cacao powder
- Adaptogens of choice (chaga, reishi, lion's mane, etc.)
- 1 Tbsp MCT oil
- dash of sea salt
- few drops of stevia (optional) or 1 drop of Peppermint EO
- 8oz boiling water

-In a kettle, boil your water and set it aside.

-Take first seven ingredients and blend together

-Pour ingredients into your favorite mug and add in your hot water

-Stir and enjoy!

Benefits

- High in antioxidants
- Full of healthy fats (good for hormones)
- Mood enhancer
- Heart opening & grounded energy source
- Increases focus & creativity
- Contains essential vit & minerals
- Facilitates anti-aging & rejuvenation
- Helps with PMS symptoms