

Crystal Lovin'

Healing Through The Chakras



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How My Love For Crystals Started

It all began one fateful day when I strolled into a nearby crystal shop with a good friend of mine. We were genuinely curious about the whole thing. I was hooked as soon as I walked in the door.

After years of doing some quality soul searchin', I realized that I couldn't find all the answers in books. I knew I had to start looking within to really start feeling comfortable in my own skin.

That was when I was able to really see where I was stuck in life and what I needed to focus on to start feeling better about myself and how I moved in this world.



My body was calling out for change. Tired, run-down, sick, stressed and overwhelmed became my new version of normal. I knew deep down that I could begin to feel better again if I really tuned into what my body was trying to tell me.

As romantic relationships ended around me, I could see that I didn't love myself enough to recognize that I was whole and complete within myself. I was looking for outside validation.

I was doing work that I didn't really love because I made choices in my career that didn't suit what would feed my soul.

My friendships were no longer working - we didn't bring out the best in each other and I became someone I didn't recognize. Because I didn't trust that I already had all the answers within, I didn't move towards the things that would really fill me up.

I've always been a strong believer that everything carries energy with it. Our thoughts, feelings, other beings, the food we eat, the places we hang out, the things we do and don't do, our reactions to situations, etc., etc. - all of these things are energetic. So when I began to learn about the healing energy in crystals, every cell in my body knew this was the right thing for me.

Energy Healing: Chakras and Crystals

Energy healing with crystals helps to raise our own energy - our frequency or vibration. By looking at where you feel stuck in life, you can find a crystal to better align your energy with how you really want to feel in life, love and business.

True and lasting healing begins with you as an individual.

According to yogic, Ayurvedic and Hindu teachings, the body is composed of seven main chakras. Chakras are pools of energy in our bodies, which govern our psychological qualities. These main chakras are contained within the body beginning at the base of the spine and moving out through the top of our heads. When we understand how the chakras work and what they represent, we can use crystals to heal ourselves.

Each chakra is characterized by a specific colour and element and reflects an aspect of what



makes us unique individuals. We can experience issues in our body and with our emotions when we have either a deficient or excessive flow through the chakras. In some cases you may find instances of both.

When you're reviewing the chakras and what they represent, take some time to see what comes up for you. Let yourself be guided as to which areas you need to work on. You might find that certain characteristics resonate with you

strongly. Go with that feeling and explore that chakra further. And be kind to yourself. Creating ourselves, understanding why we do what we do, and knowing how we can move towards what we really need is a lifelong journey.

The Root Chakra The **first chakra** is the Muladhara – our root support. It resides in the base of the spine. **It represents our foundation and feeling of being grounded and gets blocked by fear.** Its colour is red and its element is earth.

The root chakra represents our physical and psychological stability, health and wellness, family and early social environments, interpersonal connections, tribal identity and a sense of belonging, safety and trust in the world.

Deficient flow: fear, disembodiment, underweight, anxiety, restlessness, poor focus and discipline, difficulty setting boundaries, financial problems, disorganization.

Excessive flow: overeating, obesity, hoarding, hyper-materialism, greed, laziness, chronic fatigue, fear of change, inflexible boundaries.

In balance: feel secure, grounded, stable, firmly rooted in the physical world.

The Sacral Chakra The **second chakra** is the Svadhisthana. It's the sacral chakra and means sweetness or a place of one's own. It resides in our lower abdominal region. **It represents our connection and ability to accept others and new experiences – it gets blocked by guilt.** Its colour is orange and its element is water.

The sacral chakra represents movement and fluidity, beauty, pleasure, desire, creative and vast expressions within our sexuality.

Deficient flow: diminished libido, fear of sex, antisocial behaviour, repression of pleasure or desire, lack of creativity, lacklustre zeal for life.

Excessive flow: inappropriate sexual behaviour, pleasure addiction, inappropriately strong emotions, hypersensitivity, poor boundaries, emotional dependency and obsessive attachment.

In balance: emotional intelligence, ability to experience pleasure, creative flow, the ability to navigate seductive forces in the physical world that can include sex, money, drugs, alcohol without negotiating our sense of self or well-being.

The Solar Plexus Chakra The **third chakra** is the Manipura – the solar plexus chakra. It means lustrous gem. **It represents our ability to be confident and in control of our lives and is blocked by shame.** Its colour is yellow and the element is fire.

It represents our individuation and personal power and autonomy. This is the seat of our self-confidence and our ego and attachments to the physical world.

Deficient flow: low energy, poor self-discipline and follow-through, low self-esteem, sluggish digestion, poor posture, victim mentality, blame, passivity and unreliability.

Excessive flow: overly aggressive and dominating, controlling and manipulative, extreme type-A tendencies, deceitfulness, high temper, violent, stubborn, overly ambitious, competitive, arrogant, hyperactive.

In balance: Motivated by a healthy ego, confident, empowered, take action, reliable, appropriate boundaries.

The Heart Chakra The **fourth chakra** is the Anahata or the heart chakra. It means unstruck. **This is our ability to love and is blocked by grief.** Its colour is green and its element is air.

Our heart chakra represents our connection to the world, those around us and ourselves, through love, compassion and devotion.

Deficient flow: anti-social tendencies, withdrawal, coldness, hyper-criticism, intolerance for self and others, loneliness, depression, fear of intimacy and relationship, lack of empathy, narcissism.

Excessive flow: codependency, poor boundaries, a demanding nature, clinginess, jealousy, martyrdom.

In balance: available to the inevitable ebb and flow of life with acceptance, can explore the depths of our emotional well being with compassion, are present to the experience of others with empathy, understanding and forgiveness.

The Throat Chakra The **fifth chakra** is the Visuddhi or throat chakra. It means purification. **It represents our ability to communicate authentically and is blocked by lies.** Its element is sound and its colour is blue.

Our self-expression and co-creation with the universe is dependent on the words we use and the ideas they convey. Our authenticity is expressed when our thoughts are congruent with the heart centre.

Deficient flow: fear of speaking, small and weak voice, difficulty communicating emotions, diminished self-expression, introversion, shyness, tone deafness, poor rhythm.

Excessive flow: talkative, talking as a defense, inability to listen, poor auditory understanding, gossiping, lying, interrupting, dominating voice.

In balance: words and actions match, fluid communication, which is honest, empowered and thoughtful.

The Third Eye Chakra The **sixth chakra** is the Ajna or third eye chakra. It means to perceive or command. **It represents our ability to see the whole picture and is blocked by the illusion of separation.** This chakra's colour is indigo and its element is light.

This chakra is where we develop thoughts, ideas, intuitive knowing, vision and insight.

Deficient flow: insensitivity, weak vision, poor memory, difficulty seeing the future, lack of imagination, difficulty remembering dreams, dogmatic or rigid thinking.

Excessive flow: fantastical thinking, excessive daydreaming, hallucinations, delusions, obsessions, difficulty concentrating, nightmares.

In balance: “see” beyond reason, become more intuitive, think symbolically, let go of literal perception, strong spiritual framework, trust our internal knowing and follow its guidance.

The Crown Chakra The **seventh chakra** is The Sahasrara or crown chakra and resides at the top of our head. It means thousandfold. **It represents our ability to be connected to our spirituality and is blocked by earthly attachment.** Its colour is violet and its element is thought or consciousness.

This chakra represents our access point to the 8th chakra (prana or God), awakening to grace, transcending ego, attachments and the shadow self. True bliss resides here.

Deficient flow: spiritual cynicism, difficulty learning and grasping information, inability to be open to other belief systems, judgmental thinking, spiritual apathy.

Excessive flow: confusion or intellectualization, spiritual addiction, religious fanaticism, disassociation from your body, spiritual narcissism.

In balance: wise, open-minded, spiritual connection and can experience ourselves, each other, the planet and God as one.



The key to true healing begins when we truly know that no person, place or thing can 'make' us feel any thing or any way. We can only begin to heal when we understand where we need to heal within ourselves.

After reading through the chakras and their descriptions, keep in mind how you felt as you reviewed them and where you could see yourself in the summaries. This kind of work doesn't happen overnight so be kind to yourself as you move through the areas that you feel reflect where you can make the most changes.

This can take a little digging because we need to find the root of our issues. This happened when we uncover layers upon layers of beliefs, perspectives and thoughts that no longer serve us yet play a huge part in how we approach the world.

Crystal Lovin': Crystal Guide Through The Chakras

Here's a guide to some of my favourite crystals – by chakra. Stones are labeled from left to right. Each crystal shown here is related to a specific chakra. Each will also have a different way of working within the chakra's characteristics by addressing issues pertaining to that chakra.



Crown

(Spiritual development, connection to higher self)
Spirit Quartz, Clear Quartz, Amethyst

Third Eye

(Intuitive knowledge and insight)
Howlite, Desert Rose, Selenite

Throat

(Authentic and honest communication)
Blue Lace Agate, Sodalite, Chrysocolla

Heart

(Love for ourselves and others)
Rose Quartz, Eudialyte, Ruby in Fuchsite

Solar Plexus

(Personal power and a sense of self)
Orange Calcite, Tiger's Eye, Citrine

Sacral

(Creativity, passion and desire)
Sunstone, Carnelian, Amber

Root

(Grounding, stability and security)
Black Moonstone, Shungite, Aragonite

How To Pick The Right Crystals For You

Once you've decided that you need to add a crystal to your life, you can buy them online or in person.

If you're buying a crystal online, you'll want to be sure you're buying from a reputable seller. You want to find someone who has a good understanding of how the crystals they sell work, are sourcing them properly and someone you feel good about. Remember – crystals are meant to make you feel better through their energy so you want to buy from someone who also has good vibes. They'll essentially be picking a stone for you out of their inventory so you'll want to be sure they're going to choose thoughtfully.

When shopping at a crystal store, I'll walk around and see what's available. I'll pay attention to what catches my eye – what gets my attention. More often than not, I'm not surprised to see



that a crystal that gets my attention is somehow related to something I want to work on at the time (I love how that happens).

If there's a specific crystal I have in mind, I'll look for it and see which ones in the pile I like. Regardless of whether I'm planning to buy a specific crystal or not, I'll do

a feeler test on anything before I take it home. I'll pick up a crystal that I'm interested in and roll it around in my hand. I like to see how they feel and basically just see if they feel like the stone I need. I might try out a couple before I find one that I like or love the first one I pick up. This is all about trusting your intuition to guide you.

There's no right or wrong way to pick a crystal – as long as it feels good for you, it's good for you. Simple.

How You Can Use Your Favourite Crystals

Have fun with this! There are tons of ways to incorporate crystals into your life. The whole idea behind this is to have your favourite crystals with you as often as possible. Some ways that I like to do this are to:

Carry them with you in your pocket, purse or wallet.



Have them at your desk when you're working.

Buy one for your keychain.

Buy jewelry with them (think bracelets, necklaces, rings and earrings).

Keep them with you when you meditate.

Leave them at your bedside.

Have them under your pillow.

Leave them under your mattress.

Keep them in your main living space.

Create an altar for them (they love living with candles, feathers, beautiful textiles and plants btw).

Use them in crystal grids to increase their power.

Place them on your body, eg. you can leave a rose quartz sitting on your chest as you read a book in bed.

Use them in water to create elixirs (you need to be cautious with this though because some crystals are toxic so you always want to do your research before ingesting any elixirs created with your favourite stones).

Cleaning Your Crystals

When you first get your crystal home, you'll want to clean it of any other energy and essentially make it your own. Unless someone bought it for you as a gift and blessed it or it was blessed by the person who sold it to you. In that case, it's not as necessary. This is all about setting a strong intention specifically for you and your crystal.

You can also clean them every so often – daily, weekly, monthly or bi-monthly depending on how you use them. I.e. when I use crystals in an energy healing session, I'll clean them afterwards as they may have absorbed different energy with the session. Other crystals that I carry with me are cleaned less often.

There are a couple of ways to clean your crystals using natural elements:

Smudging: Using dried herbs like sage or palo santo (holy wood), let your crystals run through the smoke. You can pick up a sage or dried herb smudge stick from most crystal shops. Smudging is just as effective in clearing the negative energy in a room as it is with crystals so you can also clean the space your crystals are in (and your entire home for that matter).



Stone clearing and clusters: you can use other crystals to clear energy. Clear quartz crystal works well as a clearing crystal. Simply place the crystal you want to clean on top of the clear quartz and let it sit there for 24 hours.

You can also use an amethyst cluster in the same way (a large bed of amethyst). An amethyst bed works to transmute any negative energy.

Salt-water soak: fill a glass bowl (not metal) with lukewarm water and add some good quality sea salt (preferably not standard table salt because it doesn't have the same properties). Have enough water in the bowl to fully submerge your crystals and soak them for anywhere from 1 – 24 hours.

Again, use your intuition here. I typically soak my crystals overnight and feel it out in the morning to see if they're good to go. When you're done, rinse the crystals under cool running water to remove any leftover salt and let them dry on a clean paper towel. Toss the salt water when you're done – that way you'll also toss any negative energy absorbed by the water.

You'll want to be sure not to use this technique with porous crystals, crystals that contain metal or have water content. Soaking them can change their properties so look up the best care for each individual crystal.

Running water: hold your crystal under running water and hold the intention to clean the energy from it. As you watch the water run over the crystal and into the sink, imagine any negativity moving away from the crystal as well.

Again, be careful to use this technique only with non-porous crystals.

Sound: sound is also a powerful way to change an existing vibration or energy. Use a singing



bowl to produce a sound that will resonate to clear any negativity. You can either place the crystals in or beside the bowl as you play it for a couple of minutes. You will change the energy of the crystals and the space you're in as well.

Charging Your Crystals

After cleansing your crystals, you'll want to charge them again with positive energy:

Sun and moon: allowing your crystals to sit in the sun or moon cleans them and charges them



with good energy. You can place them on a glass plate or platter and set them out on a balcony or on a porch to sit in the sun or full / new moon. I often let mine sit spread out along my windowsill from the morning until sunset. If there's a new or full moon, I'll leave them out on the sill the evening prior until a couple of nights following. Don't worry about whether it's a clear night or day, the moon's and sun's effects can be felt whether or not we can see them clearly.

Intentions and visualizations: hold your crystals in your hands and visualize a connection (for example, picture a ray of white light connecting you). As you hold your crystals and picture the connection, clearly state your purpose for each crystal, eg. I intend this crystal to be an effective tool for...(self-love, meditation, calling in abundance...)

Let your hippy out and show your crystals some good tender loving care. Remember – they're with you to help you with what matters most – exactly where you're feeling a lack or need for change.

When you show them love, they love you right back.

Cheers to crystal lovin'!

Who I Am and Why I Do What I Do

There was a time when I was stuck in a routine and convinced myself that I just had to get by. Get up, go to work, pay the bills and repeat.

Sundays were full of anxiety and tension as I looked ahead at the week in front of me. I forgot to make time for fun. I forgot that the little things matter the most. I forgot the power of connecting with myself, others and the world around me. My body was calling out for change.

It was only when I started doing small things every day to be happy that I felt like I was truly living. My life, love and business were calling for me to make changes to really soar. Thus began my personal journey and the beginning of my new career path.

I'm a Soul Healer, Change Catalyst, Speaker and Writer. I work with soulful women who are busy, driven and stressed out. I help them slow down and feel better physically and emotionally. I also guide them to get real about what they need to change to feel more free, inspired and empowered in life.



Through a myriad of modalities that I've learned and used in my own life, I teach my clients about the mind/body connection and how they can use this connection to begin their own personal journey of self-healing.

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