

Identification Guide and Instructions

Identifying Your Chakra Discs

The table below is designed for people who are just becoming acquainted with the wonderful world of gemstones and crystals. It is intended to assist with identifying each of the discs in the set. The Heart and Base chakras have two colours, therefore they have a disc for each of these and there is also an extra disc included for the lesser used, but equally important Thymus chakra (located just beneath the Throat chakra)

Disc Colour	Gem/Mineral Name	Opaque/Transparent	Chakra Name	Characteristics
Clear	Clear Quartz	Transparent	Crown	Smooth & glassy. Usually has inclusions (i.e. not glass-clear but has 'patterns' in it)
Purple	Amethyst	Can be opaque or transparent	Third Eye (also known as Brow Chakra	Has a glassy look and feel. Colour can range from deep purple to almost clear
Pale/Mid Blue	Blue Quartz (proper name: Dumortierite)	Opaque	Thymus (can also be used on Throat)	Dense mid-blue colour often with darker blue veining. Slightly textured feel
Dark Blue	Sodalite	Opaque	Throat	Almost Royal Blue in colour, often has white flecks or veining
Pale Pink	Rose Quartz	Can be opaque or transparent	Heart	Has a glassy look and feel, often with inclusions
Light Green	Aventurine	Opaque	Heart	Dense colour, slightly textured surface
Yellow	Yellow Calcite	Opaque	Solar Plexus	Shiny surface which may feel waxy to the touch
Orange	Carnelian	Semi-opaque	Sacral (also known as Spleen Chakra)	Has a glassy look & feel. May be semi-transparent in part
Silver/Grey	Hematite	Opaque	Base (also known as Root Chakra)	Looks metallic. In its raw form is red (it's what gives the planet Mars its red colour)
Deep Red/Orange	Red Jasper	Opaque	Base (also known as Root Chakra)	Dense colour, often has flecks, sometimes veining

Introduction

There are actually over 250 chakras in the body, including ones in the palm of our hands and in our joints. However, the seven main chakras are the ones most often worked with. They are linked energetically to all of the others through the meridians and acupuncture points. 'Chakra' is the Sanskrit work for 'wheel' as chakras are circular and spin like a moving wheel. A chakra is the energy gateway to the subtle energy body (the aura) and the meridians are the pathway through which the energy travels.

Each chakra has a specific colour linked to it and colours have an energy vibration. Each gemstone also carries a unique energy signature or vibration which also affects the chakras. Any crystal chakra set combines these vibrations to best effect but there are many different crystals which can correspond to each chakra.

When starting out it is important to learn the traditional way in which gemstones relate to each chakra and this is by colour. Some chakras have more than one colour, like the Heart Chakra which is either green or pink and the Base Chakra which is either red or black. The Crown chakra also has two colours; either white or violet, but white is the traditional.

It's always a good idea when you start working with chakras to use the colour and gemstone which relates to that specific chakra (as outlined above), however, as you progress you will find that your intuition starts to play a bigger role when it comes to choosing which gemstone to use. So if, for example, you felt you wanted to place the Amethyst disc (the purple one for the Third Eye Charka) on your stomach (the Solar Plexus area), then this wouldn't be wrong – you are being guided as to what your body needs.

Care of Your Chakra Disc Set

If looked after with love and care, your Chakra Disc Set will serve you well for many years. From time to time it will require 'cleansing' (as opposed to physical cleaning). This will remove any subtle energy picked up during the course of their use. Most gemstones require cleansing to keep their energies pristine and free from external influence (there are only a handful which are self-cleansing). The subtle energy they can pick up ranges from electromagnetic smog emitted from televisions or computers to emotional energy. Some emotional energy is termed 'negative', like anger, fear, jealousy, hatred and greed. Negative in this sense (although undesirable) doesn't mean bad, it's simply a vibration which has a detrimental effect on the pure and unique energy of a gemstone or crystal and its ability to work efficiently.

Further Information

We have lots of additional information on our web site including the following:

At-a-Glance Chakra Guide (including gemstones) – look in Fascinating Facts section

- keywords for over- and under-active chakras
- goals for balanced chakras
- colours
- seed syllables
- gemstones
- Sanskrit names

Cleansing, Charging & Programming a Crystal - look in Library section

- why crystals need cleansing (as opposed to cleaning)
- how to cleanse a crystal
- how to programme a crystal
- dedicating & reprogramming crystals

Care, Cleaning & Cleansing of Your Crystals - look in Fascinating Facts section

- methods of cleaning and cleansing your crystals (dry brown rice, salt water, sunlight, moonlight, Reiki, etc) including the use of affirmations



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