



All Chakras Bracelet

This information is just one of many views regarding locations, names, and influences of the chakras. There are variations based on belief systems, such as Indian or Chinese, and which expert is consulted. I have tried to assemble the most prevalent views. In some treatments, the exact locations may be more important for effectiveness, but I find the use of stones in jewelry to be of a more general influence.

My personal beliefs are reflected in this brochure. I offer the enclosed information for your consideration. Any use you choose to make of this information is at your own discretion. Nothing stated herein is meant to imply any medical advice.

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**Handmade jewelry
to enhance your spirit**

Understanding Chakras

The Chakras

Overview of the Chakra System

The word **Chakra** is a Sanskrit word, meaning wheel or disk. In reference to the body, a chakra is a specific location along the midline of the body or the spine that vibrates with energy. It spins and draws energy from the universe.

Each chakra is associated with one or more important glands and the body parts linked to the gland. Proper functioning of these glands protects the body's health. In addition, each is linked to certain emotions.



Serpentine and Smoky Quartz Bracelet

From an energy standpoint, when the chakras are vibrating with positive energy, a person is healthy. The vibration can be affected negatively by the energy frequencies of the environment, emotional stress, or anything else we are exposed to in daily life. The positive vibrations can be restored by providing an energy frequency that matches the chakra's vibration.

These vibrations have traditionally been found in stones, metals, colors, musical notes and essential oils, to name a few.

The (first) **Root Chakra** is located at the perineum and is associated with the color red. It is linked to our adrenal glands and is allied with basic survival instincts and the will to live. It is our foundation, grounding us to reality. Its element is earth. Its area of consciousness is the physical body.

The (second) **Sacral Chakra** is located in the centre of the abdomen, three fingers below the navel, and is associated with the color orange. It is linked with the gonads and reproductive system. It is influenced by the moon and allied with sexuality, creativity, and basic emotions such as fear, anger or feelings about food and sex. Its element is water. Its area of consciousness is the emotional body.

The (third) **Solar Plexus Chakra** is located between the navel and the bottom of the sternum and is associated with the color yellow. It is linked with the pancreas, the muscular system, large intestine and liver. This is the level of the individual personality. It governs our feelings of power and control, representing the transition from basic survival instincts to the higher emotional levels that include compassion and charity. Its element is fire. Its area of consciousness is the intellectual body.

The (fourth) **Heart Chakra** is located at the heart and is associated with the color green. It is linked to the thymus gland, which controls the immune system, and is allied with the heart, circulatory system, and lungs. This is the center of the chakra system, being the balance between the spiritual and the physical. It is about unconditional love. Its area of consciousness is the astral body.

The (fifth) **Throat Chakra** is located at the base of the throat and is associated with the color sky blue. It is linked to the thyroid gland and

is allied with the throat, neck, arms and hands. It governs self expression through speech, hearing and communication and is the start of our intuition. It is about expressing the truth that we know in our heart. Its element is sound. Its area of consciousness is the etheric body.

The (sixth) **Brow Chakra** is located in the center of the forehead and is associated with the color indigo. It is linked to the pineal gland and is allied with the forehead and temples. It governs intuition, clairvoyance and psychic abilities, often being referred to as the third eye. Its element is light. Its area of consciousness is the celestial body, influencing our spiritual development.

The (seventh) **Crown Chakra** is located at the top of the head and is associated with the color violet. It is linked to the pituitary gland and allied with the head, brain and nervous system. This is the chakra that connects our energy system to the universe's energy. It is the most advanced of all the body chakras and is our level of pure consciousness. Its element is thought. Its area of consciousness is the etheric body.



Seven Chakras Bracelet