



## HOW TO OPEN AND CLEAN YOUR CHAKRAS WITH CRYSTALS

By: Lourdes Lebron

Chakras are energy centers located in the human body. Each individual chakra corresponds to organs and glands in a particular area of the body. It is believed that they are the store holders of your emotional experiences. These centers can become clogged or sluggish with the stress and drama of everyday life. If a center become stuck with “gunk” your emotional, mental, and physical well being will start to suffer. Think of chakras as rechargeable batteries. If you continuously recharge them they will function well, but if you let them run out of “juice” they will not function and will take a much longer time to recharge.

In order to clean the chakras, I suggest using a [clear quartz pendulum](#). Although this is my crystal of choice, you can also use Selenite, Optic Calcite or any other clear or white crystal that resonates with you. To begin with, it is easier to have a partner help you (and both of you can enjoy the experience). If one is not available you can still use this method, but instead of lying down on your back you may feel more comfortable sitting up.

Although I suggest crystals to use for each chakra after the cleansing, please feel free to experiment and work with whichever mineral you feel resonates best with your body. For example an [Amethyst](#) may feel better for the sacral chakra instead of an orange crystal. Honor your body and use whatever feels right.

To start cleaning the chakras, I suggest starting at the top of the head where the crown chakra lies. Take your pendulum and hold it 6- 12 inches over the energy center. Let it spin naturally over this chakra. If you are working on a man, the pendulum may spin clockwise first. This is fine and for a man this is the direction it spins as it cleans. For women, it will spin counter clockwise as it turns round.



After a while the crystal will change direction. The reason it changes direction is because after the crystal cleans the chakra, it then has to replace that energy with fresh energy. It does this as it spins in the opposite direction. After it stops spinning, I suggest placing an [Amethyst](#) (or [Clear Quartz](#)) at the top of the head to help seal in the energy.

The next chakra to work on is the third eye chakra in the center of the forehead. For this energy center and the ones that follow it, there will be no difference in the direction the pendulum swings for either sex. It will spin counter clockwise to take stuff out and the opposite direction to place energy in. After it stops, I like to enrich this chakra with a piece of [Lapis Lazuli](#) or [Dumortierite](#).

The throat chakra at the base of your throat is the next stop for you pendulum. Again, it will spin counter clockwise to take stagnant energy out and spin in the clockwise direction when it puts positive energy in. [Blue Lace Agate](#) and [Blue Calcite](#) are a great crystal for this energy center.

The energy center that comes next is the heart chakra and it is in the center of the chest. Let the pendulum spin as it may. Once the directions shifts and it finishes moving, you can place a green stone like [Aventurine](#) or [Tourmaline](#). If you prefer a pink crystal, you can use [Morganite](#) or [Rose Quartz](#).

The subsequent chakra is the solar plexus. This energy center is in the middle of the abdominal region. The pendulum can be used once more and after it is done you can place a piece of [Amber](#), [Citrine](#), or [Yellow Calcite](#) on this chakra.

The Sacral chakra is the next energy center to be cleaned. Once the pendulum is done, you can use a [Carnelian](#), [Red Tiger Eye](#), or [Red Aventurine](#) to color this energy center.



The last chakra to be worked on is the base chakra. The pendulum is used again and just like before it will change direction as it replaces the energy taken out with new clean energy. I like to use [Rubies](#), [Black Tourmaline](#), [Jet](#), and [Red Jasper](#) on this area.

Now that the chakras are done, I suggest waiting 5 -10 minutes to let the energy settle. When the person worked on is ready to get up, you may wish to offer the person grounding food like protein or chocolate to eat. I suggest drinking lots of water after a chakra cleaning to keep moving toxins out of the energy bodies.

For many of you cleaning the front of the chakras is enough to see a significant difference. For others, you may need to clean the same chakras on the back side of the body. When doing the back of the body, you would have a person lie down on their stomach or sit up on a backless chair. The energy centers are found directly opposite of the front ones and you would follow the same process as above. You can do both sides the same day or on alternate days when in a time crunch.

I suggest doing this routine once a month to keep the chakras running smoothly and functioning well. If you are under much more stress, you may wish to do this more often. When feeling ill, I recommend cleaning the chakra to help remove any energetic blockages that may be contributing to the physical dis-ease. Experiment with this method and try different crystals to see what brings you the best results.

## BIBLIOGRAPHY

Eden, Donna. Energy Medicine. New York: Penguin, 2008