



CHAKRAS 101

A BEGINNER'S GUIDE TO ENERGY HEALING



Stephanie Sunshine





© Copyright 2017 Write For You LLC

No part of this book may be produced by any means, nor transmitted, nor translated into a machine language, without the written permission of the publisher.

**www.veganbynature.com contact:
writeforyoullc@gmail.com**

Disclaimer: The techniques and advice described in this book represent the opinions of the author, based on her experience. The author expressly disclaims any responsibility for any liability, loss or risk, personal or otherwise, which is incurred as a result of using any of the techniques or recommendations suggested herein. If in any doubt, or if requiring medical advice, please contact the appropriate health professional.

CONTENTS

Meet The Author

PREFACE: A word on Energy, Vibes, and Healing

Introducing the Chakras

WHAT IS A CHAKRA? WHAT DO CHAKRAS DO?

WHY SHOULD I LEARN ABOUT CHAKRAS?

7 Chakras Defined

ROOT First Chakra

SACRAL Second Chakra

SOLAR PLEXUS Third Chakra

HEART 17 Fourth Chakra

THROAT Fifth Chakra

THIRD EYE Sixth Chakra

CROWN Seventh Chakra

Aligning the Chakras: Heal, Balance, Maintain


WHERE DO I START? HOW DO I START?

WHAT CAN I EXPECT?

6 Sensational Ways To Heal Your Chakras

Terms & Concepts

Contact



**Hi, I'm Stephanie "Sunshine" Samuels,
Founder and Owner of Vegan By Nature
Holistic Health & Wellness Company.**

**As a holistic health practitioner and healer, I
teach others how to raise their vibration and
increase their inner peace. I provide practical
guidance on how to create a more
meaningful, disease-free lifestyle through
veganism, yoga, and energy healing.**

**I am a certified plant-based nutritionist, reiki
master practitioner, certified yoga instructor,
and author of**

The Vegan By Nature Cookbook.

**I also hold a B.A. in Psychology and an M.Ed
in Higher Education.**

www.veganbynature.com

veganbynature@veganbynature.com

A word on **ENERGY, VIBES, & HEALING**

Before diving into the chakras, I want to provide a little background with an overview of familiar terms such as “energy” and “vibration” and how they relate to energy healing.

Science supports the fact that humans not only have a physical body but also an energetic or spiritual body. This is shown via microscopes and other technology, yet there are things that exist even beyond what can be seen with the most powerful technology available.

The physical objects we see are composed of atomic particles.

Conceptually, we can classify physical objects as “matter” or “stuff” because they have mass and take up space.

The matter that we see physically is detectable to us because of the vibration that its individual particles collectively hold and because of the types of interactions between these particles.

Subatomic particles are the smallest particles identified by science. These particles are what atoms are made of. They have no solidity at all and are basically packets of vibrating light. The vibration is commonly referred to as "energy".

All matter vibrates or has energy. Matter can be described by its energy, either by the energetic mass or the energetic motion. Frequency describes energetic motion; it is a rate or measurement of how much an object vibrates.

Matter with similar frequencies synchronize with one another and are harmonious.

This explains the “like attracts like” concept and also what is meant by “good vibrations” or when a “vibe is off”.

Also, our emotions can be described by vibrations.

If these concepts are not crystal clear to you, you are not alone. Physics attempts to explain existence, yet the most complex theories and findings leave much unexplained.

**Even with the scientific definitions,
the concept of matter still remains
pretty abstract.**

**By asking the question
“what makes matter matter?”,
we start to see that
there’s something else going on here;
there’s something quite magical
about it all.**

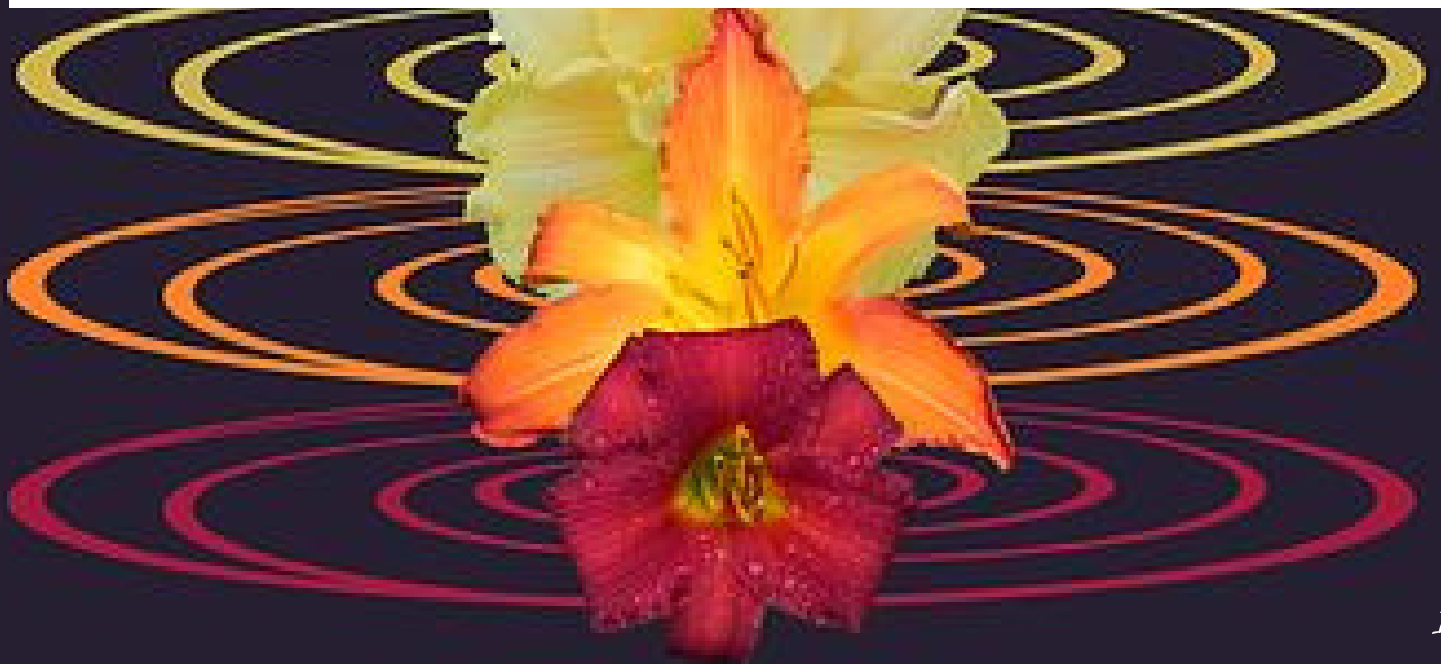
Life is a collection of chemical reactions and interactions, and only so much of this is on our limited human radar. Some people are more sensitive to energy than others.

Energy healers are those who have become attuned to this sensitivity and use their heightened awareness to help others heal their energetic imbalances. This is done by methods of channeling Ki or life force energy in practices such as reiki, yoga, and pranayama.

**With this basic understanding of
energy healing in mind,
let's continue by looking at ways to
raise our vibrations.**



INTRODUCING THE CHAKRAS



What is a chakra?

“Chakra” is a word of Sanskrit origin meaning “wheel”.

We can think of chakras as energy centers responsible for specific functions within the body.

The human body is home to thousands of individual chakras of many different sizes. There are 7 major chakras spanning from the base of the spine to the crown of the head.

These 7 major chakras play an important part in regulating the physiological and neurological systems.

WHAT IS A CHAKRA?

Not only do the chakras regulate these systems, they also represent energy centers of mental abilities and spiritual power.

In this way, the chakras have the potential to guide one through self-healing.

The goal for this healing can be limited to restoring physical health or for those who wish to go deeper, it can heal trauma and karma or even lead to spiritual enlightenment through a kundalini awakening.

What do chakras do?

Each chakra has its own vibrational frequency and governs specific organs as it works together with the other chakras.

It is important to remember that everything is connected, and though the various organs and centers of our bodies specialize in regulating certain functions, they do not operate independent of one another.

WHAT DO CHAKRAS DO?

This is why untreated digestive issues, for example, can lead to respiratory problems, compromised immunity, heart problems, and so on.

The chakras are affected by energy pathways called meridians.

The chakras receive and send life force energy into and from the body along these paths.

Balanced chakras allow a free flow of Ki energy throughout the body.

Illness occurs when the flow is weak or blocked.

Why should I learn about chakras?

The chakras are like the lenses of a camera- if the lens is cloudy or damaged, it affects the way things are seen.

The condition of the chakras shapes our human experience because they serve as filters for our perception.

Focusing on the 7 major chakras is helpful because they correlate with mental, emotional, and physical health simultaneously.

WHY SHOULD I LEARN ABOUT CHAKRAS?

In other words, energy healing treats the person as a whole, rather than in isolated parts.

Chakra therapy is a way to gradually reverse illness and also proactively care for the body.

There is a saying that the body does not become sick overnight.

This is absolutely true in most if not all cases.

Our bodies are capable of tolerating a lot of abuse. Over time, as disease goes unaddressed and the abuse continues, our body finally cries out in the form of breakouts, coughs, tumors, and other less subtle conditions.

WHY SHOULD I LEARN ABOUT CHAKRAS?

**In regards to such illness,
if we dig a little deeper to get to the
root of the problem, we discover
that physical ailments are the
body's way of communicating the
emotional and mental issues that
have been ignored.**

**This is where the chakras come
into play.**

**It is important to remember that
disease is just that: dis-ease.**

WHY SHOULD I LEARN ABOUT CHAKRAS?

Why is the body dis-eased?

It is inflamed.

**What causes the body to become
inflamed?**

**Inflammation is a defense mechanism
against attacks and invasions
resulting from poor diet, lack of
oxygen, lack of sunlight, and so on.**


**When the body is supported
properly, there is no need for
inflammation and it is once again
at-ease.**

WHY SHOULD I LEARN ABOUT CHAKRAS?

Now that we know the “what” and “why”, the next section will take a closer look at each of the 7 major chakras.



7 CHAKRAS DEFINED



I. *Raat*

FIRST CHAKRA 101

Our foundational or "grounding" energy center, the 1st chakra is located at the base of the spine in the tail-bone area. It is associated with male reproductive organs and masculine energy.

The root chakra deals with physical existence, hormones, survival and basic instincts.

Color: red

Sanskrit name: Muladhara

Mantra: LAM

Vowel: Uh

CHECK YOUR BALANCE

A healthy root chakra allows one to feel stable, secure, and connected to the earth.

An under-active root chakra results in tiredness, excessive worry, and a focus on scarcity of time, money, resources, and love.

An over-active root chakra is indicated by violence, excessive aggression, fear, distrust, and anxiety.

BODY LANGUAGE

Physical symptoms of an imbalanced root chakra include:

- **Obesity**
- **AIDS, cancer, other life threatening illness**
- **Herpes**
- **Candida**
- **Arthritis**
- **Issues with legs, feet, anus**
- **Disease of colon, bowels, bladder**
- **Drug addictions**



Figure 1: Healing the Root

5 sensational ways to
Balance Your

ROOT

Chakra

1. Consume red foods: raspberries, strawberries, apples, tomatoes, cherries
2. Connect with the earth by taking a walk outside barefoot or lying in grass ; grounding yoga poses such as tree & sumo squat; and crystals such as hematite, bloodstone, and tourmaline
3. Inhale the aroma of warm and energetic essential oils or incense: patchouli, cinnamon, sandalwood
4. Recite affirmations a few times each day: I am safe. I trust more. There is enough for everyone, including me.
5. Picture the color red in the seat of your lap during meditation. Imagine feeling a warm red glow in this area.

VEGANBYNATURE.COM



SECOND CHAKRA 101

The 2nd chakra is commonly known as the womb, as it houses the female reproductive organs and feminine energy. It is located in the pelvic region below the navel and above the genitals.

The sacral chakra is our center of passion and enjoyment, sensuality and sensation.

Color: orange

Sanskrit name: Svadhisthana

Mantra: VAM

Vowel: Ooo

CHECK YOUR BALANCE

A healthy sacral chakra produces a flow of creativity. It allows one to feel and experience each moment as it is, which is what it means to be fully present.

An under-active sacral chakra results in disconnect from feelings, emotional outbursts, living in the past, panic attacks, creative blocks, and depression.

An over-active sacral chakra is indicated by an obsession with sex, manipulation, insatiable desires, addictions and co-dependencies on people and things.

BODY LANGUAGE

Physical symptoms of an imbalanced sacral chakra include:

- **Constipation**
- **Urinary and kidney problems**
- **PMS, painful cramps, endometriosis, cysts, fibroids, etc**
- **Irregular menstruation**
- **Infertility**
- **Impotency**
- **Lower back pain**
- **Sciatica pain**
- **Chronic fatigue, loss of joyful energy**




Figure 2: Healing the Sacral

5 SENSATIONAL WAYS TO
Heal Your
Sacral
Chakra

1. **Consume** orange foods: Oranges, carrots, melons, peaches
2. **Connect** with your body & nature through dance, hip opening yoga poses, and crystals such as carnelian, moonstone, and golden topaz.
3. **Inhale** the aroma of invigorating and sensual essential oils or incense: sandalwood, orange, rose, and ylang ylang
4. **Recite** affirmations a few times each day: I am open to touch and closeness. I allow myself to experience pleasure through my senses. I am passionate. I am open to experiencing each present moment.
5. **Visualize** an orange lotus flower or orange fire resting in your sacral chakra area during meditation.

VEGANBYNATURE.COM



III. *Sakar Plexus*

THIRD CHAKRA 101

The 3rd chakra or solar plexus is commonly known as the powerhouse of the body. This area is between the navel and the breastbone.

The solar plexus is the energy center that radiates vital life-force energy (prana) throughout our entire body. Will power, “gut feelings”, self-esteem, self-discipline, and ability to achieve are all governed by the 3rd chakra.

Color: yellow

Sanskrit name: Manipura

Mantra: RAM

Vowel: Oh

CHECK YOUR BALANCE

A healthy 3rd chakra provides a mental understanding of the emotional self, including any hidden fears. It gives the confidence to take action on ideas.

An under-active solar plexus chakra results in low self-esteem, lack of motivation, avoidance, doubt, and excessive worry about the opinions of others.

An over-active solar plexus chakra is indicated by aggression, a need to control, stubbornness, and perfectionism.

BODY LANGUAGE

Physical symptoms of an imbalanced solar plexus chakra include:

- **Diabetes**
- **Weight problems**
- **Ulcers**
- **Kidney, pancreas, or liver problems**
- **IBS**
- **Other digestive disorders**



Figure 3: Healing the Solar Plexus

5 SENSATIONAL WAYS TO Balance Your **SOLAR PLEXUS** Chakra

1. **Consume** yellow foods: Bananas, lemon, pineapple, ginger
2. **Connect** with your inner fire through taking a walk outside in the sun; breathing exercises; core strengthening yoga poses; and crystals such as citrine, pyrite, calcite
3. **Inhale** the aroma of invigorating and stimulating essential oils or incense: grapefruit, ginger, peppermint, fennel, patchouli
4. **Recite** affirmations a few times each day: I am confident in all that I do. I have the power to effortlessly release my creative energy into this reality. I take action from a place of personal power.
5. **Visualize** a yellow sunflower resting in your 3rd chakra during meditation. Burn a yellow candle, picturing the warm glow in this area.

VEGANBYNATURE.COM



IV.

Heart

FOURTH CHAKRA 101

The 4th chakra is also known as the great connector of the body, uniting the physical and spiritual aspects of self.

This area is located in the center of the chest between the two shoulder blades.

The heart chakra allows one to form deep bonds with others, feel compassion, and experience joy.

Color: green

Sanskrit name: Anahata

Mantra: YAM

Vowel: Ah

CHECK YOUR BALANCE

A healthy 4th chakra allows one to love and forgive self and others freely but with healthy boundaries. It allows one to identify personal truth.

An under-active heart chakra results in isolation, lack of trust for others, distancing (not letting people in), lack of empathy, avoidance of social interactions, and being overly critical of self and others.

An over-active heart chakra is indicated by tendency to feel like a victim, conditional love (“I will only love you if you are this way...”), loss of personal boundaries, over accommodation (people pleasing), always giving and never receiving, co-dependency, and being overly demanding of others.

BODY LANGUAGE

Physical symptoms of an imbalanced heart chakra include:

- **Swelling of extremities, poor circulation**
- **Heart attack and heart disease / pain**
- **Insomnia**
- **High blood pressure**
- **Asthma and difficulties breathing**
- **Emphysema, bronchitis, pneumonia**
- **Breast cancer**
- **Abnormal heart rhythms**
- **Upper back pain**



Figure 4: Healing the Heart

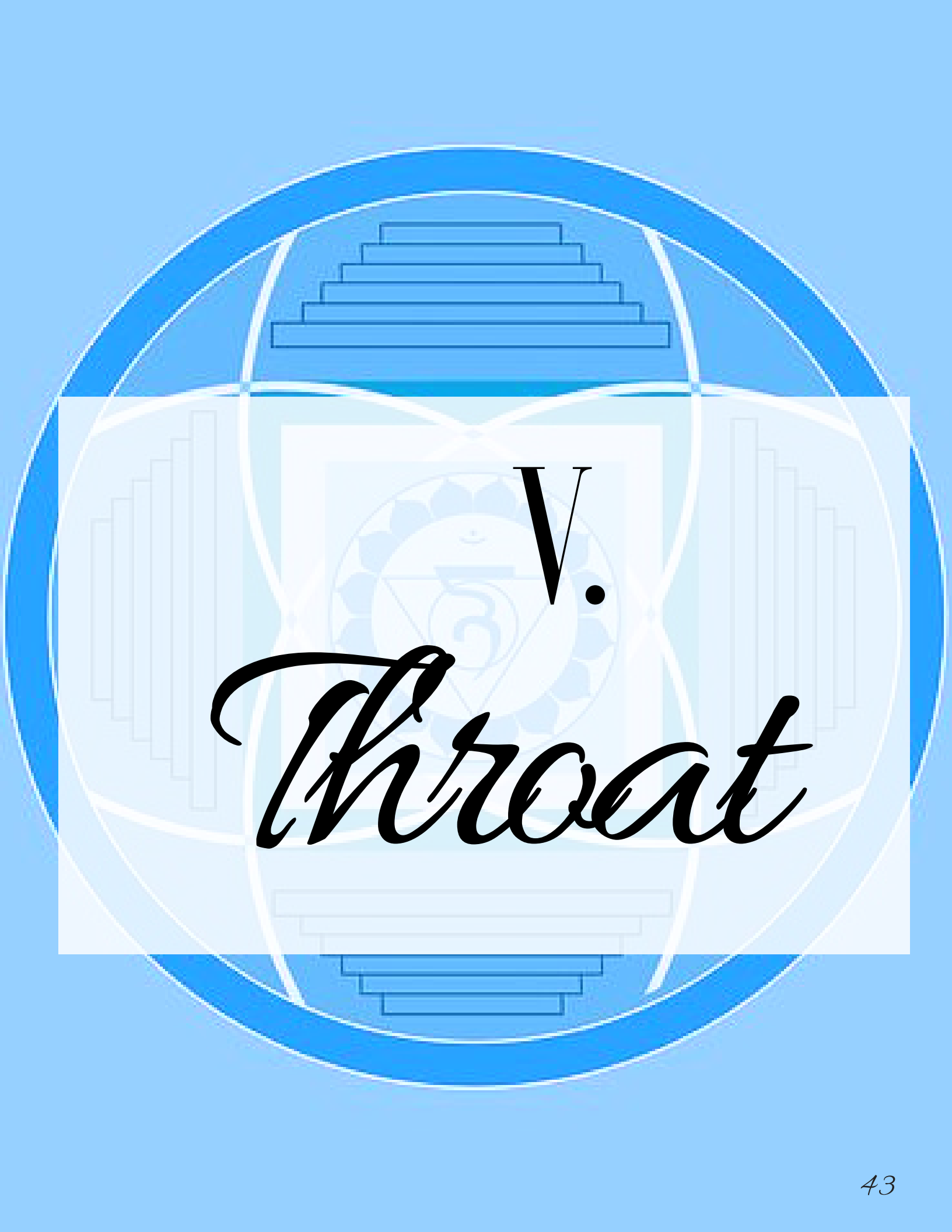
5 SENSATIONAL WAYS TO

Open Your

Heart Chakra

1. Consume green foods: kiwi, apples, lettuce, kale, pears
2. Connect with nature's greenery by taking a walk outside or lying in grass ; breathing exercises in fresh air; heart opening yoga poses; and crystals such as emerald, jade, & rose quartz
3. Inhale the aroma of soft and sensual essential oils or incense: lavender, ylang ylang, rose, sandalwood
4. Recite affirmations a few times each day: I freely give love to others. I freely accept love from others. I am full of divine love.
5. Picture the color green in the center of your chest during meditation. Burn a green candle, picturing a warm green glow in this area.

VEGANBYNATURE.COM



V.

Throat

FIFTH CHAKRA 101

The throat chakra is the first of the three "higher" chakras. It is the energy center that governs speech, creative self-expression, and truth.

Our ability to be honest with ourselves and others is governed by this area. The 5th chakra determines our successes and failures in life. It is easily clogged by guilt, so it is important to clear this area by speaking your truth.

Color: blue

Sanskrit name: Vishuddhi

Mantra: Ham

Vowel: Eye

CHECK YOUR BALANCE

A healthy throat chakra is shown by the ability to express appreciation for others, focus on the positive aspects of people rather than what is “wrong”, and honor all that other people bring to our reality.

An under-active throat chakra results in inability to express yourself, frequent misinterpretation or being misunderstood by others, being seen as “wishy-washy”, “flaky”, or unreliable; dishonesty; and inauthenticity with self and others.

An over-active throat chakra is indicated by tendency to be critical of others, verbally abusive, yelling when not necessary, refusal to hear the opinions of others, and being overly-opinionated.

BODY LANGUAGE

Physical symptoms of an imbalanced throat chakra include:

- **Sore throat**
- **Teeth and jaw problems**
- **Earaches**
- **Sinus infections**
- **Sore shoulders or arms**
- **Neck problems**
- **Alcohol/drug dependency**
- **Weight gain**



Figure 6: Healing the Throat

5 SENSATIONAL WAYS TO
Heal Your
THROAT
Chakra

1. Consume blue hued foods: blueberries, figs
2. Connect with natural blue elements by observing the sky; breathing exercises in fresh air; and crystals such as lapis lazuli & blue lace agate
3. Inhale the aroma of clearing essential oils or incense: basil, peppermint, spearmint
4. Recite affirmations daily: I have a right to speak my truth. I communicate my feelings with ease.
5. Picture the color blue in your neck and shoulder area during meditation. Imagine feeling a warm blue glowing light here.

VEGANBYNATURE.COM



VI.

Third Eye

SIXTH CHAKRA 101

The 6th chakra is also known as the conscience and is the center of intuition. The third eye is a spiritual chakra of inner knowing and divine guidance. This area is located between the eyebrows.

The third eye chakra includes the eyes, pituitary and pineal glands, and the lower part of the brain. It governs memory, imagination, and vision.

Color: indigo

Sanskrit name: Ajna

Mantra: Sham

Vowel: Aye

CHECK YOUR BALANCE

When your third eye is open, you not only see, but you understand. This is also referred to as a sixth sense. Some will develop psychic abilities such as clairvoyance, lucid dreaming, visualization, and telepathy.

An under-active third eye results in a lack of empathy for others, lack of common sense, memory loss, and lack of clarity/brain fog.

An over-active third eye can cause one to be overly analytical, judgmental, hyperactive, and in some cases delusional. It can also cause stress and anxiety.

BODY LANGUAGE

Physical symptoms of an imbalanced third eye chakra include:

- **Hallucinations**
- **Migraines and severe headaches**
- **Dizziness**
- **Tumors**
- **Blindness/ deafness**
- **Brain cysts**
- **Nausea**
- **Ear aches and infections**
- **Sinus infections**
- **Hormonal imbalance**



Figure 7: Healing the Third Eye

FIVE SENSATIONAL WAYS TO

Open Your Third Eye Chakra

VEGANBYNATURE.COM

1. Consume blue hued and brain nourishing foods:
blueberries, figs, nuts
2. Connect with nature: indigo colored flowers; the deep blue sky
of sunset or sunrise;
crystals such as clear quartz, sodalite and kyanite.
3. Inhale the aroma of soothing essential oils or incense:
frankincense, sandalwood, elemi
4. Listen to meditation music at the 432 hz frequency.
Recite affirmations daily: I listen to my inner guidance. I trust
my intuition.
5. Picture the sun shining on the area just above your brow
during meditation.
Sunlight activates your 3rd eye.
Bring your awareness to this area and feel the sun radiating
through it.



VII.

Crown

SEVENTH CHAKRA 101

**The 7th chakra is the center of
divine wisdom.**

**This chakra is located at the top or
crown of the head.**

**The crown chakra allows us to go
beyond the limitations of ego to
access the collective pool of
consciousness, with the realization
that all is connected through a
higher power**

Color: purple, sometimes white

Sanskrit name: Sahasrara

Mantra: Om

Vowel: Eee

CHECK YOUR BALANCE

A healthy crown chakra allows inspiration, inner peace, joy, faith, and knowledge of the deeper meaning of existence.

An under-active crown chakra results in feelings of hopelessness, lack of purpose, feeling unloved, clumsiness, poor balance, obsessive or paralyzing fear of death, rejection of spirituality, lack of desire to explore inner self

An over-active crown chakra is indicated by a god-complex, superiority toward others, aggression, lack of empathy, mental fogginess, distrust of others, judgement of others, feeling lost, mental illness

BODY LANGUAGE

Physical symptoms of an imbalanced crown chakra include:

- **Chronic fatigue**
- **Dizziness**
- **Seizures, muscular disease**
- **Sensory sensitivity (light, sounds, etc)**
- **Nerve Pain, neurological disorders**
- **Insomnia**
- **Alzheimer's**
- **Recurring headaches, migraines**
- **Schizophrenia and delusional disorders**



Figure 7: Healing the Crown

Veganbynature.com

5 SENSATIONAL WAYS TO

Heal Your CROWN Chakra

1. Spend time in silence

2. Connect with nature through sunlight;
carry crystals such as amethyst, selenite, clear quartz..

3. Inhale the aroma of cleansing & meditative essential oils or
incense: lavender, cedarwood, sage, pine

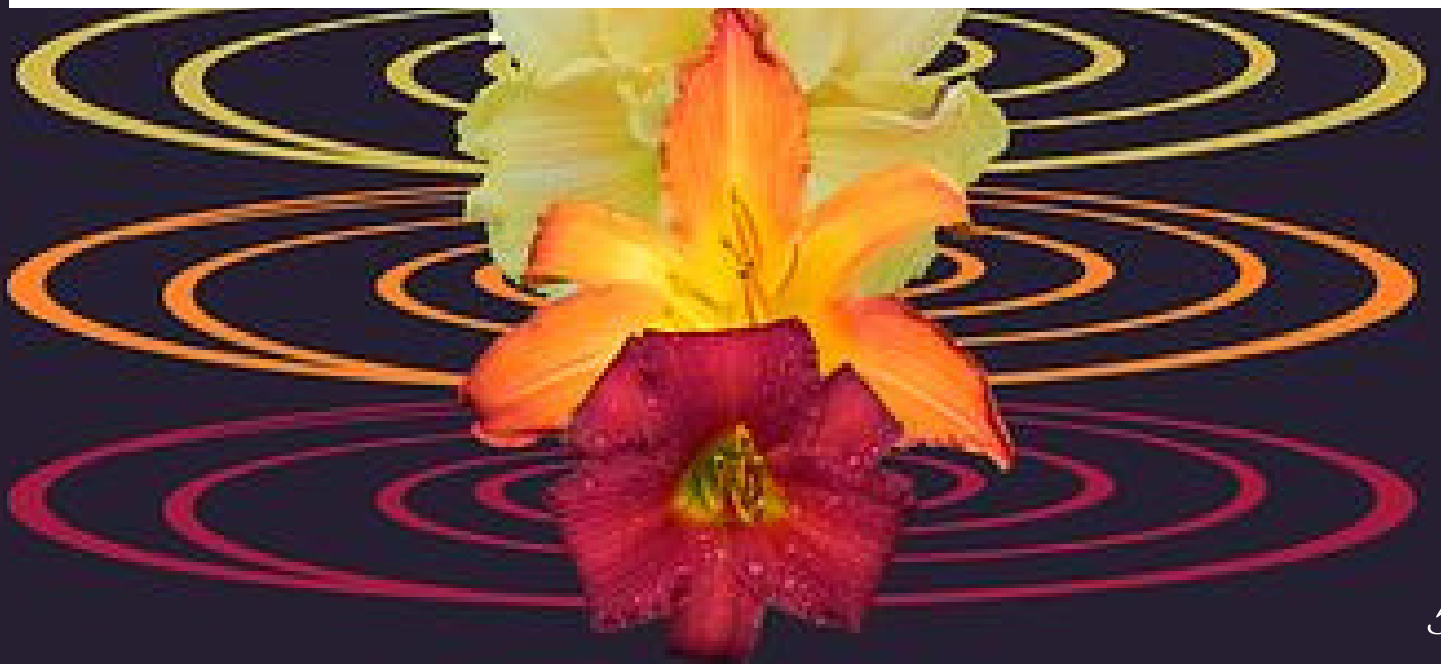
4. Chant om or other deep tonal sounds.
Recite affirmations daily: I honor the Divine within me. I cherish my spirit.

5. Visualize bright white light pouring into the top of your head and filling your
body during meditation.

VEGANBYNATURE.COM



ALIGNING THE CHAKRAS



HEAL

Balance

Maintain

HEAL

Where Do I Start?

Before you begin this next section, make sure you do some prep work.

You can own hundreds of crystals and practice yoga every single day, but if you are re-subjecting yourself to the same poisons as you were before, you will either:

- A. Have no results**
- B. Have temporary results**
- C. Take a very, very long time to see any results and in some cases**
- D. All of the above**

What does this prep work involve?

Clearing negative energy.

WHERE DO I START?

Things that slow down the vibration of energy or life force within you have a low frequency.

This includes negative thoughts, people, and habits.

Continuous exposure to low frequencies will bring you down, no matter how much work you do.

Clear Negative Energy

Before working on the chakras, do these three things first:

- 1. Remove exposure to negative, low vibrations and toxic people, places, things.**
- 2. Clear your clutter physically & mentally let go of things and thoughts that do not serve you.**
- 3. Smudge your body, home, and any other space you spend a lot of time in regularly.**

Balance

WHERE DO I START?

After clearing negative energy, it is generally best to work on balancing all chakras and bringing the body into harmony energetically. However, if one or more chakras are blocked or severely overactive, attention should be given to those areas first.

If you are not sure of where to start, I recommend that you do one or all of the following:

- 1. Take a chakra assessment online**
- 2. Work with an energy healer**
- 3. Start with your root chakra.**

How Do I Start?

**When it comes to
aligning the chakras,
I recommend two
approaches for complete
beginners:
food and crystals.**

Change Your Diet

Balancing the chakras through food is highly effective.

You really are what you eat.

Think about the vibration of dead flesh i.e. meat, for example. The vibration is very low because there is no life force energy flowing through it.

When you consume this low vibrational matter, it combines with and lowers your own vibration.

Eating a variety of colorful high vibration whole foods is perhaps the most efficient way to improve mental, emotional, and physical health.

HOW DO I START?

Our relationship with food is one of the most intimate aspects of daily life.

Yet somehow, in modern times we have become very disconnected from the effects of what is on the end of our fork.

The power of the chakras can be amplified or diminished through something as simple as a change in diet.

Using nature as a guide, you can reverse disease and elevate from surviving to thriving on plant-based foods.

HOW DO I START?

When healing the chakras through food, it is important to first cleanse the body via detox.

Cleansing the bowels (the colon) clears up the root chakra, which is the foundational energy center.

Consider the foundation of a house: it is the base upon which the entire building rests. It is the starting point. If the base is solid, the house is stable. Likewise with the root chakra.

When the root is in order, it allows energy to flow freely throughout the body and thus allows the other chakras to fully function.

HOW DO I START?

After cleansing the body, eating plant-based foods such as those listed in **Figure 8 is the next step.**

Think about the following example. Many struggle with implementing dietary or fitness changes into their life.

This may be due to weakness or blockages in several different areas, but it is mainly is an indication of the need to balance the 3rd chakra.

The solar plexus chakra is the area that regulates our willpower, confidence, and ability to act out of personal strength.

HOW DO I START?

Physically, the 3rd chakra deals with the stomach, or the gut, which is known as the second brain of the body.

The stomach governs the lower half of our body and directly affects our 1st and 2nd chakras.

This is why healing the gut has an immediate impact on the mental and emotional wellbeing regulated by the lower chakras.

Healing the 3rd chakra leads to an increase in self-control, discipline, and personal power.

Through this example, you can see why a healthy diet is a catalyst for improving one's quality of life.

Heal Your Chakras with Food



**VEGAN
BY NATURE**
Helping you live genuinely naturally

7	Crown	Spirituality	I know I am divine	Meditation, fresh air, sunlight, nature
6	Third Eye	Insight	I see I am connected	Blackberries, eggplants, plums, purple grapes
5	Throat	Truth	I speak I am expressive	Blueberries, figs
4	Heart	Love	I love and I am loved	Leafy greens, brussels sprouts, broccoli
3	Solar Plexus	Willpower	I act I am strong	Lemons, bananas, yellow peppers
2	Sacral	Pleasure	I feel I am creative	Oranges, pumpkin, carrots, seeds, nuts
1	Root	Survival	I am safe	Apples, beets, pomegranates, tomatoes

Figure 8: Chakras and Food at-a-glance

Go Crystal Shopping

Crystals are another way to balance and heal the chakras.

Using crystals is the easiest way and potentially the most effective way to start seeing changes right away.

For example, if you are having a very difficult time changing your diet due to depression or anxiety, you could use crystals to help clear the blockages with minimal effort until you are able to make some changes.

Crystals are very helpful in this way because they work without you having to do anything other than keep them near you.

HOW DO I START?

What is a crystal?

Crystals are a type of earthly matter composed of particles that have joined together in particular ways to form specific properties.

In other words, they are manifestations of the earth's energy.

Specifically, the molecules in crystals are arranged in an orderly geometric or crystalline pattern.

Thus crystals have a very high, predictable, and precise frequency based on their color and other properties, making them ideal for healing.

HOW DO I START?

Crystals help to align the energy in the chakras based on their own individual properties and frequencies.

If one of your chakras is deficient or too high, crystals can be placed in your energy field to help restore equilibrium and balance the chakra.

Placing crystals on the body in the areas that are imbalanced is a way to help free up energy blockages in the body's energy pathways or meridians.

HOW DO I START?

In a way, crystal healing can be seen as a way to redirect or reprogram our cells and the memories that they store.

Eastern medicine has accepted and practiced energy work for thousands of years in methods such as acupuncture.

In Western culture, crystals are used extensively in modern technology such as clocks, calculators, lasers, and credit cards.

They are all around us, yet many have no idea that crystals can help them in this way.

HOW DO I START?

How do I choose crystals?

I highly recommend that you select your crystal in person if possible so that you can get a feel for its energy. You can find crystals at metaphysical bookstores, some natural health stores, and also at events such as gem shows and expos.

During your crystal shopping you if you are not able to feel the energy in a crystal, you can simply select crystals that are visually appealing to you. Often we naturally gravitate toward the very thing that we need if we listen to intuitive guidance without overthinking.

HOW DO I START?

If you prefer to research your crystals before purchasing, three criteria to consider are:

- 1. stones that heal a particular chakra**
- 2. stones that instill a particular quality**
- 3. stones that heal a specific physical ailment.**

You can also select a basic set of crystals, one for each of the 7 chakras.

Good beginner crystals are: hematite, carnelian, pyrite, rose quartz, blue lace agate, amethyst, and selenite.

Remember to also purchase white sage, palo santos, or some other type of smudge stick.

HOW DO I START?

How do I use crystals?

Once you have selected your crystals, you will need to clear them and then recharge them.

To clear the previously stored energy, use sage or water (be careful if using water because not all crystals respond well to being wet).

Charge your crystals by setting them out in the sun or moonlight for a few hours.

HOW DO I START?

After clearing and charging, you are ready to program your crystal by setting intentions.

To set your intention, you can simply hold the crystal in your hand, close your eyes, and declare aloud what you would like the crystal to bring to your life.

You can also recite affirmations and visualize what you want to manifest while holding the crystal.

HOW DO I START?

**Crystal therapy encourages you to
rely on intuition to guide your
choices and methods.**

**This means that you do what feels
“right” to you.**

**There is no “wrong” way to use
crystals - no matter what you read on
the internet!**

HOW DO I START?

**Ideas to get you started using
crystals include:**

- * Decorating the home**
- * Creating an altar or sacred space**
- * Meditating or praying with them**
- * Carrying crystals on your body in
your clothing**
- * Creating a crystal grid**
- * Placing crystals on your yoga mat**
- * Keeping them in your car or office
space.**

**Get creative and place your crystals
wherever your inner guidance leads
you.**

Maintain

What Can I Expect?

Will this really help me?

Two things:

- 1. This book, just like anything else, will only help you as much as you help yourself, meaning that you have to actually implement and use the knowledge in order for it to work.**
- 2. Holistic healing is the alternative medicine to Western methods that only provide Band-Aids, never cures. While it is highly effective, balancing your chakras is not a quick fix. Holistic medicine is a method of treating the entire self and getting to the root of issues in order to reverse them and restore health. Such treatment requires patience and consistency.**

WHAT CAN I EXPECT?

Remember that disease does not make an overnight appearance, although we tend to demand an overnight cure.

By the time we are diagnosed as having a specific set of symptoms known as disease, the body has been fighting battles which eventually manifested as a major issue that can no longer be ignored.

WHAT CAN I EXPECT?

When asked how long will it take to get well, my response is: you should expect to devote as much time as it took for you to get sick.

This is not to say that it takes the same amount of time to heal as it took to hurt; I am describing the mindset shift that must take place when using energy healing. These things take time.

You can choose to take the time to heal properly and naturally or choose surgery, medications, and an overall poor quality of life. Time should not be the deciding factor because the time will pass anyway. It's all about perspective.

WHAT CAN I EXPECT?

Will this cure cancer?

Learning about the chakras is great if you want to lose weight, improve your sleep, boost self-esteem, or even get off your blood pressure medication, but what if you are facing severe illness such as lupus, herpes, or depression? Can you still benefit from chakras and energy healing?

Absolutely.

In these cases, it is best to seek professional help from a specialist in the field of your choice because you will require more immediate, intense, and knowledgeable treatment.

WHAT CAN I EXPECT?

There are many different types of energy healing, including:

*** Herbal medicine**

*** Reiki**

*** Sound therapy**

*** Yoga**

*** Pranayama**

*** Meditation**

*** Chiropractic**

*** Hypnosis**

***Aromatherapy**

These are some of the common general categories of holistic health practices, and there are subcategories within each of these types.

WHAT CAN I EXPECT?

This book concludes with Figure 9 which provides a summary of ways to help maintain the alignment of the chakras.

These methods are even more powerful as part of a personal ritual.

A ritual is a set of actions or behaviors regularly and invariably followed by someone – in other words, it's a habit that you do the same way every time you do it.

WHAT CAN I EXPECT?

Examples of energy healing rituals:

- *New moon and full moon meditations**
- * Cleansing and programming of crystals or other sacred items**
- * Spiritual baths**
- *Affirmations**
- *Daily gratitude**

Whichever ritual you choose, make it a sensational practice and watch how you are able to transform the way you feel, think, and show up in the world.

6 SENSATIONAL WAYS TO

Heal Your CHAKRAS

Taste – eat a variety of foods of different hues

Touch – walk barefoot outside, touch a tree, crystal therapy, reiki, massage

Smell – aromatherapy: incense, essential oils, soaps

Sound – recite affirmations, mantras, chanting, prayer

Sight – visualizations, vision boards, scenery, art

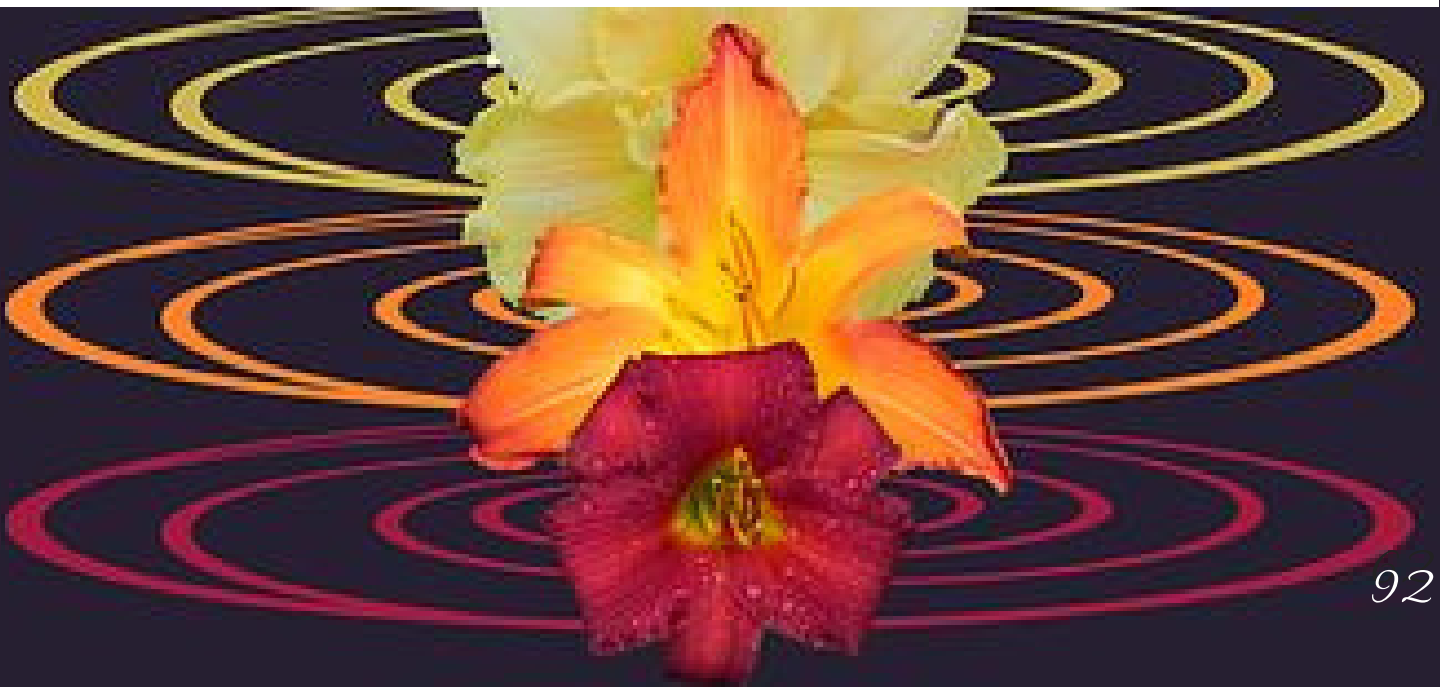
Movement – yoga, calisthenics, dance, bicycling, sports, writing

VEGANBYNATURE.COM

Figure 9: Heal Through The Senses



TERMS & CONCEPTS



*** ALIGNMENT ***

A state of balance in all of the 7 major chakras where each chakra is open and vibrating at its specific frequency

*** CHAKRAS ***

Energy transmitters and receivers of the physical and spiritual bodies

*** CRYSTAL THERAPY ***

A form of holistic healing where a crystal is placed on the respective chakra that matches its frequency to facilitate alignment

TERMS & CONCEPTS

*** DISEASE ***

**Disorder in the physical or spiritual body;
a state of illness where one of the bodies is
not at ease**

*** ENERGY ***

**The property of matter indicated by motion
and/or interaction of molecules; also known
as power, strength, and vitality**

*** FREQUENCY ***

**A rate or measurement of how much an
object vibrates alignment**

TERMS & CONCEPTS

*** KI/ QI/ CHI ***

**Vital sustaining life force; also known as
Universal Life Force Energy, Spirit, the
breath or prana**

*** KUNDALINI ***

**A type of energy that lies dormant at the
base of the spine in the 1st chakra until
activated through meditation or
circumstance**

*** MANTRA ***

**A word, sound, or statement repeated
verbally to assist with meditation**

*** MEDITATION ***

A focused form of mental discipline involving heightened awareness and mindfulness of the present moment

*** MERIDIANS ***

Energy pathways of the body along which Ki flows

*** PRANAYAMA ***

Breath work; regulation of the breath through certain techniques

TERMS & CONCEPTS

*** REIKI ***

A spiritual form of energy healing in which Ki is channeled through the healer and onto the individual by touch, usually using the hands

*** RITUAL ***

A set of actions or behaviors regularly and invariably followed

*** SAGE ***

An herbal plant used for smudging

TERMS & CONCEPTS

*** SMUDGE ***

**A process of burning herbs to purify and
remove negative energy;
also refers to the bundle of herbs
themselves, as in a “smudge stick”**

*** VIBRATION ***

**Movement from a former state of
equilibrium; the emotional state of a
person**

*** YOGA ***

**A spiritual system of postures that
incorporate breath-work and meditation to
unite the higher and lower self**

Additional Resources

For Easy Vegan Recipes:

The Vegan By Nature Cookbook

by Stephanie Sunshine

*** Available for purchase at ***

www.veganbynature.com

My Favorite Web Resource for Crystals:

www.crystalvaults.com/

(For Properties of Crystals

Click on "Free Guides & Resources")

Contact



Website

www.veganbynature.com



Media Inquiries / Appearances / Collabs

Email

veganbynature@veganbynature.com



Questions / Feedback

Email

soveganbynature@gmail.com

Instagram / Facebook:
Stephanie Sunshine