

Full Chakra Set

The placement of the crystals from the Root Chakra to the Crown Chakra

Chakra	Stone/Crystal Type	Purpose
Root Chakra	River Rock	Grounding
Sacral Plexus	Clear Quartz	Creativity
Solar Plexus	Tiger Eye (Gold & Black Heart)	Power (Connect with Shiva)
Seat of the Soul	Clear Quartz	Connection with the soul
Personal Heart	Moss Agate (Green Heart)	Nurturance/Abundance (Connect with Christ Maitreya)
Cosmic Heart	Aquamarine	Opening to Connect with Lords of Light
Throat Chakra	Clear Quartz	Clear Communication (Ability to Speak One's Truth)
Third Eye	Aquamarine (Blue Rock)	Opening of Inner Sight (Connect with Higher Self)
Crown Chakra	Clear Quartz	Opening of the Crown to connect with Higher Realms

Suggested Procedure: Lie down and place the crystals and stones in their positions over the corresponding chakras. Play soothing music or listen to one of the guided meditations. It's best to stay in this position for 15 minutes or longer, if possible. When you begin to do this exercise, you may feel complete in less than 15 minutes. Listen to your body and adjust the duration of the exercise accordingly.