

# Handcrafted Ayurvedic Jewelry

## Chakra Balancing Necklaces

**Chakra translates to mean *Wheel*- it refers to color-coded bodily energy centers that are related to medical and psychological conditions, and are treated in Ayurveda by wearing gemstones.**



When we go to the Chiropractor, he looks at our physical symptoms and adjusts sections of our spine, achieving results which our insurance companies pay for based on a tradition which maps energy blockage in the nervous system. The Accupuncturist adjusts energy with needles in a similar way, but his map of the body is about completely different energy points. The Reiki master uses a similar map, but instead of needles, he uses his hands. There are other important medical systems in the East, each achieving results with tools and systems quite different than Western doctors.

In the Ayurvedic system, the basis for Yoga, the body's map is subdivided into seven “wheels” of energy within our bodies (in Sanksrit, “Chakra” means “wheel”). In this system, known as *Mind Body*, results can be achieved when each Chakra, associated with a particular area of the body and one color of the rainbow, is cleared, balanced, and vitalized, resulting in the patient having the most healthy and happy life possible.

In order to heal distressed or imbalanced energy in the body, sometimes called *chi* or *prana*, gemstones are used to help tune or harmonize the chakra centers, similar to tuning a musical instrument. The selection of stones corresponds with the associated color of the Chakra, achieving the intended result of bringing balance and clarity to these mapped centers of life experience. In this way, Chakra balancing dissipates blockages before they create physical symptoms, in a system which teaches that these gemstones resonate with our bodies in a geometrically, optically, and molecularly consistent way.

Each chakra has a color from Red to Violet, and stones of corresponding colors are used to resonate with them. While all seven chakra stones can be used at once for broad effect, individuals that have one specific area of ailment often use one set of gems in particular for special emphasis.

**First Chakra** (Base of spine) – **Red** - *Ruby* - The first chakra is related to our relationship with our physical bodies and with the material world. If there is a lack here, we may not become fully developed; when it is vitalized and balanced, we have no problem reaching our potential.

**Second Chakra** (Above Hips) – **Orange** – *Orange Sapphire* - When it is unblocked people feel fully alive, energetic, spontaneous, guilt-free, and in full appreciation of their bodies. When it is unbalanced, reproductive organ diseases, mood swings, joint stiffness, & various blood disorders may result.

**Third Chakra** (navel and solar plexus area) – **Yellow** – *Yellow Sapphire* - This chakra relates to expressing one's unique individuality in the world. Imbalances appear as lack of self-confidence, insecurity about money; when unblocked people feel self-confident and have a clear sense of purpose. Abdominal issues, ulcers, chronic worry, and low energy are related to this area.

**The Fourth Chakra** (Heart) – **Green** - *Emerald* - This chakra relates to love and emotional well-being. When blocked we feel the lack of love in our lives, when unblocked we give love unconditionally and attract to ourselves those people who give us an abundance of love. Heart issues, the immune system, and equilibrium relate to this area.

**Fifth Chakra** (Throat) – **Blue** – *Blue Sapphire* - This chakra governs communication and mental creativity. When it is blocked communication is difficult to impossible; when it is unblocked, we communicate easily and effectively with others. Throat, thyroid, and growth are related to this area.

**Sixth Chakra** (Forehead) – **Indigo** - *Garnet* - This is the source of intuition. When it is blocked, anxiety or headaches may abound, when unblocked, ones dreams and imagination become more clear. This area is also related to proper cycles of sleeping and waking.

**Seventh Chakra** (Top of Head) – **Violet** - *Tanzanite* - This chakra is our connection with the rest of the universe. When it is blocked, we may feel disconnected from our sense of God, feel lonely, or afraid of death. When it is balanced, we feel more connected to our spirituality and others.

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