

Kimspiration

Inspiration - Good Vibes - Spirituality

CHAKRA CRYSTAL GRIDS



INTRODUCTION

Thank you for downloading this free guide. Let's talk chakras and grids! Chakras are energy centers located in and around the body. There are major and minor chakras but we shall focus on the Earth Star, Root, Sacral, Solar Plexus, Heart, Throat, Third Eye and Crown chakras. When our chakras are blocked or out of whack, we may experience various mental, physical, psychological, emotional, or spiritual disharmony. Dis-ease sets in. When our chakras are balanced and the energy is freely flowing, we have an overall sense of well-being of the mind, physical and emotional body, and spirit.

Crystal energies can help to balance your chakras so you may feel lighter, happier, heart-centered, grounded, free, blissful, etc. Crystals are said to have energy and consciousness; therefore, they are a great way to manifest what you are seeking. By combining the crystals into a cohesive group, you can heighten the potency of the energies and pack a powerful energetic punch! Crystal grids can be used for just about anything such as: abundance and prosperity, love, healing of all kinds, protection, creativity, chakra work, connecting with angels and spirit guides, past life recall, animal healing, and so on. The universe is the limit! The best kept secret for creating a powerful and personalized grid is to use your intuition, but here are some basic steps and ideas to get you started.

- Be clear in what you want and set a clear intention
- Select crystals and layout
- Cleanse crystals, space and self
- Personalize grid with your own special touches
- Use other energies such as herbs, spices, essential oils, etc.
- Set the mood with candles, incense, music, etc.
- Place crystals in your grid, activate your grid
- Give thanks, reactivate as needed, and take down when you feel the time is right





EARTH STAR CHAKRA

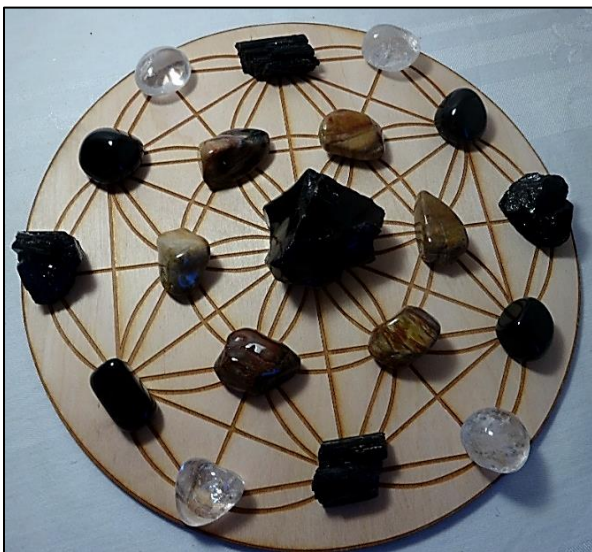
The objective of these crystal grids is to assist in balancing and opening the earth star chakra. Located just below the feet, this chakra is associated with grounding and our connection to the earth.

Earth Star Chakra Crystal Grid 1

This crystal grid sits on top of a wooden grid board with a seed of life design. The grid includes a Smokey Quartz cluster as the center piece, 4 Black Kyanite blades, 4 rough Hematite, 4 tumbled Hematite and 4 Clear Quartz tumblers. I placed each set of 4 crystals in a square formation since squares represent foundation, grounding, and the Earth. All of these are wonderful choices for the Earth Star Chakra and the Clear Quartz is for amplifying the energy.



I love the wooden board for working with the Earth Star Chakra!



Earth Star Chakra Crystal Grid 2

This crystal grid also sits on top of a wooden grid board with a seed of life design. The grid includes a natural Black Obsidian as the center piece, 4 tumbled Black Obsidian, 4 rough Black Tourmaline, 4 tumbled Clear Quartz and 6 tumbled Petrified Wood. I placed each set of 4 crystals in a square formation to represent foundation, grounding, and the Earth. The 6 Petrified Wood tumblers were placed in a circle to represent wholeness and are used to assist with past life recall.

Affirmations

I am connected to Mother Earth. Mother Earth supports me. I am grounded to Gaia.
I am balanced, centered, and stable.



ROOT CHAKRA

The objective of these crystals grids is to assist in balancing and opening the root chakra. It is located at the base of the spine as well as the genitals on the front of the body. This chakra is associated with material needs, security, grounding, and survival.

Root Chakra Crystal Grid 1

This crystal grid sits on top of the Root Chakra symbol. The grid includes a rough Black Tourmaline as the center piece, 4 rough Red Jasper, 4 tumbled Red Jasper, 4 tumbled Brecciated Jasper, 3 tumbled Hematite and 12 tumbled Clear Quartz. I placed each set of 4 crystals in a square formation to represent foundation, grounding, and the Earth. The Hematite is in a triangular formation and the outside ring is circular to coincide with the chakra symbol.



Root Chakra Crystal Grid 2

This crystal grid sits on top of a red mat and wooden seed of life board. The grid includes a Clear Quartz sphere, 4 Black Kyanite blades, 6 Clear Quartz points, 4 tumbled Bloodstones, 4 rough Red Jasper, 6 Red Tiger Eye, 12 tumbled Hematite, and a red jar with water, for making a gem essence. All crystals are great for the Root Chakra and the Clear Quartz is for amplification. I placed each set of 4 crystals in a square formation to represent foundation, grounding, and the Earth.

Affirmations

I am safe and secure. Mother Earth supports me. I am grounded and stable. I am grounded to Gaia. I am connected to Mother Earth. I have all that I need



SACRAL CHAKRA

The objective of these crystal grids is to assist in balancing and opening the sacral chakra. Located just below the naval, this chakra is associated with our creativity, inspiration, sexuality, passion and how we feel and express our emotions.

Sacral Chakra Crystal Grid 1

This crystal grid sits on top of the Sacral Chakra symbol. The grid includes: 1 Peach Selenite Heart, 6 tumbled Moonstone (both are great for Sacral Chakra AND lunar energies), 6 rough/4 tumbled Orange Calcite (emotional healing, creativity, sexuality), 4 tumbled Fancy Jasper (happiness, creativity, wellness), 8 tumbled Citrine (joy, manifestation), Carnelian bracelet, 7 tumbled/ 6 points Clear Quartz, and 6 tea light candles.



Sacral Chakra Crystal Grid 2

This crystal grid sits on top of an orange mat. The grid includes an Aragonite Star Cluster as the centerpiece (emotional- especially childhood, healing), 6 rough Moonstone (nurturing, lunar energies, love), 6 tumbled Sunstone (optimism, sensuality, sexuality), 6 tumbled Carnelian (creativity, vitality, abundance), and for amplification, 8 tumbled and 4 Clear Quartz points.

Affirmations

I am creative and inspired. I attract healthy relationships. I have passion and vitality. I feel pleasure. I love my body. My emotions are sacred. I am sensual and nurturing.



SOLAR PLEXUS CHAKRA

The objective of these crystal grids is to assist in balancing and opening the solar plexus chakra. Located just above the belly button, this chakra is associated with confidence, self-esteem, manifestation, will power, and joy.

Solar Plexus Chakra Crystal Grid 1

This crystal grid sits on top of a yellow mat. The simple grid includes a Citrine and Amethyst tree as the centerpiece (Amethyst for visualization and wisdom), 6 natural Citrines (joy, manifestation), 6 tumbled Carnelian (creativity, vitality, abundance, 6 Tiger Eye (manifestation, courage, protection) and 2 Clear Quartz points (amplification). Although small, this grid packs a powerful punch.



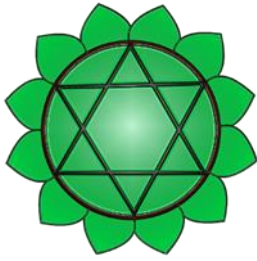
Solar Plexus Chakra Crystal Grid 2

This crystal grid sits on top of a Solar Plexus Chakra symbol and yellow mat. The grid includes a Clear Quartz cluster as the centerpiece, 3 Septarian Nodules (confidence, intuition, grounding), 3 Yellow Calcite (confidence, intuition, optimism), 10 Yellow Jasper (happiness, positivity), 10 Clear Quartz points (amplification). The Septarian Nodules and Yellow Calcite are in a 6 pointed star format to represent the union of ethereal energies and physical energies (Heaven and Earth). It could also represent the

joining of male/female energies, or opposite energies. Great for manifestation.

Affirmations

I believe in myself. I am in control. I have the ability to create my reality. I can and I will.
I attract all that I desire. I am successful and opportunities present themselves.



HEART CHAKRA

The objective of these crystal grids is to assist in balancing and opening the heart chakra. The heart chakra is associated with unconditional love of every kind, compassion, peace and the desire for happiness. It is said that it acts as the balance point of all chakras and influences our relationships and how we relate to others.

Heart Chakra Crystal Grid 1

This crystal grid sits on top of a green mat and the Heart Chakra symbol. It includes: Rhodonite heart and tumbled pieces (self-love, unconditional love), Malachite (heart healing), Green Aventurine (healing, well-being, growth), Clear Quartz points (amplification), Rose Quartz tumbled, angel and rough (love, compassion, heal emotional wounds). The small Rose Quartz and Green Aventurine are placed in the shape of a six pointed star, to represent balance and union.

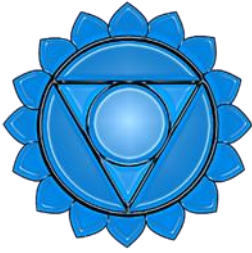


Heart Chakra Crystal Grid 2

This simple grid consists of tumbled and rough Rose Quartz (love, compassion, heal emotional wounds) and Green Aventurine (healing, well-being, growth). The grid is in the shape of the infinity symbol, also called the lemniscate. This symbolizes infinity and an ever-flowing amount of love. Grids do not need to be big and complicated. Sometimes, simplicity is key!

Affirmations

My heart is open to love. Love radiates around and through me. I am a loving and caring person. I am worthy of receiving love. I love and embrace myself. I attract love and positive people into my life.



THROAT CHAKRA

The objective of these crystal grids is to assist in balancing and opening the throat chakra. Located on the throat, this chakra is associated with speaking one's truth, communication, self-expression, and listening.

Throat Chakra Crystal Grid 1

This crystal grid sits on top of the Throat Chakra symbol. It includes: Angelite (communication, angels, and compassion), Tanzanite (psychic abilities, communication), Blue Kyanite (vivid dreams, communication), Celestite (angel and spirit guide connection, communication), and Clear Quartz points (amplification and clarity).



Throat Chakra Crystal Grid 2



This grid sits on top of a turquoise table cloth. It includes: Clear Quartz chaneler (anchor), Lapis Lazuli (clairvoyance, communication, truth), Blue Kyanite blades (communication, vivid dreams), Larimar (communication, ancient wisdom, tranquility), Blue Opal (compassionate and heart-centered communication) Clear Quartz points (amplification and clarity).

Affirmations

I speak my truth with confidence and clarity. I speak with honesty and integrity.
I communicate effectively. I speak from my heart. I am a good listener. I am open to communication.



THIRD-EYE CHAKRA

The objective of these crystal grids is to assist in balancing and opening the third-eye chakra. The third-eye chakra is said to increase your intuitive abilities, access spiritual guidance and is associated with the pineal gland.

Third-Eye Chakra Crystal Grid 1

This crystal grid sits on top of a purple mat. It includes: Selenite (purification, aura cleansing), Bloodstone (intuition, mental clarity, grounding), Amethyst (intuition, wisdom, spirituality), Lodestone (Grounding), Clear Quartz (clarity and amplification). The Amethyst bracelet may be removed from the grid and worn to enhance psychic abilities as well.



Third-Eye Chakra Crystal Grid 2

This grid sits on top of a Seed of Life wooden grid board. It includes: Clear Quartz channeler (anchor), Lapis Lazuli (truth, clairvoyance, communication), Auralite 23 (psychic abilities, astral travel), Angelite (communication), Selenite (cleansing aura and purification), Chevron Amethyst (psychic abilities, intuition), Black Kyanite blades (clearing energetic debris, cutting cords), Fluorite (intuition, truth, focus), and Clear Quartz (clarity and amplification).

Affirmations

I am wise and intuitive. My third-eye chakra is open and balanced. I trust my intuition. I welcome clear vision and heightened imagination. I see the bigger picture. I can easily visualize my hopes and dreams.



CROWN CHAKRA

The objective of these crystal grids is to assist in balancing and opening the crown chakra. The crown chakra is said to be associated with providing knowledge, wisdom and clarity, calming the mind, and connecting us with our higher-selves, spirit guides and the Divine.

Crown/Third Eye Chakra Crystal Grid 1

This Psychic Abilities Crystal Grid is designed to help increase one's spiritual knowledge, develop the Third-Eye Chakra (Mind's Eye) and enhance communication with the Divine, via the Crown Chakra. It includes a mirror (amplification), Amethyst (spiritual wisdom), Lodestone (grounding), Desert Rose Selenite (purification), Lapis Lazuli (communication, clairvoyance), Tibetan Quartz (ancient wisdom), Clear Quartz (amplification, clarity).



Crown Chakra Crystal Grid 2

This crystal grid sits on top of a purple and white table cloth. It includes: Apophyllite clusters (astral travel, clarity, psychic abilities), Amethyst points (intuition, wisdom, spirituality), large and small tumbled Chevron Amethyst (psychic abilities, intuition), and tea light candles to “light the way”.





Affirmations

I am connected to the cosmic consciousness. I have heightened awareness of all there is I live in the now. My crown chakra is balanced. I am aligned with truth and the highest good. I am pure, divine consciousness

DISCLAIMER

The information stated herein is for the purpose of accessing your own inner resources of healing energy through crystals and spiritual guidance. Never use crystal healing, any non-traditional complimentary healing method, or spiritual guidance, in lieu of obtaining professional medical or psychiatric help. If you believe you have a condition requiring medical or psychiatric treatment, please seek professional treatment immediately. The information and services provided here are not to be used to diagnose, heal, or cure. Re-Creative Resources Inc. is not liable for claims of any nature that may result from information provided herein, or from your failure to obtain professional medical, psychiatric or other professional help. You accept all risks and responsibilities concerning any actions as a result of using any information or services provided herein. These directions are for your personal entertainment. ©2018 Thank you for taking the time to review this material.

Re-Creative Resources Inc. is a company dedicated to assisting those on a spiritual journey of wellness and joy. In 2006, I founded the company and offered consultation, education, and resources for those who enhance the lives of the elderly in various health-care settings. Many thousands of recreational professionals from around the world have utilized the resources and trainings provided by my company, Re-Creative Resources. In 2012, the company expanded its services to include crystal resources and spirituality. Our services include:

-  An on-line crystal store with a variety of crystals and gemstones
-  Crystal Coaching (need some help learning about crystals and what to do with them?).
-  Spiritual Guidance (oracle, energy, and/or intuitive readings).
-  Wonderful resources to aid in the exploration and growth of one's spirituality.



Many Blessings,

♥ Kim

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