

One-Minute Energy Tune-up

Krystalya Marie'



Krystagraphs™
for Chakra Healing
& Balancing

Krystagraphs™ for Chakra Healing & Balancing

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This book is designed to provide information regarding the author's experience utilizing the included symbols to shift energy within her body for the purposes of healing herself. Information provided also includes the experiences of others who have utilized this work.

This work is not intended to be used for the purposes of diagnosing or curing/healing any ailment and is experimental in nature. The work is also not intended to take the place of any medical doctor's advice or treatment.

The author does not dispense medical advice; nor does she prescribe the use of any technique as a form of treatment for medical problems without the advice of a physician, either directly or indirectly. The intention in providing the information included in this book is only to offer information of a general nature to help you cooperate with your licensed doctor/medical practitioner in your quest for health.

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Krystagraphs™ for Chakra Healing & Balancing

Introduction

This book provides you with the Krystagraphs™ and tools to help you to open and balance your chakras. The Chakra Opening and Balancing Krystagraph™ is great for a general energy tune-up. The Krystagraph that are specific to an individual chakra are there for you to work on a deeper level when an area is shut down and causing health or other challenges in your life.

To get the most benefit from the work, it is most helpful to do belief replacement and emotional healing, in addition to working with the symbols included in this book.

For changing beliefs quickly, you will want the book Krystagraphs for Belief Transformation. In this

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book you'll find a process for changing beliefs in one session.

For the most profound and lasting healing to take place I have found that it is necessary to invest the time and energy to heal and release your negative emotions and to forgive others and most importantly to forgive yourself. You'll find processes and Krystagraphs for this deeper work in the book, *Krystagraphs for Healing Feelings and Emotions*.

Visit my website to find these products at EmpoweredSpirit.com

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Using Krystagraphs™ to Invoke Healing

The symbols are energy medicine and when they are in your energy field they invoke healing or changes in your energy field by shifting your energetic DNA. There are several recommended ways to use them, and many others way that people find them useful. I recommend that you try the ideas suggested below and any other method that you are intuitively guided to do.

1. Look at the symbol long enough to connect to the image and have a clear idea of what the image looks like.
2. Place the symbol in your non-dominant hand with the image of the symbol facing your palm (or place the palm of your hand on the symbol), close your

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eyes, and take a deep breath. If possible, visualize the symbol as you do so.

3. Continue to hold the symbol and/or visualize the symbol until you sense that you are “complete.”
4. Carry the symbols in your pocket.
5. Place the symbols under inside of your pillow case or under your bedsheet to absorb the energy while you sleep.
6. Energize your water with the images by taping the symbol on your water bottle with the image facing inward toward the water. I recommend that you charge the water at least 15 minutes to get the full effect of the symbol. Longer than 15 minutes is perfectly fine.

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Using Affirmations with the Krystagraphs™

To create a quicker more lasting effect repeat several affirmations that relate to the effect you desire to achieve with the symbol (see suggested affirmations included with each symbol). Be sure to reword the affirmations into your own words, making sure that they are strong positive statements.

You will notice that the list of affirmations start at I desire and build from there. The purpose for that it is almost impossible for your subconscious to shift to the end result immediately. By using statements like:

1) I desire to love myself totally and completely; 2) I deserve to love myself totally and completely; 3) I am

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able to love myself totally and completely; before going to the final affirmation of I love myself totally and completely. By following this method, the subconscious is more likely to believe the final affirmation.

This method builds a bridge for the subconscious to work toward accepting the final affirmation.

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Self-Administered Applied Kinesiology

Appled Kinesiology is a method of checking the truth about a particular statement, belief, or thing. There is much research to support the use of applied kinesiology (AK), also known as muscle checking.

For example, one person gave his audience envelopes that had either pure organic vitamin C powder or aspartame in them. He instructed the group on the use of applied kinesiology and suggested that each person hold the envelope to their solar plexus and check the strength of their arm by using AK with a partner.

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The result was that 100% of the people who had the vitamin C stayed strong and 100% of the people who had the aspartame became weak.

The following are two different methods of applied kinesiology that you can use on yourself. Before doing AK, it is important that your energy is “clear” in order to get accurate answers.

If you have been drinking alcohol or using drugs that affect your senses, the answers you get will not be accurate. I highly recommend that you wait to do any AK checking until you are clear of these substances.

Additionally, it is important that the body is properly hydrated when doing AK checking. If you are dehydrated, the results of the AK checking will be inaccurate. Caffeine dehydrates the body and should not be used when doing AK checking.

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I highly recommend that you drink some water before getting started and that you sip water occasionally while doing AK checking.

1. Using the Chakra Opening and Balancing Krystagraph™ included in a later chapter of this book, open and balance your chakras.
2. Using the Love and Trust Krystagraph™ included in a later chapter of this book, allow yourself to move into a state of trusting your inner knowing or the divine for the guidance you are about to receive.
3. So that your thoughts do not affect your answers, set the intention to keep yourself clear by making the following statement. “I intend to stay clear and accept the answers provided.”
4. Place the tip of your index finger and thumb together and form a circle as shown in figure 1.

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Figure 1

5. Loop the index finger of the opposite hand through the circle created in step 2 above and touch the tip of that finger to the thumb of the same hand forming a chain effect as shown in Figure 2.

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Figure 2

6. Ask permission to ask questions about the specific subject you want to check on by stating, "I have permission to ask questions about _____."
7. Then attempt to pull the chain apart by pulling one of the circles against the opening of the other.
 - a. If it stays strong (as shown in figure 3) the answer is yes
 - b. If you are able to pull the fingers apart (as shown in figure 4) the answer is no.

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Figure 3



Figure 4

8. To verify that this method works for you do the following check.
 - a. State your name as follows:
“My name is _____.”

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- b. Using the method above, check to see that the loop stays strong.
 - c. State your name as someone else's name "My name is _____."
 - d. Using the method above check to see that the loop is weak since it is not your name.
9. If this works for you then you can check other things as well with this method.

A second method is to see if you can notice a difference in the feeling when rubbing your thumb and index fingers together making the same statements (see figure 5 below). If you can clearly distinguish a different feeling between the yes and no, then you can use this method.

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Figure 5

For further methods of self-administered applied kinesiology (AK), visit the Free Reports Section on my website here:

EmpoweredSpirit.com/free-things/free-reports

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Visualization

Visualization is an important part of this work. You will see throughout the various processes that I suggest that you visualize the symbols or visualize a result such as the release of a fear or a belief. Since many people think that they cannot visualize I feel it is important to assure you that everyone can visualize yet some of us will not actually see anything.

Many people tell me that they aren't visual when I suggest that they visualize something. They typically say that they don't see anything. Let me share with you that neither do I. I pretend that I can see whatever I am attempting to visualize and after many years of practice once in a great while I actually do see it, but 99% of the time I just pretend that I see it. I believe everyone can visualize, it is just a matter of believing that you can. If you want more information

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on Visualization there is a great book called Creative Visualization by Shakti Gawain that covers the subject in depth.

To give you some idea of the power of visualization, let me share this story. Many years ago, I wanted to learn how to drive a manual transmission car. My husband at the time already knew how to drive a manual transmission car and suggested that he would teach me. Since we were living on a small fixed income at the time I felt I had no other choice than to have him teach me. We fought a lot and everyone I knew told me that I should never let my husband teach me how to do anything, because we would just end up getting into a fight.

So, I asked a lot of questions of different people about the process of how to use the clutch, how to shift the gears and the timing for using both. I then proceeded to visualize myself driving a car with a

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manual transmission. I visualized smoothly letting my foot off the clutch while gradually stepping on the gas pedal. I visualized checking the tachometer and pressing the clutch in and shifting the gears smoothly without jerking the car, etc. I did this for about 2 weeks several times per day prior to the day that my husband was going to teach me to drive the manual transmission car.

When the time came, I drove the car perfectly without jerking it, without grinding gears, without stalling it, etc. The drive went absolutely perfectly, until we got to the end of the trip. I had forgotten to ask somehow how to park the car and shut it off. So, as we came to a stop and I parked it in the driveway I popped the clutch and stalled it. My husband was so astounded with how well I had done, having no idea how I could possibly have known how to drive the manual transmission car that he calmly told that all I

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needed to do was to shut the car off before releasing the clutch.

I have since used this technique to accomplish many things in my life, including such things as improving my ability to do downhill skiing, water skiing, and golfing. I also use this in my healing by seeing myself as totally and completely healthy.

A few years ago, I had a knee that popped out whenever I walked down steps. After 6 weeks of physical therapy the knee was hardly any better than when I started. The physical therapist told me that I would never be able to walk down a flight of steps without the risk of having the kneecap pop out and that I **MUST** hang onto a railing when going down steps. I decided to visualize a ball of golden light around the knee and visualized that the muscles were strengthened by the golden light. Now nearly 20

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years later the knee is as strong as it was when I was a child and it has never popped out since.

I also visualize what I want to create in my life, including material things, relationships, etc. A few years ago, I visualized what I wanted in a piece of land that I wanted to buy and found the exact piece of property within 2 weeks.

Much research has been done regarding the use of visualization. Studies show that people learn some things through visualization as well as by actually performing the task. The following research gives you a couple examples of the results of the use of visualization.

Example 1: The researchers utilized three groups of basketball players as their test group. All three groups had a similar proficiency at dribbling, foul

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shooting and lay-ups at the beginning of the research project.

Group 1 – Did nothing during the 2-week research project

Their proficiency did not change

Group 2 – Practiced daily for the 2-week period

Their proficiency increased

Group 3 – Didn't touch a basketball for the full 2-week period

Visualized dribbling, foul shooting and lay-ups daily for the 2-week period

Their proficiency increased to the same level as group 2

Example 2: Researchers tested 3 groups of children on their ability to roll a ball at a target. The following results were found.

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Group 1 - Initially had 13 hits

Practiced by physically rolling the ball at the target for 10 minutes per day

Resulting in 22 hits (a 70% improvement)

Group 2 - Initially had 12 hits

Mentally visualized rolling the ball at the target for 10 minutes per day

Resulting in 20 hits (a 68% improvement)

Group 3 - Initially had 12 hits

Practiced by physically rolling the ball at the target for 5 minutes per day

Mentally visualized rolling the ball at the target for 5 minutes per day

Resulting in 31 hits (a 160% improvement)

Visualization Exercise

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A simple visualization exercise that will show you that you have the ability to visualize can be done as follows:

Stand looking straight ahead with your feet about a shoulders width apart.

Lift your right arm out straight in front of you and point one finger straight ahead

Now slowly turn your body to the right as far as you can, without moving your feet.

Once you have gone as far as you can make a mental note as to what you are pointing at in the room.

Return to your original position and let your arm go down by your side.

Close your eyes.

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Visualize that you are lifting your arm straight in front of you and pointing one finger straight ahead (Do not actually lift the arm).

Next visualize yourself slowly turning your body to the right. Continue to visualize yourself turning your body to the right until you have turned in a complete 360-degree circle, without moving your feet.

Make a mental note that you have turned your body in a full circle and that you are looking at what is directly in front of you.

Slowly visualize yourself turning all the way back, the full 360 degrees, until you are once again facing the object in front of you.

See yourself lowering your arm.

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Open your eyes.

Repeat steps 1-6 above and note how much further you are able to turn the second time.

Transforming Your Beliefs about Visualization

I also suggest that you may want to use the process of Transforming Your Beliefs as described in the book *Krystagraphs™ for Belief Transformation*, if you still feel that you are not good at visualizing. If you feel that your beliefs are very deep seated you may also want to do the process described in the chapter called 'Straight Path to Core Beliefs', in that same book, to identify any deep-seated beliefs that are holding you back. This would be important if you had parents that kept telling you as a child that your imaginary friend didn't exist, or if something happened in your life that you don't want to remember or see. Remember that you will never be

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shown anything that you are not ready to experience or are not capable of handling.

The following belief transformation statements are provided as examples for transforming your belief about your ability to visualize, be sure to change them into your own words, while keeping the statements positive.

1. I desire to be visual
2. I desire to visualize
3. I deserve to easily visualize
4. I am able to easily visualize
5. I easily visualize
6. Every day in every way I am able to visualize more and more easily
7. My visualization skills are improving every day
8. My ability to visualize is becoming easier every day

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9. | am able to easily visualize what | desire to create in my life
10. | am visual
11. | easily visualize what | desire to create in my life
12. | easily create what | desire by visualizing it in my life
13. (Your Name) you are visual
14. (Your Name) your ability to visualize is improving every day
15. (Your Name) your ability to visualize is becoming easier every day
16. (Your Name) you easily visualize what you desire to create in your life
17. (Your Name) you easily create what you desire by visualizing it in your life
18. (Your Name) you easily create your heart's desire by visualizing it first
19. (Your Name) | am visual

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20. (Your Name) my ability to visualize is improving every day
21. (Your Name) my ability to visualize is becoming easier every day
22. (Your Name) I easily visualize what I desire to create in my life
23. (Your Name) I easily create what I desire by visualizing it in my life
24. (Your Name) I easily create my heart's desire by visualizing it first

Please note that these statements are suggestions and that they should be modified so that they are in your own words. Also, feel free to add anything else that seems relevant to becoming a visual person, and delete any that don't seem to apply. Be extremely careful when adding new statements or rewording a statement that every word is a positive statement. Keep in mind that using words such as unconditional, effortless and limitless are not positive words, replace

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them with positive words such as total and complete instead of unconditional, easily and efficiently for effortless and infinitely for limitless. These are just examples, if the word you are using includes a negative prefix or suffix think of a different word. If you are wanting to get relief from something, such as pain, make sure your statement doesn't include the word pain (such as pain free) but instead has a word that reflects the outcome you want. Also, be sure you think about the words you are using and make sure they truly reflect what you want to create.

To affirm in your mind that the visualization is working it is helpful to see tangible results. You can do the visualization exercise above to show that it works or you can visualize an improvement in your life. As you become more and more proficient with your ability to visualize you will find yourself being able to create much more in your life, more quickly by visualizing it.

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Suggested Daily Practice

Start each day using this simple one-minute process and then do it periodically throughout your day to keep your energy flowing.

1. Open and Balance Your Chakras – this can be done in 20 seconds. I recommend that you do it periodically throughout your day, especially if you start to feel negative about anything going on in your life.
2. Use the Love & Trust Krystagraph to stay in the flow of Faith and Trust that your healing is already done this can also be done in 20 seconds.
3. If you have a particular chakra that is closing down on a regular basis, use the specific symbol for that chakra for an additional 20 seconds as you repeat the appropriate

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affirmations that are related to the particular
chakra.

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Chakra Opening & Balancing Krystagraph©

For a general energy tune-up, use the Chakra Opening and Balancing symbol provided below as follows:

Our bodies have seven main energy centers each of which represent a different aspect of our emotional and physical health as well as how we relate to the world. For example, the throat energy center represents our ability to speak up. If a person has a fear about speaking up for themselves or speaking in front of a group of people they would shut the Throat energy center down.

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The 'Chakra Opening and Balancing Krystagraph© will automatically reopen all of the nine main energy centers as well as the minor centers. To put this in lay terms I like to use the analogy that if you attempted to run your car with only 4 of the 6 sparks plugs the car would not run very well, if at all. Yet most of us go through life with one or more of our energy centers shut-down.

By regularly using this symbol to keep your energy centers opened and balanced you may find that things that were difficult to do or that you had a fear about become easier. These changes may be very subtle or very dramatic since the experience is different for each person. The Chakra Opening and Balancing symbol should be used before using

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any other symbol so that your energy system is opened and balanced. Having your energy system opened and balanced helps to facilitate the healing process and the process of absorbing other symbol energy.

Suggested Affirmations:

1. I desire that my energy field be open and flowing freely and naturally.
2. I deserve that my energy field be open and flowing freely and naturally.
3. I am able to easily open my energy field so that my energy is flowing freely and naturally.
4. I open my energy field so that my energy is flowing freely and naturally.
5. I desire to open and balance my energy field.
6. I deserve to open and balance my energy field.
7. I am able to easily open and balance my energy field.

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8. | love how great | feel when my energy field is opened and balanced.
9. | desire to have my energy flowing smoothly.
10. | deserve to have my energy flowing smoothly.
11. | love how great | feel when my energy flows smoothly.
12. My energy flows smoothly with ease and grace.
13. | desire to have my energy field protected and allow only positive energy in.
14. | deserve to have my energy field protected and allow only positive energy in.
15. My energy field is protected and allows only positive energy in.
16. [Your Name] your energy is totally and completely opened and balanced.
17. [Your Name] my energy is totally and completely opened and balanced.
18. [Your Name] your energy flows smoothly with ease and grace.

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19. [Your Name] my energy flows smoothly with ease and grace.
20. [Your Name] your energy field is totally and completely protected and allows only positive energy in.
21. [Your Name] my energy field is totally and completely protected and allows only positive energy in.

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Love & Trust Krystagraph©

The 'Love & Trust Symbol©' is very special to me since it was the first symbol that was given to me. I find it comforting whenever I begin to have any doubts about what I am supposed to do next or the information that I am receiving from a higher source or God.



From the beginning, this symbol has represented my need to trust that the symbols given to me are a gift from God or Universal Intelligence. Also, because I began having various ailments in my body to test the work, it was important for me to remind myself that God loves me and that I could trust the process that was happening.

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I suggest that whenever you are having doubts about life in any way, this symbol will help you to overcome those doubts. It is even more effective when you first open your chakras by using the Chakra Opening & Balancing Symbol. Then just sit quietly for a few minutes with this symbol in your non-dominant hand until the doubts dissipate.

One example of the effectiveness of this symbol was when a friend called me and asked for help when a family member's young son darted beneath the wheel of the car she was driving, and died. I began a process, from a distance, of soul recovery for each person that had been involved to help him or her through the horrible experience.

I was then guided to give the parents a copy of this symbol. Since time was of the essence and I didn't

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have a way to get it to them quickly, I had my friend's husband, who is an artist, draw the image and give it to the parents.

I was told that they found that the symbol had helped them a great deal to get through this experience. A year and a half later, the parents gave birth to another child.

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Protecting Your Power Balanced in Love Krystagraph©

It is also important to protect ourselves from the negative energy that is constantly around us, for we are continuously being bombarded by all types of negative energy.

This includes the electromagnetic energy that is all around us and the even more intense energy from our cell phones, telephones, microwaves, etc.

Additionally, we are bombarded with negative news when we turn on the television or radio or look at the news reports over the internet.

If we use drugs or alcohol, we are even more open to bringing negative energy into our body. Even by associating with people who drink alcohol or take

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drugs we open ourselves up to a greater risk of picking up negative energy.

Although the Chakra Opening and Balancing symbol incorporates a golden light of protection, I frequently use this protection symbol immediately following it to add an additional level of protection. Not only does it protect, but it also helps one stay in their power.

I also suggest using this symbol in any of the following situations.

- ♥ *When you feel uncomfortable using your power.*
- ♥ *When you are confronted with a negative situation.*
- ♥ *When you are going to be with people out of duty rather than because it is where you want to be (i.e. family gatherings at holiday times).*

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- ♥ *When you know that the people you are going to be meeting with are negative people who typically bring you down.*
- ♥ *If you are meeting with friends who drink or do drugs or you are going to a party that serves alcoholic beverages.*



Using the Protecting Your Power Balanced in Love Krystagraph™ after opening your chakras will help you to remain in your power (I call it “holding your own”) while staying protected at the same time.

When you are afraid to use your power for fear you will abuse it, I suggest that you use this symbol and state the following intention while using the symbols:

“I am in my power. I intend to use my power for the highest good of all concerned. It is

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*my intention to be surrounded in God's
protection and love”*

If you do not have the physical symbols with you to place in your non-dominant hand, I suggest that you close your eyes, take a deep breath and visualize the Chakra Opening and Balancing symbol. Once complete then visualize the Protecting Your Power Balanced in Love symbol.

If you do not believe that you are good at visualizing, please see the chapter on visualization.

Also, you can state the intention (silently in your head) that:

*“I connect and invoke the energy of the
Chakra Opening and Balancing symbol.”*

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Then allow yourself to feel your chakras opening. Wait until you feel your energy open and balance (this will typically take only a few seconds).

Once your chakras are open, do the same thing with the Protecting Your Power Balanced in Love symbol by stating silently:

*“I connect and invoke the energy of the
Protecting Your Power Balanced in Love
symbol.”*

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Grounded & Protected in Love Krystagraph©

This symbol is used for the purposes of grounding yourself and protecting yourself. As we reconnect to our spiritual nature, many of us find it hard to remain in our body. This symbol allows you to stay protected while you are grounded to the earth.



While using this symbol, I find that I feel as though I have roots like a tree that are holding me firmly yet gently, connecting me to mother earth.

When we are not grounded, it is much harder for us to manifest things on the physical plane. In order for us

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to do our work on this planet, it is very important that we are grounded and connected to the earth.

For people who have addiction problems, such as drug and alcohol addictions, this symbol can be a very important part of their healing process.

From my experience, I find that one of the biggest reasons that people become addicted to drugs and alcohol is to find an escape from their experience on the planet.

When you are grounded without protection, you are more likely to attract people and things that create more negative experiences.

When this happens, you are likely to reconfirm in your mind why you don't like being grounded to the earth. You continue by saying to yourself, "Bad things always happen to me," or something similar. With each

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new experience, you continue to create more negative experiences as you continue to focus on the past negative experiences.

With the use of this symbol, you are not only grounded to the earth, but you also have protection that will help you to work with your life experiences rather than feeling a need to avoid these experiences.

In addition to using this symbol in the standard way described in the “Using the Symbols” chapter, I find it extremely useful to wear it in your shoes. When doing so, be sure that the image is facing upward so that it is either touching your skin or the sock that you are wearing.

I also highly recommend that you Ground yourself by walking barefoot on dirt or sand as often as possible. This type of connection to Mother Earth can be extremely helpful to for eliminating much of the toxic

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energy we are blasted with on a daily basis, including computer, wireless internet, and mobile phones.

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Root Chakra Krystagraph©

The first energy center, known as the 'Root Chakra,' grounds your energy to the earth. It represents your relationship with and feelings about your sexuality, your ability to manifest, survival, assertiveness about achieving goals, and the belief in one's ability to support oneself or your belief that you deserve to be supported by others.

Location: Base of the spine, at the tip of your tailbone

Color: Red

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Opened and Balanced Chakra:



When the root chakra is fully opened and balanced, you feel confident about your sexuality and confident about your ability to support yourself and be supported by those you surround yourself with.

Shutdown Chakra:

When the root chakra is shutdown you may have negative or guilty feelings toward your sexuality, you may have had one or more negative sexual experiences or you have feelings of an inability to support yourself as well as a feeling of not being supported by others in your life.

Note: If support is the issue rather than sexuality, you will typically have problems

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with your lower back, hips, knees, legs, ankles or feet. All of which represent the belief that your legs, back, feet, etc. are unable to support you.

Non-Supportive Thought Patterns/Beliefs:

The following are a few examples of non-supportive beliefs that you may have. This list is by no means meant to be a complete list; instead it is intended to help you in identifying what your core non-supportive beliefs may be in these areas of your life.

1. I will never make anything of myself.
2. I will never be successful.
3. Success isn't all it is cracked up to be.
4. Rich people are greedy.
5. Money breeds greed.
6. I will never have any money.
7. Money is evil.

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8. Money is the root of all evil.
9. I have more bills than month.
10. It is not spiritual to have money.
11. My legs (back, hips, etc.) are always giving out on me.
12. My legs (back, hips, etc.) always ache.
13. No one supports me in my beliefs.
14. I never get any support.
15. I am afraid I will never be able to support myself (or my family).
16. It is bad to enjoy sex.
17. Sex is bad.
18. Your hand will fall off if you masturbate.
19. God will punish you if you enjoy sex outside of a marriage.
20. God will punish you if you masturbate.

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Supportive Thought Patterns/Beliefs

The following are a few examples of supportive beliefs that you may consider when creating your own personal list of supportive positive beliefs.

1. I always have more money than I need.
2. I am abundantly wealthy.
3. I earn enough income to support my desired lifestyle.
4. Money is the power to do good.
5. I have extra money to enjoy at the end of each month.
6. I am now debt free.
7. I am always debt free.
8. I support myself easily and effortlessly.
9. I attract people into my life who support me for who and what I am.
10. I surround myself with people who support me for who and what I am.
11. Sex is beautiful.

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12. Sex is meant to be enjoyed.
13. Sex is fun.
14. I enjoy sex immensely.
15. Sex is a beautiful expression of love.
16. God loves me for who & what I am.
17. God supports me for who & what I am
18. God gave me sexual desires so that I could enjoy my sexuality.
19. My legs (back, hips, etc.) support me to move forward.
20. My legs (back, hips, etc.) are totally & completely healthy.
21. My legs (back, hips, etc.) easily carry me forward.
22. My legs (back, hips, etc.) are full of vitality and energy.

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Sacral Chakra Krystagraph©

The second energy center known as the 'Sacral Chakra,' relates to health, vitality, sex drive, and the reproductive system.

Location: Two finger widths below the belly button

Color: Orange

Opened and Balanced Chakra:

Sex drive is at peak, you feel healthy and full of vitality, and during the fertile stage of life, procreation is easy.

Shutdown Chakra:

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A low libido or lack of ability to become sexually aroused may be an indication of this chakra being shut down. Also, intestinal and digestive problems may be an indication of this chakra being closed. Men may also have a low sperm count, while woman may have problems getting pregnant or have menstrual problems.

Non-Supportive Thought Patterns and Beliefs:

1. Sex is a requirement of marriage.
2. You must be married to enjoy sex.
3. Only bad girls enjoy sex.
4. Sex is my duty as a wife.
5. I don't have time for children.
6. I wouldn't be a good mother/father.
7. I am afraid that I will lose control of my life.

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8. Everyone always abandons (or leaves) me.
9. I am afraid that I will be abandoned.
10. I am afraid I will be left alone.

Supportive Thought Patterns and Beliefs:

1. Sex is a beautiful way to share love.
2. Sex is a beautiful way of connecting.
3. Sex is fun.
4. I enjoy sex immensely.
5. Children are a gift from God.
6. I easily have all the time I need for having fun and enjoying children.
7. I easily control my own life.
8. I make my own decisions.
9. I have all of the support I need.
10. Everyone in my life always supports me.
11. I am supported for who I am.

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Solar Plexus Chakra Krystagraph©

The third energy center known as the 'Solar Plexus Chakra,' relates to gut feelings, intuition, creative abilities, thoughts, ideas, or will power.

Location: Soft spot just below the sternum

Color: Yellow

Opened and Balanced Chakra:



You will find that you are easily in tune with your gut feeling and recognize this gut instinct. You also find that

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you are very creative, possibly in an artistic sense or maybe just in the way you craft an idea to present to someone else.

Shutdown Chakra:

You don't seem to have any gut responses or feelings, you don't seem to be connected with your intuition or you don't trust your intuitive feelings, and/or you find it hard to create anything.

Typically, when the solar plexus is shut down, individuals suffer from abdominal and stomach problems, indigestion and gastrointestinal pain. They may also find problems with the spleen, liver, and gallbladder.

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Non-Supportive Thought Patterns and Beliefs:

1. I'm no good for anything.
2. I'm not worthy of respect.
3. I am afraid that others will criticize me.
4. I am afraid that others will laugh at me.
5. I haven't got a creative bone in my body.
6. I can't draw a straight line with a ruler.
7. I don't trust anyone.
8. I don't trust my own judgment.
9. My stomach always hurts.
10. I've always got indigestion.
11. I think I have ulcers.

Supportive Thought Patterns and Beliefs:

1. I desire to be respected.
2. I deserve to be respected.
3. I respect myself totally & completely.
4. I am respected by others totally & completely.

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5. I am creative.
6. I am intuitive.
7. I trust my intuition.
8. I trust my gut instincts.
9. My body processes my food easily and effortlessly.
10. My digestive system is totally & completely healthy.
11. I always feel great after I eat.

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Heart Chakra Krystagraph©

The fourth energy center known as the 'Heart Chakra,' relates to one's ability to feel or sense others' emotions and to be understanding of those emotions, as well as an ability to live in harmony and balance with others. It also represents self-love and self-respect, love of others and love for God or universal intelligence, as well as a connection with God's love for oneself.

Location: In the middle of the breastbone directly in line with a person's breast nipples. For women with sagging breasts, it would be in line with the place where the nibbles would be if they weren't sagging.

Color: Green

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Opened and Balanced Chakra:



You feel totally and completely loved and you love yourself totally and completely, you sense the feelings of others and are able to understand the other person's feelings. You live harmoniously and in balance within your world. You also feel a strong love connection with God or Universal Intelligence.

When people are romantically “in love,” this chakra will be open, sometimes temporarily during the initial feelings of love. If they do not truly love themselves totally and completely or if they believe that they are not worthy of someone else's love or they believe that God or Universal Intelligence does not love them for who and what they are, they will eventually shut back down once the newness of the relationship is over.

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Shutdown Chakra:

You feel as though you are not loved or loveable. You may even feel as though God or Universal Intelligence does not love you or that you are not worthy of his/her love.

Other Related Issues:

Self-centeredness, an inability to forgive oneself or others, fear of being alone, anger, hatred, bitterness, jealousy, a lack of will to live.

Non-Supportive Thought Patterns and Beliefs:

1. I am not worthy of being loved.
2. No one loves me.
3. I hate myself.
4. God hates me.
5. Everyone hates me.

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6. I'll never forgive _____ for _____.
7. I'll never forgive myself for _____.

Supportive Thought Patterns and Beliefs:

1. I desire to love myself.
2. I deserve to love myself.
3. I love myself totally & completely.
4. I desire to be loved.
5. I deserve to be loved.
6. I am loved totally & completely for who I am.
7. I easily forgive myself for _____.
8. I easily forgive _____ for _____.

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Throat Chakra Krystagraph©

The fifth energy center known as the 'Throat Chakra,' relates to communication and teaching.

Location: In the soft indent just above the top of the sternum

Color: Indigo Blue

Opened and Balanced Chakra:

You are able to speak up for yourself easily and you speak your truth easily.

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Shutdown Chakra:



You find that you stuff your feelings and emotions rather than speak up about them. You also find that you prefer not to take a stand about what

you believe.

Non-Supportive Thought Patterns and Beliefs:

1. Nothing I have to say is important.
2. No one is interested in what I feel.
3. No one is interested in what I have to say.
4. Silence is Golden.
5. It is better to be seen than heard.
6. Everyone will laugh at me if I say that.

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Supportive Thought Patterns and Beliefs:

1. I desire to easily speak up for myself.
2. I am able to easily speak up for myself.
3. I easily speak up for myself.
4. I attract people who listen to what I have to say.
5. I surround myself with people who listen when I speak.
6. What I have to say is important.

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Third Eye Chakra Krystagraph©

The sixth energy center known as the 'Third Eye Chakra,' relates to one's ability to visualize, picture, dream, and meditate.

Location: Approximately one inch above the bridge of the nose in the center of the forehead.

Color: Violet

Opened and Balanced Chakra:



Easy ability to visualize and clearly picture things in your mind's eye; ability to see and remember dreams, an ability to achieve a deep level of meditation; has a very vivid

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imagination; and has an ability to think logically and process mathematical equations with ease.

Shutdown Chakra:

You typically have an inability to visualize or picture things in the mind's eye. Your mind is almost always racing and you have a tough time shutting down the chatter in order to meditate. Also, people with a closed third eye chakra are not typically good at math nor are they logical thinkers.

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Non-Supportive Thought Patterns and Beliefs:

1. I can't picture that.
2. I am not able to visualize anything.
3. I can't shut my mind off.
4. I never was good at math.
5. I never was good at logic puzzles.
6. I am not a logical thinker.

Supportive Thought Patterns and Beliefs:

1. I can easily picture anything another person describes.
2. I am able to visualize clearly.
3. I easily visualize.
4. I am visual.
5. Mathematics is easy.
6. I am a logical thinker.
7. I easily think things through using logic.

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Crown Chakra Krystagraph©

The seventh energy center known as the 'Crown Chakra,' relates to the connection to ones' higher self.

Location: Center of the top of the head

Color: Clear or White

Opened and Balanced Chakra:



Ability to connect to one's higher self or higher source for guidance

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Shutdown Chakra:

Unable to connect to one's higher self or source for guidance

Non-Supportive Thought Patterns and Beliefs:

1. I am only a physical being.
2. I don't believe there is a higher self.
3. I don't believe in God or Universal Intelligence.
4. Life just happens.
5. Some people are just luckier than others.
6. I have no control over what happens.
7. Everything that happens is pre-destined to happen.

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Supportive Thought Patterns and Beliefs:

1. I am a spiritual being having a physical experience.
2. I desire to connect with my higher self.
3. I am able to connect with my higher self.
4. I easily connect and communicate with my higher self.
5. I desire to know God.
6. I am able to know God.
7. I am able to make choices.
8. I easily make my own choices.
9. My thoughts create my outcome.
10. I easily monitor my thoughts.
11. I easily focus my thoughts on a positive & supportive outcome.
12. My actions and desires create my outcome.

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Cosmic Connection Chakra Krystagraph©

The eighth energy center known as the ‘Cosmic Connection Chakra,’ relates to one’s ability to connect to universal thought or spiritual guidance.

Location: Approximately 10-12” directly above the crown chakra

Color: Silver



It is highly unlikely that this chakra is shutdown if you are interested in doing this work and are reading this book. Although it may not be shut down you may find that it helpful

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to use this symbol when you are specifically looking for guidance from your higher self, guides or angels.

I find this Krystagraph along with the God Universal Connection Krystagraph to be very helpful when I am meditating or journaling when asking for guidance.

You can use any of the methods mentioned in the Using Krystagraphs to Invoke Healing Chapter to use this Krystagraph. I find it helpful to hold it against the skin of my non-dominant hand while journaling and asking for guidance.

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God or Universal Energy Connection Krystagraph©

The ninth energy center known as the ‘God or Universal Energy Connection,’ relates to ones connection to God, Universal Intelligence, enlightenment, inner peace, and ability to transcend negative energy.

Location: Approximately 16-18” above the Crown Chakra

Color: Gold



For you to be in search of higher guidance by reading this book or other spiritual books, including The Course of Miracles or The Bible, it is

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highly unlikely that this chakra is shutdown

Although it may not be shut down you may find that it helpful to use this symbol when you are specifically looking for guidance from Universal Intelligence, The Divine or God.

I find this Krystagraph to be very helpful when I am meditating or journaling when asking for guidance.

You can use any of the methods mentioned in the Using Krystagraphs to Invoke Healing Chapter to use this Krystagraph. I find it helpful to hold it against the skin of my non-dominant hand while journaling and asking for guidance.

I also find it very helpful to visualize or hold this Krystagraph when I am meditating. The Visualization I use is simply rolling my eyes up, while they are closed, as though I am looking out of my forehead, or

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Third Eye. I then visualize the God / Universal Intelligence Krystagraph sitting above my head and sense that the energy is being channeled directly into my body as though the outer gold lines are a funnel and open channel to source and the center is the point that gathers and processes the information being received.

This Krystagraph will help you to deepen your meditations as well as to help you feel more connected to Source Energy.

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I feel compelled to reiterate, this work is experimental in nature and is not meant to be used for the purposes of diagnosis or as a cure/healing, nor as an alternative to seeking medical attention. Stay healthy and happy, by using this product in conjunction with your medical doctors' advice. Sending you an abundance of...

Love, Light & Laughter,

Krystalya Marie'

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help you cooperate with your licensed doctor/medical practitioner in your quest for health. In the event that you use any of the information in this newsletter, you are responsible for prescribing for yourself, which is your constitutional right, but the author assumes no responsibility for your actions.



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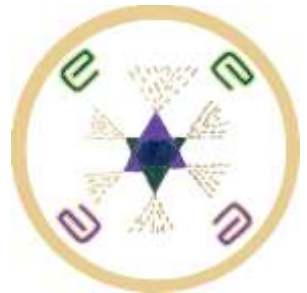
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