

Unblocking Chakras

Your chakras can become blocked for a variety of reasons, and it can be helpful to unblock them. Having unblocked chakras promotes overall health and wellness, and helps bring you back into balance. Your chakras are energy vortices that serve as the electrical “circuit breakers” of your body, and extend through both the front and back of your body. You can unblock your own chakras, by laying on your back and moving the smoky quartz along the front of your body, from chakra to chakra. You can unblock someone else’s chakras by having them lay facedown on a comfortable surface and moving the smoky quartz up the spine, from chakra to chakra.

It’s a good idea to soak your smoky quartz in salt water for 24 hours before you use it on yourself or anyone else. It is a common misbelief that sunlight or moonlight will cleanse your stones, but only salt will do this.

For yourself:

- Lie down on your back
- Place the smoky quartz on your Root Chakra
 - Located on the pelvic bone
- If the chakra is blocked, then the stone will feel heavy. When the chakra is unblocked, it will move easily. If the chakras are really blocked, then it can take awhile for the stone to move. It’s important not to move on before the chakra is ready, so be patient with this!
- Once the stone moves easily, slide it up to your Sacral Chakra
 - Located 2 inches below your belly button
- Once the stone moves easily, slide it up to your Solar Plexus Chakra
 - Located where you feel your gut feelings, above the naval region but below the chest
- Once the stone moves easily, slide it up to your Heart Chakra
 - Located at the middle of the chest
- Once the stone moves easily, slide it up to your Throat Chakra
 - Located on your throat
- Once the stone moves easily, slide it up to your Third Eye Chakra
 - Located in the middle of your forehead
- Once the stone moves easily, slide it up to your Crown Chakra
 - Located at the top of your head
- When the stone no longer feels heavy, then you should lift the stone up and away from your body
- Be careful, and avoid getting up too quickly. This can make you extremely weak and dizzy, and it’s better to be safe than sorry!

For others:

- Bring the other person to lie face-down on a comfortable surface

- Place the smoky quartz on their Root Chakra
 - Located on the tailbone
- If the chakra is blocked, then the stone will feel heavy. When the chakra is unblocked, it will move easily. If the chakras are really blocked, then it can take awhile for the stone to move. It's important not to move on before the chakra is ready, so be patient with this!
- Once the stone moves easily, slide it up to their Sacral Chakra
 - Located in the small of their back
- Once the stone moves easily, slide it up to their Solar Plexus Chakra
 - Located in the middle of the spine, right below the bra line
- Once the stone moves easily, slide it up to their Heart Chakra
 - Located between the shoulders
- Once the stone moves easily, slide it up to their Throat Chakra
 - Located on the back of the neck
- Once the stone moves easily, slide it up to their Third Eye Chakra
 - Located at the base of the skull
- Once the stone moves easily, slide it up to their Crown Chakra
 - Located at the top of their head
- When the stone no longer feels heavy, then you should lift the stone up and away from their body
- They should be careful, and avoid getting up too quickly. This can make them extremely weak and dizzy, and it's better to be safe than sorry!