

*Best of 2014*

**TOP 10**

**Reiki  
Infographics**

**Symbols, Reiki Tips,  
Archangels, Crystals,  
Chakras, and more**

————— *Reiki Rays* —————

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# Symbols Cheat Sheet

<http://reikirays.com>

Reiki Symbol	Meaning	How to use the symbol	Example Uses
 <p>Cho Ku Rei (Reiki Power Symbol)</p>	<p><i>"Placing all the powers of the universe here"</i></p>	<p>Used primarily to boost the Reiki power, to connect with Reiki energy at the start of a session, and to seal the energy at the end of a treatment.</p> <p>Some practitioners use it on their own palms and chakras before treating others, to help clear the channels and empower their hands.</p> <p>Using the power symbol over the client's crown chakra helps create positive energy around them.</p>	<p>Empower other Reiki symbols Helps in spot treatment Clears negative energies Provide protection Makes meals healthier and more nutritious Increase effectiveness and reduce side effects of medication Improve relationships Prevent misfortunes Activate the law of attraction</p>
 <p>Sei He Ki (Reiki Emotional / Mental Healing Symbol)</p>	<p><i>"The earth and sky meet"</i> or <i>"God and Man become one."</i></p>	<p>Different practitioners use this symbol in different ways. As an example, the practitioner draws the Cho Ku Rei (the power symbol) to create a connection with the Reiki energy source.</p> <p>Sei He Ki is then drawn over the troubled area where the Reiki energies are required.</p> <p>The energies are sealed by drawing the power symbol again. This sustains the effect of Sei He Ki for a longer time.</p>	<p>Improve memory power Get rid of bad habits Improve relationships Empowers your affirmations Personal bodyguard Dissipates headaches Helps to find lost objects Teaches us about the synchronization or harmony of things in nature Gain more positive outlook of life and stay happy</p>
 <p>Hon Sha Ze Sho Nen (Reiki Distance Healing Symbol)</p>	<p><i>"Having no present, past or future"</i></p>	<p>There are many ways to send Reiki. A lot of practitioners learn one technique, which they then tweak and personalize it to suite their style. The steps below describe one such technique:</p> <ol style="list-style-type: none"> <li>1: Activate the power symbol.</li> <li>2: Write the name of the recipient or the situation you are sending energy to on a piece of paper and hold the paper in between your hands.</li> <li>3: Draw Hon Sha Ze Sho Nen in the air above the paper and repeat its name three times.</li> <li>4: Repeat the name of the recipient or the situation. Draw the power symbol.</li> <li>5: Allow Reiki to flow to the recipient for the greatest and highest good.</li> <li>6: Finish the Reiki session by either clapping your hands or shaking them vigorously in order to cut the connection.</li> </ol>	<p>Allows sending and receiving positive energy just anywhere and everywhere quickly and easily Perfect tool for people who find it uncomfortable to receive hands on Reiki treatment Used regularly to help keep your mind, body and spirit in harmony Healing the past Sending positive energy to the future Absentee healing</p>
 <p>Dai Ko Myo (Master Symbol)</p>	<p><i>"Great Enlightenment"</i> or <i>"Bright Shining Light"</i></p>	<p>The symbol can be activated in many ways, including but not limited to: Drawing it with your palm center By visualizing it Drawing the symbol with your finger Drawing it with your third eye Spelling the name of the symbol three times.</p> <p>Example: First draw the Reiki symbol on your own palms or hands and then visualize or redraw the symbol on the crown chakra and the palms or hands of the client and the area to be treated.</p>	<p>Open channels during Reiki attunement Heals the chakras, the aura and any disease that initiates from our subconscious beliefs Draw out negative energy from the body (physical emotional, mental or spiritual) and then liberate it Develop and strengthen personal growth, self awareness, spiritual development and intuition To charge or clear crystals Helps improve immune function and increase energy flow through the body</p>

# Drawing Reiki Symbols

<http://reikirays.com>



**Cho Ku Rei**  
(Reiki Power Symbol)

*"Placing all the powers of the universe here"*



**Sei He Ki**

(Reiki Emotional / Mental Healing Symbol)

*"The earth and sky meet" or "God and Man become one."*



**Hon Sha Ze Sho Nen**  
(Reiki Distance Healing Symbol)

*"Having no present, past or future"*



**Dai Ko Myo**  
(Master Symbol)







*"Great Enlightenment" or "Bright Shining Light"*





# Archangels Cheat Sheet







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Archangel	Color	In charge of	Call when in need	Reiki Symbol
 <p><b>Michael - "Who is Like God"</b></p>	Royal purple that's so bright, it looks like cobalt blue.	Protection, Justice, Truth	<p>If you find yourself under psychic attack.</p> <p>When your job is too demanding or impossible.</p> <p>When you have deadlines to reach and people to handle.</p>	 <p>Dai Ko Myo (Master Symbol)</p>
 <p><b>Gabriel - "Messenger of God"</b></p>	White and purple light.	Communication	<p>If your third eye is closed.</p> <p>If you want a child she may help you conceive or bring news of conception.</p> <p>Very helpful for women who have been abused.</p> <p>To stay on life path and to know soul's plan.</p>	 <p>Cho Ku Rei</p>
 <p><b>Raphael - "God heals"</b></p>	Green light	Love, Miracles, Grace	<p>When you are traveling.</p> <p>When you need to heal from physical, emotional and mental pain. Heal wounds from past lives &amp; childhood trauma.</p> <p>Finding lost pets and even lost soul mates. Can help in marriages.</p>	 <p>Sei He Ki</p>
 <p><b>Uriel - "The Light of God"</b></p>	Golden light	Transformation, Transmutation	<p>Heals all natural calamities.</p> <p>Heals the Earth.</p> <p>When you need to release the painful burdens and memories of the past.</p>	 <p>Hon Sha Ze Sho Nen</p>

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# Reiki Tips Cheat Sheet

<http://reikirays.com>

Tip	Steps to follow
 <p><b>Clear Your Room</b></p>	<ol style="list-style-type: none"> <li>1. Sit in lotus position. Breathe in, breathe out, and relax.</li> <li>2. Say to yourself: <i>"I will now clean this room and bring about the tranquility and the joy and the love."</i></li> <li>3. Start the flow of Reiki, and imagine it swipe the floor, the walls, the ceiling, etc.</li> <li>4. Go to each corner of the room, and place a Reiki ball of energy.</li> <li>5. Draw a Power Symbol on the door, and on each window, for protection.</li> <li>6. Say to yourself: <i>"This room is now filled with love and light, and the spirit of peace dwells here."</i> Ground yourself and complete the session.</li> </ol>
 <p><b>Eat Reiki</b></p>	<ol style="list-style-type: none"> <li>1. Clear your mind and enable the flow of energy.</li> <li>2. Imagine a cloud of energy above the table where the food is placed.</li> <li>3. Charge it with energy, employing the symbols to create a healthy flow.</li> <li>4. Intend that energy starts raining from the cloud, energizing it with vibrant light.</li> <li>5. Draw Cho Ku Rei and bring about the feeling of gratefulness.</li> </ol>
 <p><b>Drink Reiki</b></p>	<ol style="list-style-type: none"> <li>1. Clear your mind and enable the flow of Reiki.</li> <li>2. Place your hands around the glass or cup of water.</li> <li>3. Imagine the Power Symbol, and repeat its name three times.</li> <li>4. Visualize the healing energy permeating the water and clearing it.</li> <li>5. Imagine you're holding a golden ball of energy that surrounds the glass of water.</li> <li>6. Draw the mental healing symbol in your mind with the intent that it protects the water and whoever drinks it.</li> </ol>
<p><b>Fall Asleep</b></p>	<ol style="list-style-type: none"> <li>1. Reiki your Third Eye and Heart Chakras simultaneously.</li> <li>2. Place your hands on your body wherever your intuition guides you. Let Reiki flow.</li> </ol>
 <p><b>Find Lost Objects</b></p>	<ol style="list-style-type: none"> <li>1. Write down the name or description of the lost object on a piece of paper.</li> <li>2. Draw the distance treatment symbol on the paper and repeat the name of the symbol thrice mentally.</li> <li>3. Repeat three times the name or description of the object and ask the Reiki symbol to help you to lead to the object.</li> <li>4. Draw the mental healing symbol and repeat the name of this symbol thrice. Seal everything with the power symbol.</li> </ol>
 <p><b>Lose Weight</b></p>	<ol style="list-style-type: none"> <li>1. Always Reiki your food. (Tip no 2)</li> <li>2. Love your body. Tell yourself <i>"I love my body"</i>, notice how that makes you feel.</li> <li>3. Drink plenty of Reiki water. (Tip no 3)</li> <li>4. Write on a piece of paper an affirmation (<i>"I am losing weight in the healthiest possible manner, at the most appropriate pace, for the highest good."</i>).</li> <li>5. Send energy to the paper daily. Make free use of Hon Sha Ze Sho Nen.</li> <li>6. Use a yellow crystal, charge it with energy, and place it on your solar plexus chakra. And then keep sending energy to this chakra.</li> </ol>
 <p><b>Financial Abundance</b></p>	<ol style="list-style-type: none"> <li>1. Write in your journal every day <i>"Thank you Universe for the abundance of money flowing into my life at all times."</i></li> <li>2. Place a ball of Reiki over the page.</li> <li>3. Draw Sei He Ki and also any other symbols that you are guided to on the page.</li> </ol>










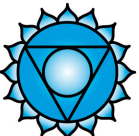

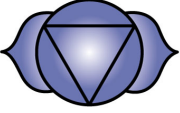

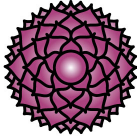
# Aura Cheat Sheet

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<b>Aura "Look"</b>	<b>Colour</b>	<b>How to treat</b>
<b>In flairs</b>	<i>The colours are like flames flickering in a harsh wind. The different flames are not damaged, but like a wet feather, just apart from each other.</i>	<p><i>At first let your energy go partly with this flow, but at the same time keep a cloth (or cloche) of energy ready to lay over the flairs, connecting them together.</i></p> <p><i>Dry them with breath and warm wind, use Reiki, CKR and DKM and comb each flair gently at both sides, so that they will zip together in the end.</i></p>
<b>Broken / Ripped / Torn apart</b>	<i>The colours are dark.</i>	<p><i>You can only support a treatment done by medication, surgery, psychological or psychiatric treatment. Do not get into "playing the therapist" yourself if you have not been trained in this.</i></p> <p><i>Treat the aura with kindness and love using a sandwich of SHK / DKM / SHK. Bring the different parts of the aura together by gently waving the energy towards one and other.</i></p>
<b>Faint</b>	<i>The colours are faint – tired, worn off, faded.</i>	<i>The lack of energy can sometimes be taken away by providing / sending extra energy and assessing / addressing the reason of the lack of energy. Use Reiki and place CKR in different parts of the aura to reinforce it.</i>
<b>Heated / Too cold</b>	<i>(over)heated or too cold It feels that too much energy is coming out of the person (almost burning him) or that your client is withdrawing energy so much from others to stay alive.</i>	<p><i>A ring of white roses placed around the aura of your client should balance the energy and bring it back in place again.</i></p> <p><i>From there you can treat your client either with Reiki and CKR (if too cold) or SHK and DKM if too hot.</i></p>
<b>Under attack</b>	<i>Entities in your client's aura, as if he/she was under attack.</i>	<p><i>Communicate with the entity – use HSZSN, aimed at the entity before starting the communication and in order to open the "conversation" and send it home. Guide it to the light and let it dissolve in it.</i></p> <p><i>You will have to be gentle and explain to the entity that it is hurting your client. Use DKM to support your kindness. Once the entity is gone, treat the spot where the entity was using HSZSN, SHK, CKR, Reiki and DKM.</i></p>
<b>Black spots in the aura</b>	<b>Black spots</b>	<p><i>"Wash" the aura of your client, by wiping, healing the damaged parts, cleaning the aura with light, colour showers and polishing the aura.</i></p> <p><i>You will need to direct your Reiki to the past, in order to heal the beginning of the problem / situation.</i></p> <p><i>A sandwich of CKR / DKM / CKR will bring you positive results. Make sure you connect to the past and treat from the root.</i></p>

# Archangels, Crystals, Chakras Cheat Sheet

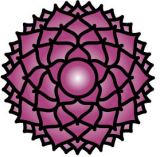
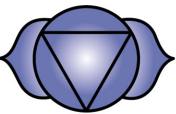
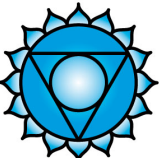




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Archangel	Crystal affinity	In charge of	Chakra
<b>Sandalphon – "The Protector of Unborn Children"</b>	 Turquoise	<i>His main role is to carry our prayers to God, so they may get answered.</i>  <i>He is associated with music.</i>	 Root Chakra
<b>Chamuel - "One who sees God"</b>	 Rose Quartz or Fluorite	<i>He helps in love, confidence and career matters.</i>  <i>He helps heal relationships.</i>	 Sacral Chakra
<b>Uriel – "The Light of God"</b>	 Amber	<i>He helps release the painful burdens and memories of the past.</i>  <i>He is considered as one of the wisest Archangels because of his intellectual information, practical solutions and creative insight.</i>	 Solar Plexus
<b>Raphael – "God heals"</b>	 Malachite	<i>He is associated with all forms of healing in living beings.</i>  <i>He is also associated with travel. We can call upon him for safety and protection when embarking on a journey.</i>	 Heart Chakra
<b>Michael – "Who is Like God"</b>	 Sugilite	<i>He is in charge of protecting us physically, emotionally and spiritually.</i>  <i>He also helps us in cutting chords which bind us to our past memories and people, thus making moving on easier.</i>	 Throat Chakra
<b>Gabriel – "Messenger of God"</b>	 Citrine	<i>She helps us with creativity, communicating, guiding others and nurturing our inner self.</i>	 Third Eye
<b>Zadkiel – "Righteousness of God"</b>	 Lapis Lazuli	<i>He helps us in gaining clarity, forgiving and new ideas.</i>  <i>Also helps us in emotional healing. He with his flame can turn negative vibrations to positive vibrations.</i>	 Crown Chakra





# Chakra Cheat Sheet

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Symbol	Color, Location	Associated organs and glands	Balanced / Overactive / Underactive
	<b>Crown Chakra</b> <b>Violet</b> Top of the head	Brain, nervous system, pituitary gland	<b>Balanced:</b> joy, connected to "the Source" while aware of one's individuality, wise compassionate <b>Overactive:</b> addicted to spirituality, craving attention, needing to be popular, over-erotic imagination <b>Underactive:</b> misunderstood, can't have fun, unaware of or denying one's spiritual connection
	<b>Brow Chakra (Third Eye)</b> <b>Indigo</b> Above the eyes, center of the forehead	Pineal gland, eyes, nose, ears, skeletal system	<b>Balanced:</b> intuitive, charismatic, can meditate, knows one's purpose, seen as wise <b>Overactive:</b> spaced out, lost, worrying, seen as living in a fantasy world <b>Underactive:</b> can't see the bigger picture, can be easily influenced, confused about one's purpose, doubting oneself
	<b>Throat Chakra</b> <b>Blue</b> Base of the throat	Thyroid gland, larynx, trachea, ears, nose, teeth, mouth, throat, carotid arteries	<b>Balanced:</b> can express self, speaks truth, creative <b>Overactive:</b> speaking too much, boring others, seen as criticizing, stubborn <b>Underactive:</b> can't express self, afraid to speak in public, cannot express the creative side, seen as timid, dependent
	<b>Heart Chakra</b> <b>Green</b> Heart, center of the chest	Circulatory system (including heart), respiratory system, arms, hands, shoulders, ribs, breasts, diaphragm, thymus gland	<b>Balanced:</b> loved, loving, empathetic, "contagiously" good vibe <b>Overactive:</b> entitlement, jealousy, blaming others, also giving too much <b>Underactive:</b> unloved, self pity, fear of rejection, neediness, clinginess, uncertainty
	<b>Solar Plexus Chakra</b> <b>Yellow</b> Between the sternum and the navel	Nervous system, stomach, gall bladder, large intestine, liver, pancreas	<b>Balanced:</b> respect for self and others, confident, outgoing, problem solving, calm, integrity <b>Overactive:</b> judgmental, stubborn, critical, bully <b>Underactive:</b> low self esteem, apathetic, procrastinating, "taken advantage of", not knowing what to do
	<b>Sacral Chakra</b> <b>Orange</b> Lower abdomen, 1-2 inches below the navel	Lymphatic & circulatory system, kidneys, adrenals, skin, female reproductive organs	<b>Balanced:</b> friendly, passionate, sexually fulfilled, good mood, playful, naturally flirty <b>Overactive:</b> need power, manipulative, craving <b>Underactive:</b> shy, guilty, afraid to interact, lost, overly concerned about what others think
	<b>Root Chakra</b> <b>Red</b> Tailbone, base of the spine	Spine, bladder, blood, kidneys, male reproductive organs, vagina, legs, feet	<b>Balanced:</b> grounded, centered, belonging in this world, trusting, independent, alive, poised <b>Overactive:</b> bossy, domineering, big ego, greedy, violent, cunning <b>Underactive:</b> unloved, sexually inadequate, frustrated, fearful, shy, unsure








# Chakra Test Cheat Sheet

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<b>Symbol</b>	<b>Balanced</b>	<b>Overactive</b>	<b>Underactive</b>
 <b>Crown Chakra</b>	<p><i>Joy</i>  <i>Connected to "the Source"</i>  <i>while aware of one's individuality</i>  <i>Wise</i>  <i>Compassionate</i></p>	<p><i>Addicted to spirituality</i>  <i>Craving attention</i>  <i>Needing to be popular</i>  <i>Over-erotic imagination</i></p>	<p><i>Misunderstood</i>  <i>Can't have fun</i>  <i>Unaware of or denying one's spiritual connection</i></p>
 <b>Brow Chakra (Third Eye)</b>	<p><i>Intuitive</i>  <i>Charismatic</i>  <i>Can meditate</i>  <i>Knows one's purpose</i>  <i>Seen as wise</i></p>	<p><i>Spaced out</i>  <i>Lost</i>  <i>Worrying</i>  <i>Seen as living in a fantasy world</i></p>	<p><i>Can't see the bigger picture</i>  <i>Can be easily influenced</i>  <i>Confused about one's purpose</i>  <i>Doubting oneself</i></p>
 <b>Throat Chakra</b>	<p><i>Can express self</i>  <i>Speaks truth</i>  <i>Creative</i></p>	<p><i>Speaking too much</i>  <i>Boring others</i>  <i>Seen as criticizing</i>  <i>Stubborn</i></p>	<p><i>Can't express self</i>  <i>Afraid to speak in public</i>  <i>Cannot express the creative side</i>  <i>Seen as timid</i>  <i>Dependent</i></p>
 <b>Heart Chakra</b>	<p><i>Loved</i>  <i>Loving</i>  <i>Empathetic</i>  <i>"Contagiously" good vibe</i></p>	<p><i>Entitlement</i>  <i>Jealousy</i>  <i>Blaming others</i>  <i>Giving too much</i></p>	<p><i>Unloved</i>  <i>Self pity</i>  <i>Fear of rejection</i>  <i>Neediness</i>  <i>Clinginess</i>  <i>Uncertainty</i></p>
 <b>Solar Plexus Chakra</b>	<p><i>Respect for self and others</i>  <i>Confident</i>  <i>Outgoing</i>  <i>Problem solving</i>  <i>Calm</i>  <i>Integrity</i></p>	<p><i>Judgmental</i>  <i>Stubborn</i>  <i>Critical</i>  <i>Bully</i></p>	<p><i>Low self esteem</i>  <i>Apathetic</i>  <i>Procrastinating</i>  <i>"Taken advantage of"</i>  <i>Not knowing what to do</i></p>
 <b>Sacral Chakra</b>	<p><i>Friendly</i>  <i>Passionate</i>  <i>Sexually fulfilled</i>  <i>Good mood</i>  <i>Playful</i>  <i>Naturally flirty</i></p>	<p><i>Need power</i>  <i>Manipulative</i>  <i>Craving</i></p>	<p><i>Shy</i>  <i>Guilty</i>  <i>Afraid to interact</i>  <i>Lost</i>  <i>Overly concerned about what others think</i></p>
 <b>Root Chakra</b>	<p><i>Grounded</i>  <i>Belonging in this world</i>  <i>Trusting</i>  <i>Independent</i>  <i>Alive</i>  <i>Poised</i></p>	<p><i>Bossy</i>  <i>Domineering</i>  <i>Big ego</i>  <i>Greedy</i>  <i>Violent</i>  <i>Cunning</i></p>	<p><i>Unloved</i>  <i>Sexually inadequate</i>  <i>Frustrated</i>  <i>Fearful</i>  <i>Shy</i>  <i>Unsure</i></p>

# Chakras and Colors Cheat Sheet


<http://reikirays.com>

Chakra	Color	Foods to eat for balance	Crystals to wear	When to use
 Crown	Violet  Pure white	Cauliflower, onion, ginger, garlic, leeks and jicama.	Clear quartz.	You can use VIOLET color or the Violet flame to purge and transmute impurities and karma.
 Third Eye	Indigo	Grapes, raisins, purple cabbage and eggplant can help this chakra.	Amethyst, sugalite or charoite.	You can use INDIGO to open your third eye, enhance your psychic abilities and even for protection. This is the color of Archangel Michael as well, so it has natural shielding properties.
 Throat	Blue	Blueberries and blackberries, black plums, black olive, black beans.	Sodalite, turquoise or aquamarine.	You can use BLUE for effective communication with someone and call upon Archangels Gabriel and Michael. Blue, can also be used to heal court cases and legal problems.
 Heart	Green  Pink	Green foods, broccoli, spinach, green tea, cilantro, green apples, kale, and many more.	Green tourmaline, green calcite, jade, or malachite.	Use GREEN to bring in money and luck in your life! It is Archangel Raphael's color; so can bring in physical or emotional healing to everyone. Use PINK to get true love in your life, attract your soul mate. It could also be used to heal animals apart from green.
 Solar Plexus	Yellow	Corn, banana, peaches, lemons or grapefruit.	Lemon quartz, citrine, or golden chrysoberyl.	Use YELLOW for career success, improve digestion and increase personal power.
 Sacral	Orange	Carrots, squash, pumpkin or oranges.	Orange calcite, carnelian or orange kyanite.	You can use ORANGE to enhance your creativity, clear blocks from your sacral chakra and have smooth relationships with the opposite sex.
 Root	Red  Black  Brown	Red foods, such as strawberries, raspberries, beets, tomatoes, or red peppers.	Red jasper, ruby, garnet.	Use RED to bring passion into your love life, improve sexual performance and for personal power. You can also use red if you want action or movement in your life. Use BLACK to ward off evil, for psychic protection and removing unwanted people from your life. BROWN can be used for financial stability, protect your investments, home etc. It has a neutralizing effect. Brown balances anything that has excess. You can also use brown for Grounding.

# Chakras Crystals Cheat Sheet

<http://reikirays.com>

1. Cleanse/Charge your crystals. If possible, put the crystals outside directly on the ground under the moonlight.
2. If you'd like to incorporate crystals in Reiki session simply pick a crystal from the matching chakra listed below.
3. After the client lies down, place the crystals on the corresponding chakras and perform a normal Reiki session.
4. After the session, be sure to cleanse each crystal used.
  - Make the Master symbol over each crystal, make the symbol on your palm and hold the crystal in your hand for 5 min or
  - Add the crystals to a bowl of saltwater; make the Master symbol over it and Reiki the bowl for 5 min; leave them for another 20 min.

Chakras		Crystals	
 <b>Crown Chakra</b>	<b>Violet</b> <b>Top of the head</b>	<b>Violet/Amethyst, Clear Quartz, Clear Calcite, Diamond, Ametrine</b>	
 <b>Brow Chakra (Third Eye)</b>	<b>Indigo</b> <b>Above the eyes, center of the forehead</b>	<b>Quartz, Indigo/Lapis, Lazuli, Sodalite</b>	
 <b>Throat Chakra</b>	<b>Blue</b> <b>Base of the throat</b>	<b>Blue Lace Agate, Celestite, Aquamarine, Blue/Turquoise</b>	
 <b>Heart Chakra</b>	<b>Green</b> <b>Heart, center of the chest</b>	<b>Rose Quartz, Green/Emerald, Tourmaline, Pink Calcite</b>	
 <b>Solar Plexus Chakra</b>	<b>Yellow</b> <b>Between the sternum and the navel</b>	<b>Moonstone, Yellow/Amber, Topaz, Argonite, Malachite</b>	
 <b>Sacral Chakra</b>	<b>Orange</b> <b>Lower abdomen, 1-2 inches below the navel</b>	<b>Smoky Quartz, Orange stones, Carnelian, Red Jasper</b>	
 <b>Root Chakra</b>	<b>Red</b> <b>Tailbone, base of the spine</b>	<b>Tiger's Eye, Hematite, Bloodstone, Garnet, Ruby, Red/Lodestone</b>	