

Lavender Single-Sphere Therapy

Chakra Tune-Up

Overview

To improve the chakras' functioning, single optical-quality Quartz spheres are placed on each of the major chakras, and a Lavender sphere is placed on the crown, brow, or throat chakra.

Therapy Tools

- Six undrilled, unfrosted, optical-quality Quartz spheres, 14 mm to 16 mm in diameter
- One Lavender sphere, preferably the same size as the Quartz
- Pillow
- Adhesive tape (If possible, paper or cloth and not plastic)

Indications

- When you wish to do any of the following:
 - Balance, open, and fine-tune individual chakras
 - Enhance communication among all seven chakras
 - Improve the integrity of the chakra system as a whole
- When any of the following apply:
 - Before or after a demanding physical, emotional, or mental experience (Examples: running a race, a trip to the courthouse, a final exam)
 - Following any kind of trauma, such as surgery or an accident*
 - Following a stressful experience or emotional outburst
 - During acute illness
 - When you are feeling an indescribable "weight" in the stomach, heart, throat, or other chakra-related area

* Do not use this therapy as first aid, but rather as a supporting therapy after you have regained some stability.

Treatment Location

All seven chakras at the same time

Effects

Energies normally flow between the physical and subtle bodies through the chakras. During this therapy—

- These energy flows are balanced both within each chakra and among all seven chakras.

- Anything inhibiting the chakras' intercommunication begins to resolve. If communication has ceased, it is re-established. With improved communication, each chakra gains greater awareness of the others and of what each is doing.
- Interrelationships among the seven chakras are strengthened.

People may experience various specific effects from this tune-up, such as relief from fatigue, faster recovery from a common cold or illness, or the easing of acute symptoms.

Note: For single-sphere Quartz therapies, undrilled Quartz spheres are considerably more effective than drilled spheres of similar size and therefore should always be used for such therapies.

Procedure

1. Place the Lavender and Quartz spheres, a pillow, and adhesive tape by your side.
2. Lie on your back in a quiet place and make yourself comfortable. Provide extra support for your neck, back, or knees, if desired.

Close your eyes and relax for the duration of the treatment.

3. Place a Lavender or Quartz sphere on your crown chakra. (This helps to awaken the other chakras and prepare them for the treatment.) If you do not have a technique to determine which of the seven chakras would prefer a Lavender sphere in place of the Quartz, then place the Lavender on the crown chakra.

To keep the sphere in place, gently wedge it between the pillow and the top of your head. The sphere should be touching your head at the crown chakra (the top center of the skull).

4. Tape a sphere to each of the other six chakras, starting with the brow chakra and working down to the root chakra.
 - If you used a Quartz sphere for the crown chakra, tape a Lavender sphere to either the brow or the throat chakra. Place one Quartz sphere on each of the other five chakras.
 - Tape the spheres either to your skin or to natural-fiber clothing. Cover as little of the sphere as possible with the tape.
 - Check the location of the spheres and adjust them if necessary.
5. When the treatment is completed, remove the spheres in the opposite order that you applied them: the sphere on the root chakra first and the sphere on the crown chakra last.
6. Cleanse the spheres after every treatment. If necessary, use alcohol to remove any glue left by the tape. Then rinse the spheres in alternating hot and cold running water.

Note: When performing this therapy, do not place a single gemstone sphere over just one chakra at a time or over less than all seven chakras at once.

Time Guidelines

The first treatment should last between 20 and 30 minutes. The length of subsequent treatments may be gradually increased up to a maximum of 1 hour. This tune-up can be performed once or twice a day.