

## GENERAL GUIDELINES – WAYS TO HEAL

- Now that you know everything is made up of light, shapes and vibrations, you can align yourself with them to heal your chakras.

If you have too much of these, you tone yourself down. If you have too little, you added more of them.

- There are important things to note. First, whatever you do, you do it from your heart. Do not do something because someone tells you, and/or if you are not ready yet.

You need to go through the process of contemplation first so that you are clear of where you are coming from.

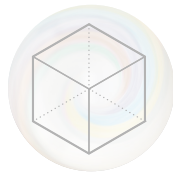
- Second, everything you do must be natural. This is because nature is the perfect creation of the Source; it has all the answers.

The following suggestions are all natural. This includes food, exercise, lifestyle, use of stone and oil.

Since fruits and veggies are natural, their colors can vary. They are all part of Divine creation and they contain Light. Depending on its color and shade, a certain fruit or veggie can help with different chakras. The following lists are general guidelines; Use your discernment to sense what is right for you.

In the olden days when humans were more aligned with the Source, They used crystals to communicate and heal. Gemstones are crystals and carry very high vibrations.

- Learn to become aware of your conditions and perfect them. This is a soul journey that you must partake. And you can make this a delightful one. It is your choice!



# Root Chakra

## THE KEY

Discipline and Self-Control

### ISSUES

Ungroundedness, instability,  
Too attached or detached to  
material things

### LESSONS

#### 4th Ray of Purity

Instead of letting your ego run your  
life, surrender yourself to the heart  
of God.

Hold the purity through your  
thoughts and feelings in your heart,  
e.g. cultivate non-resentment,  
be humble.

## WAYS TO HEAL

- Take care of your physical body
- Eat nourishing food. White color veggies and fruits.
- Practice breathing regularly. Exercise outdoor. Grounding in nature.
- Have body movement – dance, sing, chant, stretch, gardening
- De-clutter. Keep only things that you need.
- Match the white color in your clothes, accessories and your home

### FRUITS

Banana  
Pears  
White nectarines  
and peaches  
Lychee

### VEGETABLES

Cauliflower  
Garlic  
Leeks  
Mushrooms  
Onions  
Potatoes

### GEMSTONES

White quartz  
White jade  
Moonstone

### ESSENTIAL OILS

Ginger  
Sandalwood  
Tea Tree



# Sacral Center Chakra

## THE KEY

Transmute Your Mis-qualified Energy

### ISSUES

Chained to limitations and negative emotions.

Direct your emotions outwards or withdraw yourself emotionally

### LESSONS

#### 7th Ray of Transmutation and Freedom

Address karmic issues and acknowledge mis-perceptions.

Re-establish healthy relationships with people and things.

## WAYS TO HEAL

- Take care of your emotions
- Create clear boundaries with others and what you do
- Eat violet color veggies and fruits
- Exercise outdoor. In the water. Bathe.
- Match the violet color in your clothes, accessories and your home

### FRUITS

Cherries  
Purple Figs

### VEGETABLES

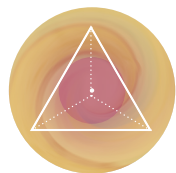
Eggplant  
Purple cabbage  
Purple Cauliflower  
Purple Peppers  
Purple Potatoes

### GEMSTONES

Ethiopian Opal  
Amethyst  
Chalcedony

### ESSENTIAL OILS

Frankincense  
Lavender



# Solar Plexus Chakra

## THE KEY

Know Thy Light Self

## ISSUES

Being unsure of your self identity which includes self-image, confidence and esteem.

Incapacitated by fearful energy which may result in indecisiveness/depression or aggression/addiction.

## LESSONS

### 6th Ray of Peace

When your inner self is aligned, you will experience a sense of inner harmony of thoughts and feelings.

It is a self-conquest approach in which you conquer the enemy within ( e.g. your ungoverned thoughts).

Peace aligns you with Source.

## WAYS TO HEAL

- Take care of your thoughts
- Work on your inner self. Find your passion.
- Eat ruby/gold color veggies and fruits.
- Exercise outdoor. In the sun. Bonfire.
- Match the ruby gold color in your clothes, accessories and your home

## FRUITS

Grapefruit  
Pomegranates  
Plums

## VEGETABLES

Tomatoes  
Red onions

## GEMSTONES

Tiger's Eye  
Amber Citrine

## ESSENTIAL OILS

Lemongrass  
Neroli  
Ylang Ylang



# Heart Chakra

## THE KEY

With Divine Love, You Have Everything

### ISSUES

Feeling lethargic, sluggish and deficient.

Emotionally, you may be indifferent or unforgiving.

Without divine love, you may take life for granted focusing mainly on your own wants and lusts.

### LESSONS

#### 3rd Ray of Divine Love

Love is the creative power in action, and whatever you want to do in love, you accomplish.

## WAYS TO HEAL

- Connect in silence
- Give love. Cultivate gratitude.
- Eat pink color veggies and fruits
- Exercise outdoor. Fresh air. Open space.
- Match the pink color in your clothes, accessories and your home

### FRUITS

Guava  
Pink dragonfruit  
Pink lady apples  
Strawberries

### VEGETABLES

Beetroot  
Radish  
Rhubarb  
Sweet chard  
Pink radicchio

### GEMSTONES

Rose Quartz  
Pink Tourmaline  
Spinel  
Pearl

### ESSENTIAL OILS

Rose  
Bergamot  
Geranium



## THE KEY

Hold And Sustain Your Choice

### ISSUES

Issues with power and control.  
E.g. You may be condescending when expressing your thoughts, or feel tongue tied and unable to express yourself.

You may also feel a sense of irritability, restlessness or anxiety.

### LESSONS

#### 1st Ray of Divine Power

When you align your choices with God's will, you become the best you can be.

Use His will for your expressions and communications, and make choices for the highest good

## WAYS TO HEAL

- Be silent. Talk only when necessary
- Live consciously
- Eat blue color veggies and fruits
- Exercise outdoor. Fresh air. Open space.
- Match the blue color in your clothes, accessories and your home

### FRUITS

Blackberries  
Blueberries  
Black Currants  
Purple Grapes  
Plums

### VEGETABLES

Purple carrots  
Purple corn

### GEMSTONES

Lapis Lazuli  
Turquoise  
Apatite  
Iolite

### ESSENTIAL OILS

Cypress  
Blue Chamomile  
Peppermint/Spearmint



# Third Eye Chakra

## THE KEY

Know The Truth

### ISSUES

Valuing logical and analytical over intuition or dividing your life into the pragmatic and the spiritual.

Little elevated consciousness in perception or close mindedness e.g. question the existence of God or attribute everything in life to that of God's doing

### LESSONS

#### 6th Ray of Truth

Let go of control, and give up your own understanding of the truth and align with that of God's.

When you know the truth, your perception of reality will not only be clear, but intuitive visions will appear.

Knowing the truth is not an intellectual understanding, but a direct inner experience that is truly transcendental.

## WAYS TO HEAL

- Rest your attention on it instead of your physical eyes
- Cultivate vision and imagination
- Eat green color veggies and fruits
- Exercise outdoor. In the sun.
- Match the emerald green color in your clothes, accessories and your home

### FRUITS

Avocados  
Green Apples  
Green Grapes  
Honeydew  
Melon  
Kiwifruit  
Limes

### VEGETABLES

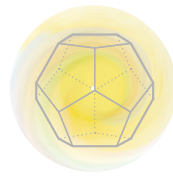
All leafy greens  
Asparagus  
Broccoli  
Brussels Sprouts  
Green Beans  
Celery  
Cucumber  
Lettuce  
Green Onions  
Okra  
Peas  
Green Peppers

### GEMSTONES

Fluorite  
Emerald  
Green Apatite

### ESSENTIAL OILS

Eucalyptus  
Frankincense  
Cypress



# Crown Chakra

## THE KEY

You Are In The World But Not Of It

### ISSUES

Not applicable as the crown chakra doesn't have any negative qualities in and of itself.

### LESSONS

#### 3rd Ray of Divine Wisdom

You are a Light being, and your consciousness is that of the I AM Presence. You are to expand this consciousness to offer the Light to the cosmos.

Be of service to humankind and other kingdoms created by the Light.

Be still and silent to receive the messages from the Higher Mental Body/ still small voice. When you practice using discernment, you will listen less to your mind chatter.

## WAYS TO HEAL

- Service
- Eat golden yellow color veggies and fruits
- Walk in silence in nature
- Match the golden yellow color in your clothes, accessories and your home

### FRUITS

Apricots  
Cantaloupe  
Golden Kiwifruit  
Lemons  
Mangoes  
Nectarines  
Papayas  
Peaches  
Yellow Apples  
Yellow Pears  
Pineapples

### VEGETABLES

Yellow Beets  
Yellow Peppers  
Yellow Tomatoes  
Sweet Corn  
Sweet Potatoes

### GEMSTONES

Citrine  
Crystal  
Labradorite  
Rutilated Quartz

### ESSENTIAL OILS

Frankincense  
White Lotus