

Crown Chakra  
SAHASRARA



Third Eye Chakra  
AJNA



Throat Chakra  
VISHUDDHI



Heart Chakra  
ANAHATA



Solar Plexus Chakra  
MANIPURA



Sacral Chakra  
SVADHISHTHANA



Root Chakra  
MULADHARA



7  
MAIN  
CHAKRAS  
for beginners

## HOW TO CLEANSE YOUR CRYSTALS...

- ◆ **SALT METHOD:** Fill a bowl with sea salt. Bury your crystals in the salt for an hour up to one day.
- ◆ **SMOKE METHOD:** Using Sage or ethically sourced Palo Santo, hold your crystal in the smoke.
- ◆ **MOONLIGHT METHOD:** Harness the feminine energy of the moonlight. Leave crystal outside or on a windowsill overnight to bathe in moonlight.  
(New moon for new energy, full moon for reflection.)
- ◆ **EARTH METHOD:** Bury your crystals in the soil. You can do this overnight in a garden or in a potted plant or herb container.
- ◆ **SUNLIGHT METHOD:** Bathe your crystals in sunlight to harness masculine energy.  
*(caution: will damage some crystals! Use with caution.)*
- ◆ **WATER METHOD:** This method can be done by submerging the crystal in water in a glass bowl or put them in a mesh bag and submerge in a stream or in the rain.  
*(caution: will damage some crystals! Use with caution.)*



## *Want more information? Check this out...*

- <https://hibiscusmooncrystalacademy.com/10-must-have-crystals/>
- *The Beginner's Guide to Crystals*/Lisa Butterworth
- *Crystals for Beginners*/Ella Hughes
- *The Crystal Healing Handbook*/Sue Lilly
- *An Introduction to Crystal Grids*/Karen Frazier
- *Chakra Healing*/Margarita Alcantara
- *Universalclass.com (Chakras 101)*
- <https://guardiansofnaturecrystals.square.site/>