

CHI CATCHERS – Gemstones, which are formed through powerful natural forces, and are important in feng shui work, which is a method of balancing the dynamic, ever-changing forces of the natural world. The key to the healing powers of gemstones is their vibrations. Crystal vibrations interact with the electromagnetic fields of our bodies and can enhance our personal energy or aura. The aura is the outward manifestation of the body's energy. Inside the body there are seven specific energy points called chakras. The seven chakras vibrate at different frequencies that match the frequencies of light passed through a prism, showing the primary colors: red, orange, yellow, green, blue, indigo, and violet. Red has the lowest and longest frequency and vibration; violet the highest and shortest.

Chakra	Location	Color	Stones	Functions/Qualities	Meditation
Crown #7	Crown of the head	violet or white	Amethyst, moonstone, clear quartz, white howlite	Functions: vitalizes the upper brain. Qualities: oneness with the infinite, spiritual, will, wisdom and understanding.	I understand
Brow #6	Between eyebrows, center of forehead	Indigo or purple	Lapis Lazuli, amethyst, iolite, moonstone. Clear, white, purple stones	Functions: vitalizes the lower brain and central nervous system, vision. Qualities: intuition, insight, peace of mind, imagination, concentration.	I see
Throat #5	Throat	Bright blue. Ice blue or turquoise	Blue lace agate, lapis lazuli, sodalite, turquoise, iolite. Blue, blue-green and blue-purple stones.	Functions: speech, sounds, vibration, communication. Qualities: power of the spoken word, any creative expression, peace, truth, loyalty, honesty, kindness.	I speak
Heart #4	Center of chest	Green or pink	Green aventurine, jade, rose quartz, rhodonite. Pink and green stones.	Functions: energizes the body with the life force, blood circulation. Qualities: unconditional love, forgiveness, compassion, understanding, oneness with life, harmony, contentment.	I love
Solar Plexus #3	Upper abdomen, above the navel, below the chest.	Yellow	Citrine, yellow calcite, tiger's eye, peridot. Yellow and yellow-green stones.	Functions: digestive processes, metabolism, emotions, sympathetic nervous system. Qualities: will, personal power, energy, self-control, warmth, humor, laughter.	I do
Sacral #2	Lower abdomen to naval area	Orange	Carnelian, red jasper, orange agate, orange aventurine. Red and orange stones.	Functions: procreation, assimilation of food, physical vitality, sexuality. Qualities: giving and receiving, emotions, desire, pleasure, passionate love, movement, health, family, tolerance, surrender.	I feel
Base #1	Base of the spine to the genitalia	Red or black	Black onyx, hematite, jet, red jasper, carnelian, garnet. Black and red stones.	Functions: life-force, survival, self-preservation, instincts. Qualities: master of the body, grounding, individuality, stability, security, health, courage, patience.	I am