


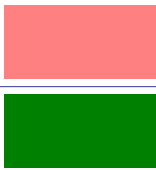
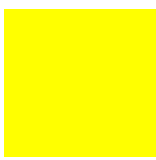
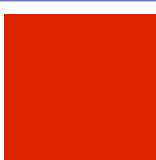
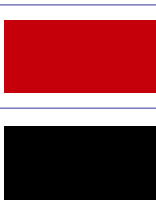


## Crystal Reiki Candle Chart for Personal Space Clearing and Healing

<i>*Candle Color</i>	<i>Chakras and Meanings</i>	<i>Sounds - Bija Mantras **( Seed sounds to open energy)</i>
	White or Violet Candle: 7 <sup>th</sup> Chakra, crown. You are seeking spiritual connection and higher spiritual consciousness in your life.	OM – the universal sound
	Indigo, deep blue: 6 <sup>th</sup> Chakra. Third eye. Are you looking for deeper insight, wisdom and inner clarity? Working with this chakra via its color will help to open your inner eye.	OM – the universal sound
	Light Blue: 5 <sup>th</sup> Chakra. Throat. Self expression, finding and using your personal voice. Opening your throat, healing for thyroid and throat/ finding your personal expression.	HAM – clear your throat, express yourself
	Pink or Green: 4 <sup>th</sup> Chakra, the Heart. Are you looking for true love, for your inner self, for a deep loving connection to the universe and others? Do you need heart healing, softening, opening?	YAM – Open to love, open your heart
	Yellow or Gold: 3 <sup>rd</sup> Chakra. Solar plexus. Has something taken the wind out of your sails? Do you sense a need for strengthening your inner power and self determination? Move forward with confidence.	RAM – move forward
	Orange: 2 <sup>nd</sup> Chakra. Belly/Abdomen. Our creative center. We are meant to create. What are you creating in your life, in the world around you, in the lives of others. Use your creative power.	VAM – vavoom! Create!
	Black or Red: 1 <sup>st</sup> Chakra, the base of your spine down to your feet. This chakra is what you stand on in life. Is your base steady and secure, are you grounded? Would you like more security or a deeper sense of belonging in your life?	LAM – support your coming and going.

\*Should you pick a color that is a combination of any of these look to the Chakras it expresses. For instance. magenta is a mixture of pink and violet, heart and crown.

\*\* When chanting these sounds, express them almost as two syllables, exaggerating the vowel sound and drawing it out; A-A-A-A (as in “at”) with a decided M (M-M-M-M) at the end by deliberately shutting your mouth and holding to make the M sound. Use your lips and mouth to form each consonant clearly. Use air! Feel your mouth and throat and lips vibrate. The O in OM is LONG and closes into the M. Think of it as mouth exercise! The vibrations are healing.