

THE HEALING LORE

Complete Guide to the 12 Chakras

Earth Star to Stellar Gateway



Meanings | Crystals | Affirmations
How to Connect | Collective Healing

1

Earth Star Chakra

Vasundhara

Location: 12–18 inches below the feet

Earth / Magnetic Core

What It Means

The Earth Star is your cosmic anchor — the chakra that tethers your soul to the physical world and the Earth's own energy grid. It sits below your feet, bridging the human and the planetary.

How It Helps

Grounding, psychic protection, stability, safety, ancestral healing, releasing fear

Crystals

Black Tourmaline, Smoky Quartz, Hematite

Collective Healing

When activated, this chakra connects you to the collective consciousness of the Earth herself, supporting the healing of the planetary grid and all living beings.

How to Connect

Stand barefoot on grass or soil. Visualise roots of deep brown and black light growing down from your feet into the Earth's core. Breathe slowly and feel the Earth breathe with you.

Affirmation

I am rooted. I am safe. I am held by the Earth.

2

Root Chakra

Muladhara

Location: Base of the spine

Earth

What It Means

The Root Chakra is your foundation — the seat of survival, security and physical vitality. It governs your most primal sense of safety in the world and your connection to your body.

How It Helps

Stability, security, physical health, survival instincts, financial grounding, courage

Crystals

Red Jasper, Garnet, Obsidian

Collective Healing

A balanced Root Chakra in the collective helps humanity release survival fear, supporting communities built on safety, trust and mutual care.

How to Connect

Sit with your spine tall and feet flat on the floor. Visualise a brilliant red light at the base of your spine, warm and steady. Chant the bija mantra LAM.

Affirmation

I am safe. I am grounded. I belong.

3

Sacral Chakra

Svadhithana

Location: Lower abdomen, below the navel

Water

What It Means

The Sacral Chakra is the seat of your creative life force, emotions, pleasure and sacred sexuality. It governs how you feel, how you relate, and how freely your creative energy moves.

How It Helps

Creativity, passion, emotional balance, relationships, sensuality, joy, fertility

Crystals

Carnelian, Orange Calcite, Sunstone

Collective Healing

Collectively, a healed Sacral chakra brings creative collaboration, emotional honesty and the restoration of sacred feminine and masculine energies in the world.

How to Connect

Place your hands below your navel. Visualise a warm orange glow pulsing like a gentle flame. Allow yourself to sway softly side to side like water. Chant VAM.

Affirmation

I feel. I create. I flow with life.

4

Solar Plexus Chakra

Manipura

Location: Upper abdomen, above the navel

Fire

What It Means

The Solar Plexus is your personal power centre — the fire within you that fuels confidence, will, purpose and self-belief. It is where you step into your authentic power.

How It Helps

Confidence, self-worth, willpower, purpose, boundaries, mental clarity, motivation

Crystals

Citrine, Tiger's Eye, Yellow Jasper

Collective Healing

As this chakra heals in the collective, humanity moves from power over others to power within — creating societies built on empowerment, dignity and authentic leadership.

How to Connect

Place your hand on your upper abdomen. Visualise a blazing golden-yellow sun radiating warmth through your core. Stand tall and breathe deeply. Chant RAM.

Affirmation

I am powerful. I am worthy. I trust myself.

5

Heart Chakra

Anahata

Location: Centre of the chest

Air

What It Means

The Heart Chakra is the bridge between the lower, earthly chakras and the higher, spiritual ones. It governs love in all its forms — self-love, compassion, forgiveness and connection.

How It Helps

Love, compassion, forgiveness, grief healing, relationships, self-acceptance, empathy

Crystals

Rose Quartz, Green Aventurine, Malachite

Collective Healing

A healed collective Heart chakra is the foundation of a new Earth — where humanity chooses love over fear, unity over division, and compassion as its natural way of being.

How to Connect

Place both hands over your heart. Visualise a beautiful emerald green light expanding with every breath. Breathe love in, breathe love out. Chant YAM.

Affirmation

I love. I am loved. My heart is open.

6

Higher Heart Chakra

Anahata Nadi / Thymus Chakra

Location: Between the Heart and Throat

Air / Ether

What It Means

The Higher Heart is the seat of the soul within the body — the chakra of unconditional divine love, spiritual compassion and the deep knowing that all is one. It bridges personal love with universal love.

How It Helps

Unconditional love, soul alignment, forgiveness at the deepest level, spiritual empathy, thymus health

Crystals

Aquamarine, Larimar, Pink Tourmaline

Collective Healing

This chakra holds the key to humanity's ascension — when it awakens collectively, it replaces conditional love with pure, unconditional divine love for all beings.

How to Connect

Place your hand between your heart and throat. Visualise a beautiful turquoise and pink light, soft as dawn. Breathe into this space and whisper: I am love.

Affirmation

I live from divine love. My soul speaks through my heart.

7

Throat Chakra

Vishuddha

Location: Throat

Ether / Sound

What It Means

The Throat Chakra governs your authentic voice — your ability to express your truth, communicate with clarity and speak from the soul. It is also the gateway to listening with deep presence.

How It Helps

Communication, self-expression, truth, listening, creativity through voice, authenticity

Crystals

Blue Lace Agate, Lapis Lazuli, Sodalite

Collective Healing

When this chakra heals collectively, honest, compassionate communication replaces manipulation and silence — creating a world where all voices are heard and honoured.

How to Connect

Gently touch your throat. Visualise a brilliant sky-blue light glowing at the centre of your neck. Hum softly, feeling the vibration. Chant HAM.

Affirmation

I speak my truth with love and clarity.

8

Third Eye Chakra

Ajna

Location: Between the eyebrows

Light / Ether

What It Means

The Third Eye is your centre of intuition, inner knowing and psychic sight. It governs your ability to see beyond the physical — to perceive energy, patterns and higher truth.

How It Helps

Intuition, psychic ability, clarity, insight, dream work, spiritual vision, mental focus

Collective Healing

As this chakra awakens collectively, humanity moves beyond surface reality into deeper truth — developing collective intuition, wisdom and spiritual discernment.

How to Connect

Close your eyes and focus gently between your brows. Visualise a deep indigo light pulsing softly like a star. Breathe slowly. Chant AUM (OM) or SHAM.

Crystals

Amethyst, Labradorite, Lapis Lazuli

Affirmation

I see clearly. I trust my inner vision.

9

Crown Chakra

Sahasrara

Location: Top of the head

Thought / Cosmic Consciousness

What It Means

The Crown Chakra is your gateway to the divine — the point where your individual consciousness merges with universal source energy. It governs spiritual awareness, enlightenment and divine guidance.

How It Helps

Spiritual connection, divine guidance, enlightenment, higher wisdom, peace, purpose

Crystals

Clear Quartz, Selenite, Howlite

Collective Healing

When the collective Crown awakens, humanity remembers its divine nature — moving from separation consciousness into unity, grace and spiritual maturity.

How to Connect

Sit in stillness. Visualise a thousand-petalled lotus of violet and white light blooming at the top of your head, opening to the cosmos. Breathe in divine light. Chant OM.

Affirmation

I am divine. I am connected to all that is.

10

Causal Chakra

Karana Sharira

Location: Above the Crown, 3–4 inches above the head

Cosmic Light

What It Means

The Causal Chakra holds the records of your soul's journey across lifetimes. It governs your karmic patterns, past life healing and the release of ancestral and personal karma.

How It Helps

Past life healing, karmic release, soul purpose, ancestral clearing, spiritual memory

Crystals

Moonstone, Selenite, White Calcite

Collective Healing

This chakra holds the collective karma of humanity. As it heals, deep ancestral wounds — war, oppression, trauma — can finally be released, making way for a new collective story.

How to Connect

In meditation, visualise a soft silver-white orb of light floating just above your crown. Set the intention: I release all that no longer serves my soul. Breathe gently and allow.

Affirmation

I release the past. I carry only light.

11

Soul Star Chakra

Sutara

Location: 6–12 inches above the head

Divine Light / Pure Source

What It Means

The Soul Star is the gateway to your Higher Self — the aspect of you that exists beyond time, beyond this lifetime, in its fullest divine expression. It holds your soul's true essence and purpose.

How It Helps

Higher Self connection, soul purpose, spiritual gifts, divine downloads, ascension

Crystals

Phenacite, Danburite, Celestite

Collective Healing

As this chakra activates in the collective, humanity begins to remember who it truly is at soul level — sovereign, eternal, divine — catalysing a collective spiritual awakening.

How to Connect

In deep meditation, visualise a brilliant golden-white star shining above your head. Ask your Higher Self: 'What do I need to remember?' Receive whatever comes with gratitude.

Affirmation

I am my soul. I am light. I am home.

12

Stellar Gateway Chakra

Brahmarandhra

Location: 12–24 inches above the head

Universal / Multidimensional

What It Means

The Stellar Gateway is the highest of all chakras — the portal to cosmic consciousness, universal wisdom and multidimensional awareness. It connects you to the galactic realms, angelic frequencies and the infinite intelligence of Source.

How It Helps

Cosmic connection, multidimensional awareness, angelic communication, universal wisdom, complete ascension

Crystals

Moldavite, Herkimer Diamond, Nirvana Quartz

Collective Healing

The Stellar Gateway holds the blueprint for humanity's highest potential. When activated collectively, it opens the door to a new era of peace, wisdom and conscious co-creation with the cosmos.

How to Connect

Enter a deep meditative state. Visualise a radiant rainbow or pure white light far above your head, connecting you to the stars. Simply be still, open and receptive. No words are needed — only presence.

Affirmation

I am one with all. I am the universe knowing itself.

THE HEALING LORE

Copyright & Terms of Use



2026 The Healing Lore | Lorraine
All Rights Reserved

This guide is created with love for your personal healing journey only.

No part of this document may be reproduced, shared, distributed,
sold or copied — in whole or in part — without the express written
permission of The Healing Lore.

This includes but is not limited to:
printing for resale · sharing digitally · republishing online
using content in other publications or courses

Please honour this work as you would honour your own sacred space.

Thank you for respecting the energy and intention behind every word. ■