healing.rocks

A WELCOME GIFT

Chakra *Starter Guide*

A short, practical note from Andrea. For a first, small practice — not a shopping cart full of kits.



Read it once. Then try the ten-minute practice for a week, with what you already have. Buying something is optional.

Andrea

A SHORT NOTE

Welcome.

I made this for people who want a first, small practice and do not want a shopping cart full of kits. I keep my own altar on a side table, not in a studio.

This is a welcome gift, not a book. Inside you will find a plain-language map of the seven chakras, one small practice for each, a ten-minute sit you can keep on ordinary days, and a few tools I actually use — only if you want them.

How to use this

Read it once, then try the ten-minute practice for a week with what you already have. You do not need to work through all seven centers in one sitting. If you want a focus, choose one, and use its breath or its phrase. A missed day is not a problem.

If you already own a stone, a book, or a bowl, use them. If you do not, your own breath is enough. The practice does not require a purchase.



> This is a map from a long tradition, not a diagnosis, and it is not a treatment for any condition. I am not a physician or a licensed therapist. For health questions, talk to a qualified professional.

A MAP, NOT A CHART

The seven chakras, in plain language.

In the version of this map that many Western teachers use — including the books I mention later — there are seven centers, from the base of the spine to the crown of the head. I treat them as a way to pay attention, not as a picture of what is wrong with you.

Root *Muladhara*	Feeling here, in the body and in the room.
Sacral *Svadhisthana*	Feeling, making, relating.
Solar plexus *Manipura*	The will to begin a thing and to stop a thing.
Heart *Anahata*	The difficult work of staying open without disappearing.
Throat *Vishuddha*	Saying what is true, including “not today.”
The brow *Ajna*	Seeing a pattern, not just a mood.
The crown *Sahasrara*	A quiet sense of being part of something larger, which does not require a special vocabulary.

> Each center in this tradition has a color, a place in the body, and an element. The next pages offer those correspondences, and one small practice — a breath, a phrase, and a stone or sound — if you want to sit with one at a time. This is not a treatment for any condition. For health questions, talk to a qualified professional.

THE FIRST TWO

Root and sacral.

Muladhara

Root

Feeling here, in the body and in the room.

COLOR Red | LOCATION Base of the spine, at the pelvic floor | ELEMENT Earth

When it feels settled

You can feel the chair, the floor, and the fact that you are in this room. The next ordinary step is available.

When it feels off

This tradition describes a sense of being unrooted — as if the floor is not quite there — or of gripping too hard at safety. These are feelings to notice, not a diagnosis.

A small practice

Breath. Feel your sit bones, or your feet if you are standing. Let the exhale be a little longer than the inhale, as if you were settling into the chair.

A phrase. "I am here, in this room."

A stone or a sound. If you have a dark or red stone, hold it. If you have a bowl, one low strike is enough. If you have neither, press your feet into the floor and wait a few breaths.

Svadhisthana

Sacral

Feeling, making, relating.

COLOR Orange | LOCATION The lower abdomen, below the navel | ELEMENT Water

When it feels settled

There is room for feeling, making, and closeness, without rushing to turn them into a project.

When it feels off

The tradition describes a dry or flooded feeling — as if creativity or relating is stuck, or messy. Again, a mood to notice, not a verdict.

A small practice

Breath. A soft belly breath, as if the lower abdomen could move like water.

A phrase. "I can feel, and I can make."

A stone or a sound. An orange stone if you have one, or simply the warmth of your own hands at the lower belly. If you use a bowl, let the tone waver a little and fade.

THE MIDDLE OF THE MAP

Solar plexus and heart.

Manipura

Solar plexus

The will to begin a thing and to stop a thing.

COLOR Yellow | LOCATION The upper abdomen, below the ribs | ELEMENT Fire

When it feels settled

You can begin a thing, and you can also stop. Will is present without having to push.

When it feels off

The tradition describes a collapse of will, or a habit of pushing past your own stop. Neither one needs to be argued with. Notice it, then return to the breath.

A small practice

Breath. Place a hand on the upper belly. Breathe in, then let the exhale be clear and complete.

A phrase. "I can begin, and I can stop."

A stone or a sound. A yellow or golden stone if you have one. A single, clear strike of the bowl, then silence.

Anahata

Heart

The difficult work of staying open without disappearing.

COLOR Green, and sometimes rose | LOCATION The center of the chest | ELEMENT Air

When it feels settled

Open enough to be moved, with a boundary still in place. Soft, and not erased.

When it feels off

Closed tight, or so open there is no edge left. Both are familiar in this work. The practice is to notice which one is here today.

A small practice

Breath. Breathe into the back of the chest as well as the front, as if the heart had a little more room.

A phrase. "I can stay open, and I can keep a boundary."

A stone or a sound. Rose quartz or a green stone if you have one. A softer tone, or no tone at all — just the breath.

Throat and the brow.



Vishuddha

Throat

Saying what is true, including "not today."

COLOR Blue | LOCATION The throat | ELEMENT Ether, or space

When it feels settled

Speech and silence are both available. You can say a true thing, and you can also not say it yet.

When it feels off

Words stuck, or words that run ahead of you. The tradition treats both as a signal to slow down, not as a flaw to fix.

A small practice

Breath. A slow exhale, with a soft hum if you like, just to feel the throat.

A phrase. "I can say what is true, including not today."

A stone or a sound. A blue stone if you have one. Your own voice — one true sentence, spoken quietly — is the instrument.



Ajna

The brow

Seeing a pattern, not just a mood.

COLOR Indigo | LOCATION The forehead, between the brows | ELEMENT Light

When it feels settled

You can notice a pattern without turning every mood into a story.

When it feels off

A fog, or the opposite — reading too much into every flicker. Either way, come back to what is actually in the room.

A small practice

Breath. Let the breath be quiet. Rest a soft attention at the brow, without staring.

A phrase. "I can see a pattern, not only a mood."

A stone or a sound. Amethyst, or another dark purple or indigo stone, if you have one. After you strike the bowl, listen all the way to the end of the sound.

THE TOP OF THE MAP

The crown.

Sahasrara

The crown

A quiet sense of being part of something larger, which does not require a special vocabulary.

COLOR Violet, or white

LOCATION The crown of the head

ELEMENT In this map, often held as consciousness, or as beyond the elements

When it feels settled

A quiet belonging, without needing to explain it. You are in the room, and also part of something larger than the room.

When it feels off

Feeling cut off, or lost in ideas about the larger thing, rather than the thing itself. Come back to the ordinary breath. That is enough.

A small practice

Breath. No special technique. Sit, and let the breath be ordinary.

A phrase. "I belong to something larger, and I do not need a special word for it."

A stone or a sound. Clear quartz, amethyst, or selenite if you have them. Let the last tone die away completely, and stay a moment in the quiet after.

You do not have to do all seven.

One center is enough for a week. The map is here when you want it. The next page is a ten-minute sit that does not require any of the names above — only a chair, a little time, and the willingness to come back when the mind leaves.



A BEGINNER'S ROUTINE

A ten-minute first practice.

Do this on ordinary days. Five minutes is enough if ten feels long. Use what you already have.

1. Put the phone in another room.
2. Sit in a chair or on a cushion that holds you up. Set a timer you cannot see for ten minutes, or five if ten feels long.
3. If you have a bowl, strike it once at the start. If you do not, take one slow breath you can feel in your ribs.
4. Rest attention on the breath, or on a stone in the hand, or on both. When the mind leaves, come back without a speech.
5. When the timer ends, strike the bowl again, or take one more slow breath, and stand up.

You might keep this as a weekly rhythm: the same chair, the same ten minutes, for seven days. Then notice whether you want to keep it. If you want a focus, choose one center from the earlier pages and use its breath or its phrase. You do not need to work through all seven in one sitting.



A bowl is only a way to mark a beginning and an end. It is not required, and it is not meant to fill the house with sound. A missed day is not a problem.

ONLY IF YOU WANT THEM

A few favorite tools.

If you already own any of these, use them. The practice does not require a purchase. One small tumbled set you will actually hold is better than a large kit you leave in the box.



The Book of Chakras — Ambika Wauters

A clear, friendly beginner book if you want an illustrated first map. I mention it often as a gentle place to start.

Amazon listing healing.rocks/shop



Mina Heal 8 Chakra Stones Set

A smooth eight-stone set I like because the stones actually fit in a hand or a pocket. One set is enough for a long time.

Amazon listing healing.rocks/#starter



Silent Mind Tibetan Singing Bowl Set

A compact bowl with a mallet, a cushion, and a case, small enough for a table. You are marking a beginning and an end.

Amazon listing healing.rocks/#starter



Hamoery 8mm Lava Rock 7 Chakra Bracelet

The bracelet I reach for on workdays. The lava beads can hold a drop of oil if you like a little scent.

Amazon listing Shop, jewelry

If you want more depth later, I like Anodea Judith's Wheels of Life. Judy Hall's Crystal Bible is the reference I open when I forget a name. A simple selenite plate is a quiet dish for stones when they are not in your hand. All of these, and the rest of the shop, live at healing.rocks/shop.html.

Affiliate disclosure. Some links in this guide are affiliate links. As an Amazon Associate I earn from qualifying purchases. If you buy after clicking, I may receive a commission, at no extra cost to you. Amazon (or the seller named on the listing) handles payment, shipping, and returns. Please check the live Amazon page for current photos, price, and details. Photos here are illustrative of each type of tool; they are not pictures of the exact listings.

A PLACE FOR THE WORK

A side-table altar.

Give the work a place, even if the place is a corner of a table you also use for mail. Keep five roles, not a museum.

1 **A book**
One you will actually open. The primer is enough.

2 **A small set of stones**
Smooth, a size that fits a pocket, and a dish to live on.

3 **Something you can wear**
A bracelet or a mala for ordinary days, not only for sitting.

4 **A sound**
A compact bowl, or simply the breath, to mark a beginning and an end.

5 **One scent or smoke tool**
Used sparingly, with a window open. I wrote up the five I kept at healing.rocks/#starter.

Take everything else off for two weeks. Notice what you miss. I missed almost nothing.

A FEW HONEST NOTES

And where to go next.

I am not a physician or a licensed therapist. This guide is for meditation, tradition, and intention. It is not medical advice, and it is not a treatment for any condition. For health questions, talk to a qualified professional.

Some links on healing.rocks, and in this guide, are affiliate links. As an Amazon Associate I earn from qualifying purchases. If you buy after clicking, I may receive a commission, at no extra cost to you. Amazon handles payment, shipping, and returns.

Photos in this guide and on the site are illustrative of each type of tool. Please check the Amazon listing for the official photos, the current price, and the details.

If you want the occasional letter, you are already on the list. I will not write often. You can leave in one click.

healing.rocks | The starter kit | The full shop

Andrea

Photographs are from Pexels, used under the Pexels License, with thanks to Cup of Couple, Tara Winstead, Los Muertos Crew, Clayton Leite, Gizem Çelebi, Markus Winkler, and Alexey Demidov. They illustrate a type of tool or a mood; they are not pictures of the exact listings.