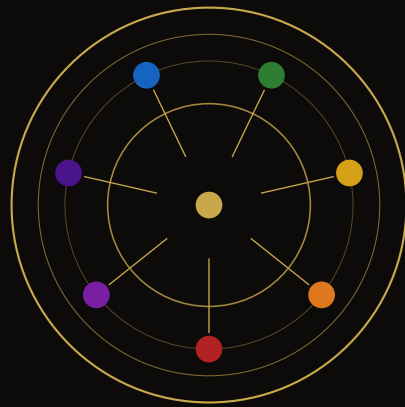




ALCHEMY WARES

The Complete Beginner's Guide to Chakra Balancing

Ancient Tradition · Modern Practice · Seven Sacred Centres



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INTRODUCTION

An Ancient Map of the Inner World

The chakra system is among the oldest frameworks for understanding the relationship between the human body, the mind, and the spiritual dimension of existence. Originating in the ancient civilisations of the Indian subcontinent, the chakras offer a precise and practical map of the inner world — one that integrates the physical, psychological, and energetic dimensions of human experience into a single coherent system.

The word chakra comes from the Sanskrit *cakra*, meaning 'wheel' or 'disc'. It first appears in the Rigveda — one of humanity's oldest written texts, composed between 1500 and 1000 BCE — though at this stage it referred primarily to the turning wheel of time and cosmic order. The chakras as specific psychic and energetic centres within the human body were first elaborated in the Yoga Upanishads, beginning around 600 BCE, and were systematised into the seven-centre model we recognise today through the Tantric traditions of the 8th–11th centuries CE.



*"The seven sages, the gods, and the seers meditate upon the seven-chakra system,
which is the vehicle of the soul."*

— *Brihadaranyaka Upanishad*

The Subtle Body: Nadis and Prana

To understand the chakras, one must first understand the concept of the subtle body — the energetic architecture that underlies the physical form. In yogic anatomy, the subtle body is composed of 72,000 nadis — channels through which prana, the life force, circulates. Of these, three are primary: ida (the lunar channel, associated with the left side of the body and cooling, receptive energy), pingala (the solar channel, right side, warming, active energy), and sushumna (the central channel running along the spinal cord, through which kundalini — the dormant spiritual energy — rises when awakened).

The seven major chakras are arranged along the sushumna nadi, from the base of the spine to the crown of the head. Each chakra governs a distinct layer of physical, emotional, and spiritual experience. When energy flows freely through all seven centres, health, clarity, and vitality naturally follow. When a chakra becomes blocked — through unresolved emotion, chronic stress, or accumulated trauma — the qualities it governs begin to stagnate.

From India to the West

The chakra system reached the Western world primarily through the 1919 publication of 'The Serpent Power' by Sir John Woodroffe (Arthur Avalon), a translation of two key Sanskrit texts: the *Sat-Cakra-Nirupana* (1577) and the *Paduka-Pancaka* (10th century). Scholar David Gordon White and others have noted that the modern Western chakra system — with its rainbow colour associations and psychological qualities — was substantially developed through an interweaving of traditional Indian tantra with Theosophical interpretation, most influentially through C.W. Leadbeater's 1927 work 'The Chakras'.

It is worth being honest about this lineage: what most Western practitioners work with today is a synthesis — drawing on ancient Vedic wisdom while incorporating modern psychological and energetic understanding. This does not diminish its value. The system remains a remarkably effective framework for self-inquiry, somatic awareness, and intentional healing.

What Science Says

The chakras as physical structures have not been identified by Western medicine — it would be misleading to claim otherwise. However, each chakra corresponds closely to major nerve plexuses and endocrine glands along the spinal axis, and the psychological qualities attributed to each centre map coherently onto what modern neuroscience understands about emotion, embodiment, and the nervous system. The aromatherapy component of chakra practice has documented physiological support: scent molecules travel directly from the olfactory nerves to the limbic system — the emotional brain — producing measurable changes in mood, cortisol levels, and nervous system activation. Crystal work carries less clinical evidence, though its value as a focus for intention, mindfulness, and somatic awareness is well-recognised within the field of mind-body medicine.

How to Use This Guide

- ◆ Each of the seven chapters covers the origin, psychological and physical associations, signs of imbalance, crystals, essential oils, incense, affirmations, and a balancing practice for one chakra.
- ◆ Begin wherever you feel most called. If nothing particular draws you, start with Chapter 01 — the root — and work upward. The foundation must be stable before the higher centres can open fully.
- ◆ A brief daily practice with one chakra is more effective than an occasional marathon. Five to ten minutes of focused awareness, breath, and ritual is sufficient to create real change over time.
- ◆ The correspondence tables in each chapter reference products from the Alchemy Wares collection. Everything listed is available at alchemywares.com.

GROUNDING

The Root Chakra

Muladhara — 'Root Support' · *Mula* (root) + *Adhara* (support/base)

Colour	Red
Element	Earth
Location	Base of the spine · perineum
Nerve / Gland	Coccygeal plexus · Adrenal glands

Muladhara — the root chakra — is the foundation of the entire energetic system. Located at the base of the spine, it governs our most fundamental human needs: physical safety, material security, a sense of belonging, and the felt experience of being embodied and present in the world. In Tantric tradition, the root is described as a four-petalled lotus containing the kundalini — the dormant spiritual energy depicted as a coiled serpent — awaiting awakening.

Psychology & Meaning

In Western psychological terms, Muladhara corresponds closely to the base of Maslow's hierarchy of needs: physiological survival and safety. When the root is balanced, we feel stable, grounded, and capable of meeting life's demands from a position of inner security. When it is underactive — often as a result of early instability, financial fear, or chronic anxiety — we may feel unmoored, fearful, and unable to act decisively. When overactive, we can become overly material, resistant to change, or physically tense and contracted.

Signs of Imbalance

- ◆ Chronic anxiety, fear, or a pervasive sense of threat
- ◆ Financial worry disproportionate to actual circumstances
- ◆ Difficulty feeling present in the body — dissociation or spaciness
- ◆ Lower back pain, hip tension, or issues with the legs and feet
- ◆ Hoarding, excessive materialism, or conversely — inability to provide for oneself



Ritual Correspondences

Crystals	Black tourmaline (protection and grounding) · Red jasper (stability and courage) · Hematite (earth connection) · Smoky quartz (transmuting fear)
Essential Oils	Vetiver (deep grounding, earthy, anchoring) · Patchouli (connection to the physical body) · Cedarwood (stability and steadiness) · Frankincense (safety and ancestral support)
Incense	Palo Santo · Cedar · Sandalwood · Myrrh
Application	Apply diluted oils to the soles of the feet, base of the spine, and inner ankles. Place crystals at the base of the spine or hold in both hands.

"I am safe. I am grounded. I belong here. The earth supports me."

Balancing Practice

Sit or stand barefoot on the ground if possible. Close your eyes. Breathe deeply and with each exhale, imagine roots extending from the base of your spine and the soles of your feet deep into the earth. Feel the solidity of the ground beneath you. With each inhale, draw red, nourishing earth energy up through the roots into the base of your spine. Hold a piece of black tourmaline or red jasper in both hands. Repeat the affirmation silently for 5 minutes.

Alchemy Wares: Crystals: Black tourmaline, red jasper, hematite · Oils: Vetiver, cedarwood · Incense: Palo Santo, cedar sage · Ritual Kit: available at alchemywares.com

CREATING

The Sacral Chakra

Svadhithana — 'One's Own Abode' or 'Dwelling Place of the Self'

Colour	Orange
Element	Water
Location	Lower abdomen · 5cm below the navel
Nerve / Gland	Sacral plexus · Gonads (ovaries/testes)

Svadhithana — the sacral chakra — governs the fluid, creative, and sensory dimensions of human experience. Located in the lower abdomen, it is associated with the water element — the principle of flow, adaptability, and movement. It is the seat of creative energy in its broadest sense: not merely artistic expression, but the capacity to feel pleasure, to form emotional bonds, and to engage with life as a sensory, embodied experience rather than a purely mental one.

Psychology & Meaning

A balanced sacral chakra expresses as creativity, emotional fluency, healthy sensuality, and the ability to experience joy and pleasure without guilt. When underactive — frequently as a result of shame, repression, or creative suppression — we lose touch with desire, feel emotionally flat, or find creative work blocked and effortful. When overactive, we may become emotionally volatile, dependent on external stimulation, or caught in cycles of craving and indulgence. Psychologist Anodea Judith, whose 'Wheels of Life' remains the most comprehensive Western text on the chakra system, associates the sacral with the developmental stage of early childhood — when the capacity for pleasure and emotional expression is first formed.

Signs of Imbalance

- ◆ Creative blocks — difficulty generating ideas or completing creative work
- ◆ Emotional numbness or conversely, emotional overwhelm
- ◆ Difficulties with intimacy, pleasure, or healthy sensuality
- ◆ Lower abdominal tension, reproductive health issues, hip tightness
- ◆ A sense of flatness or joylessness in daily life



Ritual Correspondences

Crystals	Carnelian (creativity, passion, courage) · Orange calcite (joyful energy) · Moonstone (emotional fluidity and cycles) · Sunstone (warmth and vitality)
Essential Oils	Ylang ylang (sensuality, emotional release, natural aphrodisiac) · Sweet orange (joy, warmth, creativity) · Jasmine (emotional openness) · Clary sage (hormonal balance, intuition)
Incense	Jasmine · Sweet orange · Neroli · Ylang ylang incense

Application

Apply oils to the lower abdomen (diluted) and the inner wrists. Place carnelian directly on the sacral area during lying-down practice.

"I feel deeply. I create freely. I embrace the pleasure of being alive."

Balancing Practice

Lie comfortably on your back. Place a carnelian stone on your lower abdomen, 5cm below the navel. Diffuse ylang ylang or sweet orange in the room. Close your eyes and breathe into the lower belly, allowing it to rise and fall fully. Visualise a warm, glowing sphere of orange light at the sacral centre — like an ember growing brighter with each breath. After 5 minutes, gently move the hips in slow circles to release held energy. Rest and observe.

Alchemy Wares: Crystals: Carnelian, moonstone · Oils: Ylang ylang, sweet orange · Incense: Jasmine, neroli · Ritual Kit: available at alchemywares.com

EMPOWERING

The Solar Plexus Chakra

Manipura — 'Lustrous Gem' or 'City of Jewels'

Colour	Yellow
Element	Fire
Location	Upper abdomen · solar plexus
Nerve / Gland	Solar plexus (coeliac plexus) · Pancreas and adrenals

Manipura — the solar plexus chakra — is the centre of personal power, will, and identity. Located at the upper abdomen, it is associated with the fire element — the principle of transformation, digestion, and directed energy. Just as fire transforms raw material into fuel, Manipura transforms raw experience into clarity, action, and a defined sense of self. It is the chakra of agency: the capacity to act from genuine inner authority rather than fear or the approval of others.

Psychology & Meaning

A balanced solar plexus expresses as healthy self-esteem, personal integrity, the ability to set boundaries, and the confidence to pursue one's direction without constantly seeking external validation. When underactive, we may feel powerless, indecisive, easily dominated, or chronically plagued by self-doubt. When overactive, we can become controlling, aggressive, or driven by ego and the need to dominate. The solar plexus is intimately connected to what we colloquially call 'gut instinct' — and neuroscience has confirmed the gut's extraordinary neural complexity (the enteric nervous system contains over 100 million neurons), lending physiological weight to the chakra's traditional associations with instinct, digestion, and identity.

Signs of Imbalance

- ◆ Chronic self-doubt, difficulty making decisions or taking action
- ◆ People-pleasing, difficulty saying no, porous boundaries
- ◆ Digestive issues — IBS, bloating, ulcers, nausea under stress
- ◆ Conversely: controlling behaviour, aggression, or need to dominate
- ◆ A sense of powerlessness in life circumstances despite external capability



Ritual Correspondences

Crystals	Citrine (confidence, abundance, solar energy) · Tiger's eye (courage, clarity, willpower) · Pyrite (action, manifestation, protection) · Yellow jasper (strength and determination)
Essential Oils	Ginger (warming, digestive fire, courage) · Lemon (clarity, decisiveness, mental focus) · Black pepper (catalysing action, breaking through stagnation) · Bergamot (self-worth, inner authority)
Incense	Lemon grass · Cinnamon · Ginger · Black pepper resin

Application

Apply oils to the upper abdomen and solar plexus area. Carry citrine or tiger's eye in the dominant hand during practice.

"I am powerful. I act from inner authority. I trust myself."

Balancing Practice

Sit upright in a chair or cross-legged, spine tall. Place citrine or tiger's eye on the solar plexus. Apply diluted ginger or lemon oil to the abdomen. Breathe deeply into the upper belly. With each inhale, visualise a bright yellow sun at the solar plexus — radiating warmth and confidence outward in all directions. On each exhale, release doubt, hesitation, and any sense of powerlessness. After 5 minutes, take three sharp, forceful exhales through the mouth to activate the digestive fire.

Alchemy Wares: Crystals: Citrine, tiger's eye, pyrite · Oils: Ginger, bergamot, lemon · Incense: Lemon grass, cinnamon · Ritual Kit: available at alchemywares.com

OPENING

The Heart Chakra

Anahata — 'Unstruck' or 'Unbeaten' (the sound that is made without two things striking)

Colour	Green (inner) · Pink (outer)
Element	Air
Location	Centre of the chest · cardiac plexus
Nerve / Gland	Cardiac plexus · Thymus gland

Anahata — the heart chakra — occupies the central position in the seven-chakra system, forming the bridge between the three lower chakras (earth, body, personal power) and the three upper chakras (expression, perception, transcendence). Its Sanskrit name means 'unstruck' — referring to the sound that arises from stillness rather than impact, the vibration of pure being. The heart is the meeting point of the human and the divine, of the personal and the universal, of matter and spirit.

Psychology & Meaning

A balanced heart chakra expresses as the capacity for genuine love — not the conditional, transactional love of the ego, but the open, unconditional quality described in spiritual traditions across every culture. This includes self-love, compassion for others, the ability to grieve and forgive, and a felt sense of interconnection. When blocked — frequently as a result of grief, betrayal, or emotional loss — we may become guarded, unable to receive love, or caught in bitterness. Research on heart rate coherence (HeartMath Institute) has shown that the heart generates an electromagnetic field measurable several feet from the body, and that positive emotional states centred in the heart region produce measurable coherence in the nervous system — lending physiological substance to the chakra's central role.

Signs of Imbalance

- ◆ Difficulty giving or receiving love freely — guardedness or emotional armour
- ◆ Unresolved grief, lingering bitterness, or inability to forgive
- ◆ Feeling isolated, disconnected from others, or fundamentally unloved
- ◆ Upper back and shoulder tension, respiratory issues, heart palpitations
- ◆ Conversely: co-dependency, excessive self-sacrifice, loss of boundaries in relationship



Ritual Correspondences

Crystals	Rose quartz (unconditional love, self-compassion) · Green aventurine (emotional healing, new beginnings) · Rhodonite (forgiveness and compassionate release) · Malachite (heart healing, transformation)
Essential Oils	Rose (the heart oil par excellence — Rosa damascena is associated with love across every tradition) · Geranium (emotional balance, nurturing) · Ylang ylang (opening and softening) · Bergamot (self-love and self-worth)
Incense	Rose · Jasmine · Sandalwood · Chamomile

Application

Apply rose or geranium oil (diluted) directly to the centre of the chest. Place rose quartz over the heart during lying-down practice — or carry it throughout the day.

"I love and I am loved. I forgive freely. My heart is open."

Balancing Practice

Lie down comfortably. Place rose quartz on the centre of the chest. Apply rose or geranium oil to the sternum. Bring both hands to rest over the crystal. Breathe slowly and deeply, directing each inhale into the heart space. With each exhale, consciously soften any tension or guardedness you feel there. Visualise a warm rose-green light at the heart centre, expanding with each breath. After several minutes, bring to mind someone you love easily, and allow that feeling to fill the chest fully. Then, gently extend the same quality of feeling toward yourself.

Alchemy Wares: Crystals: Rose quartz, green aventurine, rhodonite · Oils: Rose, geranium, ylang ylang · Incense: Rose, jasmine · Ritual Kit: available at alchemywares.com

EXPRESSING

The Throat Chakra

Vishuddha — 'Especially Pure' or 'Purification'

Colour	Blue
Element	Ether (Akasha)
Location	Throat · base of the neck
Nerve / Gland	Cervical plexus · Thyroid and parathyroid glands

Vishuddha — the throat chakra — is the centre of authentic expression, honest communication, and the capacity to speak one's truth clearly and without distortion. Associated with the element of ether (akasha) — the subtlest of the five elements, the medium through which sound travels — it governs all forms of creative and verbal communication: speaking, listening, writing, singing, and the courage to be genuinely seen and heard.

Psychology & Meaning

A balanced throat chakra allows us to communicate with clarity and authenticity — neither suppressing what is true nor distorting it to please others. It enables active listening, creative expression, and the confidence to voice difficult truths with compassion. When blocked — often as a result of having been silenced, shamed, or punished for self-expression in early life — we may find it difficult to speak up, struggle with public speaking, or notice a persistent tightness in the throat. When overactive, we may talk excessively, interrupt, or speak without consideration. The thyroid gland — associated with Vishuddha — governs metabolism and energy regulation, and thyroid dysfunction is among the most common endocrine disorders, affecting significantly more women than men — a population for whom the right to authentic expression has historically been most restricted.

Signs of Imbalance

- ◆ Difficulty speaking honestly, especially in situations of conflict or authority
- ◆ A persistent 'lump in the throat' sensation or chronic throat tension
- ◆ Fear of public speaking or of being seen and heard
- ◆ Thyroid imbalances, neck stiffness, dental issues
- ◆ Conversely: excessive talking, inability to listen, speaking over others



Ritual Correspondences

Crystals	Blue lace agate (gentle, soothing communication) · Aquamarine (courage, clarity, truth-speaking) · Lapis lazuli (wisdom, authentic voice) · Sodalite (mental clarity and honest expression)
Essential Oils	Eucalyptus (opens the airways, clarity, freshness) · Peppermint (mental clarity and directness) · Chamomile (soothing, calming nervous communication) · Cypress (transition, clear boundaries)
Incense	Eucalyptus · Peppermint · Blue lotus · Chamomile

Application

Apply diluted eucalyptus or peppermint oil to the throat and back of the neck. Place blue lace agate or aquamarine at the base of the throat during practice.

"I speak my truth clearly and with compassion. I am heard. My voice matters."

Balancing Practice

Sit upright. Place blue lace agate or aquamarine at the base of your throat. Apply diluted eucalyptus oil to the neck. Close your eyes. Breathe deeply, directing each inhale into the throat and neck area. Visualise a clear, bright blue light at the throat — like a calm sky — expanding with each breath. After several minutes, try humming gently on each exhale, or chanting the seed syllable 'HAM' (the bija mantra of Vishuddha). Feel the vibration at the throat. This physical resonance is one of the most direct methods for activating the fifth chakra.

Alchemy Wares: Crystals: Blue lace agate, aquamarine, lapis lazuli · Oils: Eucalyptus, peppermint · Incense: Eucalyptus, chamomile · Ritual Kit: available at alchemywares.com

PERCEIVING

The Third Eye Chakra

Ajna — 'Command' or 'Perceive' (the centre that receives divine instruction)

Colour	Indigo
Element	Light
Location	Between the eyebrows · trikuti
Nerve / Gland	Cavernous plexus · Pineal gland

Ajna — the third eye chakra — is described in the classical texts as the seat of higher perception, intuition, and inner vision. Located at the midpoint between the eyebrows, it is associated with the faculty of mind (manas) in its highest function — not the discursive, analytical mind of everyday thought, but the direct perception of truth beyond appearances. The word ajna means 'command' — suggesting that this is the centre through which the higher Self gives direction to the personality.

Psychology & Meaning

In modern terms, a balanced third eye expresses as strong intuition, the capacity for symbolic and imaginative thinking, clarity of perception, and the ability to see patterns and meaning beneath the surface of events. It is associated with dreams, creative vision, psychic sensitivity, and what might be called wisdom as distinct from knowledge. When underactive, we may feel mentally foggy, unable to trust our instincts, or caught in excessive analytical thought that never resolves into clarity. The pineal gland — long associated with Ajna in esoteric tradition — produces melatonin and regulates circadian rhythms. René Descartes called it 'the seat of the soul'. Its photoreceptive cells respond to light in ways that suggest it retains vestigial light-sensing capacity in humans, lending some physiological interest to its traditional association with inner vision.

Signs of Imbalance

- ◆ Mental fog, inability to think clearly or trust one's own perceptions
- ◆ Dismissal of intuitive knowing in favour of purely rational analysis
- ◆ Headaches, eye strain, sinus issues, sleep disturbance
- ◆ Nightmares or conversely, a complete absence of dream memory
- ◆ Delusion, magical thinking, or inability to distinguish inner experience from outer reality (overactive)



Ritual Correspondences

Crystals	Amethyst (intuition, spiritual clarity, third eye activation) · Lapis lazuli (wisdom and inner vision) · Labradorite (mystical perception, awakening) · Fluorite (mental clarity and pattern recognition)
Essential Oils	Frankincense (the oil of higher consciousness — used in sacred ritual across every major tradition) · Clary sage (dreamlike clarity, inner vision) · Lavender (calming mental noise to allow clearer perception) · Juniper berry (clearing mental fog and psychic protection)

Incense	Frankincense resin · Nag Champa · Sandalwood · Myrrh
Application	Apply one drop of frankincense or clary sage (diluted) directly to the point between the eyebrows — the ajna point. Place amethyst on the forehead during lying-down practice.

"I see clearly. I trust my inner knowing. I perceive truth."

Balancing Practice

Lie down. Place amethyst on the forehead between the eyebrows. Apply a single diluted drop of frankincense to the ajna point. Diffuse frankincense or Nag Champa in the room — the scent alone will begin to shift the quality of awareness. Close your eyes. Breathe slowly, directing each inhale to the space between the eyebrows. Visualise a deep indigo light there — luminous, still, and vast. Do not try to see anything specific. Simply rest in the quality of inner spaciousness. Notice what arises without grasping. After 10 minutes, remain still before rising.

Alchemy Wares: Crystals: Amethyst, lapis lazuli, labradorite · Oils: Frankincense, clary sage · Incense: Frankincense, Nag Champa, sandalwood · Ritual Kit: available at alchemywares.com

TRANSCENDING

The Crown Chakra

Sahasrara — 'Thousand-Petalled' (the thousand-petalled lotus of pure consciousness)

Colour	Violet · White · Gold
Element	Consciousness (beyond element)
Location	Crown of the head · fontanelle
Nerve / Gland	Cerebral cortex · Pineal and pituitary glands

Sahasrara — the crown chakra — is the final and highest centre in the classical system. Where the root anchors us to the earth and the physical world, the crown opens us to the sky — to the transpersonal, the universal, the dimension of being that lies beyond individual identity. Its name, 'thousand-petalled', suggests the infinite expansion of consciousness that becomes possible when the kundalini has travelled the full length of the sushumna nadi and the individual self dissolves into the greater whole.

Psychology & Meaning

A balanced crown chakra does not mean constant mystical experience — it means a stable and settled relationship with one's own deepest nature. It expresses as a quality of inner peace that is not contingent on circumstances, a capacity to hold paradox and uncertainty without existential anxiety, and a fundamental sense of connection to something larger than the personal self. In Jungian terms, this corresponds to the process of individuation — the integration of the Self. When blocked, we may feel spiritually disconnected, nihilistic, or unable to find meaning. When overactive — a risk particularly in intensive spiritual practice — we may become dissociated from the body and ordinary reality. The crown must always be worked with in conjunction with the root: transcendence requires grounding.

Signs of Imbalance

- ◆ A pervasive sense of meaninglessness or spiritual disconnection
- ◆ Inability to access stillness or inner quiet regardless of circumstances
- ◆ Chronic headaches at the crown, sensitivity to light and sound
- ◆ Excessive spirituality divorced from the body and ordinary life (overactive)
- ◆ Dogmatic attachment to belief systems, or conversely, inability to hold any belief



Ritual Correspondences

Crystals	Clear quartz (the master crystal — amplifies intention, clarifies consciousness) · Selenite (highest vibrational crystal — purifies energy and raises awareness) · Amethyst (bridge between earth and spirit) · Moonstone (connection to divine feminine and lunar wisdom)
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Essential Oils	Sandalwood (sacred across Hindu, Buddhist and Sufi traditions — opens consciousness) · Myrrh (ancient sacred resin, used in temple rites for millennia) · Frankincense (elevates awareness beyond the personal) · Lotus (the symbol of the crown itself — spiritual realisation)
Incense	Sandalwood · Myrrh resin · White copal · Lotus · Frankincense
Application	Apply one drop of sandalwood or frankincense (diluted) to the crown of the head. Place clear quartz or selenite above the head during lying-down practice.

"I am connected to all that is. I am at peace. I am."

Balancing Practice

Lie completely still. Place clear quartz or selenite above the crown of your head. Apply sandalwood to the crown point. Burn frankincense or sandalwood incense. Close your eyes. Allow the breath to become very slow and gentle — barely perceptible. Rather than directing awareness to any point, allow it to expand in all directions without centre or boundary. Do not try to achieve anything. The crown chakra opens in direct proportion to the release of effort. Simply be. Rest in the silence. This is not a technique — it is a surrender.

Alchemy Wares: Crystals: Clear quartz, selenite, amethyst · Oils: Sandalwood, frankincense, myrrh · Incense: Sandalwood, myrrh, white copal · Ritual Kit: available at alchemywares.com

FULLBODYBALANCING

The Complete Crystal Layout

The full-body crystal layout is the most comprehensive form of chakra balancing — placing stones at all seven centres simultaneously for a complete energetic reset. Allow 30–40 minutes for a full session.

Preparation

- ◆ Cleanse the space with Palo Santo, sage, or frankincense incense. Allow the smoke to clear the room before lying down.
- ◆ Gather your seven crystals: smoky quartz or black tourmaline (root), carnelian (sacral), citrine (solar plexus), rose quartz (heart), blue lace agate (throat), amethyst (third eye), clear quartz or selenite (above the crown).
- ◆ Diffuse a grounding oil (vetiver or cedarwood) or burn sandalwood incense. Dim the lighting. Have a blanket nearby.
- ◆ Lie flat on your back on a comfortable surface. Allow the body to completely relax before placing the stones.

Crystal Placement (root to crown)

Smoky Quartz / Black Tourmaline	Between the thighs or at the pubic bone — root chakra
Carnelian	Lower abdomen, 5cm below the navel — sacral chakra
Citrine	Upper abdomen at the solar plexus — third chakra
Rose Quartz	Centre of the chest over the sternum — heart chakra
Blue Lace Agate / Aquamarine	Base of the throat — fifth chakra
Amethyst	Forehead between the eyebrows — third eye
Clear Quartz / Selenite	Placed above the crown of the head, not on the body

The Session

Once all crystals are placed, close your eyes. Begin with three deep, slow breaths. Then bring your awareness to each chakra in turn — root to crown — spending approximately two minutes at each one. At each centre, breathe into it, visualise the corresponding colour, and silently repeat the affirmation. Do not try to force anything. Simply observe, breathe, and allow.

After completing the sequence, rest for five to ten minutes in stillness with all crystals in place. The body integrates the session in the resting phase — this time is as important as the active work. Remove crystals in reverse order (crown to root) when complete. Drink a glass of water. Note any sensations, emotions, or images that arose.

"When the chakras flow freely, life moves with ease. When they are balanced, we carry within us everything we need."

THE ALCHEMY WARES COLLECTION

Curated for Every Chakra

Every product in the Alchemy Wares collection has been selected with intentionality — for its energetic resonance, its quality, and its specific function within a ritual practice. The following categories form the foundation of a complete chakra balancing practice.

Crystals

A curated selection of genuine crystals for every chakra — from grounding black tourmaline and hematite for the root, through carnelian, citrine, and rose quartz for the middle centres, to amethyst, lapis lazuli, and selenite for the upper chakras. Each stone is selected for quality and energetic resonance. Begin with two or three stones rather than a complete set — depth of relationship with a crystal matters far more than quantity.

alchemywares.com/category/crystal/

Essential Oils

Pure essential oils chosen for their physiological and energetic effects at each chakra. Scent travels directly from the olfactory nerves to the limbic system — the emotional brain — making aromatherapy one of the most immediate tools for shifting energetic state. Our selection includes vetiver and cedarwood for root grounding, ylang ylang and sweet orange for sacral opening, rose for the heart, frankincense for the upper centres.

alchemywares.com/aromatherapy/

Incense

Sacred smoke has been used in ritual practice across every human culture since the earliest records. Our incense collection includes Nag Champa, Palo Santo, sandalwood, frankincense, and specific Ayurvedic seven-chakra blends — each formulated to raise the vibrational quality of your space and signal to the nervous system that sacred time has begun.

alchemywares.com/category/incense/

Sage and Smudging

Space clearing is the foundation of any chakra practice. Our sage and smudging collection includes white sage, cedar and white sage blends, Palo Santo, and specialty varieties — each effective for clearing stagnant or heavy energy before you begin working with the chakras.

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