



Working with Crystal Nets: The Chakra Templates

Excerpted from *Crystal Doorways* by Sue and Simon Lilly

An energy net can allow a reharmonising of some aspect of the physical system; or can create, recreate or bring to awareness the energy of a different part of the solar system or universe; or if there is a pattern that is perceived as negative or life-damaging in some way, an emotion or illness or other sort of disease, an energy net can impose a stronger harmonizing pattern to disrupt and de-structure the negative pattern.

Putting crystals, with their primal geometric purity, in a geometric relation to each other—so giving one set of energy patterns an even larger, overlying energy pattern—is going to create quite a resonant vibration. This is likely to be a particularly strong experience to someone inside the web of symbolic and actual energies.

The chakra templates described here naturally augment the functioning of each chakra and supply a boost of appropriate energy which may allow blocks of energy to be more easily removed and so to encourage healing. Alternatively working with a template may temporarily focus your consciousness in a way harmonious to that energy field and by this means your awareness, exploring the structures of worlds within.

[Below is an explanation of what the template for each chakra can be used for. These excerpts are the opinion of the original author and are not a guarantee of healing, as healing is the choice of the individual.]

Base chakra template

Balancing and augmenting the base chakra functions; survival, for centering and grounding; increased energy; motivation; increased circulation, focus on practicality; counters disorientation; relaxation of physical body; stress; problems with legs, feet, large intestine, arthritis, physical existence.

The Base chakra is located at the base of the spine. In Sanskrit it is known as "Muladhara," which means "root" or "support." The template can be arranged anywhere between the pubic bone, groin and the upper knees depending on the size of the crystals and the shape of your body. Some stones can be off the physical body, some on the body or a combination of these. You might find you will need some micropore tape to secure the stones in place.

The Base Chakra is vital to the functioning of the individual on every level. It is the foundation upon which all the other energy centres rely for stability and is the major source of useable energy. If the Base Chakra is not functioning well there will be a feeling of unreality, not belonging, not being able to cope, not being able to do anything and though other chakras might function they will not be able to manifest their reality into the physical world, that is they will be completely useless. The energy expressed by the Muladhara is solidity, the concretion of form, the experience of existence, the reality of matter and how to use it, the principle of survival. The equivalent colour vibration is red.

Sacral chakra template

Balancing and augmenting the Sacral Chakra; easing sexual tension and problems; bladder or kidney troubles; low back pain; impotence and frigidity; stabilizing emotions; clarifying sense of self in relation to others; sensuality; detoxification; arthritic conditions; skeletal problems; anger; frustration; aggression ; anxiety about self-image; creativity; pleasure.



The Second Chakra, known as the Sacral or Sexual Chakra is called "Svadhithana" in Sanskrit, meaning "sweetness." It is located in the lower abdomen between the navel and the pubic bone, though in celibates its functions divert to the area of the spleen.

Whereas the Base Chakra is related to earth and the stillness of solidity, the Sacral Chakra is linked to the movement and flow of energy. It is the desire for the Other (the not-Self) which makes the Self reach out and move towards what it desires. This movement is the essential characteristic of all energy and interaction, and the cause of it is desire for pleasure. Pleasure is not something which is only grabbed whilst nobody is looking—it is the reason for existence in the first place. An experience of pleasure means that the body is in a relaxed and balanced state, free of fear and stress. Pleasure will remain until there is a change of state and then we must move on to find a new state of harmony, a new feeling of pleasure.

Many years ago a Sunday paper ran a series of articles on research just then completed examining the function of pathways in the developing brain. One of the conclusions found that the baby, child, adult would always seek those experiences that would stimulate the pleasure areas of the brain—the limbic system. The whole tone of the report suggested that it was all rather shocking and perhaps even demeaning that humans were "only" interested in enjoying themselves. Surely we are in a sorry state if we feel nervous about this revelation. And the fact that we had to pay scientists to discover what we should have been aware of all along is a revealing indictment of what a mess urban 20th century western civilisation has become and how far we have suppressed the natural energies of the Sacral Chakra.

Once desire and motivation is restricted/suppressed, consciousness has nowhere to flow, creativity dries up, boredom stagnates us and we begin to fear change, the one thing that will stimulate us to a sweeter life. Tension and fear begins to alienate us from ourselves and our environment and energy gets blocked where it doesn't belong, causing illness and disease. Any physical emotional, mental or spiritual stiffness or constipation suggests you might benefit from work on your Sacral Chakra, whose equivalent colour is orange.

Solar plexus chakra template

Balancing and augmenting solar plexus chakra functions; sense of personal power and ability; joy, laughter, spontaneity; self-confidence; digestion of nutrients; helps fight chronic infections and digestive disorders; strengthens immune system; fear of weakness; inability to release stress balances nervous system.

This chakra is called "Manipura"—"lustrous gem." It relates to the element of fire and is concerned with the use of energy and the ability to transform energy into a new level of dynamism within the individual's system. It gives the power to organize and create new states both internally and in the world. As such it is related to Power and Will. This centre has so much to do with our relationship to the "outside" world that it can become quite easily exhausted. The Solar Plexus deals on many levels with the ability to recognize and identify the uses of energy from sources other than "us." When it functions well we can easily transform "not self" into "self" to feed our Being.

When the Manipura chakra becomes unbalanced we quickly lose sense of direction, lose our ability to deal with life in a spontaneous, creative way. Stress and inhibitions accumulate forcing us either to inaction and apathy or into overcompensation by driving ourselves to a workaholic, perfectionist, stomach-melting frenzy. Within the Solar Plexus region is the diaphragm, controlling depth of breathing. If you have a lot of stress in this area you may find that this template will make you take deep, full breaths, sighs or yawns as the knots of tensions begin to release. The small intestine, stomach and liver all work to transform external matter; identifying what is of use to the body and absorbing it as nutrients. In the same area the spleen plays an important role in the body's immunity—another system that relies on the ability to recognize what is useful and what is harmful to the organism.

This chakra also plays an important role in other "self—not-self" barriers, like the skin and nervous system. As a major fuse-box in the body's energy systems it is usually fairly apparent when something blows: immune system compromise, over-acidity, ulcers, digestive problems, malabsorption of nutrients, anxiety and stress, constant colds, insecurity, lack of confidence, hypertension, "burn-out." In fact a great majority of 20th century malaise can be traced to imbalance in the Solar Plexus chakra. This chakra has vibrational resonance with the colour yellow.

Heart chakra template

Balancing and augmenting the heart chakra functions; integration and balance; sense of freedom; discrimination; friendliness; calmness; outward-looking; decision-making; clarity; lung and heart disorders; circulation; emotional balance; sense of overwhelming responsibility; over-possessiveness; guilt; self-worth; identifying true value and true needs.

The Heart Chakra is "Anahata"—the "unstruck sound" of Creation's vibration. As central point of the chakras, the heart is the integrating and balancing hub of this energy system. When in balance it creates a sense of wholeness and peace, experienced as love. Anahata allows us to see ourselves as harmoniously placed within the scheme of things. The resonance that is the harmony we feel between ourselves and other people and things is an expression of the Heart Chakra. Where the Solar Plexus absorbs and transforms energy from the environment for the continuation of the Self, the Heart Chakra maintains a dynamic balance between the inner Self and the outer non-Self. We can see this in the function of the organs related to the Heart Chakra: both the heart and the lungs function by alternately expanding and contracting—drawing in and pushing out. Balance and harmony is maintained as long as this pattern of expansion and contraction continues. This equilibrium of opposites is what keeps the flow of life-energy, "prana," moving through the universe.

The Heart Chakra is associated with the colour energy of green and also has a strong resonance to pink.

Throat chakra template

Balancing and augmenting the throat chakra; sore throat; stiff neck; colds, thyroid problems; hearing problems; any problems with neck, shoulders, arms, and hands; self-expression; communication skills; enlivening the mind; understanding symbols, images, concepts; creativity; states of torpor and hyperactivity.

The Throat Chakra is concerned primarily with communication and so it is linked to the colour blue. Communication is the flow of energy from one source to another using symbolic patterns, such as speech and image. The throat Chakra gives us the means to transmit our thoughts, ideas and desires in order to change and maintain our relationship with the world. It only takes a dose of laryngitis for us to discover how fundamental language has become in making ourselves understood and getting cooperation from others!

We have developed language by modulating the outbreath via the larynx and mouth to create particular vibrations of air, but this is only the coarsest, least subtle, most ordinary level of speech.

In many cultures speech, and particularly the naming of things, is seen as a magically powerful act. What can be named can be understood and perhaps then, controlled. This is as true on the subtle, magical levels as it is on the everyday levels. If you do not know the name of an object you want, it can be extremely difficult to procure it on the physical plane: (a "watchermacallit" or "thingemybob", although expressive is not explicit enough to get you far in a supermarket). Names of power and names of spirits are powerful because of the accuracy, the resonance, the entrainment, that their spoken sounds create in the universe. Entrainment is when a particular vibration sets up an equal, equivalent vibration in its surroundings. Correctly intoning a name of power, or a mantra, for examples, sets up an entrained resonance which, at some level of reality creates the object of invocation itself. The difference between the subtle levels of speech and the ordinary levels of speech is the degree of entrainment. In order for a complete energy resonance the name/sounds must encapsulate completely and in detail all aspects of that thing—but this sound may not have any obvious meaning in the ordinary levels of thought and speech and has little to do with known language.

The Sanskrit name for the Throat Chakra is "Visuddha" which is translated as "pure" or "purification." This chakra functions by purifying, refining or honing out thoughts and desires to create the maximum degree of entrainment possible, and therefore the best chances of fulfilling our desires. The "purer" the sound of our thoughts, the greater energy they have because the closer they are to the true nature of our desires.



Brow chakra template

Balancing and augmenting the Brow Chakra; eye problems; headaches; mental clarity; “seeing” on all levels; increased perception; imagination; enthusiasm; understanding; intuition.

The Brow Chakra, also commonly called the Third Eye, is the “Ajna,” meaning “to know, perceive and command.” It is concerned with the understanding and analysis of reality. The Ajna Chakra makes sense of the data received from the physical eyes and the senses. It is also able to go beyond our everyday concepts of time and space to receive images and information from the past and the future—as in memory and in planning future events. As our view of reality is an expression of who we are and how we see ourselves in relation to the universe, the Brow Chakra is the centre where our personality is integrated. We usually experience ourselves as being “in” our heads because we are constantly focused in the Ajna, projecting ourselves into our future—what we reckon will happen next or what we plan to do if such-and-such happens. It is one of the functions of the Brow Chakra to escape from the constraints of time and space in this way, in order to gain greater insight.

However, the danger comes when the chakra loses its balance with the rest of the chakra system and the mind retreats from reality into fantasy and delusion. Then, while we may experience visions, messages and all sorts of psychic information, we will never know what is valid and what is purely wish-fulfillment or worse. The indigo depths of this chakra are profound and inviting but without a balanced and equal emphasis on the grounding reality of the base, second and solar plexus chakras, we can float off into the blue with no compass and no anchors, no use to man, beast or spirit. The chakra template will help to balance the expansive, intuitive functions of the mind within the context of the whole being.

Crown chakra template

Increase of understanding and bliss; helps relieve confusion, depression, boredom, feelings of alienation; left/right hemisphere balance and therefore coordination, mentally and physically; increased sense of fulfillment; increased energy and vitality; linking to subtle sources of energy.

The Crown Chakra is called “Sahasrara”—“thousand,” referring to the thousand-petaled lotus this chakra is shown as in classical Indian texts. Its location is said to be four finger-breadths above the crown of the head and in some texts it is linked to the pineal or the pituitary glands. The Crown Chakra is the organizing principal of the chakra system. Within it is said to exist a replica of all the other chakras and the total pattern of the individual. In this way it is like a projection point from which we are holographically formed, the energetic blueprint which receives and processes all information from the outer universe and from the subtle levels of spiritual energy.

The Crown chakra is our connection to everything that is. That “everything” is then transformed, filtered and utilized by the rest of the chakra system so that in truth we become a personal lens for the experience of creation by itself. The Crown Chakra is the seat of “knowing” where we can launch ourselves into an infinite expanse of energy and consciousness—it is the place that cements us to the universal power supply.

If we remove the plug we cannot continue to inhabit a body, but if we foolishly open ourselves to greater voltage than we can use, we can blow a great many fuses and end up no better. Developing our awareness is achieved by tuning into the energy of universal consciousness and bit-by-bit assimilating the new energy levels at a natural, easy rate, that the whole of the system is able to adjust to it safely.

Expressing the potential for expansion, completion and fulfillment, the Crown Chakra is connected with the colour violet and sometimes with white or gold. Above the Crown Chakra are another five chakras on the same axis that help integrate even finer levels of energy into the system. Seven is enough for most people to handle at the moment! Once these seven main energy centres become habitually balanced and fully functional, other centres and channels will naturally begin to open as consciousness expands.

Read more about crystal nets in *Crystal Doorways* by Sue and Simon Lilly, available through [Amazon.com](https://www.amazon.com).



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