

## Seven Primary Chakras and Corresponding Colors

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The body has spinning energy centers that are called Chakras, which means wheel in Sanskrit. They are linked to sound, light and color.

The seven main Chakras that the Crystal Bath focuses on are aligned in an ascending column from the base of the spine to the top of the head. Each Chakra is associated with a certain color and is thought to vitalize the physical, spiritual and emotional bodies. Many individuals who are supporters of the Chakra energy system, also believe there are parallels between the Chakra positions and the locations of the endocrine organs.

-  **7 - Violet..... Crown**, seat of consciousness, master Chakra, ability to trust life, ethics and courage
-  **6 - Indigo..... Brow (Third Eye)**, openness to self-evaluation, emotional intelligence, new ideas
-  **5 - Blue..... Throat**, communication and growth, ability to choose, strength of will
-  **4 - Green..... Heart**, love, equilibrium and well being, hope and trust
-  **3 - Yellow..... Solar Plexus**, energy, assimilation and digestion, self esteem
-  **2 - Orange..... Sacrum**, emotion, sexuality and creativity, power and control
-  **1 - Red..... Root**, security, survival, physical body support, self confidence, ability to provide for life's necessities

## Scheduling a Session

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I am a certified Jin Shin Jyutsu therapist with over 30 years experience.

Jin Shin Jyutsu and Crystal Bath Therapy are extremely compatible, as they both work to balance the subtle energies of the body. I offer Crystal Bath sessions as a stand alone modality or in concert with a Jin Shin session.



*Harini*

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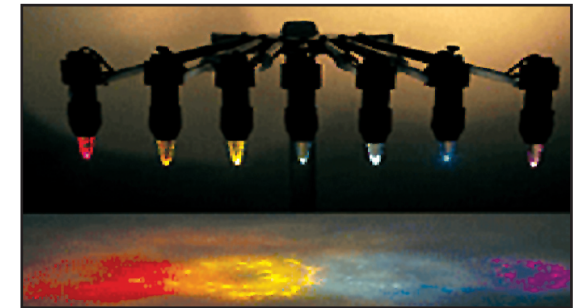
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| 20 minute Crystal Bath.....            | \$25 |
| 40 minute .....                        | \$50 |
| 60 minute .....                        | \$65 |
| Jin Shin Jyutsu with Crystal Bath..... | \$85 |
| Jin Shin Jyutsu Session .....          | \$65 |
| Packages are available upon request    |      |



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# SACRED CRYSTAL BATH

AN **ALCHEMICAL** JOURNEY  
TOWARDS MIND, BODY, SPIRIT  
INTEGRATION



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## The Experience of a Crystal Bath...

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The Crystal Bath was created by John of God, Joao de Deus, as a healing modality that opens and balances the seven Chakra energy centers of the body. The quartz crystals have been specially chosen by John of God for their healing qualities. Each one is hand carved from a single source and polished to exacting standards.

A Crystal Bath session is safe and non-invasive with no contra-indications. A person lies fully clothed with the eyes covered, on a massage table as seven colored lights directed at the chakra centers, wash over the body in a pulsating rhythm. The colored light shining through each crystal channels a specific energy to each chakra cleansing and balancing it during a session. This allows our mental, emotional and spiritual dimensions to be brought into alignment. When the chakras are out of harmony, we are out of synch with the flow of life's energy. The Crystal Bath serves as a catalyst to jump start our body's own natural healing potential and desire to achieve a state of equanimity.

It is utilized at the world renowned Casa de Dom Inacio in Abadiania, Brazil. I am honored and blessed to have been given permission to participate in this sacred work.

## What to Expect after a Crystal Bath Session?

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Every person who receives a Crystal Bath healing reports a different effect, each experience being relevant and specific to his/her own condition, needs, and level of awareness.

Each session is unique unto itself, and the individual experiences are varied.

### *Some of the results people have expressed include:*

- ❖ A greater sense of serenity
- ❖ An inner state of peace
- ❖ Feeling more energized
- ❖ Stress and pain reduction
- ❖ Emotional release
- ❖ Mental clarity
- ❖ A deeper spiritual understanding of themselves, and their life situations
- ❖ Gaining insights into their future life path
- ❖ Greater understanding of the cause of disease states
- ❖ Receiving guidance as to how to best deal with their disease or problems.

## Scientific Observations on Quartz Crystals

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Many experiments have been conducted to measure the healing properties of quartz crystals and some interesting findings emerged, including the following:

- ❖ A precisely cut quartz crystal produces a constant vibration of the same frequency as water in its purest state.
- ❖ Moving water will pick up the vibration from the crystal through resonant interaction and this transferred charge will restructure the water.
- ❖ The molecular patterns of water can be modified with the immersion of quartz crystals.

Since the cells in a human body consist of 65-90% water, this may be the explanation for the healing capacity of quartz crystals. The well organized vibration resonating from the crystals helps to organize the water in our tissues and cells producing a healthy state.

