

## Chakra Awakening: Transform Your Reality Using Crystals, Color, Aromatherapy and the Power of Positive Thought

**Margaret Ann Lembo**

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Seven spirals of energy, whirling radiantly within the body, join our physical, mental, emotional, and spiritual selves, and their “alignment” is crucial to how we feel, interact, and move through the world. Originally a Hindu concept, chakras offer a holistic approach to well-being by advancing a theory that integrates all aspects of self and creates a path for connectedness with “divine spirits.” Translations and interpretations of this ancient philosophy have been available in the West since the nineteenth century, and people from all faiths find it complements their own belief systems.

Margaret Ann Lembo, owner of the Crystal Garden New Age Store, in Boynton Beach, Florida, shares her decades of experience as a teacher and spiritual practitioner in clear, accessible prose. Lembo draws on her expertise to clarify a topic that often seems shrouded in mystery, and its readership will surely include fans of her blog radio show on The Art of Living Well Network.

Beginning with the “root chakra” at the base of the spine, and moving upwards to the “golden globe of light” generated by the “crown chakra,” Lembo devotes one chapter to each of the seven main chakras and the essential oils and gemstones that enhance their optimal functions. The root chakra enhances our ability to provide ourselves with nourishment, shelter, and material stability. The orange navel chakra provides us with creativity, although it can also be the location of deeply repressed memories that must be “cleared,” according to Lembo, if we are to fully birth our ideas, our children, or our dreams.

The solar plexus chakra, located between the heart and navel, generates mental clarity, personal power, and self-esteem. Its balance also affects the digestive organs, adrenal glands, and breath and skin functions, since these organs all play important roles in the elimination of toxins and negative energy from the body. Yellow and purple are this chakra’s colors; gemstones such as amber and golden calcite help develop self-confidence, whereas amethyst and purple agate are believed to help balance those who are “overly intellectual.”

The throat chakra “is the place where the energy of being able to speak your truth, live your truth, and be your truth resides.” Its blue gemstones calm, whereas the pink and green ones associated with the heart chakra assist entry “into relationships with conscious awareness.” Readers will be heartened to learn that even carrying a certain gemstone in a purse or pocket, along with positive intentions, can help focus on strengthening a significant chakra.

ELIZABETH BREAU (March / April 2011)

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