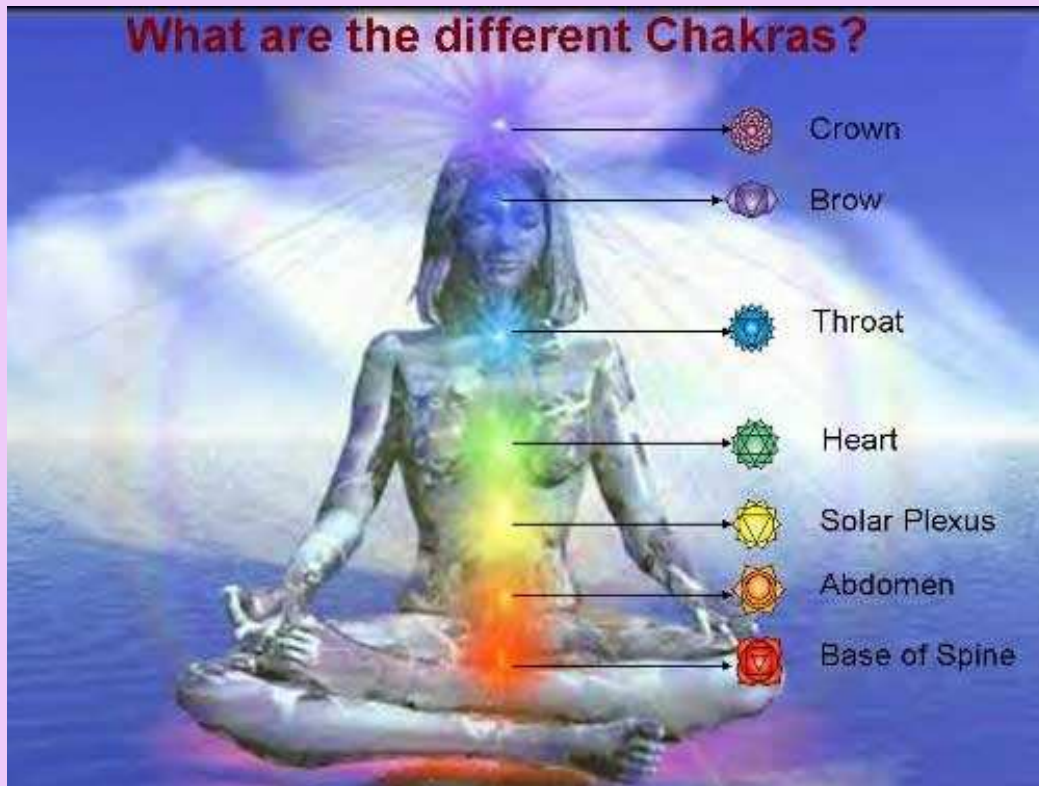


## Peridot & the Chakras



### Peridot and the Chakras

Peridot clears the 4th, Heart Chakra pathway, strengthening breath of life, prosperity, growth and openness. Peridot when used to cleanse and to stimulate the 4th, Heart Chakra and 3rd, Solar Plexus Chakra, brings openness and acceptance to the intellectual pursuit in matters of love and relationships. For *specific* chakra work though, because it acts to seal the aura, it is suggested that Peridot be removed while working on chakras other than the heart and solar plexus.

Residing in the exact center of the body, the Heart Chakra houses our ability to love ourselves and others. As the centre chakra of the body, the Heart Chakra acts as a bridge between the lower and upper chakras, and as such helps with the distribution of prana or chi throughout the body. The Heart Chakra is also the centre of our connection to the universe. The blocked or closed Heart Chakra can cause someone to become callous and cold to others, preferring isolation, and forming an inability to socialise and form healthy relationships. A too wide-open Heart Chakra can cause one to have a lack of emotional boundaries, creating unhealthy emotional attachments.

Working with the Heart Chakra, Peridot can help one to learn how to live from the Heart, remaining faithful to one's own inner truth. Peridot can help with issues of self-worth, bringing relief to unhealthy emotions such as anger, resentment, and jealousy. It's work with the Heart Chakra can improve relationships by assisting with emotional healing. Peridot can also help physical ailments of the heart, lungs, and thymus.

The solar plexus chakra meanings relate to self confidence, self esteem, the ego, personal power, self worth, clarity and creativity. This chakra's meaning is all about the concept of 'the will'. This chakra is responsible for the effective flow of energy not only to this region but throughout the whole body. Improving energy flow to the solar plexus may clear problems that have been producing lack and limitations.

It is also a powerful area to bring an improvement in your finances...as its energy aids you to manifest money. As we improve the energy flow here, we will develop a stronger will, a clear sense of self and will improve our ability to manifest.

This is the chakra that is responsible for manifestation on all levels. Many people only think of manifestation in terms of money, but in a more spiritual sense most of us would like to manifest other things. Good health, better relationships, talents and abilities, our overall spirituality and health ... the list goes on.

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