



I am a Reiki Practitioner and working toward achieving my Master Level. I always use chakra crystals in my healing practice. These crystals are placed on the body to coincide with the chakras of the body. It is then that I will open and cleans the chakras with Reiki. Essentially, Chakras are points that regulate energy flow. If they are blocked or unhealthy, energy cannot flow freely and illness and discomfort result. It is all part of the healing process.