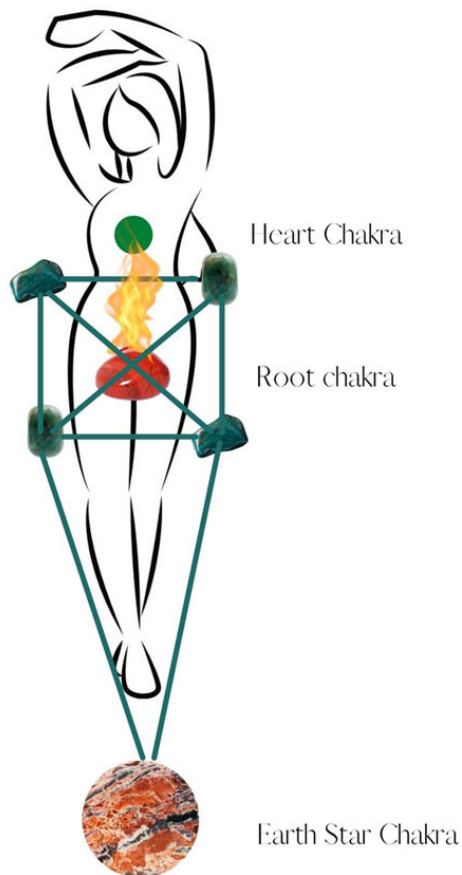


Crystal Layout for Re grounding the Root.

Layout for Jasper, flushing and stabilizing the root through the Earth star Chakra.



What you will need

Sacral- Red Jasper

Around the Solar/Sacral/Root- Jasper tumblers x4, I recommend bloodstone, but there are many types you can find, and you can mix your types of tumbled jasper if you wish.

In this layout we are gridding and stabilizing the energies in your lower chakras and spine, holding space for a safe release, bringing security and safety back into your root. You will notice the Jasper forming a cube/square around the lower chakras, this shape lock's in energy and healing light.

Start by holding your crystals to your heart and ask them to support this mission of light-

Say out loud-

I ask all the divine energies of the earth and Jasper to move through me into my cells, spine and lower chakras to neutralize any foreign bodies in your system, to regenerate, restore and re ground me in all places that are needed.

Then place the crystals where indicated on the layout, a Jasper 'square' grid around your solar plexus, to below your root. And a red Jasper on your sacral chakra.

If you are doing this on someone else, take some time to connect each crystal with a quartz point, or the light from your hands and heart, the diagram shows the green threads of light of the stone connecting with each, we do this through heartfelt intention.

Begin by feeling the weight of the red jasper on your Sacral, allowing it to sink into your sacral and heat it up with a gentle fire. Call that warming fire up to your heart. As it connects with your heart the flame gets bigger and brighter within you and intensifies.

Next focus on the Jasper around you, connect with each piece with your mind, and as you do it lights up in acknowledgment. And call its energy stream into your root chakra, this red energy center as it begins to fill up with the colours and sounds.

Start to connect with your breath, each deep inhale calls in, magnetizes in this flow of energy from the jasper around you, your root chakra fills up with its grounding energy.

Once you fill your root, call it up to your sacral to connect with the fires of the Red Jasper, now all the energies are gridded through your sacral they expand with the flames up to your heart, moving up through your spine, burning up any foreign bodies and proteins in your system.

Finally bring all of the energies from your heart, sacral and root down through your legs in one big flow, releasing through your feet, connecting this flow with your Earth Star chakra. Grounding down all of jaspers energy there, you can even visualize a piece of Jasper glowing in your earth star, rippling its energy out.

Finish the visualization by calling the violet flame into your body, up through your feet, legs, allowing it to move up through all parts of you, rising up, burning up and absorbing any disharmonious energy. Call it all up to your body and let it leave your crown.