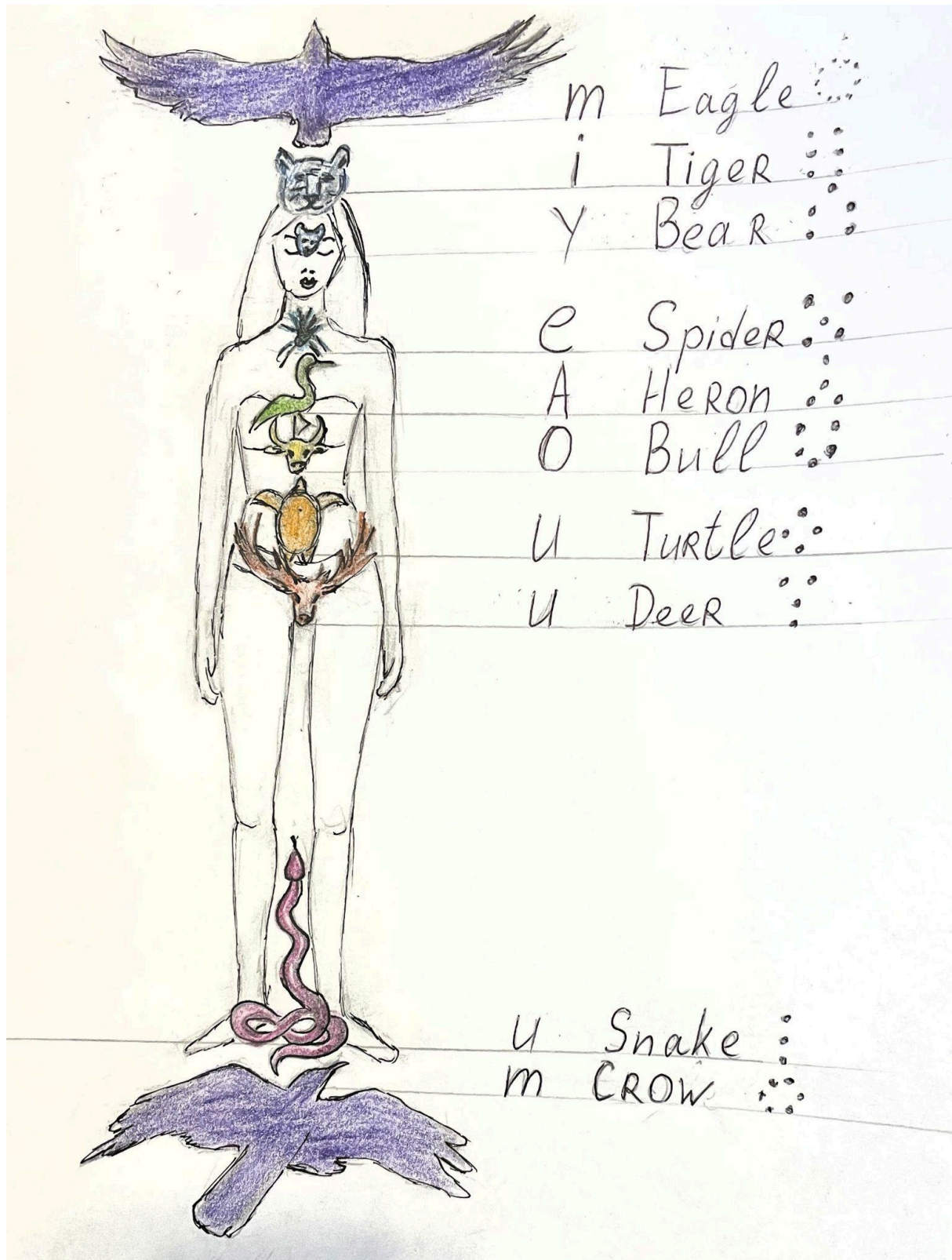


Chakra Application:



Great Underground Spirit and Ancestors

- Eagle or Raven, depending on the school of shamanism
- Color: Black
- Sound: M
- Black stones and coniferous plants.
- Lava stone, jet, hematite, labradorite, marion, black tourmaline
- Juniper, spruce, pine

0 - Snake.

- Located between the feet.
- Sound: U.
- Color: Purple-red, earthy
- Black-green stones. Powerful green plants.
- Aegirine, serpentine (use with caution)
- Wormwood, mandrake

1 - Deer.

- First, in the groin area.
- Sound: U or Yu is the sound of the Buryat alphabet.
- Color: Red.
- Stones and flowers of red and pink color.
- Tiger's eye, red garnet, rhodonite, rose quartz, ruby

- Carnation, pomegranate, ginger.

2 - Turtle

- Second, near the navel.
- Sound: U or Yo (a Buryat vowel not present in European alphabets).
- Color: Orange.
- Orange stones and flowers.
- Carnelian, sphene, tiger's eye
- Orange, elecampane, marigold

3 - Bull, Buffalo

- Third, at the solar plexus.
- Sound: O or Yo (a Buryat vowel not present in European alphabets)
- Color: Yellow, golden.
- Yellow and golden stones, yellow flowers.
- Amber, citrine, pyrite, golden topaz.
- Lemon, Ylang Ylang, coltsfoot, tansy

4 - Heron.

- Fourth, on the chest.
- Sound: A or I (depends on the school).
- Color: Green.
- Green stones and green plants.
- Green quartz, unakite, emerald, malachite, prehnite, chrysoprase

- Fern, horsetail, tea

5 - Spider.

- Fifth, at the beginning of the neck.
- Sound: E.
- Color: Sky blue.
- Stones and flowers of blue color.
- Celestine, aquamarine, blue turquoise, blue topaz
- Forget-me-not, bluebell

6 - Bear.

- Sixth, the third eye between the eyebrows.
- Sound: "Ÿ" / "I"
- Color: Blue.
- Bright blue and dark blue stones and flowers.
- Azurite, lapis lazuli, blue sapphire.
- Cornflower, blackberry, blueberry

7 - Tiger or Lion.

- Seventh, the crown at the top of the head.
- Sound: I or A (depends on the school)
- Color: Purple, violet-blue.
- Purple stones and flowers.
- Lepidolite, amethyst, charoite.

- Lavender, heather, valerian, fig, patchouli, violet, thyme

Great Heavenly Spirit

- Eagle or Raven, depending on the school of shamanism.
- Color: White
- Sound: M
- White and transparent stones and white flowers.
- Albite, moissanite, diamond, rock crystal, clear calcite, moonstone.
- Incenses and herbs:
- Lotus, jasmine, myrrh, sandalwood, yarrow.