

Urja

The Chakra Collection

Designed and Hand Crafted
By
Pratharv Jewelz By Pooja V'swani

“Lokaḥ Samastāḥ Sukhīno Bhavantu”

“May all beings everywhere be happy and free, and may the thoughts, words and actions of my own life contribute in some way to that happiness and to that freedom for all”

Happy New Year Everyone,

Hope you all are doing well physically, emotionally, spiritually, mentally and financially. We are now in the New Year 2021 and as the Vaccine has arrived we are nearing the end of this pandemic. The year 2020 has been a challenging and life changing year for most of us. We have realized the value of the real things in life what is truly needed for a fulfilling life what is not the necessity and difference between wants and needs. Our generation survived the lockdowns, the fear, anxiety of the getting sick, the paranoia surrounding it all. Many lost the battle to this dreadful disease and many are still suffering but the universal truth is: Life Goes On. Health remains a top priority above everything else for all. We tend to look back to our past and our roots when we are in any challenging situation as to what we can do to receive some calm and peace. When I was under Quarantine and sick I took to healing mantras and music to soothe myself of all the negativity and trauma. I am always fascinated by the healing power of our ancient sages, Natural healing, Yoga, Ayurveda - alternate therapy, and of course being a gemmologist - the Power of Healing Gemstones - living a healthy, happy, soulful and complete life. Natural Forces within us are the true healers of disease I researched about Chakras and its healing powers the mantras connected to each and the mudras to perform to optimize health. My mom who practices Reiki, Yoga and Natural Healing also provided lot of encouragement, support, help and guidance. Here I have compiled for you what I felt is most relevant. Please do your own little research and do mail me if you find something interesting. Love & Light

ॐ नमः शिवाय

Pooja Vaswani



About: Urja: The Chakra Collection

The term 'Chakra' is acquired from the Sanskrit word "cakra" – which in English implies 'Wheel of Spinning Energy'.

A Chakra indicates a powerhouse of energy. Within the human body, there are seven major energy Chakras and there are several minor ones.

Chakras are the concentrated vitality focuses of the body. Chakras have the cherishing duty of taking in, fusing and radiating vitality to keep us working at ideal dimensions.

In yogic traditions, the Chakras are the manifestations of spiritual energies on the physical level, responsible for well-being and a happy, healthy life.

The 7 Chakras are the spiritual energy centres within the body. They are symbolized by seven different lotus flowers.

There are 7 main chakras in the human body, each corresponding to certain feelings and emotions in the spine, starting from the base to the crown.

Opening the chakras and allowing universal energies to flow through the body is known to revive the spirit and thus ultimately empowering life. Every chakra has its own healing priorities which vary from each other. So, concentrate on actuating your Chakra with Chakra Jewelry and Gemstones and help balance your chakras.

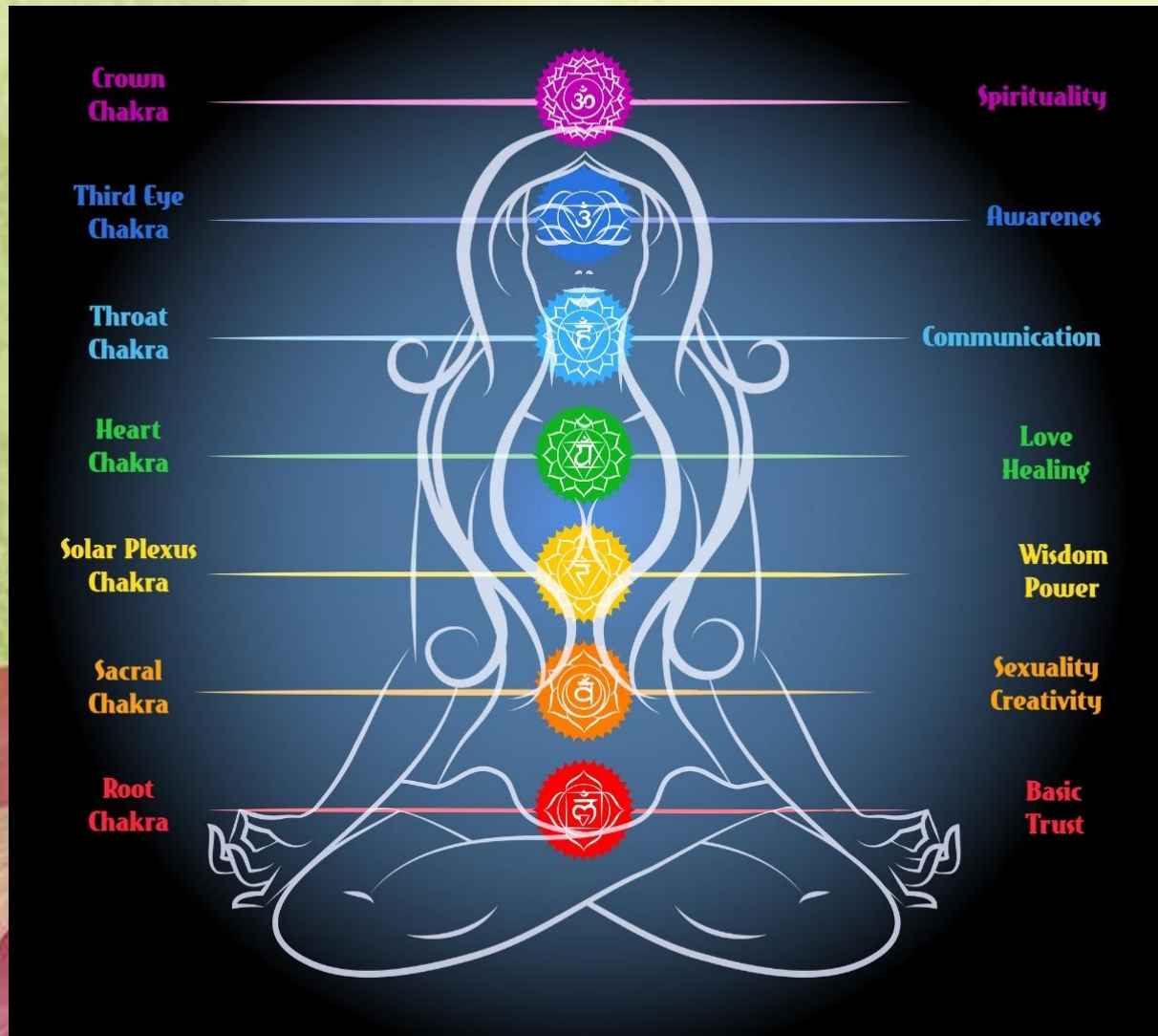
Symbols and signs have been used throughout history and they are powerful reminders of our intentions. We have designed and handcrafted high vibrational chakra jewellery that combine the Chakra symbols with these powerful gemstones. This combination creates a powerful piece of jewellery that really beam energy with very clear intentions of connection, balancing and healing that specific Chakra.

At different times in your life and on certain days rather than wearing a general stone you may need to be focusing on that Chakra and boosting its energy. Spend a few minutes taking a look at these symbols and see if you are drawn to a certain one and then read about it in detail to find out which Chakra it is. Tune in and use your intuition to see which bits you are particularly drawn to. Trust your intuition and trust your energies!

The designer pieces of jewelry of this collection include all the major seven chakras, in different metals and are suited for every budget. This is also in continuation of our effort of supporting Indian Artisans and reviving dying artforms. All these seven Chakras directly controls and are associated with human personality, behavior, response, and reaction. Opening and understanding these Chakras is the only way to open and to understand the human self. These chakras sometimes get blocked as a consequence of continuous or frequent tension, emotional or bodily issue. This often means an irregular flow of energy in the human body which again means more ailment, depression, and distress.

URJA - The Chakra Collection pendants and charms can create an aura of positivity and spirituality for you, wherever you go and a Higher Vibration. Each piece is further energized with Reiki before delivering it.

So that each one of us can make the most of it we are offering this collection in metal of your choice. Please allow us 15-21 days for manufacturing and delivery of the product



THE SEVEN CHAKRAS: MEANING AND SYMBOLS:

1) The Root Chakra

Root Chakra is also known as the (Muladhara) *mūlādhāra*, because it is situated at the base of the spine of the body located between the anus and the genitals, imagined as a lotus with four petals;

It is mainly related to grounding. It has a square in the symbol which represents the stability and the sign of rigidity. Apart from that, the upside-down triangle further shows the alchemical symbol for earth. This symbol moreover represents the grounded energy of Muladhara. You can also see four kinds of petals in the symbol which showcase the mind states such as ego, mind, intellect and consciousness.

The Root Chakra healing properties: This chakra helps to heal insecurity, fear, anxiety, unstable, low self-esteem, anemia, over/underweight, constipation.

The Root Chakra metaphysical properties:

Motto: I Am

Mantra: LAM

Healing Gemstones: Bloodstone, Garnet, Obsidian, Ruby, Smoky Quartz, Agate, Black Tourmaline

Color: Red

Element: Earth

Zodiac Signs: Capricorn, Virgo and Taurus

10 powerful root chakra affirmations to help you heal and balance your first chakra

#1 I am here and I am safe

#2 I am nourished and supported by Mother Earth

#3 I am safe, protected and guided in this world

#4 I release any doubts and fears

#5 With every breath, I release the anxiety and fear within me

#6 The Earth supports me and meets my needs

#7 I am financially free

#8 I love my body and trust its wisdom

#9 I am at home in my own body

#10 I am immersed in abundance

BASE *I am*



I am grounded, safe and strong.

2) The Sacral Chakra

Sacral Chakra is known as the (Svadhishthana) *svādhiṣṭhānā* which is the center of creativity and is located at the root of the genitals, with six petals;

. It has a deep connection with the lotus flower as it shows the cyclical nature of birth, death as well as rebirth. Apart from that, the tangential circles create the crescent moon shape which helps us to remind the relationship between the different phases of the moon along with creativity.

The Sacral Chakra healing properties: This chakra helps to heal guilty, shyness, irresponsible, infertility, sexual issues, allergy, and eating disorder.

The Sacral Chakra metaphysical properties:

Motto: I Feel

Mantra: VAM

Healing Gemstones: Garnet, Golden Agate, Moonstone, Orange Calcite, Amber, Carnelian, Coral, Orange Tourmaline, Sunrise Quartz

Color: Orange

Element: Water

Zodiac Signs: Pisces. Cancer and Scorpio

10 powerful sacral chakra affirmations to help you heal and balance your second chakra

#1 I am living a pleasurable life

#2 I am grateful for the joy of being me

#3 I trust my feelings and given them ample room for expression

#4 I embrace and celebrate my sexuality

#5 I am honouring my body and treat myself respectfully. My sexuality is sacred

#6 I am feeling complete peace from within

#7 I am allowing my creativity to flow through me freely

#8 It is my birth right to receive pleasure and have all my needs met

#9 I am radiant, beautiful, creative and enjoy a healthy and passionate life

#10 I attract like-minded people who support and love me for who I am

SACRAL

I feel



I embrace life with joy and passion.

3) The Solar Plexus Chakra

Solar Plexus Chakra is also known as the Manipura which affects a person's confidence. the *maṇipūrā* located at the navel, is imagined as a lotus with with ten petals. It has 10 petals which connect it with the 10 Pranas of the body. A human body total has 5 Pranas and 5 Upa Pranas which simply means types of air energy. You can also notice the upside-down triangle which shows the energy of the lower three chakras.

The Solar Plexus Chakra healing properties: This will help to heal the guilty, lack of energy, weakness, allergy, fatigue, low self-esteem, worthlessness, digestion and liver problems.

The Solar Plexus Chakra metaphysical properties:

Motto: I Do

Mantra: RAM

Healing Crystals: Golden Topaz, Amber, Citrine, Jasper, Yellow Tourmaline

Color: Yellow

Element: Fire

Zodiac Signs: Aries, Leo and Sagittarius

10 powerful solar plexus chakra affirmations to help you heal and balance your third chakra

#1 I honor the power within me, I honor myself

#2 I accomplish tasks easily and effortlessly

#3 The fire within me burns through all blocks and fears

#4 I can do everything that I desire

#5 I stand in my power

#6 I am strong

#7 I release judgment of others and of myself

#8 I am manifesting easily and gracefully

#9 I am worthy of love, kindness, and respect

#10 I am the embodiment of inner peace and confidence



4) The Heart Chakra

Heart Chakra is another name of (Anahata) *anāhata* at the heart, imagined as Lotus with twelve petals;

It fuels up nature or compassion towards you and other and one of the unique chakras among seven as it shows the connection three lower as well as three upper chakras. You can see the two triangles in the centre of the symbol such as downward and upward. Further, in these chakras the energies of male and female get to combine to form the six-point star shape. 12 petals in the heart chakra in combination with the 6-point star signifies your 72,000 energy channels.

The Heart Chakra healing properties: Heart Chakra will help to heal loneliness, demanding, critical, jealous, cold-hearted, narcissistic, heart and lung problems, asthma, allergies.

The Heart Chakra metaphysical properties:

Motto: I Love

Mantra: YAM

Healing Crystals: Malachite, Rose Quartz, Emerald, Green Jade, Green Tourmaline

Color: Green

Element: Air

Zodiac Signs: Aquarius, Gemini and Libra

Here are 10 powerful heart chakra affirmations for healing your fourth chakra

#1 I am worthy of love

#2 I am loving to others and to myself

#3 There is an infinite supply of love

#4 I live in balance with others

#5 I forgive myself, I forgive others

#6 Love is my guiding truth in life, and I give and receive love effortlessly and unconditionally

#7 I live in balance, in a state of gracefulness and gratitude

#8 I accept things as they are

#9 I am peaceful

#10 I chose to be united with all beings, visible and invisible, in the realm of love and light

HEART *I love*



I deeply & completely, love & accept myself.

5) The Throat Chakra

Throat Chakra is also known as the (Vishuddha) *viŚuddha* at the throat, with sixteen petals of Lotus which houses your capacity to express and talk up for what you think in. There are some triangles in this which show energy like Manipura. In this chakra energy represent the gathering of knowledge. You can see 16 petals in this symbol which are connected with 16 vowels of the Sanskrit. Light and breathy pronunciation these vowels hold.

The Throat Chakra healing properties: Throat has the properties to heal shy, weak voice, fear of speaking, unable to listen, lying, arrogance, thyroid, hearing, throat problems.

The Throat Chakra metaphysical properties:

Motto: I Speak

Mantra: HAM

Healing Crystals: Azurite, Blue Opal, Blue Quartz, Chrysocolla, Lapis, Turquoise, Angelite, Aquamarine

Color: Blue

Element: Air/Sound

Zodiac Signs: None

Here are 10 powerful throat chakra affirmations to help you heal and balance your fifth chakra

#1 I hear and speak the truth

#2 I am expressing myself with clear intent

#3 Creativity flows in and through me

#4 I am an important voice in the world and my voice is heard

#5 I speak my truth clearly

#6 I love to share my experiences and wisdom. I know when it is time to listen

#7 I listen to my body and my feelings to know what my truth is

#8 I am safe and trust others to allow me to express myself truthfully

#9 I live in my truth, I communicate my truth, I am the truth

#10 I express my love and goodness each time I speak



6) The 3rd Eye Chakra

Third Eye Chakra is also known as (Ajna) the *ājñā* between the eyebrows, with two petals which is your seat of intuition. In this chakra, you will see the upside-down triangle and this is the last chakra in the row before Crown Chakra. This shows the connection to true enlightenment as well as divinity.

The 3rd Eye Chakra healing properties: It has several healing properties such as lack of intuition and imagination, manipulative, panic, fear, nightmares, vision and eyes problems, migraines.

The 3rd Eye Chakra metaphysical properties:

Motto: I See

Mantra: AUM or OM

Healing Crystals: Purple Fluorite, Sugilite, Amethyst, Lapis Lazuli, Quartz

Color: Indigo

Element: Psychic or Extra Sensory Perception

Zodiac Signs: None

10 powerful third eye chakra affirmations to help you heal and balance your 6th chakra

I see all things in clarity

I am open to the wisdom within

I can manifest my vision

I trust and follow my intuition

I am connected to my true path and purpose

I am connected with the wisdom of the universe

I am the source of my truth and my love

I open myself to know my inner guidance and deepest wisdom

I release and forgive the past

I am now using my intuition and insight without fear and without delusion

THIRD EYE *I see*



I trust my intuition and follow it.

7) The Crown Chakra

Crown Chakra is also known as (Sahasrara) the *sahasrāra*, Above these six lies a seventh and ultimate cakra, imagined as a thousand-petaled lotus that serves as the divine seat of Lord Śiva. For the divine connection. It is basically the connection between the divine circle as well as the lotus flower. This connection shows the connection to Brahma who is the creation of human. It also represents the symbol of divine unity towards other creatures. Apart from that, the lotus flower shows success and immortality.

The Crown Chakra healing properties: The crown chakra has properties like mental disorders, fear, materialistic, memory and learning problems, apathy, broken, spiritual crisis.

The Crown Chakra metaphysical properties:

Motto: I Understand

Mantra: Silence

Healing Crystals: Diamond, Amethyst, Clear Quartz

Color: Purple or White

Element: Thought

Zodiac Signs: None

HERE ARE 10 POWERFUL CROWN CHAKRA AFFIRMATIONS TO HELP YOU HEAL AND BALANCE YOUR 7TH CHAKRA

I honour the Divine within me

I am open to new ideas

Information I need comes to me easily

The world is my teacher

I am guided by a higher power and inner wisdom

I am worthy of love from divine energy

I am open to letting go of my attachments

I live in the present moment

I am an extension of the Universe, and The Universe is kind and loving

I am connected with the wisdom of the universe

CROWN *I know*



I honour the divine within me.

Disclaimer : This article is for informational and educational purposes and has been compiled using information from various online and offline sources available for public consumption.