

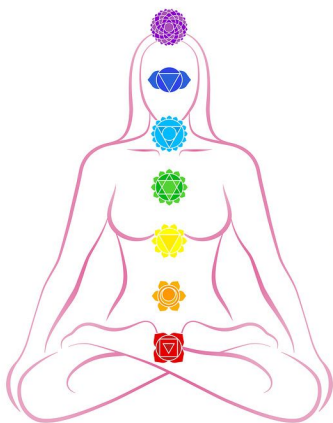


CHAKRA MONEY COURSE



The Chakra Essential Oil Guide to Amplify Your Intentions

Just as color, sound and crystals have a certain resonance with the Chakras, so do different plants. Essential oils are a very powerful concentrate of pure plant essences, and can be used to help balance the chakras.



Crown Chakra

Third Eye Chakra

Throat Chakra

Heart Chakra

Solar Plexus Chakra

Sacral Chakra

Root Chakra

Use high quality essential oils which are the most appealing and pleasing to you/ As essential oils are so powerful a little goes a long way and we recommend you blend essential oils with a carrier oil, such as coconut or grapeseed.

It is believed that each of the chakras absorb and filter the energy that we come into contact with and are also shaped by our thoughts, experiences and emotions.

Meditating with essential oils that represent the color of a specific chakra is thought to strengthen and balance that chakra.

1. Once you have applied the blend to your chakra, focus upon positive thoughts and intentions aimed towards balancing the chakra. What does this feel like?
2. Ideal times to use the blend are during times of meditation, listening to the chakra clearing meditation or when relaxing. The main thing is to focus and ask for the energy of the plant essence to help you.



The Chakra Essential Oil Guide to Amplify Your Intentions

Chakra	Essential Oils
Root Chakra 	<p>Located at the base of spine in tailbone area, this is where our sense of security lies.</p> <p>Myrrh, Patchouli, Vetiver, Rosewood, Thyme, Frankincense, Rose & Ylang Ylang</p>
Sacral Chakra 	<p>The lower abdomen, about 2 inches below the navel and 2 inches in ~ our creativity and sexuality.</p> <p>Jasmine, Rose, Sandalwood, Ginger, Clary Sage, Fennel & Ylang Ylang</p>
Solar Plexus 	<p>The upper abdomen, in the stomach area ~ our self-esteem and confidence.</p> <p>Juniper, Cedarwood, Black Pepper, Hyssop, Cinnamon, Cardamom, Lemon & Grapefruit</p>
Heart Chakra 	<p>Located in the center of chest just above heart.</p> <p>Geranium, Rose, Bergamot, Ylang Ylang, Mandarin, Jasmine & Lavender</p>
Throat Chakra 	<p>Located in the throat ~ the center for self-expression.</p> <p>Blue Chamomile, Myrrh, Cypress, Basil, Hyssop, Peppermint, Eucalyptus & Sandalwood</p>
Third Eye 	<p>At the forehead and in between the eyes is the gateway to our intuition.</p> <p>Rosemary, Juniper, Lemon, Pine, Helichrysum, Lavender & Clary Sage</p>
Crown 	<p>The very top of the head is our universal connection to beauty and spirituality.</p> <p>Frankincense, Rosewood, Jasmine, Rose & Neroli</p>