

# CHAKRA BALANCING WITH ESSENTIAL OILS



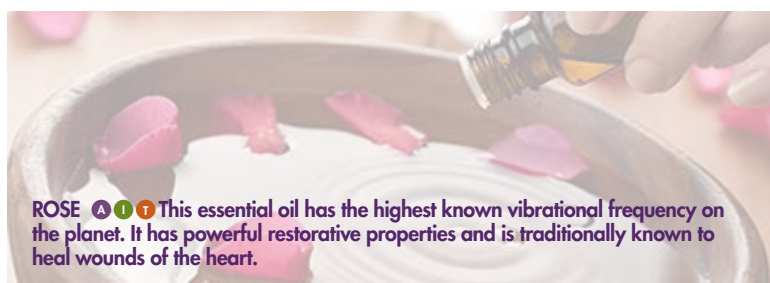
- Crown**  
JOYFUL BLEND, MYRRH,  
OR SANDALWOOD
- Third Eye**  
CALMING BLEND, FRANKINCENSE,  
OR JASMINE
- Throat**  
WHISPERING BLEND, ROMAN  
CHAMOMILE, OR BASIL
- Heart**  
RESPIRATORY BLEND, GERANIUM,  
OR YLANG YLANG
- Solar Plexus**  
DIGESTIVE BLEND, GINGER,  
OR CINNAMON
- Sacral/Navel**  
INVIGORATING BLEND, CLARY SAGE,  
OR BERGAMOT
- Root**  
GROUNDING BLEND, VETIVER,  
OR PATCHOULI

for the reader to release expectations or attachment to the outcome- stay open for discovery.

A healthy chakra usually spins clockwise. However, a counter-clockwise spin may mean processing or change is occurring. Look for consistency between chakras and what happens after applying essential oils.

**SHAPE** Healthy chakras will be uniform and hand sized. Shifts to the left indicate feminine issues; right- masculine issues; bottom- physical realm tendency; top- spiritual realm tendency.

**SPIN** Lower chakras are slower than higher seals; slow and sluggish indicates depression, overuse or fatigue; too fast indicates anxiety or overcompensation.



**ROSE** **A I T** This essential oil has the highest known vibrational frequency on the planet. It has powerful restorative properties and is traditionally known to heal wounds of the heart.

## CHAKRA

Energy centers or 'wheels' that lie along the spine and represent different levels of consciousness. They serve to link the subtle body to the physical body. When these energy clusters become blocked, unbalanced, or are too open and run on overdrive our overall health and wellness are compromised.

### ESSENTIAL OILS BALANCE CHAKRAS

Along with the inherent properties of Certified Pure Therapeutic Grade essential oils-

- **ANTIBACTERIAL, ANTIVIRAL & ANTISEPTIC**- Clove, Protective Blend, Geranium, Oregano
- **ANTIOXIDANT** - All citrus oils, Thyme, Rosemary, Peppermint
- **ANTI-INFLAMMATORY** - Frankincense, Basil, Bergamot, Myrrh
- **ANTI-FUNGAL** - Cleansing Blend, Melaleuca

They also have the highest vibrational frequency of any natural substance on earth and dispel low vibration pathogens so that they can't survive. This dramatically creates healthy chakra vibration restoring health to the body, clarity to the mind, and peace to the spirit.

### EVALUATING CHAKRAS

**SELF-ASSESSMENT** Most common are multiple-choice questions which can be found online and in chakra workbooks.

**MUSCLE TESTING** Done with a partner or by yourself. This taps into the subtle body and allows the subconscious to distinguish between true and false statements. The most common is the arm test and the backwards/forwards lean test.

**PENDANT/PENDULUM** Any object dangling from a chain including a crystal or gemstone. Place over the chakra points about 6-12 inches away from the body. Wait for about 10 seconds. Make note of the spin, speed, and shape.

**INTERPRETATION** Prior to any chakra assessment, it's important

## BALANCE THE CHAKRAS WITH ESSENTIAL OILS



### STEP ONE: ASSESS THE HEALTH OF THE CHAKRAS

- Using Self-Assessment, Muscle Testing, or Pendant/Pendulum



### STEP TWO: PROTECTIVE BLEND *wild orange, clove, cinnamon, eucalyptus, rosemary* **A I T**

**LOCATION:** Top of head & inhale aroma

**BENEFIT:** Create a safe and secure space for processing and healing

#### OTHER USES:

- Boost Immune System
- Treat viral and bacterial infections
- Prevents and Inhibits growth of MRSA
- Cold & flu symptoms
- Repels negative energy
- Maintains healthy boundaries



### STEP THREE: MASSAGE BLEND *basil, grapefruit, cypress, marjoram, lavender, peppermint* **A I T**

**LOCATION:** Bottoms of feet & inhale aroma

**BENEFIT:** Creates an open mind and heart flexible to change and processing.

#### OTHER USES:

- Diffuse during restorative yoga to calm and reduce anxiety
- Relax and relieve tense muscles
- Neuropathy
- Restless leg syndrome
- Anti-inflammatory properties enhance massage to deeply heal the physical body
- Cold & flu symptoms,
- Repels negative energy



### STEP FOUR: PLACE ESSENTIAL OILS ON CHAKRA POINTS

- Apply to chakra points that are not balanced & inhale aroma
- Re-test chakra point before moving on.
- Avoid mixing oils by using different finger for each application

## CHAKRA POINTS



### 1. MULADHARA/ROOT CHAKRA | GROUNDING BLEND A T

**LOCATION:** Coccyx, perineum, legs, feet | **COLOR:** Red | **ELEMENT:** Earth  
**PSYCHOLOGICAL FUNCTIONS:** Survival, Vitality, Reality, Grounding, Security, Support, Stability, Sexuality, Individuality, Courage, Impulsiveness  
**IDENTITY:** Self preservation, physical; I Am | **EXCESSIVE TRAITS:** Greed, hoarding, heaviness, fatigue, obesity  
**DEFICIENT TRAITS:** Restlessness, fear, undisciplined, flighty, underweight  
**GROUNDING BLEND:** *spruce, frankincense, blue tansy*  
**BENEFIT:** Creates stability, connection with one's roots and the earth, grounds emotions and brings into balance the indulgent child.  
**OTHER USES:** ADD/ADHD, Anti-inflammatory, mood stabilizer | **OTHER SUGGESTED ESSENTIAL OILS:** VETIVER or PATCHOULI

### 2. SVADHISTHANA/SACRAL CHAKRA | INVIGORATING BLEND A T

**LOCATION:** Lower Abdomen | **COLOR:** Orange | **ELEMENT:** Water  
**PSYCHOLOGICAL FUNCTIONS:** Feelings, Emotions, Intimacy, Procreation, Polarity, Sensuality, Confidence, Sociability, Freedom, Movement  
**IDENTITY:** Self gratification, emotional; I Feel | **EXCESSIVE TRAITS:** Moody, hyper-sensitivity, poor boundaries, sex addictions, urinary trouble  
**DEFICIENT TRAITS:** Poor social skills, depression, impotence, rigidity in beliefs, body, and behavior  
**INVIGORATING BLEND:** *orange, lemon, grapefruit, mandarin, bergamot, tangerine, clementine, vanilla*  
**BENEFIT:** Brings your emotional and temporal wants and needs into balance; sensuality; creates healthy one on one relationships; sparks creativity  
**OTHER USES:** Antioxidant, Cleansing, Disinfect, Mood enhancer | **OTHER SUGGESTED ESSENTIAL OILS:** CLARY SAGE or BERGAMOT

### 3. MANIPURA/SOLAR PLEXUS | DIGESTIVE BLEND A I T

**LOCATION:** Solar Plexus | **COLOR:** Yellow | **ELEMENT:** Fire  
**PSYCHOLOGICAL FUNCTIONS:** Personal Power, Will, Knowledge, Wit, Laughter, Mental Clarity, Humor, Optimism, Self-Control  
**IDENTITY:** Self definition, ego; I Do  
**EXCESSIVE TRAITS:** Hyperactive, aggressive, competitive, arrogant, domineering  
**DEFICIENT TRAITS:** Poor digestion, passive, submissive, poor self-esteem, low energy  
**DIGESTIVE BLEND:** *ginger, peppermint, tarragon, fennel, caraway, coriander, anise*  
**BENEFIT:** Self-confidence, will power, healthy digestion and ability to transform ideas into reality.  
**OTHER USES:** Acid-reflux, All digestive issues, Sinusitis, Heartburn | **OTHER SUGGESTED ESSENTIAL OILS:** CINNAMON or GINGER

### 4. ANAHATA/HEART CHAKRA | RESPIRATORY BLEND A T

**LOCATION:** Center of Heart | **COLOR:** Green | **ELEMENT:** Air  
**PSYCHOLOGICAL FUNCTIONS:** Relationships, Love, Acceptance, Self-control, Compassion, Guilt, Forgiveness, Harmony, Peace, Renewal, Growth  
**IDENTITY:** Self acceptance, social; I Love  
**EXCESSIVE TRAITS:** Chest pain, poor boundaries, jealousy, co-dependency, martyr  
**DEFICIENT TRAITS:** Critical, intolerant, lonely, lack of empathy, asthma  
**RESPIRATORY BLEND:** *laurel leaf, peppermint, eucalyptus radiata, ravensara, melaleuca, lemon*  
**BENEFIT:** Acceptance, love, compassion for others and yourself, to become fully engaged in life, the center of the wise mind where the emotional mind and rational mind are equally accepted. The center of the chakra system, it links the lower states of consciousness and higher states of consciousness.  
**OTHER USES:** Respiratory relief including asthma, bronchitis, sinuses, and allergies. Relieves anxiety, stress. | **OTHER SUGGESTED ESSENTIAL OILS:** GERANIUM or YLANG YLANG

### 5. AJNA/THROAT CHAKRA | WHISPERING BLEND A T

**LOCATION:** Throat | **COLOR:** Blue | **ELEMENT:** Sound  
**PSYCHOLOGICAL FUNCTIONS:** Communications, Wisdom, Speech, Trust, Creative Expression, Spatial, Organization, Caution  
**IDENTITY:** Self expression, creative; I Speak  
**EXCESSIVE TRAITS:** Inability to keep confidences, excessive talking, stuttering, gossiping, thyroid issues  
**DEFICIENT TRAITS:** Secretiveness, fear of speaking, excessive shyness, weak or small voice, sore throat  
**WHISPERING BLEND:** *patchouli, bergamot, sandalwood, cinnamon, vetiver, ylang ylang with absolutes of rose, jasmine, cocoa, and vanilla*  
**BENEFIT:** Ability to express inner voice, creativity, speak one's truth, and communicate effectively with others.  
**OTHER USES:** Hormonal balance, Calming, relaxing, Blends well with an individual's unique chemistry creating a custom perfume | **OTHER SUGGESTED ESSENTIAL OILS:** ROMAN CHAMOMILE or BASIL

### 6. VISHUDDHA/THIRD EYE CHAKRA | CALMING BLEND A T

**LOCATION:** Brow | **COLOR:** Indigo | **ELEMENT:** Light  
**PSYCHOLOGICAL FUNCTIONS:** Intuition, Invention, Psychic Abilities, Perception, Understanding, Memory, Fearlessness  
**IDENTITY:** Self reflection, archetypal; I See  
**EXCESSIVE TRAITS:** Difficulty concentrating, delusions, headaches/migraines, nightmares, excessive fantasizing  
**DEFICIENT TRAITS:** Insensitivity, lack of imagination, denial, poor vision, skeptic  
**CALMING BLEND:** *lavender, sweet marjoram, roman chamomile, ylang ylang, sandalwood, vanilla*  
**BENEFIT:** Developing & trusting your intuition, create stillness in thoughts for greater wisdom, perception, and meditation.  
**OTHER USES:** Calming, Relieves anxiety, stress, and tension, Insomnia, sleep, ADD/ADHD. | **OTHER SUGGESTED ESSENTIAL OILS:** FRANKINCENSE or JASMINE

### 7. SAHASRARA/CROWN CHAKRA | JOYFUL BLEND A T

**LOCATION:** Top of head | **COLOR:** Violet | **ELEMENT:** Thought  
**PSYCHOLOGICAL FUNCTIONS:** Knowingness, Wisdom, Inspiration, Charisma, Awareness, Higher Self, Meditation, Visionary  
**IDENTITY:** Self knowledge, universal; I Understand  
**EXCESSIVE TRAITS:** Dissociation from body, overly intellectual, confusion, senility, excessive attachments  
**DEFICIENT TRAITS:** Limited beliefs, apathy, depression, learning difficulties, materialism  
**JOYFUL BLEND:** *lavandin, tangerine, elimi, lemon myrtle, melissa, ylang ylang, osmanthus, sandalwood*  
**BENEFIT:** Expand beyond self and experience true bliss, transcendence, spiritual connection, enlightenment or awakening of our full potential, state of mind not bound by time or space.  
**OTHER USES:** Energizing, Stimulating, Relieve lethargy, Depression, grief and sorrow, A popular scent used as a perfume | **OTHER SUGGESTED ESSENTIAL OILS:** MYRRH or SANDALWOOD

### ALL CHAKRAS | CLEANSING BLEND A T

**CLEANSING BLEND:** *lemon, lime, pine, citronella, melaleuca, cilantro*  
**LOCATION:** On chakra point that continues to stay unbalanced and inhale aroma. Re-test. If it continues to stay unbalanced move on as balancing nearby chakra points may fix this.  
**BENEFIT:** Enhances and drives deeper the essential oil previously used.  
**OTHER USES:** Disinfectant and cleansing, Allergies, Antibacterial, Bug bites, Ear Infections, Mold and mildew

FOR MORE INFORMATION OR TO PURCHASE ESSENTIAL OILS, PLEASE VISIT [WWW.ESSENTIALSFORYOGA.COM/KOREA](http://WWW.ESSENTIALSFORYOGA.COM/KOREA)