

## Chakra Healing

Greetings and welcome!

Therapeutic Grade Essential Oils have a very profound effect on our emotions and sub-conscious. In Chakra Healing, we can use the essential oils of the **Feelings Kit, Joy and Sacred Mountain blends**.

If you only have 5 minutes, the following mini session is suggested:

- ⊙ Valor - on foot chakra
- ⊙ Joy - on heart chakra
- ⊙ Sacred Mountain - on brow/crown chakra

Please allow at least 2 minutes before the next application of the essential oil to fully experience its effects.

While you are waiting, you can massage your body where you have applied the oils, apply DIY acupressure, initiate self healing using various energy healing modalities, meditate etc ...

**Valor** is very powerful for grounding and balancing the body on all levels - physical, emotional, mental, energetic and spiritual. Apply Valor to the rims of the ears and the **bottoms of the feet** at the beginning of the session. Intend a connection with the earth to facilitate grounding.

This blend contains blue tansy, frankincense, rosewood, and spruce with sweet almond oil as a carrier.

Next is **Joy**, a luxuriously exotic blend with uplifting overtones that creates magnetic energy and brings joy to the **heart**. When worn as a cologne or perfume, Joy exudes an alluring and irresistible fragrance

that inspires romance and togetherness. When diffused, it can be refreshing and uplifting.

This blend contains: bergamot, lemon, palmarosa, ylang ylang, mandarin, rose, geranium, jasmine, rosewood and roman chamomile.

The aroma of **Sacred Mountain** naturally takes you to the woods in the high mountains. It contains conifer essential oils like spruce, fir and cedarwood, which evoke feelings of sanctity found in the mountains. You may find that it is elevating and grounding at the same time. When applied over the area between the eyes (**brow chakra**). Sacred Mountain promotes feelings of strength, empowerment, grounding and protection that are a result of being close to nature.

If you have more time (20 minutes), you can use the Feelings Kit with Sacred Mountain. The sequence suggested may be different from the sequence in the provided in the Feelings Kit. The sequence does not really matter as long as you can develop a framework around it. Please experiment to find the most appropriate sequence for you!

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This blend contains blue tansy, frankincense, rosewood, and spruce with sweet almond oil as a carrier.

Intend a connection with the earth to facilitate grounding. After grounding yourself, ensure that you will not be interrupted and allow at least 2 minutes to experience each essential oil fully.

Subsequently, the oils are applied over your chakras where appropriate. If you are unsure on the recommended places where you can apply the essential oils, you can always breathe the aroma first then apply it to over heart chakra.

The following sequence is suggested after applying Valor.

**Harmony** over the **abdomen** — An exquisite blend that promotes physical and emotional well-being by bringing harmonic balance to the energy centres of the body. After grounding, you go deeper within yourself to find the inner peace within. You can do abdominal breathing to focus your awareness to this part of the body.

This blend contains: geranium, rosewood, lavender, sandalwood, frankincense, orange, lemon, angelica, hyssop, spanish sage, jasmine, roman chamomile, bergamot, ylang ylang, palmarosa, rose, spruce.

**Forgiveness** on the stomach area (**solar plexus**) — We found that this blend enhances the ability to release hurtful memories and move beyond emotional barriers. Forgiveness is an internal act, when you forgive others, you are allowing yourself to let go of your past trauma. Once release, you are free to initiate your self healing.

This blend contains: rose, melissa, helichrysum, angelica, frankincense, sandalwood, lavender, bergamot, geranium, jasmine, lemon, palmarosa, roman chamomile, rosewood, ylang ylang.

**Release** — combines uplifting, calming oils to create a sense of peace and emotional well-being. In Traditional chinese medicine theory, the liver is identified with the emotion of anger. After applying this essential oil over the **liver** area (below right rib cage), visualise the liver as a lively bright green with some blocks represented as black, gray, brown

patches. As you focus your awareness on your liver, slowly paint over the dark patches with the bright green. This blend contains: ylang ylang, lavandin, geranium, sandalwood, blue tansy.

**Present Time** is then applied over the **heart**. This empowering fragrance heightens the sense of being "in the moment". It contains neroli, ylang ylang and spruce.

Take one drop of **Inner Child** under the **tongue** and apply another drop over your **throat** area (do not go sun-tanning immediately as the citrus oils are photo-sensitive). The sweet fragrance of this blend may stimulate memory response and help reconnect with the authentic self. This blend contains Orange, Tangerine, Jasmine, Ylang Ylang, Sandalwood, Spruce, Lemongrass, Neroli.

Finish with **Sacred Mountain** over the **brow** chakra. You can also rub your hands together and brush down your aura from the top down, from the mid line to the extremities.

Always have plenty of rest and water after the session.

*The information provided here is for education only and is NOT intended to replace proper medical advice. It is not provided to diagnose, prescribe, or treat any condition, illness or disease. Every individual is different, thus what may work for one may not work for another person.*

*Consult with the professional health authorities of your choice. Remember, taking responsibility for your health is your own personal decision: Do your research and choose wisely.*

*We are required by law to state, "These statements have not been evaluated by the FDA. Products and techniques mentioned are not intended to diagnose, treat, cure or prevent any diseases.*