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HI RES WIREFRAME // **Chakra**

1600x400

500x500

To Support Balance of Your Subtle Energy
For a Greater Sense of Wellbeing

Our intention for these Chakra Balancing Synergies is to support your intention for a greater sense of wellbeing.

This special line was created to help balance the 7 major chakras of your natural energy system. Chakras are subtle energy centers that intersect with our mind, body and spirit. These chakras are located along our spine in ascending order from base to crown.

When our chakras are in balance our natural energy flows smoothly creating a sense of overall wellbeing. Stress, negative thinking, and wounds or traumas can disrupt this vital balance.

Aromatherapy, along with practices to be present and purposeful in calming the mind, body and spirit, can help us to restore a sense of balance, harmony and wellbeing within our whole being.

Use these soothing essential oil synergies when you want to incorporate self-balancing rituals into your self-care routine. These synergies were created with the intention to support balance in each of the unique chakras while providing a gently inviting and accessible experience.

Because you are working with your subtle body, which houses our spirit, our core essence and our natural energy flow, we recommend you use these synergies at much less intensity than used for the mind and body in order to resonate, rather than overwhelm, the subtle nature of our energy.

How to use

Use at 1 drop per teaspoon, or 6 drops per ounce for a 1% dilution. Use a more subtle scent in direct inhalation, or room diffusion. A drop will do for passive diffusion.

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Inhalation

Inhalation from the bottle is too overwhelming to the senses and subtle body. Simply add 1 drop to a tissue or cotton ball, or aromatherapy jewelry. You can also add the 5 drops per ml to your diffuser and run for a short period, or add 15 drops to your personal inhaler and breathe in gently. You may also choose to use these at half-strength if the scent is more strong than subtle depending on your proximity. The key is to get a gentle hint of the scent and not to overwhelm the senses.

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Topical Application


Dilute to 1% in jojoba or other natural carrier oil. You may wish to anoint your chakras. Anointing is an ancient practice across spiritual traditions in which an oil is applied with intention. It is often used for protection, to connect with the sacred, to empower, and to support wellness. You may wish to anoint your chakra, pulse points, or nearby areas of the body. For the first chakra, you may use the soles of the feet and/or touch behind the knees.

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Combination

Add drops diluted to 1% to the hands and then anoint the chakra, pulse point or body area desired. Then, bring the hands up to inhale and relax into a mindful balancing practice.


These synergies can create an even more expansive experience when combined with other mindfulness techniques, including:



Intentions

Setting a clear purpose and using your synergy with that purpose in mind.


Suggested Usage: direct inhalation



Affirmations

Replacing negative thoughts positive thoughts in the present tense.


Suggested Usage: direct inhalation, anointing.



Visualization

Using your mind's eye to create a healing image on which to focus.

Suggested Usage: diffusion, direct inhalation, anointing.



Meditation

Calming the conscious mind to allow for inward introspection and higher information.

Suggested Usage: diffusion, direct inhalation, anointing.

- ☐

1st Chakra

Grounded Foundation

| Root |
- ☐

2nd Chakra

Joyful Creation

| Sacral |
- ☐

3rd Chakra

Self Manifestation

| Solar Plexus |
- ☐

4th Chakra

Loving Compassion

| Heart |
- ☐

5th Chakra

True Expression

| Throat |
- ☐

6th Chakra

Clear Intuition

| Third Eye |
- ☐

7th Chakra

Higher Connection

| Crown |

7th Chakra
Higher Connection
Top of the head

“ A warm, shimmering and radiant heady scent
gently wreathing the senses in its bloom. ”

The 7th (Crown) Chakra connects us to a higher state of consciousness and self-knowledge encouraging us to reach our higher self. While our energy is reaching upward, higher information flows downward nourishing our spiritual growth. While our blooming crown connects above, we must remain rooted below so that we are able to absorb this food for the soul throughout our whole being. When we are disconnected at this chakra, we can experience false illusions and attachments leaving our spirits with a sense of emptiness. When we are consciously connected to higher wisdom, we are able to transcend from living in the ordinary to a sense of the extraordinary.

Call to action

