

chakras

MAKE-AND-TAKE



WHAT ARE CHAKRAS?










Chakra in Sanskrit mean "wheel" or "disk"

Each of the 7 chakras are associated with the glands and organs of the surrounding body parts. Each of the seven main chakras contains bundles of nerves and major organs as well as our psychological, emotional, and spiritual states of being.

Since everything is moving, it's essential that our seven main chakras stay open, aligned, and fluid. If there is a blockage, energy cannot flow.

Essential oils are a effective and useful tool in balancing the chakras.

	LOCATION	AFFIRMATIONS
 CROWN	Located at the top of the head. Connected to spirituality, inspiration and personal intuition.	<ul style="list-style-type: none"> I am complete I am significant I am worthy of love from divine energy
 THIRD EYE	Located at the center of the brow. Connected to knowledge, perception, and mental organization.	<ul style="list-style-type: none"> I trust my intuition I see the big picture I see things clearly
 THROAT	Located at the throat. Connected to communication, self-expression of feelings and your own truth.	<ul style="list-style-type: none"> I speak my truth freely and openly I value and accept my own thoughts and opinions
 HEART	Located near the heart area in the center of the chest. Connected to love and forgiveness.	<ul style="list-style-type: none"> I am fully open to giving and receiving unconditional love Love guides my truth
 SOLAR PLEXUS	Located in the upper abdomen. Connected to feelings of self-worth, self-esteem and confidence.	<ul style="list-style-type: none"> I accomplish tasks easily and efficiently I choose health, healing and happiness
 SACRAL	Located in the reproductive region. Connected to money, power, sex, relationships and creativity.	<ul style="list-style-type: none"> I have meaningful and healthy relationships I allow my feelings to move through me and release the need to numb them
 ROOT	Located at the base of the spine. Connected to survival instincts and connection to earth.	<ul style="list-style-type: none"> I am safe I am grounded I am abundant My needs are always met



CROWN

3 Frankincense
3 Wild Orange
2 Sandalwood
1 Lemongrass
Top with FCO



THIRD EYE

4 Grapefruit
3 Frankincense
1 Peppermint
1 Lavender
Top with FCO



THROAT

5 Peppermint
3 Rosemary
1 Blue Tansy
Top with FCO



HEART

3 Lavender
3 Sandalwood
2 Cypress
1 Rose
Top with FCO



SOLAR PLEXUS

2 Juniper Berry
2 Black Pepper
2 Cedarwood
2 Bergamot
1 Lavender
Top with FCO



SACRAL

3 Sandalwood
1 Ylang Ylang
2 Clary Sage
3 Orange
Top with FCO



ROOT

3 Tangerine
3 Frankincense
2 Cedarwood
1 Myrrh
Top with FCO