

Understanding Your Chakras

Chakras are the energy centers in your body through which energy flows. These energy centers are directly linked to mental, physical, and spiritual attributes. By understanding what each chakra represents and what you can do to keep this energy flowing freely, you can achieve an optimal quality of life for yourself and those around you.

Suggested Use: Place 1–3 drops over appropriate chakra, on the bottoms of the feet, or inhale throughout the day.

Note: Dilute hot oils or lavender with a carrier oil before applying them directly onto the skin.

Crown

Purpose: Cognition/Our Connection to Spirituality and Higher Self/Life/Purpose

Location: Top/center of the head **Color:** Violet/White **Element:** Thought **Sound:** B / Om

Crystals: Clear Quartz, Diamond, Herkimer Diamond, Lepidolite, Moonstone, Sugilite, Amethyst, Sapphire

Essential Oils: Frankincense, helichrysum, lemon, melissa, Roman chamomile, rosemary, sandalwood, Detoxification Blend, Cellular Complex

"I am one with my higher self and one with the Divine."



Third Eye

Purpose: Intuition/Imagination/Wisdom/Ability to Think and Make Decisions

Location: Middle of forehead **Color:** Indigo **Element:** Light **Sound:** A / Eem

Crystals: Amethyst, Blue Quartz, Charoite, Lepidolite, Purple Fluorite, Sodalite, Sugilite, Lapis Lazuli

Essential Oils: Clary sage, lemongrass, Anti-Aging Blend, Focus Blend, Repellent Blend, Tension Blend

"I am tuned into the Divine to follow the path towards my purpose."



Throat

Purpose: Communication/Self-expression of Feelings/Speaking the Truth/Holding Secrets

Location: Center of throat/neck **Color:** Blue **Element:** Ether/sound **Sound:** G / Ehm

Crystals: Angelite, Apatite, Aquamarine, Celestite, Blue Lace Agate, Sodalite, Lapis Lazuli, Turquoise

Essential Oils: Birch, lavender, oregano

"I am speaking clearly and truthfully with grace and ease."



Heart

Purpose: Love/Joy/Inner Peace

Location: Heart region **Color:** Green **Element:** Air **Sound:** F / Ah

Crystals: Amazonite, Chrysocolla, Chrysoprase, Emerald, Rose Quartz, Green Aventurine

Essential Oils: Cardamom, eucalyptus, geranium, lime, marjoram, melaleuca, peppermint, rose, thyme, ylang ylang, Calming Blend, Joyful Blend, Respiratory Blend

"I am giving and receiving love effortlessly and unconditionally."



Solar

Purpose: Power/Self-worth/Self-confidence/Self-esteem

Location: Slightly above the navel **Color:** Yellow **Element:** Fire **Sound:** E / Ahm

Crystals: Amber, Golden Topaz, Sunstone, Citrine, Yellow Calcite

Essential Oils: Bergamot, cassia, clove, coriander, fennel, ginger, grapefruit, juniper berry, wintergreen, Digestive Blend, Metabolic Blend, Topical Blend

"I am powerful, confident, and successful in all my ventures."



Sacral

Purpose: Authentic Creation/Creator/Soul Fire/Sexuality

Location: Slightly below the navel **Color:** Orange **Element:** Water **Sound:** D / Ohm

Crystals: Carnelian, Citrine, Orange Calcite, Orange Carneline, Fire Opal

Essential Oils: Black pepper, cinnamon, cypress, tangerine, orange, Cleansing Blend, Invigorating Blend, Women's Monthly Blend, Women's Blend

"I am authentically creating a life free of stress and full of bliss."



Root

Purpose: Survival/Security/Stability

Location: Base of spine **Color:** Red **Element:** Earth **Sound:** C / Oohm

Crystals: Bloodstone, Garnet, Ruby, Red Jasper

Essential Oils: Arborvitae, basil, cedarwood, cilantro, myrrh, patchouli, vetiver, white fir, Grounding Blend, Massage Blend, Protective Blend, Soothing Blend

"I am a divine being of light. I am peaceful, protected, and secure."



Clearing & Balancing Your Chakras

Chakras can be imbalanced by becoming blocked (underactive) or overly intense (overactive). When this happens, our being as a whole is imbalanced, often leading to illness and/or emotional blocks and creating an unhealthy environment. The following chart can help you determine the well-being and balance of your chakras.

	Underactive	Balanced	Overactive	Physical
<i>Root / 1st</i>	Neglecting of self, underweight, poor discipline/boundaries, depression, passivity, lethargy, chronic disorganization, fear of change, feelings of not belonging Crystal: Bloodstone, Garnet, Ruby Oil: Grounding Blend	Abundant health and energy, feeling grounded and settled, comfortable with own body, sense of safety and security, happiness in job/career, satisfied with life, material prosperity	Overeating, craving unhealthy foods, paranoia, nervousness, aggression, dominant behavior, addiction to adrenaline activities, hoarding, material fixation Crystal: Hematite, Smoky Quartz, Black Tourmaline Oil: Patchouli	Constipation; lower back/sciatica pain; issues with legs, feet, knees, groin, hips, ankles; rectal/anal problems; frequent illness (deficient/excessive)
<i>Sacral / 2nd</i>	Unemotional, guarded, self-deprivation, sexual repression, poor social skills, denial of pleasure, lack of desire or passion Crystal: Ruby, Carnelian Oil: Cinnamon	Healthy creative expression, balanced hormones, ability to experience pleasure, generous and giving, nurturing to self, healthy boundaries	Excessive sex drive, compulsive behaviors, tension, frustration, overly emotional, hypersensitive, emotional dependency Crystal: Chrysocolla, Jade, Clear Quartz Oil: Cleansing Blend	Disorders of reproductive organs, fertility, urinary system, spleen, gallbladder, kidney; menstrual difficulties; sexual dysfunction; lack of flexibility; deadened senses
<i>Solar / 3rd</i>	Low self-esteem, lack of self-trust, weak will, poor digestion, victim mentality, unreliable, unable to take responsibility, attraction to stimulants Crystal: Citrine, Calcite Oil: Bergamot	Responsible and reliable, healthy self-esteem, spontaneity, playfulness, sense of humor, able to make decisions and meet challenges, warmth in personality	Overly aggressive, need to be right, bossy, power hungry, competitive, attraction to sedatives, conceited, self-centered, hyperactive, narrow-minded Crystal: Amber, Moonstone, Peridot Oil: Wintergreen	Eating, intestinal, or digestive disorders; hypoglycemia; diabetes; eczema; acne; food allergies; chronic fatigue; depression; disorders of stomach, pancreas, gallbladder, liver
<i>Heart / 4th</i>	Shy, fear of getting hurt, feelings of loneliness or being unloved, suspicious, possessive, antisocial, judgmental, fear of relationships Crystal: Rose Quartz, Kunzite, Rhodochrosite Oil: Geranium	Compassionate, understanding, loving of self and others, empathetic, inner peace, strong immune system	Overly empathetic, overly concerned, jealous, poor boundaries, codependency, clinging, tendency to stay in abusive relationships, overly sacrificing Crystal: Emerald, Malachite Oil: Melaleuca	Disorders of heart, lungs, thymus, breast, arms; shortness of breath; circulation problems; asthma; immune system deficiency
<i>Throat / 5th</i>	Suppressed feelings, fear of expression, fear of offending others, shyness/weak voice, poor rhythm Crystal: Kyanite, Azurite, Blue Topaz Oil: Lavender	Good listener, communicates easily/clearly, lives creatively, speaks with confidence, sings well, good sense of timing/rhythm, expresses self freely, comfortable with body language	Excessive talking, stuttering, inability to listen, gossiping, loud or dominating voice, tendency to interrupt Crystal: Turquoise, Sapphire, Aquamarine Oil: Oregano	Problems with nasal area, teeth, or gums; irritated sinuses; jaw pain/TMJ; disorders of throat, ears, voice, or neck; ailments with esophagus/tonsils
<i>Third Eye / 6th</i>	Inability to plan or set goals, narrow-minded, denial, poor vision/memory, difficulty seeing future, lack of imagination Crystal: Amethyst, Sugilite, Moonstone Oil: Clary Sage	Intuitive/psychic, optimistic, perceptive, imaginative, watchful, aware, good memory, wise, able to plan and carry out plans, sleeps well, can recall dreams, calm mind	Obsessed with psychic vision, paranoid, hallucinations, tendency to space out, difficulty concentrating, nightmares Crystal: Spectrolite, Lapis, Watermelon Tourmaline Oil: Repellent Blend	Headaches, migraines, seizures, neurological disorders, personality disorders, scalp/hair issues, vision problems, mental illness
<i>Crown / 7th</i>	Sense of separation/isolation, trouble trusting the universe, lack of belief in a higher power, learning difficulties, excess in lower chakra Crystal: Diamond, Herkimer Diamond, Clear Quartz Oil: Melissa	Love and acceptance of the Divine, intelligent, thoughtful, aware, open-minded, ability to recognize and receive spiritual guidance, sense of oneness, ability to transcend physical laws, comfortable on earth	Overly intelligent, spiritual addiction, overly concerned with humanity, confused, dissociation from body Crystal: Opal, Tourmaline, Apophyllite Oil: Rosemary	Dementia, autoimmune disorders, epilepsy, coma, migraines, brain tumors, amnesia, cognitive delusions