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# Chakra Essences Information



Chakra is a Sanskrit word which means wheel. It is also the term commonly used to describe the energy centres in the human subtle energy system which act as energy exchange points between the physical body and its supporting energetic system. Our bodies need food and water to survive but we also need to receive the universal energy known as 'prana' or 'chi'. When these chakra points are open and balanced we feel well and energetic and when they are not we feel unwell and illness can occur. There are seven major chakra points and many minor points which all help to keep the balance between our physical, mental and spiritual bodies. Chakras can become blocked by long held negative states, rigid thought patterns, negative emotions, toxins etc. Using the appropriate chakra essence combination, you will help to unblock the flow of energies and feel well again.

### **The Higher Chakras**

There are several chakras within our auric field above the head. They connect us to the Macrocosm and all the Universal Love within it, on all levels and dimensions of existence.

*Combination of Silver, Green Jasper, Convulvulus & Lavender.*

### **The Crown Chakra**

The Crown Chakra is found on the top of the head and is linked to the Atmic Body. When this chakra is fully open and balanced, we become aware of our connection to the Universe and all that is. We realise our full potential and spirituality through daily meditation, this essence helping us on our way.

*Combination of Gold, Sugilite, Lotus & Queen Anne's Lace.*

### **The Brow Chakra**

The Brow Chakra, or Third Eye, is located in the centre of the forehead and is linked to the Buddhic Body. When this chakra is open and balanced, we are in touch with our intuition and inner vision. We have a mental clarity which helps us to meditate more effectively.

*Combination of Diamond, Amethyst, Petunia & Nasturtium.*

### **The Throat Chakra**

The Throat Chakra is located in the hollow at the base of the throat and is linked to the Higher Mental Body. When this chakra is open and balanced, our communication is honest and open without hurting or offending others. We are also able to self-express through creativity more effectively.

*Combination of Lapis Lazuli, Aquamarine, Bluebell, & Snapdragon.*

### **The Higher Heart Chakra**

The Higher Heart is located in the area of the Thymus Gland, just above and slightly to the left of the heart. When the centre is open and balanced we feel genuine compassion for all of our fellow man, including ourselves.

*Combination of Rubellite, Sapphire, Rosa de la Hay & Ipomea.*

### **The Heart Chakra**

The Heart Chakra is found where the physical heart is and is linked to the Causal Body. If this centre is blocked energy cannot flow between the lower triad of centres and the higher triad above. We leave ourselves open to abuse, fear, doubt and loneliness. This remedy helps open and balance this important centre, allowing energy to flow as it should, leaving us open instead for the giving and receiving of pure Unconditional Love.

*Combination of Ruby, Emerald, Bleeding Heart & Rosa Deep Secret.*

### **The Solar Plexus Chakra**

The Solar Plexus Chakra is found just above the naval and is linked to the Lower Mental Body. This chakra is our emotional and lower psychic centre. This essence helps to keep the Solar Plexus open, helping us to be emotionally balanced and not over sensitive to the emotions and energies of others.

*Combination of Pearl, Moonstone, Buttercup & Rose Of Sharon.*

### **The Sacral Chakra**

The Sacral Chakra is found just below the naval and is linked to the Lower Emotional Body. Closed and off-balance, we may find ourselves open to addictions, lacking creativity and frustration. Taking this essence helps us to become patient, emotionally stable, sexually balanced and creative.

*Combination of Carnelian, Clear Quartz, Calendula & Squash.*

### **The Base Chakra**

Situated at the base of the spine, the Base Chakra is linked to the Etheric Body. Open and balanced, this chakra allows us to be fully present in the now feeling secure, safe and grounded.

*Combination of Smoky Quartz, Black Tourmaline, Loosestrife & Poppy.*

### **The Feet Chakras**

The Feet Chakras are found on the sole of each foot. They work together with the Base and other minor points in the legs to help our grounding. This essence ensures they are open and balanced to fully connect us to the Earth Plane.

*Combination of Boji Stone, Bo, Passionflower & Loosestrife.*

**How to use:**

Take four drops on the tongue directly from the bottle between 2 and 4 times a day. Finish the whole bottle and then review to see if continuation or change to another combination is needed.

We do not recommend taking more than one combination at a time and it should be taken at least 10 minutes before food and drink. We also recommend that you do not dilute the remedy but take straight from the bottle.

As you take the essences, you may become aware of subconscious patterns or issues coming into consciousness. This is a good thing as it will help you release and transmute the negative patterns into positive patterns instead.