

Balancing Chakras with Essential Oils

MELISSA

FRANKINCENSE

CLARY SAGE

LAVENDER

ROSE

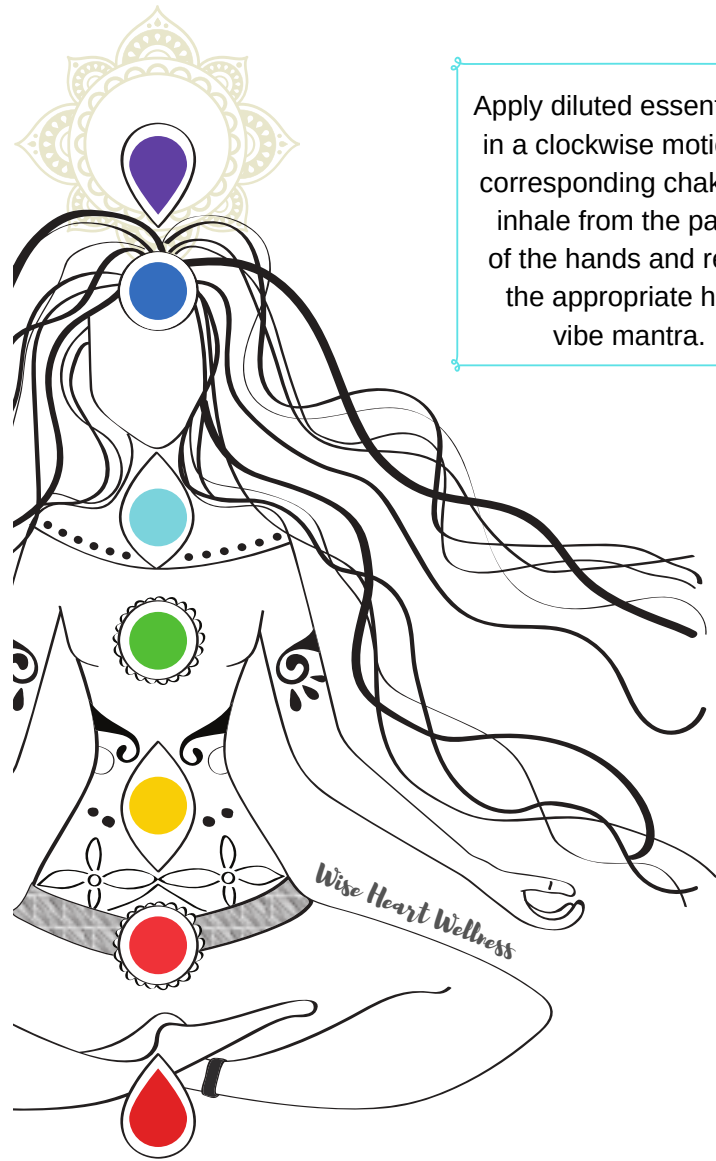
JUNIPER BERRY

WILD ORANGE

MYRRH

Apply diluted essential oil in a clockwise motion to corresponding chakra or inhale from the palms of the hands and recite the appropriate high vibe mantra.

When working with the Chakras, first ground yourself by taking some deep breaths, bring your awareness to your intention. As you continue, allow yourself to connect with the divine, become an open channel and bask in your radiance.



ROOT

"I am strong, supported, peaceful and protected."

Garnet



SACRAL

"I am the creator of my reality."

Carnelian



SOLAR PLEXUS

"I am worthy of pursuing my passion and purpose."

Citrine



HEART

"I am love, I give love, I am open to love."

Green Aventurine



THROAT

"I am in alignment with my truth. I speak with clarity and intention."

Blue Lace Agate



THIRD EYE

"I am in connection with my spirit and I trust my intuition."

Lapis Lazuli



CROWN

"I am one with the divine. I honor the divine within and around me."

Amethyst



SOUL STAR

"I am connected to the universal heart"

Lithium Quartz

