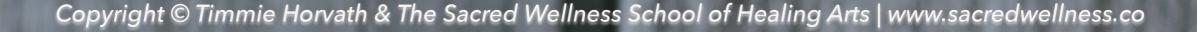
# **ESSENTIAL OILS & THE CHAKRAS**

#### HOW TO WORK WITH THE SUBTLE ENERGY OF PLANTS TO BALANCE YOUR CHAKRAS

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### **COURSE OBJECTIVES**



Upon completing this class, you will:

- Have a basic understanding of what chakras and essential oils are
- Learn how essential oils influence the energetic body
- Learn the basic functions of each chakra, and their associated essential oils
- Have a formula for practicing essential oil chakra balancing

# **MY BACKGROUND**

Owner of The Sacred Wellness School of Healing Arts

Certified Aromatherapist (200+ Hours)

Certified Aromatherapy Teacher (100 Hours)

Advanced Education in Essential Oil Safety and Essential Oil Kinetics

Holistic Health Educator

Reiki & Energy Healing Master Teacher

Yoga & Fitness Professional, LPN

Mom of 3



# THE CHAKRAS

- Sanskrit for "wheel"
- Wheels, or vortexes of energy
- "Energetic organs" of the body
- Each chakra resonates with a core human need
- The bridge between the physical and the energetic world
- The health of our chakras relates to our physical, spiritual, and everyday experiences



#### "WILL BALANCING MY CHAKRAS SOLVE ALL OF MY PROBLEMS?"

# No! But...

# **BALANCING THE CHAKRAS**



- Empowers you to be able to solve your own problems
- Allows you to accurately see where you've been, where you're at, and where you're headed
- Lower Chakras: Keeps you level-headed and practical i.e., GROUNDED
- Heart Chakra (Middle): Enables you to connect with others authentically (free of codependence and unhealthy attachments)
- Higher Chakras: Gives you faith and trust in an loving and abundant Universe

#### **ESSENTIAL OILS**



- Plant-derived: Not naturally occurring, therefore not technically a "natural" product
- When in the plant, they are called "essences". In this form they are bioavailable
- When extracted from the plant (via steam diffusion, cold pressing, or CO2 extraction), they are called "essential oils", and are no longer bioavailable
- They are said to contain the "soul" of the plant, and can be used on a subtle level to connect with the plant's vital force

# HOW TO USE ESSENTIAL OILS

- In their pure, extracted form, essential oils must be diluted in a carrier oil or other fatsoluble solvent (the skin generally doesn't like undiluted essential oils)
- They can be diffused in the air, or made into a personal inhaler
- Massage, inhalation, topical application, energy healing





Aromatherapy Essentials is a foundational course that will teach you everything you need to know to get started with using essential oils and (hydrosols!) safely and effectively.

- On-demand video workshop
- Certificate of completion
- CECs

More info & enroll: <u>https://www.sacredwellness.co</u>

### ESSENTIAL OILS & THE ENERGETIC BODY

- Each essential oil has a unique vibrational frequency
- They are sensual, provide physical benefits, and provide energetic healing
- Subtle aromatherapy allows anyone to avail of the energetic benefits of essential oils, free of any physical side effects
- The subtle use of essential oils is very similar to how we use crystal energy



# ESSENTIAL OILS & THE CHAKRAS

- The frequency of each essential oil will resonate with each chakra in a different way, either stimulating or soothing (calming) it
- Some essential oils naturally resonate strongly with certain chakras
- Best way to use essential oils to balance the chakras is through subtle means, working with the oils indirectly, by diffusion, or extremely light topical application
- Diffusion benefits: Creates sacred space and affects the mental state
- Topical benefits: Use very low dilution (0.5%, or ONE drop of essential oil in a 10mL rollerball). This dilution is ideal for most populations, including pregnant people, children (not babies), the elderly, and those with very sensitive skin.

#### **ROOT CHAKRA**



**Functions:** Survival, primal instincts, vital life force, security, stability, courage, general physical health

Cedarwood, Sandalwood, Vetiver, Frankincense, Pine, Spruce, Clove, Black Pepper, Benzoin, Vanilla, Ylang Ylang

### SACRAL CHAKRA



**Functions:** Feelings, emotions, intimacy, creation, freedom, flexibility, movement

Basil, Cinnamon, Clary Sage, Geranium, Juniper Berry, Grapefruit, Lemon, Lime, Orange, Mandarin, Palmarosa

### **SOLAR PLEXUS CHAKRA**



**Functions:** Personal power, leadership, will, self-control, mental clarity, optimism, knowledge

Bergamot, Roman Chamomile, Lemon, Lime, Grapefruit, Orange, Mandarin, Ginger, Lemongrass, Helichrysum, Rosemary

#### HEART CHAKRA



**Functions:** Love, acceptance of self and others, compassion, forgiveness, harmony, relationships, empathy

Jasmine, Lavender, Neroli, Patchouli, Rose, Sweet Marjoram, Peppermint, Eucalyptus, Spearmint, Cypress, Pine

#### THROAT CHAKRA



**Functions:** Communication, creativity, wisdom, speech, expression, planning, trust

Peppermint, Eucalyptus, Tea Tree, Thyme, Oregano, Ravensara, Chamomile

# THIRD EYE CHAKRA



**Functions:** Intuition, invention, intelligence, psychic abilities, perception, memory, understanding

Frankincense, Lavender, Tea Tree, Juniper Berry, Eucalpytus, Thyme, Myrrh, Patchouli

#### **CROWN CHAKRA**



**Functions:** Insight, higher wisdom, divine connection, spirituality, awareness, self-actualization, morality

Frankincense, Helichrysum, Lavender, Angelica, Myrrh, Neroli, Jasmine, Rose

#### GUIDELINES FOR ESSENTIAL OIL CHAKRA BALANCING

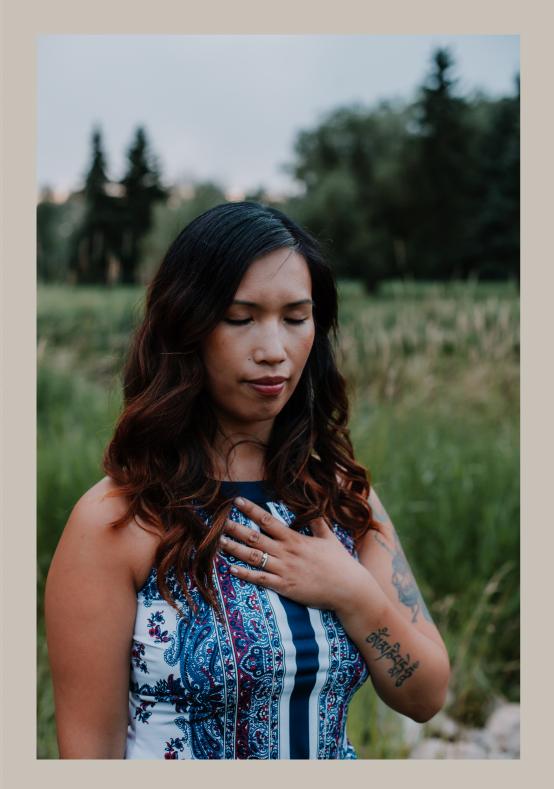
**Diffuser:** 6-8 drops in a diffuser, for 45-60 min at a time, ideally during meditation, before bed (do not diffuse overnight), or during morning routine

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**Rollerball (10mL):** 1 drop of essential oil mixed with carrier oil (grapeseed oil, jojoba oil, fractionated coconut oil). Anoint body in the morning, after shower

**Personal inhaler:** 15 drops total of essential oil on cotton wick (undiluted). Inhale as needed. Take mindful moments throughout the day, and take deep cleansing breaths

# THANK YOU!



For more free resources about essential oils, aromatherapy, and natural wellness, check out my Blog at <u>www.sacredwellness.co/blog</u>

Stay on my newsletter list to be the first to know about new offerings and new blog posts

Follow me on Facebook: <u>www.fb.me/</u> <u>sacredwellness.co</u>

Follow me on Instagram: @sacredwellness.co

Email: timmie@sacredwellness.co

Send me an email or a DM if you have any questions!



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# BECOME A CERTIFIED CHAKRA THERAPIST

With our **Chakra Therapy Certification** course, you will learn powerful holistic healing methods for bringing balance to mind, body, and soul.

You'll learn how to activate, clear, and balance the chakras using:

- Energy Healing (hands-on and distance)
- Yoga & Mindful Movement
- Crystals
- Colour Therapy
- Essential Oils & Herbs
- Lifestyle Practices
- Meditation

You will get a complete chakra education, which will include the history of the chakra system, chakra theory, and the modern applications of chakra healing practices.

#### More info at: www.sacredwellness.co

