

ESSENTIAL OILS & THE CHAKRAS

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



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 fat-soluble 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: <https://www.sacredwellness.co>

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, Eucalyptus, 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

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 www.sacredwellness.co/blog

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

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Follow me on Instagram: [@sacredwellness.co](https://www.instagram.com/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

