



# CHAKRAS INFORMATION



SAHASRARA

CROWN

Connection of Goddess, the Divine Source



AJNA

THIRD EYE

Wisdom and spiritual awakening



VISHUDDHA

THROAT

Creativity and communication



ANAHATA

HEART

Love and kindness



MANIPURA

SOLAR PLEXUS

Willpower and self-confidence



SVADHISTHANA

SACRAL

Sexuality and sensuality



MULADHARA

BASE

Sense of safety and grounding

## Chakra Healing Power of Palmarosa

It's important, especially as we go deeper with the EO's presented in the HOC, to steer away from the 'one-for-one' trap. By that I mean boxing in certain oils that treat certain symptoms, or boxing in certain oils with certain Chakras, *to the detriment of what is possible and what might be best in a particular situation.*

For example, many, many EO's can support Heart Chakra imbalances, not just the ones I list with the Chakra Power for

Heart. While certain oils have notable affinity for the Heart Center, they *all* have *impact* and engage the energetics in unique way based on the dance between the person at that time, and the exact EO used. This is why what we are doing, and how we are learning in HOC is so important: We're endeavoring to balance both the logical and factual knowledge with a growing body of intuitive wisdom that comes through US. We are also further developing a kind of intangible 'muscle' if you will, that allows us to toggle back and forth between the logic and intuitive realms and weave together a sturdy and dynamic understanding. An integrative and ever evolving work that is uniting by its very nature, rather than separating.

Furthermore, I believe that this way of co-creating together helps to heal some of the pain and wounding born of separation and alienation: human to human, human to animal, and human to nature. While at the same time helping to evaporate and dispel the cynicism and nihilism born of these old wounds and our distorted capacity for trust in what is good, real and true.

With this as context, let us explore....

Palmarosa has particular affinity and tropism for certain energy centers and meridian flows in the body (for meridian information please view content created for the Professional HOC option). The chakras that are especially influenced by Palmarosa are the fourth, third, second and first: Heart, Solar Plexus, Sacral and Base respectively.

### **Palmarosa and the Fourth Chakra**

Palmarosa at the level of the Heart Center primarily acts as an energetic nourishing agent. While Neroli softened and helped the Heart in ease of relaxing and opening, Palmarosa offers a clarification and fortification born of relinquishing the stronghold of the mind over the Heart. As if the fragrance itself can disentangle the co-dependant and no longer productive relationship between the mind and the Heart. When the mind dominates out of survival fear, suffocating the Heart and it's way of knowing beyond knowing, and carving out the path of self will in dominion, Palmarosa can with peaceful ease, return the power to the axis of Authenticity as embodied by a smooth connection between the Heart and the Kidneys, or Heart and 2<sup>nd</sup> and 3<sup>rd</sup> Chakras.

Additionally, because of Palmarosa's literal and energetic impact on the Small Intestine (greatly improving it's sorting and absorptive abilities), it can help nourish the Heart/heart through more enriched blood. Because of this, Palmarosa can support Heart Chakra issues that have reached the level of the physical heart: Palpitations, shortness of breath, chest tightness and tension in the back of the heart area, as well as the physical degradation and stagnation leading the heart attack.

### **Palmarosa and the Third Chakra**

The third energy center relates to will power and confidence, and is a main actual storage area for unprocessed emotional energy. In this area we often battle out the conflict that can arise between a clashing of emotions, particularly the instinctive emotions that rise up from our depths, and our thoughts, particularly the conditioned mandates of the over-culture. The conflict between "*I feel* I want to get away from this person, but *I ought* to be polite and stay and listen to them," for example. This ongoing variety of conflict is very

common in cultures with significant Head/Heart and Mind/Body Schisms and can fuel and fester neuroticism, obsessive conditions, addictions, and pathological self-centeredness.

Palmarosa can beautifully support our ability to rise up and out of this battle zone, bringing ease and relaxation to the energetic and literal area of the solar plexus, whilst allowing the Heart to take its proper place as the lead field generator. With the Heart in its proper place, every other aspect of the person can be in relative peacefulness despite the day-to-day challenges of living. This is because the Heart is attuned to the eternal Life-Death-Life cycle and is not driven to hold on and defend in the way the ego mind does. Love the orientation principle rather than fear. Speaking of fear, let us explore Palmarosa and the Second Chakra...

### **Palmarosa and the Second Chakra**

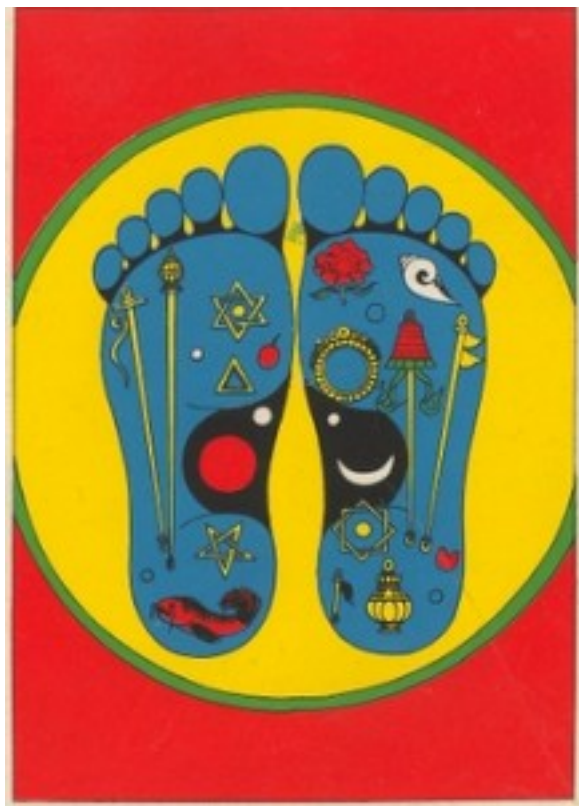
In Chinese medicine we pair the emotion fear with the Kidney organ. When we are in fear the area of the kidneys contract and tighten and energy flow is compromised. This is why it is common to have low back pain problems arise when we are in a fearful time, or emerging from a fearful time. To the degree that the ego-mind is working overtime trying to control outcomes in attempt to 'protect' we will suffer Second Chakra problems. Only the relinquishing of power back to the Heart (one might also say God, the Higher Self or the Universe) can allow for full restoration of energy flow in this area. This is where Palmarosa comes in: Resolving conflict between the head and the heart, the mind and the body whilst nourishing and clarifying the Heart, helps relinquish the stronghold of the ego-monkey-mind. Thus releasing us from the bondage of fear and facilitating greater flow and movement in the Sacral Chakra.

Additionally, this Chakra is said to be the seat of sexuality. In matters where the mind is impeding the naturalness of sex and sexuality Palmarosa can be a great ally (see Palmarosa In Depth in Pro section for more on this topic clinically).

## **Palmarosa and the First Chakra**

The Base Chakra is also greatly influenced by Fear and matters of safety and survival. Palmarosa works with this Chakra in a similar fashion as above: By releasing the suffocating grip of the ego-mind. In this way the energy of unproductive fear may move and the lights of the Heart and Trust may guide us.

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*Along with our seven main physical Chakras, we have a web of auxiliary energy centers, or lesser chakras, that provide a broad spectrum of energy influx into our system. They are often ignored and neglected. One of them is the system of chakras for the feet. Located on the base, or sole, of our feet; it has as a primordial purpose the discharge the “electrical” streams generated as a consequence of the normal activities and functions of the physical body.*

*These small, but important, chakra vortexes can be found on the sole of each foot, and they work in combination with the Muladhara Chakra or Base Chakra, along with other minor chakras in the legs to create a stable lattice foundation for our physical existence. When they function harmonically, the Feet Chakras ensure a constant flow of communication and connection with the energy grids of the Earth to the rest of the chakras on our physical and extra-physical bodies. They were also designed to facilitate the balancing and assimilation of the Kundalini energy that comes from Earth and its magnetic currents. These energy points act as energy transformers; regulating the intensity and quantity of these energy flows as well as whether or not they should and should not enter our energetic physical environment.*

*From a shamanic perspective, it is believed that below the soles of our feet resides what shamans call the auric chrysalis. From these centers, we receive the energy of Mother Earth as a tree receives nourishment from its roots connected to the soil. At the other physical pole of our bodies, above the crown chakra, we find the auric dome of our energetic system. This closed energy scheme in its turn connects and interacts with the Earthly auric fields.*

\*From <http://humanityhealing.net/2011/04/forgotten-chakras-the-feet/>

Palmarosa has a great affinity for the foot Chakras. It helps connect us back into our bodies and mend the schism between Human and Nature.

You can use the specific Quantum Acu-point treatment for this (with Kidney 1 and CV 17), or you can apply the oil in an Aroma Acupont Therapy style manner to the center of the arch. You can also simply try a foot massage or reflexology session with Palmarosa in 5% to 25 % dilution.