

CHAKRAS INFORMATION



SAHASRARA

CROWN

Connection of Godness, 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 Jasmine

Jasmine 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 Jasmine are the fourth- Heart, and the seventh- Crown, with the Sambac variety also impacting the first – Base and second- Sacral chakras.

Jasmine and the Fourth Chakra

Jasmine at the level of the Heart Center softens the hard edges of the walls that have accumulated around the Heart. It does this with such imperceptible grace. We take in the fragrance and ahhhhh... what is released on the exhale is crustiness we didn't even know was there!

Like a lover whispering softly into our ears, Jasmine whispers to our Hearts; the sweet nothings that bring ease and relaxation into places we didn't even know were held tight. Because of this deep ease of Heart, Jasmine ushers in the ability, energetically, for trust to be restored. First trust self-to-self/Higher-Self, second trust of self to God or Universe, then third, trust extended outwards.

As this chain of trust is restored, confusion clears from the Third Chakra and we are able to trust our intuitions and our intellect, and to take action in a way that is continuing the healing of trust to ourselves and others. This powerfully healing feedback loop is why I refer to Jasmine as The Restorer of Trust.

As you can imagine, this process is invaluable in recovery and transformation of shock and trauma (no matter how large or small).

*Although both varieties of Jasmine have affinity for the Heart Center, the sambac variety supports the Heart more through the Triple Heater meridian and the outmost, more yang boundaries of the Heart, while the grandiflorum has greater affinity for the Pericardium meridians and the innermost boundaries of the Heart.

Jasmine and the Seventh Chakra

The Crown Chakra helps us to connect and commune with the Higher dimensions and Angelic realms. This eases our burden of earthly living and reminds us, reflects to us, both our True nature and potentials in this life. Jasmine (both varieties) have a way of gently opening the Crown to foster connection to these realms and to our Higher Self.

In so doing it helps ease the burden of life, bringing in Divine inspiration and hope, fostering flow of insight and wisdom. This combined with a deepening of trust in one's Self can truly support us on path to unfolding and allowing our Soul's Purpose to blossom.

Jasmine sambac and the Second Chakra

Jasmine sambac is a powerful ally for transforming energetic and literally toxicities born from sexual violation and subsequent shame. These wounds and shame imprints may exist even without our conscious awareness.

Jasmine sambac promotes ease and relaxation in the tissues of the pelvis, while simultaneously bringing the “yang within yin” or strength and power of sunshine energy to the area. This in turn leads to energetic resolution of shame loops in the pelvis by strengthening the energy so that the collapsing and self feeding pathological movements come to a halt.

This in turn can lead to relaxation of the jaw, occipital and upper back/shoulder regions which often overcompensate for the collapsed pelvis.

Jasmine sambac and the First Chakra

When the Root Chakra is out of balance we often feel ungrounded, fearful, unsafe, insecure and even confused or disoriented. Jasmine sambac provides a pilot light of sorts, down deep in the darkest places. Like a night light for a child, it serves as a totem and emblem for safety. “You can see, even if a little, you can see and you are safe.” The small still message of Sambac to the Root is, “your safe, your safe, your safe... and your strong, stronger than you think.”

It has just the right balance of soft and strong that allows for deep energetic penetration into the Root Chakra reminding us, helping us re-member our ability to trust and thus know how to protect ourselves. This is so unbelievably valuable in a world that bombards us with much artificialness and falsehoods. We need to know that our Root is strong, and soft, and that we can ‘smell’ the truth and trust ourselves to take right action to safeguard our Souls.