

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 Neroli

Neroli 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 Neroli are the second, third, fourth, sixth and seventh: Sacral, Solar Plexus, Heart, Third Eye and Crown respectively.

Neroli and the Second Chakra

Neroli is a powerful ally for transforming energetic and literally toxicities born from sexual violation, shame and chronic guilt patterns. Please listen to the supplemental audio on *Neroli and the Sexual Wound* for more information. It also promotes ease and relaxation in the tissues of the pelvis. This in turn leads to relaxation of the jaw and occiput. In this way we see how the impact of Neroli on the Second Chakra can secondarily ease and open the Throat Chakra.

Neroli 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. It can be beautifully supported by the gifts of Neroli. Bringing in Angelic energy and restoring a sense of trust in the Divine plan can invoke a deep remembering of naturalness and lightness of being. Empathic people tend to 'take on' other's pain, and often it settles in this solar plexus area. Neroli with its gentle circular and infinity loop movements can dislodge entrenched stuck energy patterns in the belly helping us to become more aware of our enmeshment patterns and thus our capacity for autonomy. This is essential particularly when healing traumas born from the spectrum of violation and manipulation.

Neroli and the Fourth Chakra

Neroli at the level of the Heart Center encourages the heart to open and invites the experience of joyful love. As the heart is supported in its opening, Neroli can also help guide out trapped emotions and energetic states relating to betrayal and secondarily abandonment. Especially helpful when mistrust has usurped reason leading to an imprisoned Heart. Stuck grief can tend to settle in the chest area, Neroli, by easing the Fourth Chakra, can assist in the graceful transition and release of grief.

Neroli and the Sixth Chakra

Because of Neroli's ability to simultaneously move energy in circles and infinity loops (up and down, in and out), while encapsulating one in their own energetic bubble creating a sense of safety, it can initiate integration of the conscious and subconscious mind. Additionally it can be particularly helpful in integration of

shadow material and psychic cysts, which in turn deepens spiritual and soul evolution.

Neroli and the Seventh Chakra

Part of Neroli's extraordinary inner nature is the ability that it bestows upon the user 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.