



**“I understand” Violet - spiritual, integration- consciousness Key B TI**

**# 7 Crown Chakra:** This Chakra is concerned with the spiritual quest for enlightenment. The cerebral cortex and nervous system are associated with this Chakra. You want oils that embody divine wisdom. Myrrh, Cedarwood, Cypress, Eucalyptus Radiata, Frankincense, Juniper Berry, Lavender, Red Mandarin, Neroli, Rosewood and Sandalwood –

Immune System: Pituitary, Left/Right brain synchronicity. Spiritual, clearing, power of transcendence

Questions:

- Are you in contact with your Higher Self?
- Do you feel Blessed:
- Are you presently experiencing migraines or depression?



**“I see” Indigo – intuition, autonomic Key A LA**

**6 Brow or third eye Chakra:** This one focuses on intuition, wisdom, and spiritual development. So it also involves the pituitary and pineal glands, spinal cord, eyes, ears, nose and sinuses. Helichrysum, Basil, Holy Basil, Thyme, Clary Sage, Jasmine, Juniper Berry, Orange, and Rosemary.

Pineal, mid-brain, 3<sup>rd</sup> eye cooling, neutralizing inner seeing

Questions:

- Can you envision your plans?
- Do you have psychic abilities?
- Are you presently experiencing headaches, blurred vision, blindness or eyestrain?



**“I Speak” Blue – Respiratory, Inspiration Key G SO**

**#5 Throat Chakra:** This Chakra involves meaningful communication and self-expression, the center of your will. It's also associated with the thyroid, mouth, vocal cords, and trachea. Any oils that help your self. Thyme, Chamomile, Mint, Cypress, Tea Tree, Peppermint

Thyroid, nose, throat, lungs.

Questions:

- Are you a good communicator?
- Can you communicate from your heart and share your truth?
- Do you feel that you are being heard, that you have a voice?

- Are you presently experiencing skin irritations, hyperthyroid, ear infections, sore throat, inflammations and back pain.



**“ I Love” Green – Unconditional Love      Key F    FA**

**#4 Heart Chakra:** This Chakra represents unconditional love, forgiveness, and compassion. Helps with emotions as well as heart disease and breast cancer. Neroli, Melissa, Bergamot, Geranium, Red Mandarin, Peppermint, Rose, Sandalwood, and Ylang Ylang

Circulatory system, hearing, thymus

Questions:

- Are your love relationships fulfilling?
- Do you experience frequent hurt with people you love?
- Are you able to easily forgive?
- Are you presently experiencing high blood pressure, insomnia, difficulty in breathing or heart problems.?



**“I do”      Yellow – intellect, cleansing, elimination      Key E    ME**

**#3 Solar Plexus Chakra:** This involves personal power, how you make connections with others. It also involves the reproductive organs, bladder, intestines, appendix, sacrum and lumbar vertebrae. It’s about your uniqueness in the world. You need oils that help with that. Geranium, Vetiver, Frankincense, Fennel Seed, Juniper Berry, Lavender, Peppermint, Neroli, Rosemary, and Rosewood.

Digestive System, stomach, liver, adrenals

Questions:

- Are you confident in your abilities?
- Do you have negative, self-critical tapes running in your mind?
- Are you presently experiencing digestive difficulties, liver problems, diabetes, nervous exhaustion or food allergies?



**“I feel” Orange – elimination, emotional self, creativity Key D RE**

**#2 Belly Chakra:** This Chakra represents creative energy, sensual emotions and sexuality. So choose oils that help you enjoy life, creation and pleasure. Ginger Root, Cardamom, Ylang Ylang, Jasmine, Roman Chamomile, Fennel Seed, Marjoram, Orange, Peppermint, Rose, and Sandalwood.

Spleen, bladder, pancreas, intestines- elimination

Questions:

- Do you consider yourself creative?
- Are you the woman or man that you would most desire to be?
- Are you confident in your sexuality?
- Do you know that you can create anything?
- Are you presently experiencing problems with kidney weakness, a still lower back, constipation or muscle spasms?



**“I am” Red – Life force/Reproductive, Stability Key C - DO**

**#1 Base Chakra:** this Chakra is concerned with keeping you grounded, keeping you firmly rooted. So you want oils that help you function in the world. Myrrh, Patchouli, Frankincense, Black Pepper, and Clary Sage

Gonads, testes, ovaries,

Questions:

- Do you frequently feel that you don't belong?
- Do you have trouble trusting your ability to meet your needs?
- Do you doubt your ability to manifest your desires on the physical plane?
- Are you presently experiencing problems in the hips, legs, lower back or sexual organs?

### **Application:**

Apply the relevant oils directly to the area of the Chakra. Put a small amount of carrier oil and a drop or two of the essential oil in your hands and rub together. Allow the individual to inhale the scent of the oils for a few deep breaths. Then work in wide circles and rub into area of the Chakra. When treating auras, put the blended oils in your hands, rub them in and then stroke your hands over the aura in long, rhythmic strokes towards the feet, working down over the body then over the limbs. Do this three times. Start on the spiritual plane, then move down to the emotional plane and then finally the physical plane. Some also recommend that the individual focus on the Chakra receiving the aromatherapy and think of the color associated with the Chakra while the oils are massaged in. Some people meditate. While they meditate, they will diffuse whichever oil they are choosing to use. Others use Yoga. Once again, they will diffuse the oil while practicing Yoga.