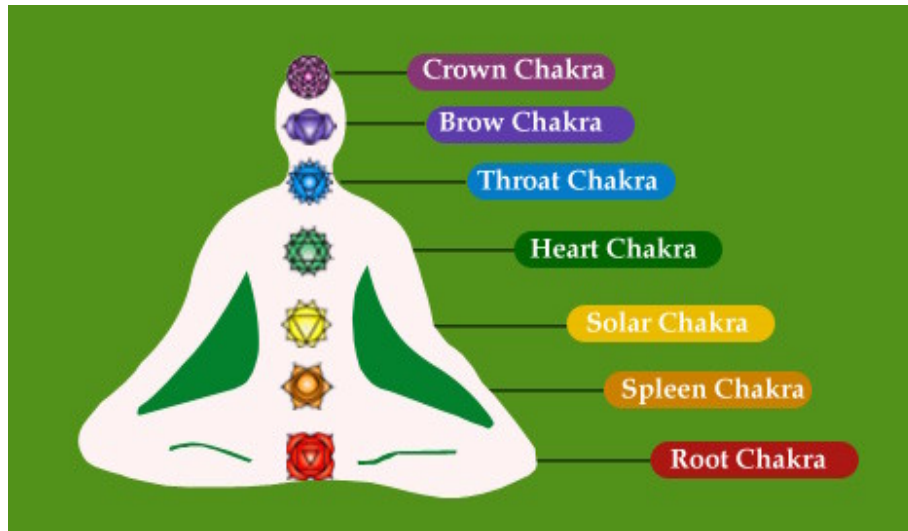


HEALING THE CHAKRAS

The Seven Chakras



Source: <http://www.khromayoga.com/Blog/find-your-inner-peace-with-chakras>

There are seven major chakras, each of which are metaphysically linked to different parts of the body. Let's explore each chakra, its properties and some ways to balance each chakra, hence healing our physical bodies.

What are the Chakras?

The word chakra comes from the Sanskrit word meaning 'wheel' or 'vortex' or 'disc'. They are energy centres functioning as pumps or valves, regulating the flow of energy throughout our body. There are seven major chakras in our body which align with the spine from the coccyx to the crown of the head. Just as the central nervous system consists of the spinal cord within the spinal column leading to the brain, the seven chakras are rooted in a vertical column of energy called the sushumna. The sushumna channels energy from Universal Life Force or 'chi' from the Crown Chakra (top of the head) to the Root Chakra (base of the spine).

The chakras are not physical, each resonating at a different frequency, rotating either clockwise or anti-clockwise, corresponding with the colours of the rainbow. The chakras are a bridge between the physical self and the 'subtle' body called the aura. The chakras are more dense than the aura, but not as dense as the physical body. They interact with the physical body through two major systems, the endocrine system and the nervous system.

Each of the seven chakras is associated with one of the seven endocrine glands, and also with a group of nerves called a plexus. This connects each chakra with a particular part of the body and its function via its association to a certain gland or nerve plexus. The endocrine system (glands which produce hormones) and the autonomic nervous system help maintain chemical balance within the physical body. An imbalance in one of these systems leads to a malfunction in another, just as an imbalance in one chakra affects all the other chakras.

We all have a unique energy field or aura which draws on the universal life force or 'prana' or 'chi'. This energy is brought into the body via the nadis (channels) which intensifies at the chakra centres, then connects with the corresponding meridian system. This energy should then flow freely throughout the body, but if there is a blockage in a chakra or it is not spinning at its correct speed or is sluggish, then the whole system is disturbed.

All our emotions and perceptions can be divided into seven categories which can be associated with a particular chakra. The chakras, therefore, represent parts of our consciousness as well as particular parts of our physical bodies.

Blockages in the chakras occur due to stress from repeated negative experiences and our responses to them. It is said that all our prior programming and experiences determine our subsequent attitudes and behaviours. One way in which we cope with repeated negative experiences is by closing down the relevant chakra associated with that emotional pattern. This can then lead to physical symptoms. If we connect this symptom to the associated gland and chakra, then look at ways of changing our thinking or response to this experience, we can begin to heal our bodies!

“The symptom serves to communicate to the person through their body what they had been doing to themselves in their consciousness. When the person changes something about their way of being, getting the message communicated by the symptom, the symptom has no further reason for being, and it can be released, according to whatever the person allows themselves to believe is possible.”

Body Mirror System of Healing by Sir Martin Brofman, Ph.D.

Having an understanding of the chakras allows us to understand the relationship between our consciousness and our body. We can then see our body as a map of our consciousness and a better understanding of ourselves and those around us.

Healing the Chakras with Natural Therapies

Each chakra functions at a unique frequency and this determines its colour and other characteristics. Sometimes the chakras become unbalanced due to stress or other factors. There are many ways to re-balance the chakras: affirmations, archetypes, altars, crystals, yoga, toning, meditation, incense, essential oils, colour therapy etc.

When looking for an alternative way to heal the physical body, it may take some time or several different therapies before you find the one that suits you. So it is with healing the chakras. Here we look at some of the ways that may help you bring balance into your chakra system and the whole body.

Meditation and the Chakras

Meditation can be described as simply the art of opening to each moment of life with calm awareness. David Fontana describes meditation as: *“the experience of the limitless nature of the mind, when it ceases to be dominated by its usual mental chatter.”* This can be achieved by focusing one's concentration on chosen stimuli – attention is the underlying key to all forms of meditation.

Visualisation is a commonly used technique in meditation. *“When meditators visualise something they touch on one of the greatest strengths of the human race”*. Visualisation is the dominant means of perception in our species. It developed long before spoken language evolved. It takes up a large proportion of our brain and has a large affect on how we think and behave. The creation of a mental image will cause the brain to react as if faced by the real object, e.g. thinking of a cut lemon being squeezed on your tongue causes the saliva to flow. Therefore, imagination and affirmation are very effective, for if we imagine something to be true, part of the mind appears to accept it as a reality.

This can be a very effective tool in balancing and energising the chakras. To imagine each chakra in its perfect colour, size and location, the mind cannot differentiate between what is real and what is realistically imagined. Whatever we see or feel started as a thought, therefore, what we think we can create.

As the chakras are metaphysically linked with a number of different systems within the physical body, balancing the chakras with meditation and visualisation can help ensure our physical and emotional well-being.

Essential Oils and the Chakras

The chakra system needs to function like well-oiled interconnecting cogs or wheels. When one cog becomes misaligned, rotates too fast or too slow, then the whole system breaks down and won't operate properly, until all the cogs are re-balanced. So it is with the chakras. If one is spinning too fast, or is too open or is sluggish, due to emotional blockages, then they all need to be re-aligned and balanced to bring them all back into equilibrium.

Essential oils can have an effect on the frequency of the chakras, by energising, calming or balancing them. Choosing the appropriate oil is an individual choice, but often the oil correlates to the corresponding colour of the oil or the flower it came from. Even the part of the plant the oil is taken from or its size or shape may be the thing that leads to a particular choice. Kinesiology, intuition or dowsing can also be used to choose the oil that will balance the chakras.

You can add a few drops of your essential oil to a base oil and apply it to the chakra centre or place the essential oil on a cotton pad on the chakra centre you are wishing to balance. Inhaling the aroma is also effective while visualizing the area you are working on.

Bush Essences and the Chakras

Bush essences are vibrational in nature. Taking Bush Flower Essences may assist in experiencing more clarity in your life, while developing a higher level of intuition, self-esteem, spirituality and creativity. They help to release negative beliefs held in the chakras by flooding you with positive emotions, thus bringing balance to each chakra and the whole being once again.

Selecting the Bush Essences that are right for you, to balance the chakras, can be done by dowsing, kinesiology, intuition or by reading the qualities of each essence and how they apply to you

Crystal healing

Crystals work on the same principles as the chakras, i.e. they channel and transmit energy, resonate at different frequencies and are associated with different colours. Crystals oscillate to a natural healing frequency that is activated by the power of the mind, which can be achieved through meditation, visualization and intention.

When choosing the appropriate crystal you can refer to the suggestions for each chakra in this article, go with your own intuition or the advice of a crystal healing therapist. Once you have selected the appropriate crystal, have cleansed it and stated your intention, close your eyes, place it on the chakra and meditate on the chakra. Feel and see its vibration transforming the energy centre.

Colour Therapy

“Colour can transform our environment and increase our productivity. It can enhance our social life and improve our state of health.”

‘Colour Your Life’ by Howard and Dorothy Sun

Each colour corresponds to a specific area of the body and each colour will vibrate at its own unique frequency, as do the glands and organs of the body. The body however constantly changes due to the challenges as it tries to maintain balance but colour always vibrates to its true frequency.

When we are ill, the body is out of balance, the body is not functioning at its proper frequencies. The aim of colour therapy is to bring balance back to the area of the body that is the source of the illness. Since each colour corresponds to a specific area of the body, we need each colour.

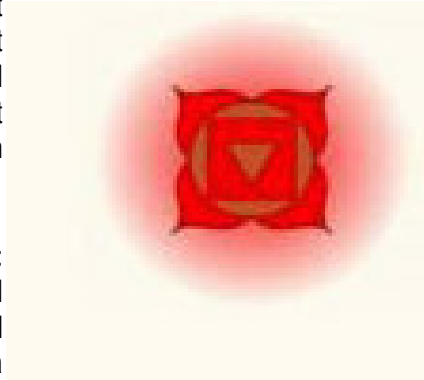
In a disease state, there may be over-stimulation, with too much red in the body system resulting in high blood pressure, fever, inflammation, irritability, skin rash, red eyeballs and even pink finger nails.

The other side of the scales would indicate an under-stimulation with too much blue resulting in pale skin, sluggishness, bluish eyeballs, and even bluish finger nails. The over-stimulated condition will benefit from a blue colour treatment, while the under-stimulated condition will benefit with a red or orange.

Green is the general healing colour and is often used at the beginning of a colour therapy treatment and before other specific colours are used as it represents harmony and balanced body polarities.

The Base Chakra

The Base Chakra (also called the Root Chakra) is located at the base of the spine or the area of the perineum. Its Sanskrit name is **Muladhara**, meaning root or support. It is a downward facing vortex or cone of energy which connects to the foot chakras and grounds us to the earth, as well as connecting with the chakras above.



Kundalini energy is said to reside in the Base Chakra: kundalini is the coiled mystical energy that rises upward through the spine energizing all the other chakras into full operation and potential. When it reaches the Crown Chakra one is said to have reached Nirvana or enlightenment.

The Base Chakra symbol is a four-petaled lotus flower – representing the four elements. Within the lotus is a square, representing the Earth and inside it is a downward facing triangle which keeps us grounded to the Earth. This chakra resonates to the colour **red**.

The Colour Red is associated with motivation, extraversion, stimulation, activity and will. Hence, the red jacket for power dressing. It brings new life and new beginnings. A good colour for the start of a new year! Red is associated with physical love and passion – we give red roses as a symbol of deep love. It can stimulate all appetites! Many restaurants use red in their décor. On the negative side it can symbolize anger, danger, revolt etc.

The Base Chakra is concerned with issues of **survival and basic physical needs**. It is powerful (or it feels powerful) because the energy here is in raw form and is closest to the density of the physical body. Its life lesson is “standing up for oneself”. This chakra deals with our relationship to our family, to our society, to our tribe.

The corresponding gland is the **Adrenals** – the gland associated with the ‘fight or flight’ response. It energizes the kidneys, the spine and the sense of smell; the most essential elements for survival of early man.

Physical dysfunctions of the Base Chakra:

- sexual or reproductive problems
- circulation and blood deficiencies
- osteoarthritis
- constipation & bladder problems
- Chronic Fatigue Syndrome.

Emotional dysfunctions of the Base Chakra include:

- obsessive/compulsive behaviour
- protective instincts
- mental lethargy or lack of inner stillness
- anger and resentment
- domineering and aggressive behaviour

Balanced Base Chakra expresses itself as:

- self-mastery, high physical energy, grounded, healthy, friendly

Essential Oils for the Base Chakra:

The Base Chakra is about grounding. So most books refer to base note oils and earthy aromas to balance this chakra. The following is a list of suggested oils to balance the Base Chakra:

Cedarwood, Myrrh, Patchouli, Vetiver, Rosewood, Frankincense, Elemi, Thyme

Crystals for the Base Chakra:

Some suggested crystals for balancing Base Chakra:

Hematite, Tiger's eye, Bloodstone

Bush Essences for healing issues of the Base Chakra:

Caroline Myss describes the Base Chakra as the 'tribal chakra'. **Boab** would be my first choice to balance this chakra as it assists with clearing negative emotional and mental inherited family patterns. **Macrocarpa** would be my next choice to balance this chakra as this essence supports depleted adrenal glands, which correspond with the Base Chakra.

Other essences that may assist are:

Waratah, Freshwater Mangrove, Bush Iris, Gynea Lily, Sundew, Tall Yellow Top, Red Lily, Mulla Mulla, Red Grevillea, Slender Rice Flower, Kapok Bush, Banksia Robur, Wild Potato Bush, Dog Rose of the Wild Forces.

Sacral Chakra

The Sacral or Spleen Chakra is the second chakra located between the navel and the genitals. Its Sanskrit name is **Svadhithana** or sweetness. There are two polarities associated with this chakra: pleasure/fulfillment and suffering/sacrifice. *Creativity is the essence of this chakra.*



The Sacral Chakra symbol is a six-petaled lotus containing a white circle symbolizing water and a light-blue crescent moon with a 'makara' within. This water creature represents sexual desire and passion. The water element corresponds with the bladder, circulatory system, sexual and reproductive organs. Being positioned near the female reproductive organs it is associated with nurturing, receptivity and the emotions. The moon relates to the emotions and creativity. This chakra resonates with the colour **orange**.

The Colour Orange reflects enthusiasm, vivaciousness, good-health, creativity and joy. It is outgoing and assertive, but not as 'in your face' as red and tends to be more constructive. Orange is a good colour to wear when meeting new people in a social setting as it assists with communication, courage and a positive attitude to life. So wear orange if you are low in vitality, melancholy and feeling sad – it will lift your spirits!

The Sacral Chakra is concerned with emotional balance and sexuality. It brings with it a desire for a pleasurable lifestyle and making the changes necessary to create that. All creative impulses originate here whether making a new life or painting a picture. Too much or too little energy here creates sexual difficulties or writer's block. Its life lesson is challenging motivations based on social conditioning.

The corresponding glands are the **ovaries or testes** and this chakra is associated with the sense of **taste**. It energizes the sex organs, bladder, prostate and uterus.

Physical imbalances of the Sacral Chakra:

- Impotence & infertility
- Frigidity
- Bladder & prostate problems
- Lower back pain

Emotional imbalances of the Sacral Chakra:

- Sexual addiction
- Emotional instability
- Feelings of isolation

Balanced Sacral Chakra expresses itself as:

- trusting, expressive, attuned to one's feelings, creative

Essential Oils for the Sacral Chakra:

The Sacral Chakra is about procreation and creating the life you want. Rose oil connects with sexual and reproductive energy, and resonates with creativity. Other essential oils that balance this chakra are:

- Jasmine, Rose, Sandalwood, Orange

Crystals for balancing the Sacral Chakra:

- Citrine, carnelian, golden topaz

Bush Essences for healing Sacral Chakra issues:

- Bottlebrush, Billy Goat Plum, Bush Gardenia, Flannel Flower, Little Flannel Flower, She Oak, Red Helmut Orchid, Turkey Bush, Wedding Bush, Wisteria.

To stimulate creativity I like to combine **Rosemary and Orange** essential oils with the addition of **Turkey Bush** essence.

If there has been abuse in the past, **Sexuality Essence** may be of assistance.

Solar Plexus Chakra

The **Solar Plexus Chakra** is the third chakra located between the navel and the base of the sternum. Its Sanskrit name is **Manipura** or “lustrous gem”. The main essence of the third chakra is development of our self esteem and personal will power.



The **Solar Plexus Chakra symbol** is a ten-petaled lotus inside of which is a downward-pointing triangle surrounded by three ‘svastikas’, symbolizing **Fire** – a transformational element essential for turning metal ores into beautiful objects. This chakra resonates with the colour **yellow**.

The **Colour Yellow** reflects personal power, achievement, warm-heartedness and enjoying being the centre of attention. It brings with it the ability to grasp new ideas and connects us with the left side of the brain (analytical/logical intelligence). Yellow has a stimulating effect on the nervous system, strengthens the muscles and improves the circulation. Wearing yellow or visualizing yellow on your solar plexus area can assist the function of the liver, gallbladder, improve digestion and relieve inflammatory conditions such as arthritis and muscle stiffness.

The **Solar Plexus Chakra** is about transforming the Self into a being of power by bringing about balance between our emotional (right brain) self and our logical (left brain) self. It relates to our connections with others as a confident, unique individual – not reliant on others for approval.

The corresponding gland is the **pancreas** and this chakra is associated with the sense of **sight**. It energizes the digestive system and muscles.

Physical imbalances of the Solar Plexus Chakra:

- Stomach ulcers
- Digestive problems
- Chronic fatigue
- Allergies
- Diabetes
- Skin eruptions

Emotional imbalances of the Solar Plexus Chakra:

- Oversensitive to criticism
- Need to be in control
- Low self-esteem
- Emotional instability

Balanced Solar Plexus Chakra expresses itself as:

- Respects self and others, has personal power, spontaneous, uninhibited

Essential Oils for the Solar Plexus Chakra:

The solar plexus is about how we relate to the rest of the world. Shock and trauma affect this power centre. It is where our centre of will connects with Divine will. Essential oils that help balance the Solar Plexus Chakra are:

- Juniper, Vetivert

If you are going into a crowded place where you might feel uncomfortable, apply a drop of **Vetivert** essential oil in an anti-clockwise direction over the solar plexus area for protection.. **Juniper** is a great cleanser and will help release any negative energies you might pick up in your travels.

Crystals for balancing the Solar Plexus Chakra:

- Aventurine, quartz, sunstone, yellow citrine

Bush Essences for healing Solar Plexus Chakra issues:

- Banksia Robur, Black-eyed Susan, Bottlebrush, Crowea, Dog Rose, Five Corners, Illawarra Flame Tree, Kangaroo Paw, Kapok Bush, Macrocarpa, Paw Paw, Peach-flowered Tea-tree, Philotheca, Red Grevillea, Rough Bluebell, Southern Cross, Spinifex, Stuart Desert Rose, Waratah.

To assist with self-esteem, the combination of essences in **Confid Essence** is perfect. Also, Peach-flowered Tea-tree if there are blood sugar problems and Crowea for digestion concerns.

Heart Chakra

The **Heart Chakra** is the fourth and central chakra, located between the breasts in the centre of the chest. Its Sanskrit name is **Anahata** or “*sound made without two things striking*”. This chakra is concerned with love, relationships and boundless joy.



The **Heart Chakra symbol** is twelve lotus petals around a six-pointed star – the downward triangle represents spirit descending into the body and the upward triangle is matter rising to meet spirit. This chakra resonates with the colour **green** tinged with **pink**.

The **Colour Green** is balancing to the sympathetic nervous system and is used for general healing. It directly affects the heart and lungs and has a tonifying and detoxifying effect on the circulation. Green has a relaxing and sedating effect on the body. Walking in the fresh air surrounded by trees and greenery is a good way to get some ‘green’ in your life and is very good for the health. It can also assist when one is experiencing shock or claustrophobia.

The **Heart Chakra** is concerned with forgiveness and compassion. It is about learning to love and accept others exactly as they are, unconditionally, leading to acceptance of self.

The corresponding gland is the **Thymus** and this chakra is associated with the sense of **touch**. It energizes the heart, lungs and circulation.

Physical imbalances of the **Heart Chakra**:

- Shallow breathing, bronchial pneumonia
- High blood pressure
- Heart disease
- Prolapsed mitral valve
- Breast and lung cancer
- Lowered immune system
- Rheumatoid arthritis

Emotional imbalances of the **Heart Chakra**:

- Fears about betrayal
- Co-dependence
- Melancholia
- Greed
- Grief and anger
- Resentment and bitterness

Balanced Heart Chakra expresses itself as:

- Compassionate
- Loves unconditionally
- Nurturing
- Desires spiritual experience in lovemaking
- Inspirational

Essential Oils for the Heart Chakra:

The **Heart Chakra** is about love and Rose is the essence of love. Rose essential oil is particularly helpful in healing the heart which is closed due to grief. Essential oils that help balance the Heart Chakra are:

- Rose, Bergamot, Melissa and Jasmine

Crystals for balancing the Heart Chakra:

- Rose quartz, Kunzite, Watermelon Tourmaline, Aventurine, Malachite, Emerald, Ruby

Bush Essences to heal Heart Chakra issues:

- Bluebell, Pink Flannel Flower, Dagger Hakea, Fringed Violet, Hibbertia, Illawarra Flame Tree, Mountain Devil, Red Helmut Orchid, Red Suva Frangipani, Rough Bluebell, Stuart Desert Pea, Sydney Rose, Tall Mulla Mulla.

To assist opening the heart chakra, **Pink Flannel Flower** is the essence of choice. For intimate relationships the combinations in **Sensuality and Sexuality Essence** may be of assistance.

Throat Chakra

The **Throat Chakra** is the fifth and first of the higher chakras. It is located at the base of the throat. Its Sanskrit name is **Vishuddha** or “*purification*”. This chakra is concerned with willpower, communication, self-expression and creativity through sound - speech, writing or singing.



The **Throat Chakra symbol** is a lotus with 16 petals containing the Sanskrit vowels representing spirit. Inside the lotus is a downward facing triangle symbolizing speech and a full moon representing the feminine. This chakra resonates with the colour **blue**.

The Colour Blue is calming and relaxing. It brings with it peace, quiet strength and feelings of relaxation and healing. Blue is a good colour for reducing any hot or inflamed condition in the body, such as fevers, sore throats (any throat condition), headaches and menstrual pain. Wear blue underwear, a blue scarf or a blue crystal on the affected area to reduce the pain and inflammation. Blue is especially good for children's ailments, such as teething, colic and fevers.

The **Throat Chakra** is concerned with purifying ourselves by honestly recognizing how we feel and having the confidence to communicate those emotions to others. This does not refer to everyday chatter, but taking the time to carefully choose our words to convey our thoughts. It is also concerned with hearing – actively listening to others helps develop our 'subtle inner ear' or intuition.

The corresponding glands are the **Thyroid and Parathyroid** and this chakra is associated with the sense of **sound and hearing**. It energizes the **mouth, teeth, oesophagus, throat and ears**.

Physical imbalances of the **Throat Chakra**:

- Sore throats and laryngitis
- Neck problems
- Thyroid imbalances
- Tinnitus and vertigo
- Asthma and allergies
- Anaemia and menstrual problems

Emotional imbalances of the **Throat Chakra**:

- Perfectionism
- Inability to express emotions
- Blocked creativity
- Over-talkative
- Dogmatic
- Self-righteous
- Arrogant
- Unreliable
- Overly critical

Balanced **Throat Chakra** expresses itself as:

- Good communicator
- Contented
- Finds it easy to meditate
- Artistically inspired
- Honest and reliable

Essential Oils for the **Throat Chakra**:

The **Throat Chakra** is about communication and Blue Chamomile is an obvious choice. Blue Chamomile, assist in expressing feelings calmly and without anger. English Chamomile is a paler blue and encourages the expression of spiritual truths. Myrrh oil helps give the confidence to speak where fear and shock has blocked communication. Essential oils that help balance the **Throat Chakra** are:

- Blue (German) Chamomile, English Chamomile, Myrrh

Crystals for balancing the **Throat Chakra**:

- Lapis Lazuli, Tourquoise, Blue Tourmaline, Aquamarine, Amazonite, Aqua Aura,

Bush Essences to heal **Throat Chakra** issues:

- Bauhinia, Boronia, Bush Fuchsia, Flannel Flower, Monga Waratah, Old Man Banksia, Pink Flannel Flower Silver Princess, Turkey Bush.

To assist opening the **Throat Chakra**, **Bush Fuchsia** is the essence of choice as it encourages one to speak out with clarity, get in touch with intuition, to integrate the left/right brain and assimilate information.

Combination essences that assist with communication, self expression and creativity are: **Cognis Essence, Confid Essence and Creative Essence.**

Third Eye Chakra

The **Third Eye Chakra** is the sixth chakra, located above and between the eyebrows. Its Sanskrit name is **Ajna** or “to perceive”, “to know” or “to control”. This chakra is concerned with intuition and wisdom; it is about inner knowing of things we cannot rationalize.



The **Third Eye symbol** is a two-petalled lotus, which looks like wings either side of a circle. Inside the circle is a down-ward-pointing triangle. This chakra resonates with the colour **indigo**.

The **Colour Indigo** calms and soothes the mind, reflects dignity, nobility and self-respect. This colour normalizes all hormonal or glandular activity, as it is connected to the function of the pituitary gland. It works well with all mental and nervous, including epilepsy, neuralgia and problems with the ears, eyes and nose.

The **Third Eye Chakra**, when functioning normally, aids sleep and purifies the body. It also allows connection with one’s spiritual/psychic abilities, including clairvoyance and telepathy. If operating negatively, feeling unappreciated by others and low self-esteem may be felt. A person with a highly developed Third Eye may be a visionary, with ideas well ahead of their time. In the negative, one may have fears and phobias, plus doubting one’s self.

The corresponding gland is the **Pituitary** and this chakra is associated with the sixth sense. It energizes the **eyes, ears, nose and base of the skull**.

Physical imbalances of the **Third Eye Chakra**:

- Headaches
- Poor vision
- Neurological disturbances
- Glaucoma
- Nightmares
- Learning difficulties
- Hallucinations
- Schizophrenia
- High blood pressure

Emotional imbalances of the **Third Eye Chakra**:

- Dogmatic and arrogance
- Undisciplined
- Fear of success
- Sets sights too low

Balanced Third Eye Chakra expresses itself as:

- Charismatic,
- Highly intuitive
- Not attached to material things

Essential Oils for the Third Eye Chakra:

The **Third Eye Chakra** is about the intellect and mind. Rosemary oil is on top of the list when it comes to stimulating the mind, bringing clarity and understanding to spiritual truths. Juniper with its colour indigo stimulates clairvoyance. Essential oils that help balance the **Third Eye Chakra** are:

- Rosemary, Juniper, Everlasting, Thyme, Violet, Cedarwood, Cistus, Clary Sage, Elemi, Frankincense, Myrrh, Sandalwood, Spruce

Crystals for balancing the Third Eye Chakra:

- Amethyst, Purple apatite, Azurite, Calcite, Sapphire, Fluorite, Lapis lazuli

Bush Essences to heal Third Eye Chakra issues:

Angelsword allows one to discern spiritual truths and access past life gifts; releases negative energies;

Boab offers psychic protection and clears negative karmic patterns;

Bush Fuchsia is the remedy to enhancing and trusting your intuition;

Bush Iris opens the Third Eye Chakra and helps you trust your sixth sense;

Green Spider Orchid attunes you to be more receptive to intuitive thoughts;

Yellow Cowslip Orchid balances the Pituitary Gland

Meditation Essence has these three essences and more, to help awaken spirituality, enhance intuition, inner guidance, deepen meditation and improve telepathic thought.

Crown Chakra

The **Crown Chakra** is the seventh chakra, located at the top of the head. Its Sanskrit name is **Sahasrara** or “*thousandfold*”. This chakra is concerned with spirituality. It is the entry point for life-force energy which energises and nourishes body, mind and spirit.

The **Crown Chakra symbol** is a halo of a thousand white petals, representing infinity, each one tuned to the highest states of consciousness. Once the **Crown Chakra** is awakened, one becomes open to Divine wisdom, enabling a state of connectedness with the universe; a state of bliss or rapture. This chakra resonates with the colour **violet** with flashes of gold and white.



The **colour violet** is warm, gentle, nurturing and protective. This colour increases blood flow to the brain and the sympathetic nervous system. It can assist in the relief of headaches, high blood pressure, chronic tiredness and nervous breakdown. It also helps calm violent and aggressive behaviour.

The **Crown Chakra**, when functioning normally, allows one to show much love and compassion towards others and gentleness to all human beings. It reflects one's spiritual maturity and allows one to think more of the needs of others and look at the positive rather than the negative side of life. The opposite of this can appear as a domineering, egocentric person who may operate under the guise of being a 'spiritual' person, but instead manipulates others for their own gain. A good example of this is cult leaders.

When the **Crown Chakra** is out of balance, it is reflected in all the lower chakras. As it controls the functioning of the Pineal Gland, an imbalance can cause problems with the production of melatonin (which regulates sleep), the sympathetic nervous system, headaches and other brain problems.

The **Crown Chakra** opens significantly during meditation and prayer, and highly evolved beings have this chakra open all the time. Note the halo in Christian paintings and the topknot on statues of the Buddha, all of which represent an outpouring of spiritual energy from the **Crown Chakra**.

The corresponding gland is the **Pineal Gland**. It energises the upper skull, cerebral cortex, the skin and the muscular and skeletal systems.

Physical imbalances of the **Crown Chakra**:

- Sensitivity to pollutants, sound and light;
- Chronic fatigue;
- Epilepsy;
- Alzheimer's;
- Headaches, migraines;
- Sleep disorders.

Emotional imbalances of the **Crown Chakra**:

- Depression;
- Obsessive thinking;
- Confusion;

Balanced **Crown Chakra** expresses itself as:

- Magnetic personality;
- Able to achieve 'miracles' in life;
- Transcendent;
- At peace with self;

Essential Oils for the **Crown Chakra**:

The **Crown Chakra** is about spirituality. Sandalwood would be the first choice as it is said to bridge the gap between heaven and earth. Frankincense assists with connecting to the Divine within and without, and both oils are perfect for use in meditation. Frankincense is used in incense in churches and religious ceremonies. Rosewood can assist with the opening of the Crown Chakra and is perfect to add to a meditation blend.

Essential oils that help balance the **Crown Chakra** are:

- Sandalwood, Frankincense, Alpine Lavender, Rosewood, Elemi

Crystals for balancing the **Crown Chakra**:

- Amethyst, Clear Quartz, Diamond

Bush Essences to heal **Crown Chakra** issues:

Alpine Mint Bush helps those who serve others to not lose sight of themselves.

Angelsword allows one to discern spiritual truths and access past life gifts; releases negative energies;

Bush Iris brings about spiritual awakening and understanding.

Freshwater Mangrove helps one to awaken spirituality by letting go of preconceived ideas.

Gynea Lily helps one move away from mainstream thinking.

Mint Bush helps the spiritual awakening process.

Red Lily helps keep one grounded while accessing spiritual realms.

Slender Rice Flower helps one see that we are all connected.

Tall Yellow Top alleviates feelings of alienation and loneliness, realizing we are all one.

Sydney Rose focuses on unconditional love, working on the crown and heart chakras.

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