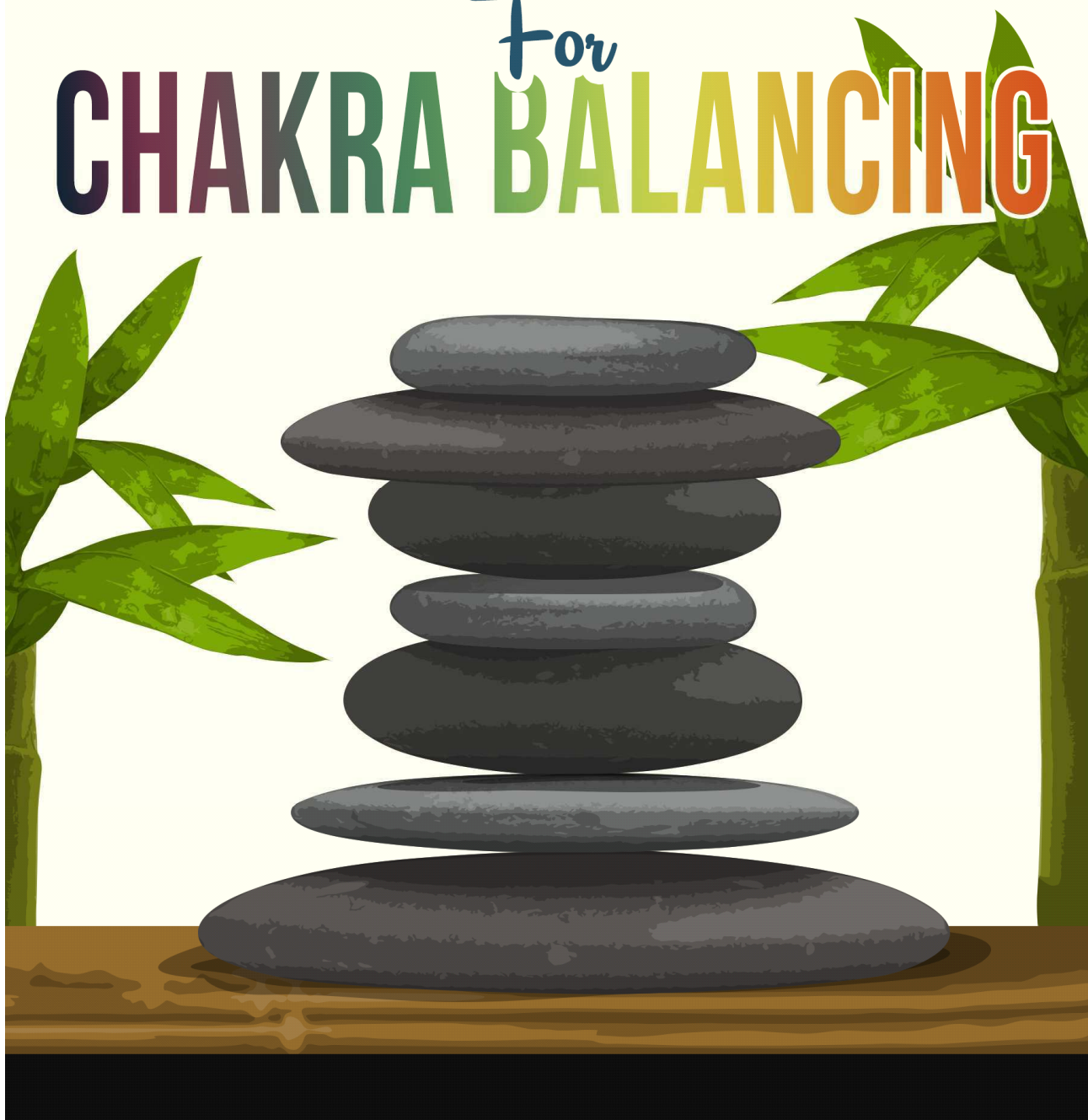


Aromatherapy
And
ESSENTIAL OILS
For
CHAKRA BALANCING



YourPowerToCreate.Com

Aromatherapy and Essential Oils for Chakra Balancing

Presented by
Your Power To Create
And
Felicia Ransome-Stoute

Disclaimer: Use caution when beginning a new wellness program. Not all exercise programs are suitable for everyone. Check with your doctor before you begin. Your Power To Create And Felicia Ransome-Stoute will not be responsible or liable for any injury sustained as a result of using any program presented and/or discussed on the YourPowerToCreate.Com blog, via email communications or in video format.

Table of Contents

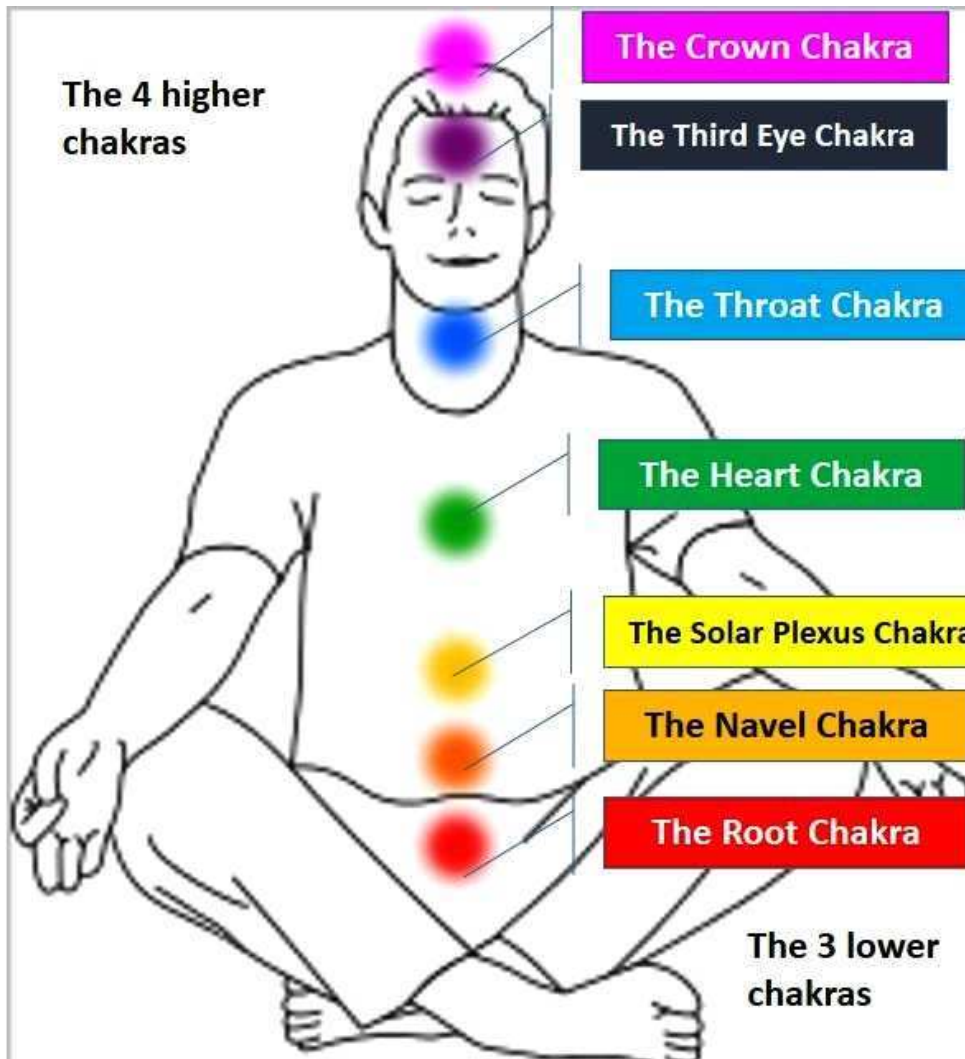
Introduction.....	5
Chapter 1 - What are Chakras?	6
Chapter 2 - What is Aromatherapy?	8
Chapter 3 - What are Essential Oils?	9
Chapter 4 - Safety First When Using Essential Oils	11
Chapter 5 - Aromatherapy and Essential Oils for Healing.....	13
Chapter 6 - The Root Chakra.....	16
Chapter 7 - The Navel Chakra	19
Chapter 8 - The Solar Plexus Chakra	21
Chapter 9 – The Heart Chakra.....	23
Chapter 10 – The Throat Chakra	27
Chapter 11 - The Third Eye Chakra.....	29
Chapter 12 - The Crown Chakra	31
Chapter 13 - Chakra Massage Basics	34
Conclusion	37
Resources	38
At a Glance Summary.....	39
Essential Oils for Chakra Work.....	39

Introduction

Both chakra work and aromatherapy are part of traditional Ayurvedic (EYE-your-VEE-dik) medicine from India and other forms of healing we have only recently discovered and started to use in the West as complementary and alternative forms of healing.

They are both safe to use in conjunction with conventional treatments provided you follow some simple safety precautions with both. The results can be very therapeutic, bringing you into balance in all areas of your life depending on which chakras you wish to work on or what healing effects or mood enhancement you are aiming for. So let's get started with the basics, what are chakras and what is aromatherapy?

Chapter 1 - What are Chakras?



As you can see from the diagram, we have 7 chakras, 3 lower and 4 higher. The word chakra in the ancient Indian language Sanskrit means wheel, or vortex, and each chakra is the site of powerful energies within the body.

The colored dots on the diagram are to show you the color and location of each chakra, but it is important to remember that these energy centers are not just at the front of your body, but like a flat disk spinning front to back, similar to a record or microwave turntable.

All of the chakras are connected through a main energy conduit known as the central channel. Great meditators and Ayurvedic masters have learned how to move their energy up and down the central channel to improve their physical health and deepen their spiritual experience.

The 7 chakras are:

- The Root Chakra
- The Navel, Sex or Sacral Chakra
- The Solar Plexus Chakra
- The Heart Chakra
- The Throat Chakra
- The Third Eye Chakra
- The Crown Chakra

If you look at the diagram we have created, you might notice that each chakra corresponds to a color of the rainbow or spectrum:

- Red
- Orange
- Yellow
- Green
- Blue
- Indigo (a deep bluish purple)
- Violet

Now that you know the names and locations of each chakra and its color, let's learn more about what aromatherapy is and how it works.

Chapter 2 - What is Aromatherapy?



Aromatherapy is a way to improve your quality of life on a physical, emotional and spiritual level. Aromatherapy is actually already an important part of our lives, although we may not have associated the name with the experience.

Everyone has emotional responses, both pleasant and unpleasant, to certain scents. The idea behind aromatherapy is to find the scents that evoke positive sensory feelings and emotions. Then those scents can be incorporated into your everyday life to enhance your well-being.

If you have ever enjoyed the smell of freshly-cut lemons or coffee brewing, you understand the power of certain scents. In the case of aromatherapy, practitioners use essential oils in a number of ways, including inhaling and using for massage, for health and healing. Using certain oils can not only expose you to beautiful scents, they can re-balance and stimulate the chakras.

Let's look in the next chapter at what essential oils are and how they are used in aromatherapy.

Chapter 3 - What are Essential Oils?

Essential oils are so named because the most potent healing parts of the plant, or essence, are steamed or distilled into a highly concentrated therapeutic form. The oils can be extracted from the flowers, leaves, resin, bark, roots, seeds and even the entire plant. The oils are about 100 times stronger than what you would find in dried herbs and botanicals.



The results of aromatherapy are very individual. While there is general agreement about the actions of certain oils, aromatherapy responses vary from person to person. The oils generally have a range of effects, from energizing to clearing the sinuses, to promoting relaxation and sleep. Some oils are very versatile and can be used for a range of purposes, or blended with other essential oils to offer even more healing properties. In terms of chakra work, certain oils are good for balancing and enhancing the energy of each particular chakra.

There are many different oils to choose from, ranging from ordinary to exotic, so it can be a bit confusing when you are first starting out. Aromatherapy can also become expensive if you buy a lot of oils at once,

some of which you might never use. Go to the nearest health food store and sniff the testers for the oils you will be learning about in this guide.

Make a list of the ones you like and which are versatile, that is, they can be used for a range of healing and cleansing purposes to enhance your health and living environment. Good versatile oils for beginner having a broad appeal in terms of scent include lemon, orange, rose, and peppermint.

Aromatherapy can be a fun, interesting hobby and healing method due to the wonderful fragrances involved. Your essential oils are potent and therefore need to be treated with the same care and respect as you would give to any other medicine you have in your home. Let's look next at some important safety considerations when using essential oils.

Chapter 4 - Safety First When Using Essential Oils



Aromatherapy practitioners should use pure essential oils of the highest quality. Therefore, your most important safety consideration is to buy 100% pure oils and check the country of origin. Whenever possible, buy oils produced in the US, Canada and European Union countries such as England, France and Germany all having extremely stringent product standards.

Buy them in dark glass bottles and store in a cool, dry place away from direct sunlight. Keep out of reach of children and pets. Never put essential oils in an undiluted form up your nose or on your skin. Never store in a plastic container, as they can dissolve it.

If using essential oils for massage therapy as part of your chakra work, dilute them with a carrier oil. The most popular healing and nourishing carrier oils include:

- Almond
- Apricot kernel
- Coconut
- Olive

Coconut and olive are economical because they can be used in recipes as well as used for massage.

Once you start to explore aromatherapy, you might come across recipes for adding essential oils to your food. However, most are not food-grade oils and many essential oils can cause stomach upset or even death if they are consumed by people or pets. We recommend you only consume oils when instructed by a practitioner. Always insist the oils are therapeutic grade.

Once you open your bottle of essential oil, it should keep for up to 1 year. The only exceptions are the citrus oils such as orange, lemon, lime, bergamot and grapefruit, which should all be used within 6 months.

These citrus oils also require caution if you plan on going out in the sun after using them. They can cause a reaction with sunlight (photosensitivity), leaving the skin more likely to burn. Use in the evening, or 2 hours before you plan to go outside.

Some people are advised to stay away from certain oils depending on any medical condition they might have, such as high blood pressure. Pregnant women should also be careful when using these powerful botanicals.

Finally, the oils should be inhaled directly from the bottle no more than 3 times a day in order to avoid sinus infection.

Now that you know what essential oils are and have learned some of the most important safety tips to consider when using them, it's time to discover the best ways to use them for health and healing.

Chapter 5 - Aromatherapy and Essential Oils for Healing

Essential oils can be used in a number of ways to work with your chakras towards balance, health and healing.



Pure oil: The oils can be inhaled straight from the bottle, or sprinkled on a handkerchief or cloth which you can then breathe into. You can also tuck it into a top pocket or into your pillowcase at night.

Diluted oils: Since even a couple of drops of certain essential oils can be extremely irritating to skin, get into the habit of diluting them, with 1 to 3 drops in 4 to 8 ounces of liquid, or as instructed on the bottle.

Water: Add essential oils to foot baths, bathtubs, hair rinses, and topical solutions to clean up cuts and scrapes or acne (tea tree oil is very good for this).

Alcohol: Mix essential oils with alcohol to disinfect wounds, or to create your own roll-on or spray perfume you can apply to throat and wrists to breathe in the aroma all day.

Pure Witch Hazel: Pure witch hazel should not have a terrible sharp stench of commercial witch hazel. Add a couple of drops of essential oil to disinfect skin or create your own beauty treatments like shampoo and body wash.

Carrier oil: They are excellent for lotions and massage. Choices include almond oil, olive oil and coconut oil. De-scented coconut oil works best because it keeps moving without stickiness due to the warmth of the skin, so it is ideal for long massage sessions. It also moisturizes and nourishes the skin well and does not overwhelm everything with a coconut scent.

Diffusers

Diffusers spread the therapeutic benefits of essential oils through the air via the process of evaporation. There are several kinds of diffusers, from simple clay burners with a small lit candle underneath to heat the oil, to sophisticated ultrasonic diffusers that create a fine mist in the air and can be used as humidifiers as well.



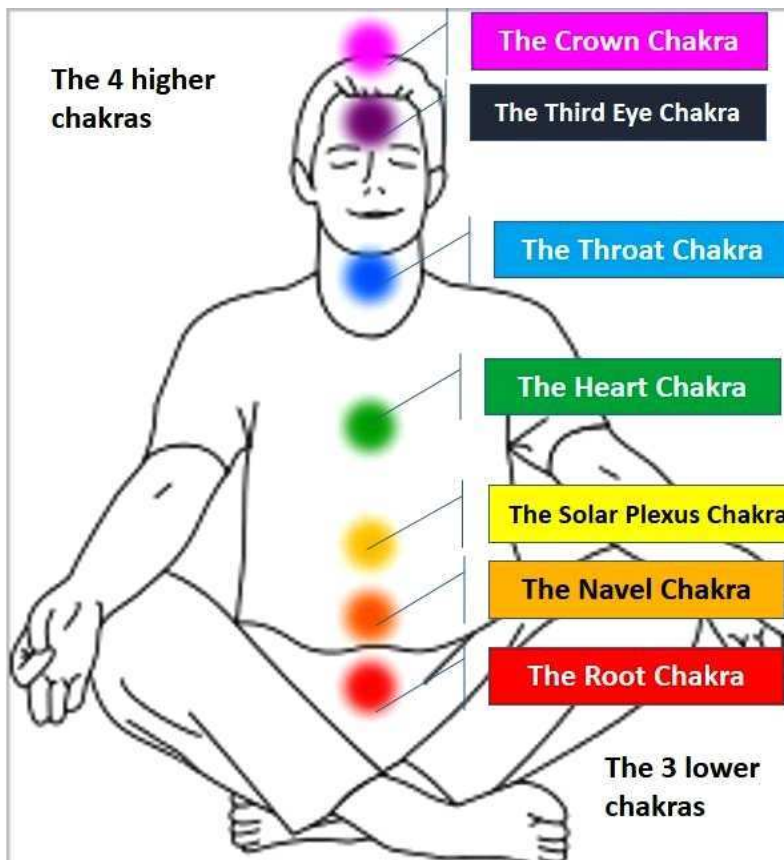
Be careful of burners with open flames if you have children or pets in your home.

The easiest no-expense solution for most homes and cars is to use a apply a few drops of your favourite oil to a clean cloth or cotton ball and tuck it inside air vents, drawers, in back of couches, end-tables or somewhere out of sight. As the oils evaporate the aroma diffuses into the room.

Note that not all of their oils are essential oils, merely home fragrances, so shop carefully if you wish to use the oils with health, healing and chakra work.

Now that you know the best ways to use aromatherapy and essential oils in your daily life, it's time to look at the different chakras, their location, color

and significance, and then the essential oils recommended for working with each.



One other comment

before we get started is to take note of the effects of certain oils, for example, ones that might be energizing. This can be a great choice in a homemade body wash or lotion you wish to use to massage your chakras in the morning before getting ready for work, but a bad choice if you are using it at night within an hour of going to bed, so choose accordingly.

We will remind you of where each chakra is in the body and its color using a small icon. Refer to this main image as needed.

Chapter 6 - The Root Chakra



The root chakra is the foundation of our energies. It helps ground us and aid us in getting all of our most important needs met, such as food, clothing and shelter. Its color is red and it is associated with our buttock and anus. It is the foundation, literally, of our life, energy and spiritual practice.

The best essential oils to inhale or use for massage to balance and stimulate the root chakra are:

- cinnamon
- ginger
- myrrh
- nutmeg
- patchouli



vetiver

We will discuss each in the next sections.

CINNAMON (Cinnamomum Cassia)

India, Indonesia

The distinct spicy flavor and smell of cinnamon bark is everywhere these days, from food to air fresheners. The effects are energizing, warming, and uplifting.

Usage Warning: Cinnamon is very irritating to the skin and can cause an allergic reaction with repeated use, so if you do plan to use it for massage, be sure it is well-diluted and only use once a week.

GINGER (Zingiber Officinale)

Jamaica and the Far Eastern countries

Ginger is used a great deal in cooking such as stir fry and soft drinks such as ginger ale. The effects are warming, strengthening, and grounding.

Usage Warning: Use 2 hours before you plan to go out in the sun, as it can trigger photosensitivity.

MYRRH (Commiphora Molmol)

Ethiopia, Sudan, Somalia

This is one of the oldest-known perfume materials in the world, mentioned 3,700 years ago in ancient Egyptian texts and of course in the Bible, when the Three Wise Men brought gold, frankincense and myrrh to Jesus when he was born. This will give you an idea of how precious the two essential oils were considered.

Its effect is centering and it is very good for improving meditation and visualization as you work to draw the energy up your central channel to all the other chakras. It has an interesting woody scent so it is good for men or women wishing to learn chakra work and aromatherapy.

Usage Warning: Not for internal consumption. Avoid use if pregnant.

NUTMEG (Myristica Fragrans)

Indonesia, East Indies

The oil contains the characteristic fragrance of nutmeg, uses in pumpkin pie spice and spice cookies. It can be used in cooking but is extremely strong compared to the dry powdered spice. It is also used in men's fragrances and spicy perfumes, so it is a good choice for men or women.

Its effect is rejuvenating, uplifting and energizing.

PATCHOULI (Pogostemon Cablin)

Indonesia, Philippines, Malaysia

A widely used fixative in perfumes, its very intense aroma is described as earthy, rich, sweet, woody and spicy. Its effect is romantic, soothing, exotic and sensual.

Usage Warning: Not for internal consumption.

VETIVER (Vetiveria Zizanoides)

India, Indonesia, Philippines

This oil has a rich, woody and musky scent which is popular as a perfume fixative. Its effects are soothing, relaxing and anchoring. It is good for men and women.

Usage Warning: Not for internal consumption.

Now that we have discussed the oils for the root chakra, we will look at the navel chakra.

Chapter 7 - The Navel Chakra



The navel chakra is also known as the sex chakra and the sacral chakra. The sacrum is the bone at the end of your spinal column. It is the seat of passion, creativity, desire and reproduction.

- cedar
- geranium
- orange
- sandalwood
- tangerine

CEDAR (*Juniperus Mexicana Scheide*)

United States

A woody balsamic aroma, it is used in perfumes to add depth and warm notes to any essential oil blend. Cedar can also be applied to the inside of a wood chest for a wonderful scent that naturally repels moths and other insects. Its effects are harmonizing, relaxing, and strengthening. It is also very good for relieving anxiety. It is good for men or women to use.

Usage Warning: Not for internal consumption.

GERANIUM (*Pelargonium Graveolens*)

France, Morocco

This oil has a delightfully sweet scent. It is an important ingredient in all types of fragrances. It is like a rose with minty undertones. It is also used in

skin care products for both its fragrance and astringent cleansing properties. It is balancing and evens out your energies.

ORANGE, SWEET (Citrus Sinensis)

Brazil, United States, Spain



One of the most popular scents and flavors in the world, orange is widely used in foods of all types and perfumes and personal care products as well. In relation to your chakra work it is cheering, refreshing, uplifting and energizing. It is good for men and women.

Usage Warning: Avoid use before going out sun due to photosensitivity.

SANDALWOOD (Santalum Album)

India, Indonesia

This scent has been used perfume and sacred rituals since ancient times. It is especially good for dry skin. Men in particular love the scent. It is relaxing, centering and, sensual.

Usage Warning: Not to be eaten.

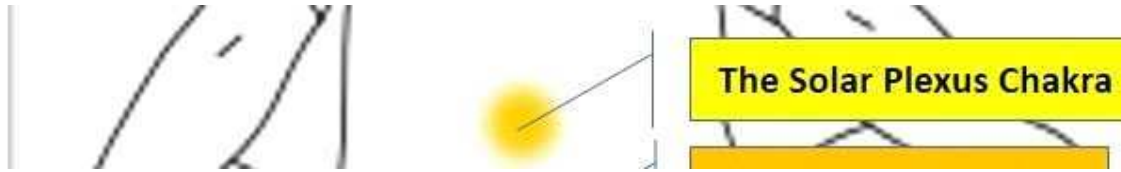
TANGERINE (Citrus Reticulata)

United States, Brazil

This oil has great astringent properties. Make sure to dilute it properly. Great for oily skin. It is cheering and uplifting and good for both men and women.

Usage Warning: Avoid use before going out in the sun.

Chapter 8 - The Solar Plexus Chakra



The solar plexus chakra sits just under the middle part of your rib cage. Solar refers to the sun. Plexus is a group or network. There is a very important bundle of nerves here that radiate outwards like the rays of the sun. This is the seat of your willpower and personal power.

- balsam
- frankincense
- lemon
- myrrh

BALSAM (Myroxylon Pererae)

El Salvador

May be used to soothe chafed skin and impart a rich, earthy scent to perfumes. It is woody, anchoring and strengthening.

Usage Warning: Do not consume.

FRANKINCENSE (Boswellia Carteri)

Somalia, Ethiopia, India

This is a wood and pepper kind of fragrance. Frankincense is used extensively for incense and fine perfumes and is often paired with myrrh. It is relaxing and restorative. It can be used in combination with meditation for good concentration and visualization.

Usage Warning: Not for internal consumption

LEMON (Citrus Limomum)

United States



Widely used in personal care and home cleaning and enhancement. This oil is cold pressed from the rind of the lemon. About a dozen lemons are used to make just 1/2 ounce of essential oils. Lemon is energizing, uplifting, refreshing and cheering. It is great for both men and women.

Usage Warning: Avoid use in the sun. Dilute well, as it is a known skin irritant. Is excellent for a range of natural cleaning recipes for personal care and home care.

MYRRH (Commiphora Molmol)

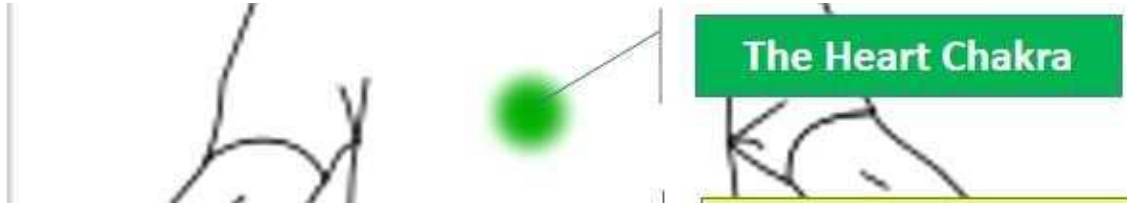
Ethiopia, Sudan, Somalia

This is one of the oldest-known perfume materials in the world, mentioned 3,700 years ago in ancient Egyptian texts and of course in the Bible. This will give you an idea of how precious the 2 essential oils were considered. Its effect is centering and it is very good for improving meditation and visualization as you work to draw the energy up your central channel to all the other chakras. It has an interesting woody scent so it is good for men or women wishing to do chakra work and aromatherapy.

Usage Warning: Not for internal consumption. Avoid use if pregnant.

Chapter 9 – The Heart Chakra

The heart chakra's energies are all to do with love, compassion, kindness, sympathy and empathy. If we get hurt by others, our heart chakra can shut down, so doing all we can to keep it open will enable us to live in harmony with everyone around us.



- bergamot
- eucalyptus
- geranium
- peppermint
- rose absolute
- rose otto
- rosemary
- tea tree

BERGAMOT (Citrus Bergamia)

Italy

Bergamot is related to the lime and has a wonderful citrus smell. It is good for both men and women. It is uplifting, levels your energies, and helps boost confidence.

Usage Warning: Avoid use before going out in the sun.

EUCALYPTUS (Eucalyptus Globulus)

Spain, Portugal, Australia, France

This is commonly used in cold medicines and salves to open up the nasal passages so you can breathe more clearly. Its effects are purifying, invigorating and cooling so it is good for relaxing rather than energizing. Usage Warning: Not for internal consumption.

GERANIUM (Pelargonium Graveolens)

France, Morocco

This oil has a delightfully sweet scent. It is an important ingredient in all types of fragrances. It is like a rose with minty undertones. It is also used in skin care products for both its fragrance and astringent cleansing properties. It is balancing and levels your energies.

PEPPERMINT (Mentha Piperita)

United States



Peppermint oil is refreshing in both taste and aroma. It is revitalizing, refreshing, cooling. It can also help with chest congestion and open up airways and nasal passages.

Usage Warning: Dilute well so it does not irritate the skin. Avoid use if pregnant.

ROSE (Rosa Centifolia)

Morocco, France, England

This oil has a sweet, deep, long-lasting aroma. It is often known as rose absolute to differentiate it from rose otto, also known as the Damascene rose (see below). It is an economical alternative to rose otto and is used extensively in medium and high-priced perfumes of all types for its aroma and fixative qualities. It offers romantic, creative and gently uplifting qualities when used. It is excellent for all types of skin.

Usage Warning: Avoid if pregnant.

ROSE OTTO (*Rosa Damascena*)

Bulgaria, Russia, Turkey

This rose essential oil has a warmer, more intense and richer rich fragrance than rose absolute.

It is used in all types of perfumes, as well as a wide range of beauty preparations. It also enhance the atmosphere of any home.

Its effect on the chakras is romantic, creative, opening and mildly energizing.

Usage Warning: Avoid if pregnant.

ROSEMARY (*Rosemarinus Officinalis*)

France, Spain, Morocco, Tunisia

Rosemary has a wonderfully earthy and herby scent. It is used in hair care, fragrance, cooking and cosmetics. Brush on or wash into dark hair to condition and bring out color highlights. Use for massage for both men and women. Its effect offers relief from congestion, and is clarifying, balancing, warming and invigorating on the chakras

Usage Warning: Avoid if pregnant. People with high blood pressure or epilepsy should not use this oil.

TEA TREE (*Melaleuca Alternifolia*)

Australia

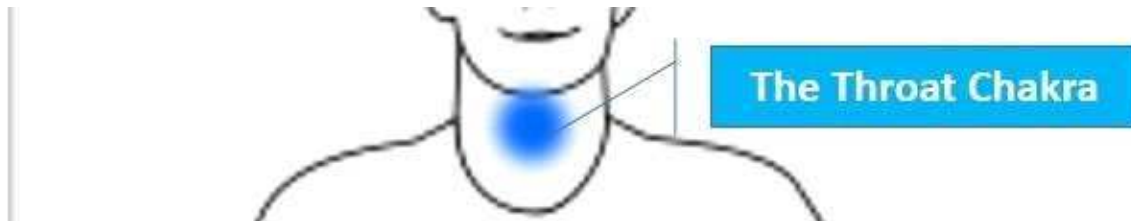
This has become an extremely popular essential oil and common ingredient in personal care items thanks to its powerful antiseptic qualities. The smell is citrusy with a medicinal edge. It is ideal for cuts and scrapes, and for healing acne and itchy scalps. It has a cleansing, purifying and uplifting effect.

Usage Warning: Not for internal consumption. Dilute well before use as it is a known skin irritant. Only use for full massage if well diluted and if the goal is to heal dry, rough, or cracked skin.

Chapter 10 – The Throat Chakra

If the heart chakra is all about connection, the throat is about communication. If you are not a good public speaker or do not always tell the truth, this is a good chakra to work on.

- chamomile
- coriander
- geranium
- lavender



CHAMOMILE, ROMAN (*Anthemis Nobilis*)

Hungary, Belgium, France

Often used in perfumes, it blends well with bergamot, jasmine, neroli, and clary sage, lending a warm, fresh note when added in small quantities. It is a relaxing and rejuvenating oil for the chakras. When added to clary sage, it can enhance clarity of mind and speech, especially if you meditate.

CORIANDER SEED (*Coriandrum Sativum*)

France, Holland, Russia

Coriander is an herb from which the leaves and seeds. It has a delicious sweet taste and is often used in Mexican, India and Thai cooking. The effect on the chakras is relaxing, gently clarifying and helps relieve congestion. This oil is good for men and women.

GERANIUM (*Pelargonium Graveolens*)

France, Morocco

This oil has a delightfully sweet scent. It is an important ingredient in all types of fragrances. It is like a rose with minty undertones. It is also used in skin care products for both its fragrance and astringent cleansing properties. It is balancing and levels your energies.

LAVENDER (*Lavendula Angustifolia*)



France, Tasmania

This is one of the mainstays of aromatherapy, a rich, fragrant floral scent that has a wide range of therapeutic and environmental uses. It is excellent for personal care products, even ones for babies if it is diluted well. Its effects are balancing, soothing, gently clarifying and enhancing meditation and relaxation. It can be combined with other florals to enhance its effects.

Chapter 11 - The Third Eye Chakra



The Third Eye Chakra

This chakra sits between your eyebrows just above the bridge of your nose. It is the seat of wisdom, intuition, and higher mental powers, which can in turn lead to spiritual growth.

The oils used for this chakra are all very invigorating and increase mental alertness and physical energy.

- bergamot
- lemon
- orange

BERGAMOT (Citrus Bergamia)



Italy

Bergamot is related to the lime and has a wonderful citrus smell. It is good for both men and women. It is uplifting, levels your energies, and helps boost confidence.

Usage Warning: Avoid use before going out in the sun.

LEMON (Citrus Limonum)

United States

Widely used in personal care and home cleaning and enhancement. This oil is cold pressed from the rind of the lemon. About a dozen lemons are used to make just 1/2 ounce of essential oils. Lemon is energizing, uplifting, refreshing and cheering. It is great for both men and women.

Usage Warning: Avoid use in the sun. Dilute well, as it is a known skin irritant. Is excellent for a range of natural cleaning recipes for personal care and home care.

ORANGE, SWEET (Citrus Sinensis)

Brazil, United States, Spain

One of the most popular scents and flavors in the world, orange is widely used in foods of all types and perfumes and personal care products as well. In relation to your chakra work it is cheering, refreshing, uplifting and energizing. It is good for men and women.

Usage Warning: Avoid use before going out sun due to photosensitivity.

Chapter 12 - The Crown Chakra



The crown chakra connects us to the universe, and the universe to us. It is the conduit to spiritual progress and enlightenment, a great wisdom which can ease suffering.

- frankincense
- jasmine
- neroli
- rose absolute
- rose otto
- ylang ylang

FRANKINCENSE (*Boswellia Carteri*)

Somalia, Ethiopia, India



This is a wood and pepper kind of fragrance. Frankincense is used extensively for incense and fine perfumes and is often paired with myrrh. It is relaxing and restorative. It can be used in combination with meditation for good concentration and visualization.

Usage Warning: Not for internal consumption

JASMINE (*Jasminum Grandiflorum*)

Morocco, France, Italy

This is a very powerful fragrance with a rich, honey-like sweetness. The fragrance of jasmine is a component in so many perfumes that there is an old saying, "No perfume without jasmine." A tiny amount will go a long way, making it an economical oil. It is relaxing, sensual, exotic, romantic and very good for women for massage.

NEROLI (*Citrus Aurantium*)

Morocco, France, Italy, Tunisia

Distilled from the flowers of the bitter orange tree, neroli has a refreshing, spicy, aroma. It is one of the most widely used floral oils in perfumery. Neroli is also used in preparations such as a massage oils, skin creams, and bath oils due to its light citrusy scent. It is good for massage and shampoo, which is ideal for massaging the crown chakra. The effect is centering, relaxing, soothing, exotic and sensual.

ROSE (*Rosa Centifolia*)

Morocco, France, England

This oil has a sweet, deep, long-lasting aroma. It is often known as rose absolute to differentiate it from rose otto, also known as the Damascene rose (see below). It is an economical alternative to rose otto and is used extensively in medium and high-priced perfumes of all types for its aroma and fixative qualities. It offers romantic, creative and gently uplifting qualities when used. It is excellent for all types of skin.

Usage Warning: Avoid if pregnant.

ROSE OTTO (*Rosa Damascena*)

Bulgaria, Russia, Turkey

This rose essential oil has a warmer, more intense and richer rich fragrance than rose absolute.

It is used in all types of perfumes, as well as a wide range of beauty preparations. It also enhances the atmosphere of any home.

Its effect on the chakras is romantic, creative, opening and mildly energizing.

YLANG YLANG (Cananga Odorata)

Madagascar, Indonesia

The name means flower of flowers. It is a richly fragrant oil that is best used for body perfume and massage oil. The effect is sensual and blissful.

Usage Warnings: It should not be consumed internally. It might be a bit too exotic for many people so be sure to use a tester at your local health food store that stocks essential oils before purchasing it.

Now that you have learned about the various oils you can use to balance and stimulate each chakra, it is time to draw together all you've learned by looking at the basics of chakra massage.

Chapter 13 - Chakra Massage Basics



Now that you know where each of your chakras is, what energy it houses, and which oils are good for balancing or stimulating this energy, let's take a moment to discuss chakra massage.

As we have mentioned the chakra energy spins like a flat turntable from front to back. Therefore, you can practice self-massage any time you wish, with or without essential oils.

Often, it is enough to lay your hand on a chakra area to focus the energy and balance it. The scents of the oil can help balance and focus the energy. This is also useful if you wish to move your energy up or down to another chakra to help balance or stimulate it.

Well-diluted essential oils can also be used in your self-massage. Either put a few drops in a carrier oil and then rub on your hand, and rest the hand on your chakra, or massage the chakra gently.

Start from the root chakra and working your way upwards. You can work on one chakra only at each session, or each one in turn, from root to crown.

You can reach any of your chakras on the front of your body any time you need to. On the back of your body, you can reach all of them easily with the exception of the heart chakra. Some people, especially those who do yoga,

might be flexible enough to reach it. Being in a warm shower and using body wash with the essential oil of your choice to awaken that chakra can also help.

If you still can't reach, stimulate it from the front by massaging between your pectoral muscles. When you dry yourself off after a bath or shower, rub your back with the towel, paying particular attention to the solar plexus and then heart chakra as you move the towel upwards and from side to side.

Massage therapy is excellent for de-stressing and pain relief. Most major insurance companies will cover the costs of many complementary and alternative medicine (CAM) therapies, so check your guide to see what your entitlement might be. Once you have found a practitioner you like, ask if they would be willing to use your essential oil blend for your heart chakra.

If you have a partner interested in massage, have them pay particular attention to the heart chakra area of your back using the oil you have blended. Move up from root to crown.

In the shower, salt and sugar scrubs made with your essential oils of choice can deep clean skin and help remove toxins. For example if you have cellulite, try a homemade salt or sugar scrub using some of the oils for the root or navel chakras. Pay particular attention to thighs and buttocks. Note that sugar has fruit acids in it, so many leave skin reddened for several hours after you use it.

One other way to keep your chakras balanced and not let all their power and energy get too chaotic is to rinse your hands and feet with cold water at the end of each bath or shower. This has the effect of grounding your energy within your body.

Some people doing chakra work like to try to magnify and balance their energy using one or more chakra stones. Lay them on the chakras front or back, as part of your massage.

Using the suggested oil and along with these massage and personal care tips at least once a week should leave you feeling rejuvenated in body, mind and spirit.

Conclusion

Chakra work can be a wonderful method for balancing and healing both your physical and spiritual self. Adding aromatherapy by filling your environment with scents that can balance and/or stimulate particular chakras can take your energy to a whole new level. Making essential oils as part of your chakra massage can purify, cleanse, balance and awaken the power of within.

Whether you are a complete beginner to chakra work and/or aromatherapy, use this guide to enhance your health and vitality to see what a difference it can make in your life.

Resources

Essential Oils Natural Remedies: The Complete A-Z Reference of Essential Oils for Health and Healing

by [Callisto Media](#)

Essential Oils for Beginners: The Guide to Get Started with Essential Oils and Aromatherapy

by [Jason Williams](#)

Chakras: Energy Centers of Transformation

by [Harish Johari](#)

The Chakras (Quest Book)

by [Charles Webster Leadbeater](#)

At a Glance Summary

Essential Oils for Chakra Work

The seven chakras, their meanings, and oils for each.

1-The Root Chakra-stability, life's essentials

- *cinnamon
- *ginger
- *myrrh
- *nutmeg
- *patchouli
- *vetiver

2-The Navel Chakra-passion, creation, procreation

- *cedar
- *geranium
- *orange
- *sandalwood
- *tangerine

3-The Solar Plexus Chakra-willpower and personal power

- *balsam
- *frankincense
- *lemon
- *myrrh

4-The Heart Chakra-love, compassion, empathy

- *bergamot
- *eucalyptus
- *geranium
- *peppermint
- *rose absolute

- *rose otto
- *rosemary
- *tea tree

5-The Throat Chakra-communication

- *chamomile
- *coriander
- *geranium
- *lavender

6-The Third Eye Chakra-intuition, wisdom

- *bergamot
- *lemon
- *orange

7-The Crown Chakra-higher self

- *frankincense
- *jasmine
- *neroli
- *rose absolute
- *rose otto
- *ylang ylang

Exclusive Offer to Our Fans

Take Chakra Balancing To The Next Level!

Click Here for Details

[Learn Reiki Now!](#)

<http://www.yourpowertocreate.com/reiki-special-offer>