



Chakra Balancing with Essential Oils and Affirmations

Directions: (To avoid mixing the oils use a different finger with each oil application.) Apply oil directly to chakras in clockwise motion. For the Root chakra apply the oil to the feet.



Base/Root Chakra - Muladhara

Use **Balance** - blend of Blue Tansy, Frankincense, Rosewood and Spruce

Addresses anxiety, attention deficit, hyperactivity, nervousness.

It is located behind the pubic bone at base of spine

Apply Balance on the feet – for connection to our roots (family/tribe/family tree, community), also relates to how “rooted” or grounded we are in life – stability; shallow roots – easily uprooted; deep roots – solid basis/foundation

Yoga poses: Baddha konasana/ bound angle

Tree pose / Vrikasana

Affirmation for use with Balance: ***I am centered. I set clear intentions. I am open to receive new perspective.***



Sacral Chakra- Svadhishtana

Apply **Citrus Bliss**: blend of Bergamot, Clementine, Grapefruit, Lemon, Mandarin, Tangerine, Vanilla and Wild Orange

Addresses calming, elevating, disinfects surfaces, kills airborne pathogens, eliminates odors and strengthens immune system. It is located one inch below the naval and about one inch inward towards the diaphragm.

Apply Citrus Bliss on the “navel” chakra – It controls our relationships, creativity, sexuality, control and money.

Yoga poses: Cat/cow and Boat pose

Affirmation for use with Citrus Bliss: ***I acknowledge the beauty in all things. I manifest life with infinite joy. I celebrate.***



Solar Plexus - Manipura

Apply **Digestzen** :blend of Anise, Caraway, Coriander, Fennel, Ginger, Peppermint and Tarragon

Addresses congestion, constipation, diarrhea, heartburn, indigestion, motion sickness, nausea, and stomach aches. It is located at the central cavity of the lungs, just below the breastbone.

Apply DigestZen on “solar plexus” chakra – the digestive area of the body, supporting our ability to “digest” life and all its experiences; to support transformation of one thing to another – an idea to a reality, food to energy, to manifest dreams in one’s life, etc. Also relates to personal power – our ability to be a master over self, self discipline, and how we regard ourselves – self image.

Yoga poses: Half fish- twist

Lions breath

Affirmation for use with Digestzen: ***I meet the needs of my body. I nurture the strength within me. I fuel my body with positive energy.***



Heart - Anahata:

Apply **Breathe**: blend of Eucalyptus Radiata, Laurel Leaf, Lemon, Melaleuca Alternifolia, Peppermint, and Ravensara

Addresses asthma, bronchitis, congestion, cold and flu, cough and respiratory stress. It is located 2-3 inches above the solar plexis in the center of the chest.

Apply Breathe on the heart – for the ability to fully “breathe” in and partake of life; to get the heart in the project as it is mission control – if your heart isn’t in it neither is the rest of you; to balance the heart or support a heart in alignment – this is the center of the chakra system

Yoga poses: Salabhasana/ Locust pose
Forward fold/ Paschimottanasana

Affirmation for use with Breathe: ***I make space for new life. I am whole and complete. I inspire.***



Throat- Vishuddha:

Apply *Whisper blend of Bergamot, Cinnamon, Cistus Absolute, Jasmine Absolute, Patchouli, Rose Absolute, Sandalwood, Vanilla Bean Extract, Vetiver, and Ylang Ylang Complete*

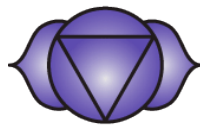
-once applied it mingles with your own scent to create a fragrance that is all your own

It is located above the collar bone on the midway point between the skull and lower neck cavity.

Apply *Whisper* on the throat – support one’s “voice,” ability to express one’s feelings, speak one’s truth, be discerning, for balance of the will between heart and mind – singlemindedness

Yoga poses: Bridge OR Plow pose
Fish pose/ Matsyasana

Affirmation for use with *Whisper*: ***Love exists all around me. I embrace vulnerability. People are drawn to the beauty of my spirit.***



Third Eye/Brow Ajna: apply ***Serenity blend of Lavender, Roman Chamomile, Sandalwood, Sweet Marjoram, Vanilla and Ylang Ylang***

It addresses anxiety, calming, induces restfulness, soothing, stress, and tension headaches.

It is located at the central cavity of the brain, centered above the eyebrows.

Serenity on the third eye – intuition, inspiration, perception, self perception; to calm the mind and quiet the “voices in the head”; to create a place for thoughts to be pure – to support discernment and regulation of thought

Yoga poses: Downward facing dog
Child's pose

Affirmation for use with Serenity: ***I allow myself to see what is. I am willing to accept change. I am at peace.***



Crown Sahasrara - apply *Elevation blend of Elemi, Lavandin, Lemon Myrtle, Melissa, Osmanthus, Sandalwood, Tangerine, and Ylang Ylang.*

It addresses attention deficit, depression, hopelessness, lack of energy, and stress). Location: top of head.

Apply Elevation on the crown – knowledge, information, and understanding. This chakra is our spiritual gateway and higher self. Its essence is blissfulness.

Yoga poses: Headstand or seated meditation
Savasana/ relaxation

Affirmation for use with Elevation: ***My spirits are uplifted. I engage freely in the world around me. I am known.***

Symptoms of blocked chakras:

First Chakra: Base/Root: might include problems in the hips, legs, lower back and sexual organs

Second Chakra: Spleen: might be kidney weakness, stiff lower back, constipation and muscle spasms

Third Chakra: Solar Plexus: may include digestive difficulties, liver problems, Diabetes, nervous exhaustion and food allergies

Fourth Chakra: Heart: might include a heart attack, high blood pressure, insomnia and difficulty breathing

Fifth Chakra: Throat: might include hyperthyroid, skin irritations, ear infections, sore throat, inflammations and back pain.

Sixth Chakra: Third Eye/Brow: might include headaches, blurred vision, blindness and eyestrain

Seventh Chakra: Crown: might include migraine headaches, headaches and depression.

Nikki uses the Doterra oils, assured high quality single oils and blends for their therapeutic and health supporting properties. For further information please contact:

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