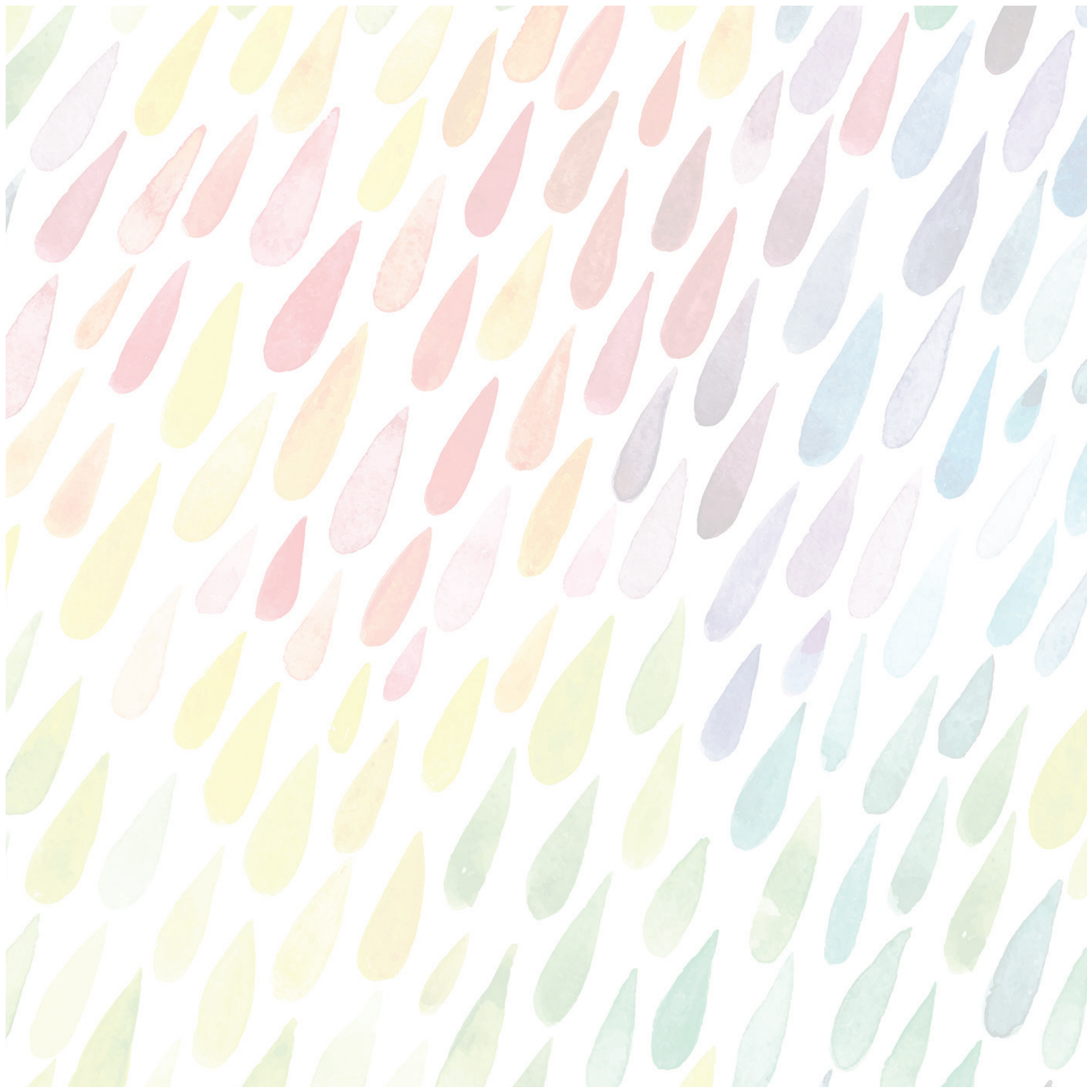




# CHAKRA

## SYNERGIES

BY PLANT THERAPY



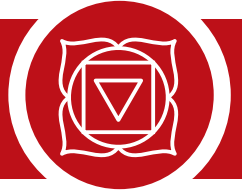


“BE GENTLE WITH YOURSELF,  
YOU ARE A CHILD  
OF THE UNIVERSE,  
NO LESS THAN THE TREES  
AND THE STARS,  
IN THE NOISY CONFUSION OF LIFE,  
KEEP PEACE IN YOUR SOUL.”

—MAX EHRLMANN

## 1st Chakra – Root (red)

# GROUNDED FOUNDATION



Location: Base of the Spine

### Description:

A rich, earthy blend with a hint of sweet spice comprised of oils considered sacred treasures.

### Intention:

Use to help ground, soothe, calm and relax when you are feeling disconnected and distressed. Helps to create a sense of security, protection and hope. Firmly grounding and centering, while allowing a sense of expansiveness and higher connection.

### Mindful Combination

Intention, Affirmation, Visualization, Meditation.



## 2nd Chakra – Sacral (orange)



# JOYFUL CREATION

Location: Lower Abdomen

### Description

A lushly layered and smooth floral scent that continues to unfold as it reaches the senses.

### Intention

Use to help nurture inspired creativity, spontaneity, passion and expansion in the birth of new concepts. Encourages harmony, warmth, and enthusiasm in relationships. Helps to clear energetic blocks related to relationships and creative expression. Invites a sense of joy and enthusiasm in moving forward toward transformation.

### Mindful Combination

Intention, Affirmation, Visualization, Meditation.



## 3rd Chakra – Solar Plexus (yellow)

# SELF MANIFESTATION



Location: Solar Plexus

### Description:

A softly sweet punch of power and spice.

### Intention:

Use to help quiet the mind and go inward to tap into our own sense of self-definition and autonomy with clarity. Strengthens our sense of self-empowerment with enthusiasm, stamina and motivation. Nourishes our sense of self-worth with courage, confidence and optimism. Helps to release blocks, inviting positive, cleansing energy to support transformation. Encourages warmth and graciousness toward others.

### Mindful Combination

Intention, Affirmation, Visualization, Meditation.





## 4th Chakra – Heart (green)



# LOVING COMPASSION

Location: Center of the Sternum

### Description

A soothing and softly rosy and green synergy for the soul.

### Intention

Comforting and calming, this synergy helps to ease wounds of the heart and nourish the spirit. Helps to clear and cleanse deep wounds and blocks, opening and uplifting the heart center. Invites positive energy and encourages a joyful outlook and outward connection. Promotes unconditional love for self and others with compassion and acceptance.

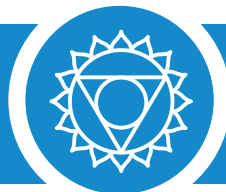
### Mindful Combination

Intention, Affirmation, Visualization, Meditation.



## 5th Chakra – Throat (bright Blue)

# TRUE EXPRESSION



Location: Center of Throat

### Description:

Cooling, fruity and refreshing with an herbal undertone.

### Intention:

Use this synergy to support clear communication in integrity and harmony with yourself and others. Soothing, cooling and calming to the spirit, while nurturing a sense of self-esteem, confidence and strength. Helps to release energetic congestion creating a sense of opening and expansion. Helps to connect to our inner essence, as well as higher consciousness, so that we may know and outwardly express our authentic selves through truth.

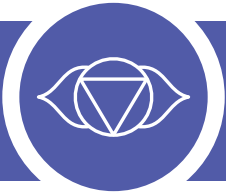
### Mindful Combination

Intention, Affirmation, Visualization, Meditation.





## 6th Chakra – Brow/Third Eye (indigo)



# CLEAR INTUITION

Location: Center of Forehead

### Description

A softly intoxicating synergy of fresh and clearing scents.

### Intention

Use this synergy to quiet the conscious mind and encourage introspection. Helps to connect to a higher state of consciousness while remaining grounded in peace. Promotes the ability to “clearly see” through intuition, insights and clarity. Invites creation energy and inspires possibility.

### Mindful Combination

Intention, Affirmation, Visualization, Meditation.



## 7th Chakra – Crown (white or violet)

# HIGHER CONNECTION



Location: Top of Head

### Description:

A warm, shimmering and radiant heady scent gently wreathing the senses in its bloom.

### Intention:

Use to help strengthen your purpose and ability to connect to higher spiritual consciousness. Pure, radiant and joyful energy allowing connection with our higher selves and with higher consciousness. Nourishes the spirit with a sense of wholeness throughout our whole being while helping to heal spiritual wounds. Gently encourages strength in our spiritual growth to know greater love and deeper purpose.

### Mindful Combination

Intention, Affirmation, Visualization, Meditation.



## **USAGE INSTRUCTIONS:**

### **1ST CHAKRA**

**INHALATION - ADD TO A PERSONAL INHALER, A DROP OR TWO TO A TISSUE WAFTED AWAY FROM THE NOSE, OR IN A DIFFUSER.**

**TOPICAL APPLICATION - DILUTE TO 1% IN JOJOBA CARRIER OIL OR OTHER CARRIER OIL. ANOINT SOLES OF FEET, OR BACK OF KNEES WITH INTENTION.**

### **2ND THROUGH 7TH CHAKRA**

**INHALATION - ADD TO A PERSONAL INHALER, A DROP OR TWO TO A TISSUE WAFTED AWAY FROM THE NOSE, OR IN A DIFFUSER.**

**TOPICAL APPLICATION - DILUTE TO 1% IN JOJOBA CARRIER OIL OR OTHER CARRIER OIL. ANOINT AREA OF THE CHAKRA BY GENTLY TOUCHING OR MASSAGING IN A CLOCKWISE DIRECTION.**



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