

CHAKRA SYNERGIES

BY PLANT THERAPY



7th CHAKRA: CROWN

Higher Connection

Apply Higher Connection to the top of the head and relax back into Savasana.

Repeat the affirmation:

"I am complete and the divine lives in me."



6th CHAKRA: THIRD EYE / BROW

Clear Intuition

Apply Clear Intuition to the center of the forehead and do Wide-Legged Child's Pose.

Repeat the affirmation:

"I am tuned into wisdom and understand the true meaning of life situations. Seeing the big picture."

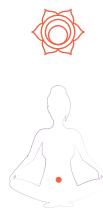
2nd CHAKRA: SACRAL

Joyful Creation

Apply Joyful Creation to your lower abdomen.

Repeat the affirmation:

"I am radiant, beautiful, strong and enjoy a healthy and passionate life." do Bound Angle Pose.



1st CHAKRA: ROOT

Grounded Foundation

Apply Grounded Foundation to the tops of the feet and do Mountain Pose.

Repeat the affirmation:

"I am peaceful, grounded, protected and secure."



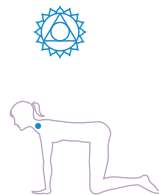
5th CHAKRA: THROAT

True Expression

Apply True Expression to the throat and do Cat and Cow Pose.

Repeat the affirmation:

"My thoughts are positive, and I express myself truthfully and clearly."



4th CHAKRA: HEART

Loving Compassion

Apply Loving Compassion to the chest and do Reclined Bridge Pose.

Repeat the affirmation:

"I am grateful, filled with love that I give and receive. I love."



3rd CHAKRA: SOLAR PLEXUS

Self Manifestation

Apply Self Manifestation above the navel and do Sun Salutation.

Repeat the affirmation:

"I am positively empowered and successful."

The Seven Chakras

When your chakras are in balance, natural energy flows smoothly, creating a sense of overall well-being. Our Chakra Synergies support balance in each of the individual chakras, providing a gently inviting experience.

Each Chakra set includes 7 blends, formulated for each of the 7 chakras. Each unique blend aligns with a different energy center and can be used diffused or applied topically at proper dilution. The 7 chakras in order are Root, Sacral, Solar Plexus, Heart, Throat, Brow/Third Eye, and Crown.