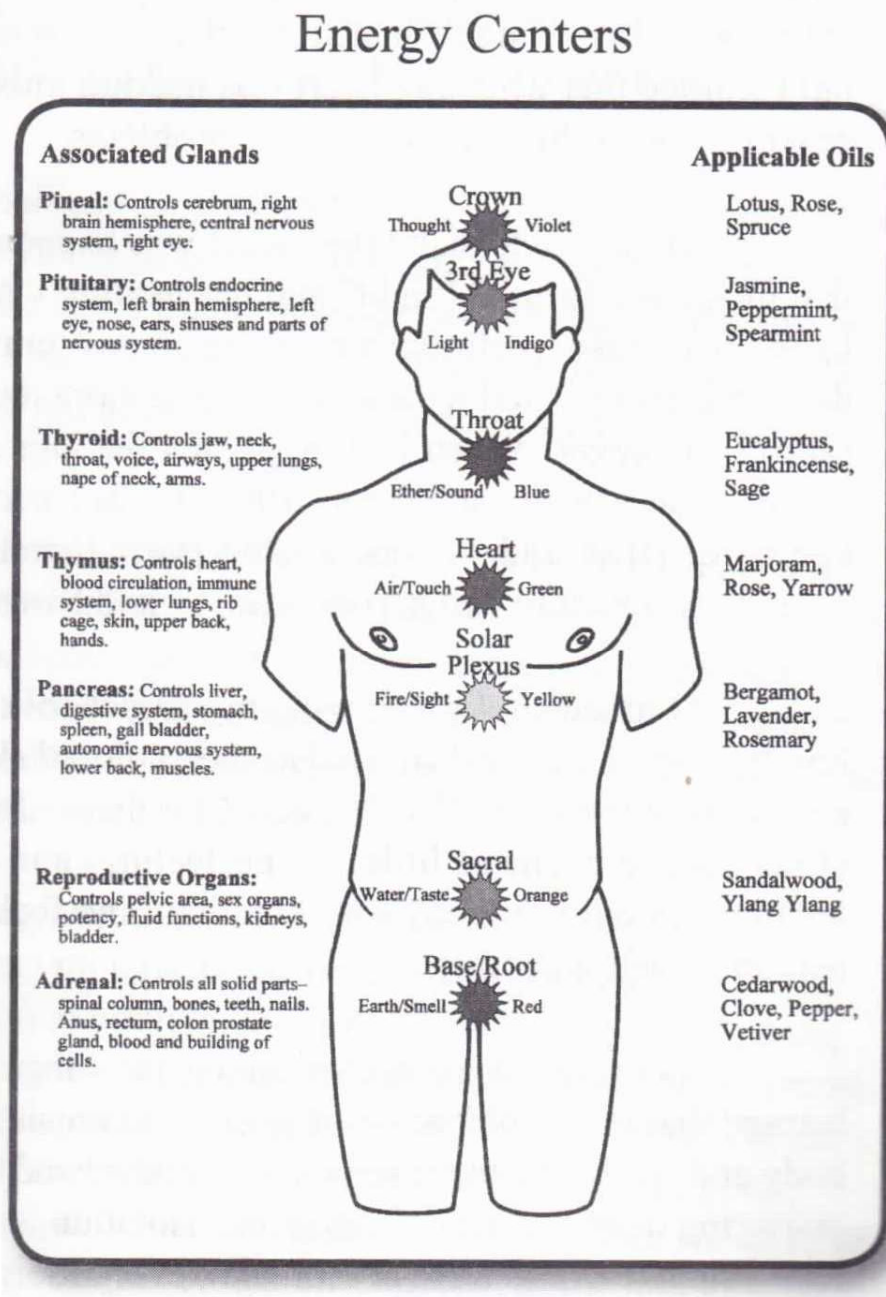


# Essential Oils for the Chakras

Essential oils can influence chakra energy in a variety of ways: energising, calming, reinforcing the specific chakra or balancing all of them.

This document lists the oils that have been recommended for the Chakra's in the book Reference Guide for Essential Oils. Some of these oils were also recommended in Subtle Aromatherapy so they have been listed in bold and italics. You can purchase most of these oils from Young Living.

Also, Young Living produces a number of kits that can be used to support the chakras and these are provided as a separate list "Essential Oils for the Chakra's – Young Living Kits".



Source: Reference Guide for Essential Oils Page 35.  
Also see the Emotional Release protocol on pages 34 and 35.

Chakra	Single Oils		Blends
7 <sup>th</sup> : Crown	Basil Cistus Elemi Frankincense Jasmine Lavender Myrrh	Ravensara Rose Rosemary Rosewood Sandalwood Spikenard Spruce	3 Wise Men Highest Potential Harmony
6 <sup>th</sup> : Third eye	Cedarwood Clary Sage Frankincense Helichrysum Jasmine Juniper Palo Santo Peppermint	Pine Rose Rosemary Spruce Thyme Tsuga Spearmint Western Red Cedar	Acceptance Awaken Dream Catcher Transformation Harmony
5 <sup>th</sup> : Throat	Chamomile, German Chamomile, Roman Cypress Eucalyptus Frankincense Geranium	Lavender Myrrh Sage Sandalwood Spearmint Spruce	Harmony
4 <sup>th</sup> : Heart	Bergamot Cinnamon bark Frankincense Helichrysum Hysopp Jasmine Lavandin Lavender Marjoram	Melissa Neroli Oregano Pepper Rose Sage Sandalwood Spikenard Yarrow	Harmony
3 <sup>rd</sup> : Solar Plexus	Bergamot Cedarwood Cinnamon Bark Citronella Fennel Ginger Juniper Lavender Lemon Lemongrass	Melissa Pepper Peppermint Rosemary Spikenard Thyme Valerian Vetiver Ylang Ylang	Harmony
2 <sup>nd</sup> : Sacral	Cinnamon Bark Clary Sage Coriander Cypress Jasmine Myrrh Patchouli	Petitgrain Pine Rose Sandalwood Tangarine Vetiver Ylang Ylang	Acceptance Harmony
1 <sup>st</sup> : Base/Root	Cedarwood Clove Elemi Frankincense Ginger Myrrh	Patchouli Pepper Peppermint Rosewood Sandalwood Vetiver	Harmony

## Oils for the Chakras – Young Living Kits

Chakra	9 Everyday Oils	Essential 7 Oils	Feelings Oils
7 <sup>th</sup> : Crown	Frankincense Lavender Purification Thieves Valor	Lavender Joy Purification	Harmony Inner Child Forgiveness Present Time Release Valor
6 <sup>th</sup> : Third eye	Frankincense Peppermint Purification Panaway Thieves Valor	Peppermint Joy Purification Panaway	Forgiveness Harmony Inner Child Present Time Valor
5 <sup>th</sup> : Throat	Frankincense Lavender Valor	Lavender Joy	Forgiveness Harmony Inner Child Present Time Release Valor
4 <sup>th</sup> : Heart	Frankincense Lavender Panaway Thieves Valor	Lavender Joy Panaway	Forgiveness Harmony Inner Child Present Time Release Valor
3 <sup>rd</sup> : Solar Plexus	Lavender Peppermint Purification Peace and Calming Panaway Thieves	Lavender Peppermint Joy Purification Peace and Calming Panaway	Forgiveness Harmony Inner Child Present Time Release
2 <sup>nd</sup> : Sacral	Thieves Peace and Calming	Joy Peace and Calming	Forgiveness Harmony Inner Child Present Time Release
1 <sup>st</sup> : Base/Root	Frankincense Peppermint Panaway Peace and Calming Thieves Valor	Peppermint Joy Panaway Peace and Calming	Forgiveness Harmony Inner Child Release Valor

Note 1: The Reference Guide for Essential Oils recommends essential oils for each Chakra. These single oils and blends contain at least one of the recommended oils. The ones that are highlighted and bolded are also recommended in the book Subtle Aromatherapy.

Note 2: Harmony: apply 1 drop on each chakra to open the energy centres and balance the electrical field of the chakras, starting at the base chakra located on the coccyx at the end of the spinal column and working up. Lavender brings harmony to chakras. Rosemary opens chakras. Sandalwood affects each chakra differently. Helichrysum unites head and heart. The oils for the Angelic Chakra located above the head are Angelica and Neroli. Source: The Reference Guide for Essential Oils.

# Information on the Kits

## 9 Everyday Oils Kit

**Single Oils:** Frankincense, Lavender, Lemon, Peppermint

**Blends:** Panaway: Wintergreen, Helichrysum, Clove, Peppermint.  
Peace & Calming: Tangerine, Orange, Ylang Ylang, Patchouli, Blue Tansy  
Purification: Citronella, lemongrass, rosemary, cineol, melaleuca, lavandin, myrtle.  
Thieves: Clove, Lemon, Cinnamon Bark, Eucalyptus radiata, Rosemary, Cineol  
Valor: Spruce, Rosewood, Blue Tansy, frankincense

Wholesale price: \$185 Retail price: \$243.42 (115 PV)

## Essential 7 Oils Kit

**Single Oils:** Lavender, Lemon, Peppermint

**Blends:** Joy: Lemon, Mandarin, Bergamot, Ylang Ylang, Rose, Rosewood, Geranium, Palmarosa, Roman Chamomile, Jasmine.  
Panaway: Wintergreen, Helichrysum, Clove, Peppermint.  
Peace & Calming: Tangerine, Orange, Ylang Ylang, Patchouli, Blue Tansy  
Purification: Citronella, lemongrass, rosemary, cineol, melaleuca, lavandin, myrtle.

Wholesale price: \$112.75 Retail Price: \$148.36 (69.75PV)

## Feelings Kit Oils

**Blends:** Valor: Spruce, Rosewood, Blue Tansy, frankincense  
Harmony: Lavender, sandalwood, ylang ylang, frankincense, orange, angelica, geranium, hyssop, spruce, Spanish sage, rosewood, lemon, jasmine, Roman chamomile, bergamot, palmarosa, and rose.  
Forgiveness: Melissa, geranium, frankincense, rosewood, sandalwood, angelica, lavender, lemon, jasmine, Roman chamomile, bergamot, ylang ylang, palmarosa, helichrysum, and rose. Carrier: Sesame seed oil.  
Present Time: Neroli, Spruce, Ylang Ylang. Carrier Almond Oil  
Release: Ylang Ylang, Lavandin, Geranium, Sandalwood, Blue Tansy. Carrier: Olive oil  
Inner Child: Orange, Tangarine, Jasmine, Ylang Ylang, Spruce, Sandalwood, Lemongrass, Neroli

Wholesale price: \$229.75 Retail price: \$302.30 (144.75 PV)

The oils in each of these kits is 5mls.

## For more information contact

The person who sent you this information or:

[Living Awareness](#)

Member No: 1133782

[seva@isira.com](mailto:seva@isira.com)

Amali: 0412 654 559

Obligatory Disclaimer: The information in this handout is intended for educational purposes only. These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease. Anyone suffering from any disease, illness or injury should consult with a physician.

Bibliography: Reference Guide for Essential Oils – Connie and Alan Higley; Subtle Aromatherapy – Patricia Davis