

WHAT ARE CHAKRAS?

The word "Chakra" comes from ancient Sanskrit meaning "wheel". These energy centres throughout the body correspond with organs and nerve bundles and are located from the base of the spine to the very top of the head.

They help to regulate the processes of the body from organ function to the immune system and emotions.

When one or more of these "wheels" stops spinning we can end up with blockages of energy and the other wheels can start spinning so fast to try and compensate.

Maintaining the flow of energy through these centres helps to ensure our emotional, mental, physical and spiritual health as it's all connected.

HOW TO USE THESE BLENDS

There are a number of ways to use these beautiful blends - as you experiment with them and they become familiar to you, you'll find your own unique applications.

Whether it's picking one up as you walk past and rolling it onto your wrists like a perfume or finding somewhere quiet to give yourself the time to contemplate, meditate or pray.

Here are a couple of suggestions to get you started:

Find a quiet place and make yourself comfortable and perhaps put on some meditative or "toning" music.

Starting with the Base blend, roll the oil onto your palms, rub them together and cup your hands over your nose and mouth. Take three long breaths in and out. As you exhale your third breath place your hands down onto your base chakra - continue to take nice long, slow breaths repeating the affirmations that apply to that chakra.

"I am divine, I am open, I am at peace, all is well."

When you're ready to move on, take the next oil and repeat, placing your hands on each centre and repeating the affirmations as you work your way up your body to the Crown.



Another way I enjoy using the blends is choosing one based on the emotions I'm experiencing - for example if I'm feeling frustrated and lacking direction, I'll use the Solar Plexus blend and repeat one or more of the affirmations that go with it:

I am strong,
My potential is unlimited,
I radiate my power into the world,
I honour myself,
I believe in myself.



BASE

Feeling Safe and Grounded

Affirmations:

I am safe,
I am grounded,
I am open to abundance,
I love being in my body,
I am present and aware.

Crystal: Red Jasper

This crystal grounds energy and rectifies unjust situations. It helps to bring problems to light before they become too big and provides insights into the most difficult situations.

Position: Base of Spine

The Base Chakra controls:
Basic instincts around survival and independence.



SACRAL

Expression and Creativity

Affirmations:

I am creative and joyful,
My life is filled with beauty and pleasure,
I am passionate.

Crystal: Carnelian

Carnelian is excellent for restoring vitality and motivation and stimulating creativity. It can help you trust yourself and your perceptions and can calm anger and emotional negativity, replacing it with a love of life.

Position: Lower Abdomen

The Sacral Chakra controls:
Your sense of abundance, well-being, pleasure and sexuality.



SOLAR PLEXUS

Confidence and Power

Affirmations:

I am strong,
I am empowered,
I know my value,
I believe in myself.

Crystal: Citrine

This crystal is a powerful cleanser and regenerator and energises every area of your life. It raises self-esteem and self-confidence, enhancing individuality and motivation. It is a stone of abundance.

Position: upper Abdomen

The Solar Plexus controls:
Confidence and self-esteem.



HEART

Love, Compassion and Beauty
Our Bridge

Affirmations:

I am loved,
My love flows freely to and
from my heart,
I release all fear,
I am at peace.

Crystal: Green Aventurine
This crystal promotes
empathy and compassion. It
is a comforter, general
harmoniser, protecting and
healing the heart.

Position: Middle of Chest

The Heart Chakra controls:
Love, joy and inner peace.



THROAT

Expression and Communication

Affirmations:

I am expressive,
I speak my truth with love,
I am open and honest,
My voice is clear and matters,
I am heard.

Crystal: Blue Lace Agate
This beautiful stone has a soft
energy and is cooling and
calming, bringing peace of
mind. It helps to activate and
heal the throat chakra
allowing free expression of
thoughts and feelings and
counteracts the suppression of
feelings that stem from fear of
being judged and rejected.

Position: Throat

The Throat Chakra controls:
Truth, self-expression and
communication.



THIRD EYE

Intuition and Foresight
Openness and Imagination

Affirmations:

I am connected,
I am insightful,
I follow my intuition,
I trust my decisions.

Crystal: Lapis Lazuli
This beautiful crystal opens
the third eye and stimulates
enlightenment and enhances
psychic abilities and spiritual
power. It also helps to quickly
release stress, bringing deep
peace and serenity. This stone
harmonises the physical,
emotional, mental and
spiritual levels.

Position: Middle of Forehead

The Third Eye controls:
Imagination, intuition and
wisdom.



CROWN

Spirituality and Connection
Higher State of Consciousness

Affirmations:

I am divine,
I am open,
I am at peace,
All is well.

Crystal: Amethyst
Amethyst is an extremely
powerful and protective stone.
It is one of the most spiritual
stones, promoting love of the
divine, giving insights into
its true nature and
encouraging selflessness and
spiritual wisdom. It helps to
balance out highs and lows,
promoting emotional centring
and raises low energies to
higher frequencies.

Position: Crown of Head

The Crown Chakra controls:
Spiritual life and connection
and beauty outside and in.

rochelle@realalchemymeditation.com
(021) 840 818

Unity

Rochelle Muir

