

Chakra System breakdown

Root Chakra- grounding, safety, security. Imbalance may be experienced by excessive fear, anxiety, worry.

Physical- Structure, skeleton, legs, feet,

Color: Red

Gemstones- ruby, hematite, garnet

Aromatherapy – Earthy scents; cedar, ginger, sandalwood, cloves, rosemary.

Affirmations:

- I am nourished and supported by Mother Earth
- I am safe, protected and guided in this world
- I release any doubts and fears
- With every breath, I release the anxiety and fear within me
- The Earth supports me and meets my needs
- I am financially free
- I love my body and trust its wisdom
- I am at home in my own body
- I am immersed in abundance

Sacral Chakra- Orange, Passion, sexuality, sensuality, creativity. When in balance you feel a joy in life. Living your passion, creating, excitement for new beginnings. If feel unbalanced can add some playfulness, art, music. If imbalanced may feel overly concerned with what others think, may be stifling your passion, creativity.

Physical- lower back, sacral area, in front just below the naval.

Aromatherapy- Sweet orange, Ylang Ylang

Gemstones - Orange stones

Affirmations

- I attract people who treat me with respect
- I enjoy pleasure in all areas of my life
- My emotions are free flowing and balanced
- I am a creative being
- Creating art nourishes my soul and brings me joy
- I am a lovable and desirable being
- I am comfortable in my body and I treat it with care
- I receive pleasure and abundance with every breath I take
- I let go of past feelings that no longer serve me
- I choose to feel joy and excitement often
- I am spontaneous and I allow my intuition to guide me

Solar Plexus Chakra- Yellow- When in balance you feel respect for self and others, confident, calm able to solve problems with integrity. Out of balance you may feel critical, judgmental, set in your ways, low self-esteem, apathy, uncertain of what to do.

Physical- The soft area just under your sternum

Aromatherapy- Juniper, Cedar wood, Black Pepper, Marjoram, Cardamom, Lemon, Grapefruit, Gemstones; Yellow stones such as amber, citrine, agate

Affirmations

- I honor power within me, I honor myself
- I accomplish tasks easily
- Fire within me burns and I am not afraid
- I can do all I desire
- I am strong
- I release judgment of others and of myself
- I am worthy of love and respect
- I embody inner peace, confidence and ease

Third Eye Chakra- Indigo-Intuition, clear thought, Knows one's purpose, wise. If imbalanced may feel spaced out, lost, unable to see a bigger purpose or your purpose. Self-doubting.

Aromatherapy- lemon, geranium, jasmine, mint, rosemary, frankincense, sandalwood

Gemstones- Purple or blue stones- lapis, blue sapphire, amethyst, purple fluorite

Affirmations

- I am wise, intuitive, and connected to my inner guidance
- I trust my intuition, always
- I seek to understand and learn from my life experiences
- I am connected to my higher power
- I am connected to the wisdom of the Universe
- Every situation is an opportunity for growth
- I can see and act in alignment with my divine purpose
- I open myself to new energy and experience
- I am a present observer in my life
- Seeing and understanding the big picture comes naturally to me
- My life moves effortlessly towards my purpose
- My imagination is vivid and powerful
- I nurture my spirit and am in tune with its needs
- I am the source of my truth
- I live in alignment with my authentic self
- I trust that my highest good is unfolding
- I choose to tap into my inner wisdom
- My inner wisdom guides me to my highest good
- My third eye sees all
- I radiate indigo-blue light from my third eye chakra

Heart Chakra- Green. Lotus flower with twelve petals. Associated with love. Not merely physical connections of love, but foundation for selflessness and compassion. In balance this encourages tolerance, understanding and empathy.

Color: Green

Gemstones- Emerald, Jade,

Aromatherapy- palma rosa oil, lavender, geranium

Affirmations

I am worthy of love

- I am loving to others and to myself
- There is an infinite supply of love
- I live in balance with others
- I forgive myself, I forgive others
- Love is my guiding truth in life, and I give and receive love effortlessly and unconditionally
- I live in balance, in a state of gracefulness and gratitude
- I accept things as they are
- I am peaceful
- I chose to be united with all beings, visible and invisible, in the realm of love and light

Throat Chakra- Communication, verbal ability, ability to speak your truth, authenticity

Color- Blue

Gemstones – Lapis, aquamarine, topaz

Aromatherapy – Lemon, vanilla, chamomile, coriander

Affirmations-

- I hear and speak the truth
- I am expressing myself with clear intent
- Creativity flows in and through me
- I am an important voice in the world and my voice is heard
- I speak my truth clearly
- I love to share my experiences and wisdom. I know when it is time to listen
- I listen to my body and my feelings to know what my truth is
- I am safe and trust others to allow me to express myself truthfully
- I live in my truth, I communicate my truth, I am the truth
- I express my love and goodness each time I speak

Crown Chakra- Connection to higher self, self-realization, enlightenment, serenity.

Physical-

Color: Violet or white

Gemstones- diamond, amethyst

Aromatherapy – rosewood, frankincense

Affirmations:

- I am a vessel for universal love
- I am protected, loved, and valuable

- The divine and sacred flows through me
- I am healed
- I am protected by the divine
- I am infinite and pure awareness
- My mind is open to divine wisdom
- I am in alignment with my higher purpose
- I allow myself to receive divine healing
- I am love
- I am connected to infinite wisdom