

## The Chakra and Essential Oil Index

The Chakra System is a grouping of energies from the sacrum up to the ethers above your head. This is a discussion of the 7 major chakras. There are many smaller chakras as well. Healthy chakras spin in a clockwise fashion with equal speed. The chakra energy is smaller on the front of the body and is larger on the back. To fix the chakras directly on the body, the energy is usually directed from the front to the back. The first step is to acknowledge and witness the “wound”. Each organ of the body has a particular time of the day it cycles. If the energy is balanced with the other organs of the body, there would be no problems or disease in the body. If the energy is imbalanced with more energy going to it than normal, it becomes irritated. If there is not enough energy to the organ, the body slows circulation and nervous stimulation in that organ and its function slows down.

### Organs and their Associated Times:

1am-3am: Liver	3am-5am: Lungs
5am-7am: Large Intestine (colon, rectum, appendix)	7am-9am: Stomach/Muscles
9am-11am: Spleen/Bone/Pancreas	11am-1pm: Heart
1pm-3pm: Small Intestine/Duodenum	3pm-5pm: Bladder
4pm-6pm: Nerves	5pm-7pm: Kidney
7pm-9pm: Circulation/Adrenals/ Skin/Pituitary/Reproductive Glands	8pm-10pm: Blood
9pm-11pm: Thyroid/pericardium/thymus/ Common bile duct/triple warmer	11pm-1am: Gallbladder/Pineal Gland

### 1 - Root chakra -(red)

The Root chakra is about being physically present. Feelings of stability, safety and stamina are held here. This is the foundation chakra and is the first chakra of the system. When the root chakra is open we feel present in the here and now and feel that our physical space is sufficient, respected and connected to our physical body.

**When energy is not flowing freely from this chakra**, it creates intestinal and stomach gases, constipation, tumors, boils and pimples. The Root Chakra is responsible for your sense of belonging, safety, and security in the world. It's main concern is survival of the self. The health of our blood, immune system, bones, joints and spine is dependent on the emotions associated with this chakra. It envelops the body's basic needs for safety, money, sexuality, grounding and boundaries. People who have trouble with their first chakra may not have developed a strong identity and have not discovered their life purpose. If they are too “yin” they may be ungrounded. If they are too “yang” there might be too much attachment to material things, too much self indulgence and a preoccupation with satisfaction of their own needs. If the root chakra is closed we are insecure. We may be paranoid, fearful, and full of hatred and anger. We may be overly possessive. We may have low blood pressure, circulatory and sexual dysfunction.

**This chakra is fed by:** getting involved in life. If you are not comfortable with the family you came from then create new families of friends, animals, organizations, support groups, etc to balance this chakra and make it stronger. Look for evidence that your world is secure.

**Associated Glands/Organs:** Sexual/reproductive organs, vagina, perineum, tailbone, legs and feet.

**Musical Instruments:** Keynote C, Deep-low drums, bassoon, primitive drum rolls.

**Crystals or Gems:** Brass, coral, diamonds, garnet, hematite, meteorite, quartz, ruby, sapphire, and sunstone,

**Essential oils to help open the root chakra** are vetiver, peppermint, frankincense, cedarwood, myrrh, carrot, cardamon, clove, oakmoss, patchouli, laurel, ginger, sandalwood and benzoin.

**Feeding your Root Chakra: (grounding)**

Root vegetables: carrots, potatoes, parsnips, radishes, beets, onions, garlic, etc.

Protein-rich foods: eggs, meats, beans, tofu, peanut butter

Spices: horseradish, hot paprika, chives, cayenne, pepper

**2 - Sacral /Sex chakra – (orange-ish/yellow)**

The Sacral/sex chakra is the seat of personal boundaries, trust, intimacy and the sense of attraction between two people. When the sacral chakra is open we are patient, desire and pleasure are balanced. We are able to manifest desires, have healthy attachments and healthy emotional needs. When it is open we are open to intimacy.

**When energy is not flowing freely from this chakra:** you are lacking in creative drive and negotiation skills. This chakra is primarily associated with creativity and sexuality. This is a power vs. vulnerability chakra. It is about optimism, self-confidence, enthusiasm, and courage. It involves money and power, who rules your relationship, boundaries and submissiveness. Frozen creativity causes fibroids. Lack of boundaries causes cervical dyspepsia. If your 2nd chakra is strong, you have no problem saying no. When this chakra is weak, you are susceptible to lower back pain and prostate problems, pernicious anemia and skin trouble. Men in their 40's and 50's sometimes struggle with their identity, creativity and potency (testapause). If there is too much “yin” there may be sexual problems. The abdominal area may be flabby, saggy, or generally weak, and may also be associated with kidney or bladder weaknesses. Too much “yang” will present as sexuality dominating the person's life, sexual frustration and excessive fantasizing. There may be excessive tightness in the abdominal area leading to low back problems. When the sacral/sex chakra is closed we are withdrawn. We may have fears about our relationships, be manipulative, suspicious and insecure. We may have uro-genital ills, a low sex drive or an addiction to relationships.

**This chakra is fed by:** developing support systems and boundaries. Taking responsibility for what is happening in your life and “owning” up to your downfalls. Feeding your creative side and taking care of your body.

**Associated glands/organs:** Ovaries, adrenal glands, spleen, uterus, urinary system, prostate, uterus, cervix and lower bowel.

**Musical Instruments:** Keynote D, electric guitar, marimbas, and saxophone.

**Crystals and Gems:** Amber, carnelian, coral, diamond, garnet, moonstone, gold, opal, pearl, quartz-clear, ruby, and tiger eye.

**Essential oils to open the sacral chakra** are jasmine, y-lang y-lang, cinnamon, petitgrain, tangerine, myrrh, pine cypress, coriander, rose, rose geranium, geranium, vetiver, clary sage and patchouli.

**Feeding Your Sacral Chakra: (sexual/creativity center)**

Sweet fruits: melons, mangos, strawberries, passion fruit, oranges, coconut, etc.

Honey

Nuts: almonds, walnuts, etc.

Spices: cinnamon, vanilla, carob, sweet paprika, sesame seeds, caraway seeds

### **3 – Solar Plexus/Naval chakra (yellow)**

The navel chakra is the center of our power. It is about personal power, will and metabolism. Self-confidence and self-esteem reside here. This energy is empowering as well as protective from negative energy. When the solar plexus/naval chakra is open we are in control, we are decisive and motivated.

**When energy is not flowing freely from this chakra** we have problems with self-esteem and confidence, our sense of adequacy, issues around responsibility and feeling “caught in the middle: and deprived of the sweet things in life. It is the power center of the body. Will power, being a perfectionist and being self critical is a problem with a 3rd chakra imbalance. You may feel weighed down emotionally and physically, (weight problems). You may have diseases associated with the stomach (eating disorder of some sort), upper bowel (crohn's disease, diverticulitis, mal-absorption/mal-digestion), kidneys and gallbladder, liver (all three can have stones), addictions, pancreas (diabetes) and adrenal glands. Excessive “yang” can lead to aggressiveness or greed. Balance of this chakra will give self-motivation.

If the solar/plexus naval chakra is closed we are passive and indecisive, we have low energy and are apathetic. We don't get what we want. We may be jealous and have an inflated ego.

**This chakra is fed** by disengaging from responsibility, practicing loving and nurturing yourself- not depending upon others to nurture you, doing things you are good at and that is rewarding to you. It is also fed by eating yellow and green vegetables, and daily exercise.

*\*\*Exercise: Every day stand and look at yourself in the mirror. Say “(your name), I love you. What can I do to make you happy today?” Write down for 30 days what your higher self is saying to you after you ask that question and then DO what it says.*

**Associated glands/organs** are the pancreas, stomach, liver, small intestines, digestion, and blood sugar.

**Musical Instruments:** The keynote E, cello, violin, oboe, piano and guitar.

**Crystals and Gems:** Amber, aquamarine, copper, desert rose, diamonds, emerald, gold, goldstone, hawk's eye, hematite, quartzclear, topaz, pearl (gold), pyrite (fools gold), sulphur, tiger's eye, and golden topaz.

**Essential oils** to open this chakra are ginger, y-lang y-lang, lemon, lemongrass, carrot, cade, juniper, cedarwood, melissa, black pepper, rosemary, marjoram, oregano, thyme, vetiver, cinnamon bark, peppermint, cardamon, and citronella.

**Feeding your Solar Plexus Chakra:** (boost self esteem and encouraging self-love)

Granola and Grains: pastas, breads, cereal, rices, flax seed, sunflower seeds, etc.

Spices: ginger, mints (peppermint, spearmint, etc.), melissa, chamomile, turmeric, cumin, fennel

### **4 - Heart chakra (pink and green)**

The Heart chakra is about love. When the heart chakra is open we are open to change and growth. We feel sympathy and empathy, are sensitive to others. The heart chakra is associated with hopes of the future and awareness of our spiritual purpose. This chakra integrates and connects opposites; ego and being connected to all that is, the mind and the body. When it is open, we are compassionate and friendly; we experience love, joy, acceptance and fulfillment. When energy is not flowing freely from this chakra there is a disruption of love, balance, harmony, peace, brotherhood, hope, growth and healing. When the chakra is blocked there is an inability to express any deep emotions including joy, fear, sadness, and serenity. Diseases associated with this chakra imbalance include; tuberculosis, arrhythmia, hypertension, coronary heart disease, asthma, seasonal allergies, high cholesterol, breast cancer and fibromas, shoulder

and esophagus problems, selfishness, and envy. Excessive “yan” leads to insensitivity. Excessive “yin” leads to hypersensitivity or the feeling of emptiness. This is the master control center for regulating the emotions. When our heart chakra is closed we have fears about our involvement with others. We may distance ourselves from others. We may have an inflated ego; we may be jealous and ungrateful.

**This chakra is fed by:** finding your passion and following your heart. Have faith, find ways to express yourself and practice appreciation, balancing giving and receiving, and forgiveness of yourself.

*\*\*Exercise: Should I stay or should I leave? The only way to get an answer would be to check it out with your body. Close your eyes and ask your body, “is this a situation that I feel comfortable staying in for now?” You now have 3 options: 1) I want to leave, but now is not the time. 2) Stay and have a game plan, or 3) Leave!*

*Feel where the conflict is, usually in the gut or chest. Ask that area of energy, “Is it in my highest interest to stay or should I leave at this point? Will staying bring you joy?” Now, either you will feel your chest or gut tighten down and get worse or you will feel a tremendous relief. Now ask yourself, “what would love do in this situation?”*

(Exercise from: Igniting Intuition by Christiane Northrup and Mona Lisa Schulz)

**Associated glands/organs:** heart, lungs, thymus, blood, lymph, and immune system.

**Musical Instruments:** They keynote F, harp, violin, flute, and piano.

**Crystals and Gems:** Bloodstone, celestite, cobalt-calcite, pink coral, diamonds, emerald, garnet, gold, moonstone, opal, pyrite, quartz, topaz, and ruby.

**Essential oils** to open the heart chakra are rose, benzoin, meilssa, neroli, frankincense, bergmot, carrot, lavandin, lavender, spikenard, oregano, marjoram, black pepper, sage, sandalwood, tansy, hyssop, cinnamon bark, and camphor .

**Feeding your Heart Chakra: (healing emotional hurt)**

Leafy vegetables: spinach, kale, dandelion greens, etc.

Air vegetables: broccoli, cauliflower, cabbage, celery, squash, etc.

Liquids: green teas

Spices: basil, sage, thyme, cilantro, parsley

## **5 - Throat chakra (blue)**

The Throat chakra is about expressing yourself and communicating verbally and non-verbally.

This can be creative expression for an artist. This is what we use to ask for what we want and get those desires manifested! When it is open we are good communicators, we are connected and interact with others to mutually beneficial ends. We are good breathers with an open throat chakra. We can release well and take in the breath of life. We heal better with this open.

**When energy is not flowing freely from this chakra** it is difficult to speak your truth and find your voice. I have noticed when people have blocked energy here, they often have to clear their throat, there is a tightness and sometimes their voice changes when they are not completely comfortable talking about something. There may be lumps or tumors on the vocal chords, troubles swallowing, thyroid disease and problems with the jaw and neck. There may be issues with tact and timing, expressions and communication and finding a balance between speaking and listening. Other challenges include problems with the parathyroid (therefore calcium imbalances), ears, colds, atlas, sinus allergies, ect. A person who talks very softly is apt to be more “yin”. Loud and boisterous people are more “yang”. Blockage of the chakra inhibits self expression. We are unable to express ourselves. We may be addicted to cigarettes, nasal inhalers

and runners high. We may have fevers of unknown origin, inflammations, chronic throat ailments and thyroid problems. We may be fearful and timid.

**This chakra is fed** by behaving in a manner that is honest and true to your self can help open this chakra. Singing, chanting and mantras open it as well. Opening the lines of communication of your thoughts and feelings being more creative, speaking your truth, releasing past emotions, deep breathing exercises, and all types of healing work!

**Associated glands/organs:** Neck, eyes, ears, voice box, thyroid, parathyroid, and sinuses.

**Musical Instruments:** The keynote G, human voice (singing), flute, and woodwinds.

**Crystals and Gems:** Aquamarine, aqua aura, celestite, diamonds, mother of pearl, blue onyx, blue quartz, sapphire, blue topaz, and turquoise.

**Essential oils** to open this chakra are lavender, Roman and German Chamomile, spearmint, catnip, frankincense, cypress, geranium, spruce, sandalwood and carrot seed.

**Feeding your Throat Chakra: (speaking one's truth)**

Liquids in general: water, fruit juices, herbal teas

Tart or tangy fruits: lemons, limes, grapefruit, kiwi

Other tree growing fruits: apples, pears, plums, peaches, apricots, etc.

Spices: salt, lemon grass

## **6 - Third Eye, Brow, Spiritual Eye- Chakra (indigo-purple/blue)**

This Chakra is about seeing, both literally and intuitively. It gives us insight. When it is open we are very self aware, perceptive and may have heightened clairvoyance. We are better at healing, more sure of the future, and tend to make better choices. This is the chakra of visions and dreams and imagination.

**When energy is not flowing freely from this chakra** there will be poor focus and intuition. The way you perceive the world, your sense of purpose, morals, and how you think about what you see may be a little out of the normal. Life threatening diseases such as genetic problems, ALS and MS are related to this emotional center. This center also has to do with all the senses including the 6th sense. There may be challenges with being overly rational, and moral with very linear/rigid thinking and decrease receptivity to new ideas. Blockage of this chakra often manifests as a frontal headache, inability to think clearly, scattered or confused thinking. If this chakra is closed, we tend to not think for ourselves and are easily confused. We may rely over much on others for guidance and direction. We may be without purpose. Physically we can have a depressed thyroid and respiratory trouble.

**This chakra is fed** by meditation and prayer.

**Associated Glands/Organs:** Pituitary, Hypothalamus, Eyes, Autonomic Nervous System. This chakra is fed by visualization exercises, prayer, meditation and listening to yourself, practicing awareness or self and others environment, healing addictions and service. Remember, all emotion has to do with unmet need of some sort.

**Musical instruments:** The Keynote A, higher electronic instruments and synthesizers.

**Crystals and Gems:** Amethyst, Diamonds, Emerald, Hawk's eye, Meteorite, Moonstone, Opal, Quartz-Clear, Quartz, Sapphire, Silver, Topaz, and Turquoise.

**Essential oils to open this chakra** are wormwood, frankincense, cedar, spruce, pine, rose, rosemary, clary sage, oregano and marjoram, thyme and linden.

**Feeding your Third Eye Chakra:** (awakening 3rd eye senses)

Dark bluish colored fruits: blueberries, red grapes, black berries, raspberries, etc.

Liquids: red wines and grape juice

Spices: lavender, poppy seed, mugwort

### **7 - Crown chakra (white, lavender or gold)**

This is our connection to others and to the world outside of ourselves. With this we greet the divine in everyone. When this chakra is open we see ourselves in others, we experience without prejudice. We are brought knowledge and wisdom and an understanding that promotes peace and a spiritual connection. We are better at manifesting desires.

**When energy is not flowing freely from this chakra:** there are problems with feeling you are making a difference in the world (life Purpose), there is disconnection from God/Spirit. If this chakra is closed, we are probably rigid in our impressions. We likely feel unaware of our own spirituality as well as that of others. We may have low energy; feel depressed and isolated and generally anxious and worried. We may have a negative feeling about our self and feel inefficient and forgetful. Physical problems can be related to the bladder and cramping.

**This chakra is fed by** unconditional love, compassion and peace.

**Associated glands/organs:** Pineal gland, hair, top of head, and Central Nervous System.

**Musical Instruments:** the keynote B, organ, electronic instruments and sounds.

**Crystals and Gems:** Amber, amethyst, diamonds, gold, morganite, quartz, silver, sunstone, and tanzanite.

**Essential oils** for opening the crown chakra are frankincense, myrrh, sandalwood, spruce, angelica, lavenders, spikenard, rose, ravensara, basil and rosemary.

**Feeding your Crown Chakra: (opening and clearing the spiritual communication center)**

Air: fasting / detoxing

Incense and Smudging Herbs: sage, myrrh, frankincense, and juniper

Incense and smudging herbs are not to be eaten but are ritually inhaled through the nostrils or can be smoked through a ceremony pipe for purification purposes.