

## **Chakra Harmony Essences by Hazel Raven**

The 'Chakra Harmony Essences' are designed to allow you to deeply connect with your own sacred energy centres. This wonderful essence range was made just like our other angel ranges 'Archangel', 'Angel' and 'Children of the Angels' at the request of the angels.

Each of the nine Chakra Harmony essences is a mixture of exquisite faceted gemstones, crystals, colour, sound and carefully selected essential oils. They may be used on the physical or subtle anatomy (chakras, aura or meridians). They are supportive and nurturing, bringing balance and harmony at a holistic level.

We take great care in making our extraordinary beautiful essences. They are natural and handmade with love and in a calm focused meditative state of mind. The information on each essence comes directly from a Soul-engaged perspective.

They are safe to use for people of all ages and states of health. They can be used as tools for self-healing, emotional harmony and spiritual development.

They can be used alongside both allopathic and complementary medicine. They are produced in a sacred manner using clear intent and specific focus. The process of 'capturing' the energy signature of the sound, colour and crystal uses the full direct sun method.

They are made in a clear quartz singing bowl which is harmonically tuned to the crown chakra note of B. We use solar energised purified healing water, gemstones, crystals, sound and coloured gels.

**Water** has the capacity to retain information and hold it within its structure.

**Sound** essences are produced by imbuing the water molecules with sound. The water in effect becomes liquid sound. A system exists for working with sound and the chakras which uses the musical note C for the root chakra and goes up the chakras diatonically. Once the water is imbued with the sound frequency it becomes liquid sound.

**Colour** is a universal language that bypasses the logical mind and speaks directly to the soul. Chromotherapy (colour therapy) and Hydrochromatic (colour tinctures) are forms of natural healing. Chromotherapy affects our physical bodies, emotions, moods, mental faculties and spiritual nature.

**Crystals** and gemstones have been used for thousands of years for their magical and therapeutic properties. They are the most organised and stable examples of matter in the physical world and represent the lowest state of entropy (disorder) possible. All crystalline structures are made up of mathematically precise three-dimensional arrangement of atoms. This is the crystal lattice which bestows the high level of stability.

**Essential Oils** are used in aromatherapy for therapeutic purposes to improve physical, emotional and mental wellbeing. Different pure essential oils from flowers, fruits, seeds,

twigs, barks, trees, resins or grasses have different effects. Precious essential oils are inhaled as the nerves in the nose are closely linked to the mood centres in the brain.

To choose an essence:

1. See which colour you feel intuitively drawn to.
2. If you feel drawn to more than one colour choose the rainbow essence (Chakra Alignment)
3. Match your symptom to the given information on each essence.

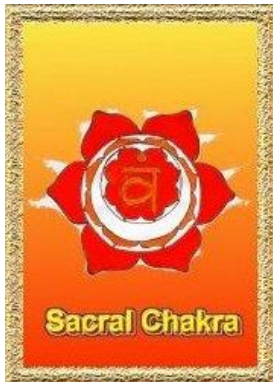
**Uses:** spray the gentle mist on your body or around your aura (personal space) to bring harmony and balance.

These 'tools of light' which have been specifically designed for therapists, professional crystal therapists, kinesiologists, reflexologists, Reiki healers, dowsers, and integrated medicine practitioners and those who wish to simply work on self-healing.



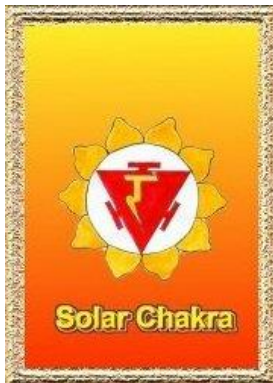
**Root Chakra**

This essence vitalises and cleanses the root or Muladhara chakra. It is grounding and protective. This essence initiates action, courage and stamina. Survival issues reduced, restorative, dynamic, removes fear and inertia, warms the body, stops chills, increases physical energy.



**Sacral Chakra**

This essence cleanses and vitalises the Svadhisthana or sacral chakra. This essence enhances originality, optimism and positive view of life. This essence ameliorates grief and trauma stored within this energy centre. This helps ease fear and phobias. This chakra essence is motivating, balances body energy levels, and increases vitality by building up energy step by step.



**Solar Plexus Chakra**

This essence fortifies, brightens, tones, stimulates and reinforces the resonance of the Manipuraka or solar plexus chakra. This essence brings learning enhancement, aids concentration and heightens intellect and wisdom, increases mental agility, brings stable upliftment, freedom, joy and laughter.



**Heart Chakra (Green)**

This essence equalizes calms and relaxes by balancing and cleansing the Anahata or heart chakra. Soothes emotional turmoil and reduces mental confusion. Keeps mental and

physical energy dynamically balanced. This essence enhances attunement to nature and the Devic Kingdoms.



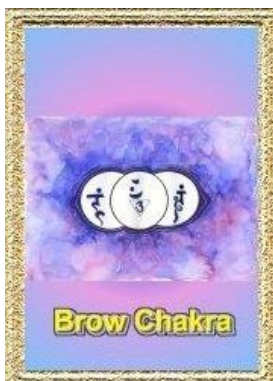
**Heart Chara (Pink)**

This essence enhances communication skills by clearing, activating and balancing the Visuddha or throat chakra. This essence soothes, restrains, inhibits and calms inflamed conditions. This essence aids the search for truth and knowledge, combats the fear of speaking the truth. It also quietens the mind bringing detachment.



**Throat Chakra**

This essence enhances communication skills by clearing, activating and balancing the Visuddha or throat chakra. This essence soothes, restrains, inhibits and calms inflamed conditions; it also aids the search for truth and sacred knowledge. It also combats the fear of speaking the truth by quieting the mind bringing detachment.



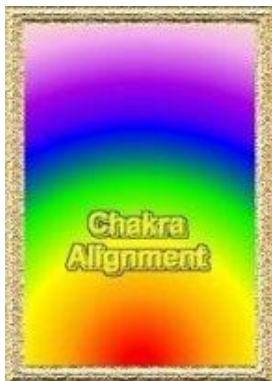
**Brow Chakra (Third Eye Chakra)**

This essence brings inspiration and originality as it activates, cleanses and harmonises the Ajna or brow chakra. This enhances clairvoyance, intuition, psychic understanding and visionary abilities. Aids discernment and moves us beyond dualism. Sanskrit name *ajna* (= command), which means to know.



**Crown Chakra**

This essence opens the gateway to the Soul by cleansing, activating and balancing the Sahasrara or Crown chakra. This essence enhances spiritual dedication. It can be used for past-life regression. This essence clears karmic debris and gives psychic protection; it releases addictions and addictive personality traits.



**Chakra Alignment**

Balances, attunes the master chakra centres on the physical body and the transpersonal chakras and subtle bodies. This essence promotes well-being and harmony. Extends and protects the etheric bodies. I suggest you use this essence before meditation practice or therapy sessions.

### **Connecting with the Chakra Harmony essence**

Make sure you will not be disturbed.

To this end, switch off the phone, dim the lights in the room and light a candle, these are simply to relax yourself and bring your focus to a meditative state.

Soothing music can be playing softly in the background.

Begin by seating yourself comfortably and securely.

Mist your aura with your chosen chakra harmony essence.

Try to relax and close your eyes, focus on your breathing until you feel at peace.

Stay with this energy as long as you like.

To conclude the chakra essence session, gently begin to drift back to normal everyday waking consciousness and acknowledge the room around you feel the floor beneath your feet and have a small drink of water to ground yourself.

Chakra therapy is cumulative. Regular sessions of ten minutes twice a week have proven to be more beneficial. In this way your body will release stresses at its own pace as it finds it easier to maintain its equilibrium.

While the chakra therapy session is taking place, any sensations - such as tingling, a feeling of heaviness or lightness, energy surges or shifts of perception - are simply an indication that energies are balancing.

Balancing the chakras is at the heart of chakra therapy. As with all other subtle systems, and even the gross physical system, a tiny change in one area will create a larger overall effect. This puts responsibility on the chakra therapist to be aware of the equilibrium of the overall energy systems of the client. To keep the chakra system in balance it is important to make sure there is not an excess of energy or a lack of energy in the system. Individual chakras may be performing outside their standard ranges, but in a balanced system general equilibrium is kept by an overabundance in one chakra being balanced by a shortage in another.

## **The Chakras**

*Chakra* is a Sanskrit word. It literally means wheel, disk, ring or circle. *Prana* (energy) is said to flow through the human body along the three main *nadis* (channels), namely, *susumna* (fire), *pingala* (male) and *ida* (female). *Susumna* is situated inside the physical spinal column. *Pingala* and *ida* start respectively from the right and left nostrils, move up to the crown of the head and course downwards to the base of the spine. These two major *nadis* intersect with each other and also with the *susumna*.

These junctions of the *nadis* are known as chakras or wheels, which regulate the mechanism of the bodies. Even to think of a chakra as a wheel is merely not enough. It is, in metaphysical terminology, a vortex. Chakras pick up cosmic vibrations, or Universal Life Force, and distribute them throughout the body and aura via the *nadis*, *dhamanis* and *siras*.

The body is a replica of the universe, a microcosm of the macrocosm on the physical and spiritual levels. As you develop your inner knowledge, you will become aware of your own chakras and you will observe many changes in them as you advance spiritually.

Although there are literally hundreds within the human body, we are most familiar with the seven main ones, which are aligned or 'embedded' within the spinal column. These moderators of subtle energy are envisioned in classic lore as a 'lotus' flower. Each chakra's lotus has a different number of petals.

The number of petals is related both to Sanskrit symbolism concerning the configuration of subtle nerves, called nadis (think of these as the roots of the lotus flowers) that emanate from the particular region of the spinal column where the chakra is located, and also to the meaning of particular vowels and consonants in the Sanskrit alphabet. When these vowels are sounded correctly it causes awakening and spiritual growth in the particular chakra being 'sounded'.

These seven main chakras are called 'master' chakras. They are also gateways between various dimensions, physical, emotional, spiritual, etc. On a physical level, chakras correspond to nerve ganglia, where there is a high degree of nervous activity and to the glands in the endocrine system. Each person's chakras are unique, yet there are basic similarities among us all. If you keep the Master chakras are clear and free-flowing, vital optimum health results. When the energy centres (chakras) are blocked, split, damaged, distorted or inactive, we find ill health or dis-ease occurs. The aim of all of us is to maintain the free-flowing energy within the body, keeping it as clear as possible to maintain a happier healthier life. In the ancient yoga tradition it was important to conserve the energies generated within the body and prevent their dissipation, therefore *asanas* (postures) and *mudras* (hand positions), pranayamas (life-force-breath) and *bandhas* (seals or locks) were used. The heat so generated causes the *Kundalini Shakti* (Divine cosmic energy) to uncoil. The serpent lifts her head, enters the *susumna* and is forced up through the system of chakras one by one to the *sahasrara* (chakra at the top of the head). This journey upwards through the chakras is spoken of as 'Kundalini rising'. The Kundalini Goddess is represented as a coiled snake wrapped around a phallus, or *Lingam*, which represents male sexuality. Female sexuality is located primarily in the sacral (second) chakra.

### **Chakra Chanting Session**

Sometimes it is very enjoyable to go through all the seven chakras in order, with the focus being on a chanting chakra alignment session. If you feel one of your chakras is low on energy you could just concentrate on that chakra. Just pause for a few minutes, tune in to your breathing experience for several breaths, expand your awareness to include your heartbeat, become aware of your whole body in the present moment. Feel the energy flows in your body, when you are ready, begin the chanting session.

Root chakra LAM

Sacral chakra VAM

Solar chakra RAM

Heart chakra YAM

Throat chakra HAM

Third eye chakra OM

Silent OM

### **Chakra Meditation**

This meditation is taken from the book by Hazel Raven 'Crystal Healing a Vibrational Journey Through the Chakras'

**Chakra One:** First, relax, be aware of your breathing, your heartbeat, your body balanced in the present moment and in this expanded state of awareness, turn your power of attention to the base of your spine, where your body meets the earth in the sitting position.

**Sound:** Without any hesitation allow the sound for the root chakra to come as you chant **LAM**.....continue with this chanting as long as you like.....

**Chakra Two:** Now, while you remain aware of your breathing and whole-body presence, move your awareness up to your sexual centre, to your genital region.

**Sound:** Without any hesitation allow the sound for the sacral chakra to come as you chant **VAM**.....continue with this chanting as long as you like.....

**Chakra Three:** Now gently move your awareness up to your belly, to your third chakra's power centre.

**Sound:** Without any hesitation allow the sound for the solar chakra to come as you chant **RAM**.....continue with this chanting as long as you like.....

**Chakra Four:** Now move your awareness gently up to the centre of your chest, your heart chakra.

**Sound:** Without any hesitation allow the sound for the heart chakra to come as you chant **YAM**.....continue with this chanting as long as you like.....

**Chakra Five:** Now shift your awareness upwards to your throat, into your communication chakra.



**Sound:** Without any hesitation allow the sound for the throat chakra to come as you chant **HAM**.....continue with this chanting as long as you like.....

**Chakra Six:** Now effortlessly move your awareness to the point between your eyes and deep inside your brain: this is your intuitive sixth brow chakra.

**Sound:** Without any hesitation allow the sound for the brow chakra to come as you chant **OM**.....continue with this chanting as long as you like.....

**Chakra Seven:** Gently shift your awareness to the top of your head, to the crown chakra.

**Sound:** Without any hesitation allow the sound for the crown chakra to come as you chant **OM**.....continue with this chanting as long as you like.

### **Disclaimer**

The information in this leaflet is not intended to be a substitute for medical advice, diagnosis or treatment. If you have any concerns about your health consult a qualified medical practitioner. We accept no liability for readers who choose to self-prescribe.

**Original Artwork by Hazel Raven**