

Chakra Harmony Essence

By

Hazel Raven



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Text by Hazel Raven

Artwork by Hazel Raven

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Disclaimer

The information in this book 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. Neither the publisher nor the author accept any liability for readers who choose to self-prescribe.

Hazel Raven is one of the principals of the board of ACHO (Affiliation of Crystal Healing Organisations). She has been a committee member, treasurer and former Vice Chairman of ACHO and teaching the two year professional crystal courses since 1990. As a committee member of ACHO, Hazel was actively involved with setting the British agreed guidelines and training standards for crystal therapy. Hazel is an acclaimed international bestselling author, lecturer and therapist with over thirty years experience in metaphysical research and personal development. Hazel is a qualified educationalist and served on the Inner Council of the BCMA (British Complementary Medicine Association) for many years as its crystal therapy representative for education. Hazel was initiated into Reiki in 1991, became a Reiki Master in 1994, and was invited to serve on The Reiki Federation's Steering Committee by the BCMA - as representative for obtaining validation for courses. In May 1999, Hazel was asked to attend the FIM conference (Foundation for Integrated Medicine) at the Commonwealth Institute in London, which was also attended by HRH The Prince of Wales, the Foundation's patron. Hazel is a member of the BFVEA (British Flower and Vibrational Essence Association) and also a member of the BAFEP (British Association of Flower Essence Producers). Hazel has been clairvoyant since birth and is the author of several books on crystal therapy, angel and Archangel essence healing and has been recognised as a teacher of crystal and gem therapy for many lifetimes. Ordained Minister September 1998 of the ULC [Universal Life Church] a place of spiritual and equal acceptance of ALL spiritual and religious paths. Hazel is currently working on her new book 'Crystal Therapy'.

Hazel is author of:

Crystal Healing the Complete Practitioner's Guide

Crystal Healing a Vibrational Journey Through the Chakras

Heal Yourself with Crystals

Angel Therapy the Complete Practitioner's Guide

The Secrets of Angel Healing

The Angel Bible

The Angel Experience which includes an exclusive CD of angel meditations and music.

Angels, Archangels and Ascended Master

Angel Essences

Also, contributor to the best selling 'Book of Stones'

Some of her books have been translated into fourteen different languages.

Media Appearances

Hazel has had a series of articles published and has appeared on television and radio, in the press and national women's magazines, including the Christmas 1997 edition of Cosmopolitan magazine, which featured Hazel's angelic experiences. Hazel's angel work was the subject of a double page spread in the Daily Mail and the News of the World. Her TV work in the UK includes 'Heaven and Earth' and a show for BBC 2 which was shown on New Year's day 1999 called 'Pyramid People'. One of Hazel's many angel stories was also featured in 'An Angel At My Shoulder' by Glennyce S Eckersley, published 1st December 1996. Hazel is a regular contributor to the free on line 'Silent Voices Magazine'.

In July 1999, Hazel founded the Hazel Raven College of Bio-Dynamics to promote integrated therapy. In July 2000, Hazel launched commercially the Hazel Raven College of Bio-Dynamics' Archangel, Angel, Master, Chakra Harmony and Five Element-Children of the Angels essences ranges.

These unique Chakra Harmony Essences are only available from:

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Contents

Introduction

How to use this book

The Chakras

Master Chakras

Chakra Meditation

Root Chakra

Sacral Chakra

Solar Plexus Chakra

Heart Chakra (green)

Heart Chakra (pink)

Throat Chakra

Brow Chakra

Crown Chakra

Chakra Alignment

Introduction

This book provides a practical and direct experience of the profound healing that can be yours when you use the 'Chakra Harmony Essences' and 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 are 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, dowers, and integrated medicine practitioners and those who wish to simply work on self-healing.

How to use this book

Each page covers a 'Chakra Harmony Essence.

It also contains a range of insights, meditations and useful affirmations.

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'.

Master Chakras

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. When they 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.

Endocrine System

While anatomically unrecognized by current medical science, the seven major chakras are never-the less metaphysically connected with all the different systems within the physical body. While orthodox medicine describes our physical system in terms of chemistry, what is now understood is that for any chemical action to happen a change in the electromagnetic energy of the body must occur first. This energy emanates from the mind and explains the importance of the mind-body link to our physical, emotional, mental and spiritual health. The endocrine system is central in controlling chemical messages, which include adrenalin, insulin, dehydroepiandrosterone (DHEA), progesterone, testosterone, oestrogen, serotonin etc. - these are secreted into the bloodstream from specific organs in the body to stimulate or inhibit certain essential physical processes. The endocrine system, along with the autonomic nervous system, helps maintain the parameters needed for optimum health by adjusting levels of hormone secretion to suit special demands. In the same way that an imbalance in one chakra affects the others, the nervous and endocrine systems are functionally interconnected and any disturbance in one part can lead to a malfunction elsewhere.

Each master chakra furnishes subtle nutritive energy for the health and homeostatic maintenance of the body's combined physiological systems. An individual's stage of

emotional growth, mental stability and spiritual evolution is directly related to the functioning, openness and activation of each master chakra.

The amount and quality of chakric energy flow in turn affects the physiology of the physical organs of the body. If a chakra is blocked, or malfunctioning in some way, then there will be an associated difficulty in the organ or organs which receive energy from that major chakra centre.

A thorough understanding of how emotional, mental and spiritual difficulties can create disease in the body is established on a broad working knowledge of how the chakras affect physical and mental illness. Perhaps one of the most effective and productive methods of opening, activating and cleansing blockages in the chakras is through the techniques of meditation.

Although meditation initially is sought by many as a source of relaxation, it is so much more than that. In addition to providing relaxation to the body, meditation opens the mind to the energies of the higher self. It helps to clear the mind of day-to-day concerns of the earthly personality and allows higher information to be processed through the individual's consciousness. Most forms of meditation do this to some degree or another. However, certain meditative techniques are more potent and certainly far more powerful than others in accelerating this process of divine communication.

In actuality no unified world tradition regarding the nature and overall functioning of the seven master chakras exists. The Hindu and Buddhist traditions of India, for instance, differ significantly from the Tantric and Taoist traditions found in Tibet, China and adjoining Buddhist regions. Significantly there are many diverse traditions regarding the human energy centres - descriptions of which can be found in every deep spiritual tradition of all tribes and civilizations throughout the world.

In Western antiquity quite a number of esoteric groups, such as the Knights Templar, the Freemasons and the Gnostic Christian cults, dealt at very high levels not only with chakra systems but with Christ Consciousness for attaining Kundalini awakening and advanced stages of ecstatic meditation. In the Qabalistic tradition a system of spheres or levels of consciousness was related directly to the physical body.

Chakra Meditation

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.

Root Chakra Essence



This essence vitalises and cleanses the root or Muladhara chakra. Grounding and protective. Initiates action, courage and stamina. Survival issues reduced, restorative. Dynamic, removes fear and inertia. Warms the body, stops chills. Increases physical energy.

Sanskrit name *muladhara* (*mula* = root, source; *adhara* = support, vital part). Also known as the base or earth chakra. Located in the perineum, the base of the spine. Associated with red, physical energy, physical health and fitness, gravity, self-preservation, survival, being grounded, adrenal glands, spinal column. All the solid elements of the body. Energy location: feet, ankles, legs, knees, thighs and large intestine. Energetic gateway between us and the earth, also energies of childhood and the past. When this chakra is developed, we are more grounded, solid and powerful at physical levels of survival. Knowledge of the past, present and future are bestowed when this chakra is fully activated. Malfunction: osteoarthritis, obesity, haemorrhoids, constipation and problems associated with the feet, legs, bones and teeth. Mental lethargy, 'spaciness', incapable of inner stillness.

Symbol: 4 crimson-red petal lotus flower, around a yellow square containing a downward-pointing triangle containing the *Bija Lam*. Here also is the *Brahma granthi*, or knot of *Brahma*, which must be forced open through rigorous *sadhana* and intense purification for the *kundalini* to rise. It is also the location of the resting *Kundalini* Goddess: she is said to lie coiled three-and-a-half times around this chakra. The three coils represent the three stages of *avastha* (mind), namely *jagrt* (awake), *svapna* (dreaming) and *susuptiin* (deep sleep). There is a fourth level, *turiya*, combining and transcending the others, which represents the last half coil. It is attained in *samadhi* (enlightenment).

Crystals used in the essence: Gem quality, faceted - Red tourmaline, Red Spinel, Ruby

Musical note: C

Affirmation: I now choose to heal myself on every level and become free of all dis-ease.

Sacral Chakra



This essence cleanses and vitalises the Svadhithana or sacral chakra. 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. Increases vitality by building up energy step by step.

Sanskrit name *svadhithana* (*sva* = vital force, soul; *adhithana* = seat or abode). Also known as the water chakra or sweetness. Located in the sexual organs and upwards towards the navel. Associated with vitality, attraction, magnetism, desire, emotion, creativity, sexuality, water. Bodily parts: all fluid functions of the body, ovaries, testes, womb. There is great cleansing potential in this chakra associated with personality disorders related to the emotions: unbalanced sex drive, emotional instability, feelings of isolation. Social awareness and partnerships.

Malfunction: frigidity, impotence, bladder, kidney and uterine disorders, prostate problems, lower back pain. Fertility, impotency. Also fear, shock and guilt.

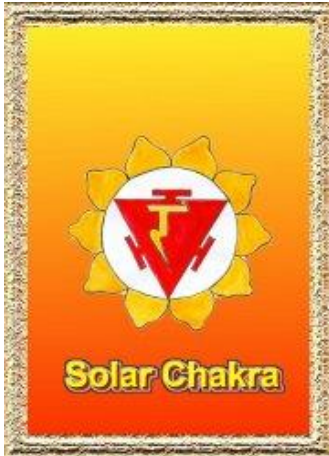
Symbol: 6-petal orange-red lotus flower, containing a second lotus flower and an upward-pointing crescent moon. Within the moon lies the 'Makara', a fish-tailed alligator with a coiled tail. When this chakra is balanced you will 'flow'. Use this chakra as a primal spiritual centre. Containing the *Bija Vam*. When this chakra is activated fully you become healthy and full of vitality. Meditation on the crescent moon gives control over the water element and confers psychic powers, intuitional knowledge and knowledge of astral entities. Many impure qualities are annihilated.

Crystals used in the essence: Gem quality, faceted -Andalusite, Sunstone, Carnelian

Musical note: D

Affirmation: I deserve all the love, respect, joy and prosperity that flows into my life. I am open to receive all that is good.

Solar Plexus Chakra



This essence fortifies, brightens, tones, stimulates and reinforces the resonance of the Manipuraka or solar plexus chakra. Learning enhancement. Aids concentration. Heightens intellect and wisdom. Increases mental agility. Brings stable upliftment, freedom, joy and laughter.

Sanskrit name *manipuraka* (*manipura* = navel) situated in the navel; *manas* (mind) and *surya* (the sun).

Also known as the power chakra or lustrous gem. Located between the navel and the solar plexus centre. Associated with fire, personal power, ambition, intellectual activity, combustion, anger, joy, laughter. Astral force, mental power, pancreas and adrenals. Also central nervous system.

Malfunction: includes stomach ulcers and other digestive disorders, also diabetes, low vitality, chronic fatigue and allergies. Over-sensitive to criticism, need to be in control, low self-esteem. Addictive personality, aggression, negative thinking, boredom, cowardice, being judgmental, sarcastic, acidic and impatient.

Symbol: 10-petal lotus flower. The petals are yellow, the centre contains a deep red downward-pointing triangle surrounded by three 'svastikas', symbolic of fire. Containing the *Bija Ram*. The colour yellow is for meditative analytical thought, intellectual activity, abundance, manifestation of your dreams. If you meditate on this chakra you will become dis-ease free and have no fear of fire, being able to control this element.

Crystals used in the essence: Gem quality faceted - Andalusite, Imperial Topaz

Musical note: E

Affirmation: I am cleansed of all negative thought patterns; I now allow myself to learn through joy, happiness and success.

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. Enhances attunement to nature and the devic Kingdoms.

Sanskrit name *anahata* (= unbeaten or unstruck. A sound that is made without any two things striking).

Located in the cardiac area, in the region of the physical and spiritual heart. Associated with compassion, love. Beliefs about love and relationships. One-ness, heart, thymus and the immune system.

Malfunction: lung disease, asthma, heart disease. Shallow breathing, high blood pressure, cancer. Problems with arms, hands and fingers. Fears about betrayal, co-dependent, melancholic.

Symbol: 12 green petal lotus flower. The inner centre contains a green circle, two intersecting triangles make up a perfect six-pointed star, demonstrating the balance between the downward-pointing spirit descending towards matter and the upward-pointing matter ascending towards spirit. Containing the *Bija Yam*. Meditation on the heart chakra gives the primal sound of *anahata* sound, the primal sound of *Sabdabrahman*. It also bestows pure qualities, cosmic love and various psychic powers.

Crystals used in the essence: Gem quality faceted - Emerald, Moldavite

Musical note: F

Affirmation: The Divine Intelligence guides me in all I do.

Heart Chakra Pink



This pink heart chakra essence is for developing spiritual love, compassion and forgiveness. Increases self worth, self-love, and self-esteem. Comforting and nurturing. Releases stress to initiate the healing process. Aids the dissolution of anger. The colour pink is for love and harmony in all our relationships; hope; being receptive, intimate; affection and kindness. It melts and dissolves resentment and any residual resistance we may have to healing. It will bring the activation of *Karuna* (compassion, pity, tenderness; it also implies devoted action to alleviate all suffering in ourselves and others). Located in the cardiac area, in the region of the physical and spiritual heart. The heart chakra is associated with compassion, empathy and love. It rules over our beliefs about love and relationships, one-ness, the physical heart, lungs, breasts, thymus, the immune system, lymph glands and the sensory channel of touch. Malfunctions include lung disease, asthma, heart disease; shallow breathing, high blood pressure, heart attack, tension and cancer; problems with arms, hands and fingers; fears about betrayal, co-dependence and melancholia. Negative heart chakra imbalances or states are demanding attention, overly critical, possessive, moody, melodramatic, mood swings, using money to control people, buying love or friendship, the martyr syndrome 'I have sacrificed myself for you', conditional love 'I will love you if', controlling love 'If you loved me you would', or feeling sorry for yourself, the 'poor me' syndrome. Also indecisiveness, paranoia, fear of letting go, fear of getting hurt, feelings of abandonment, fear of rejection, feeling unworthy and feelings of shame - and seeking constant reassurance and validation. Your heart is the centre of your body - when your heart energy flows, your whole being follows. Symbol: 12 pink petal lotus flower. The inner centre contains a pink circle, two intersecting triangles make up a perfect six-pointed star, demonstrating the balance between the downward-pointing spirit descending towards matter and the upward-pointing matter ascending towards spirit. Containing the *Bija Yam*.

Crystals used in the essence: Gem quality faceted - Morganite, Pink Petalite, Rose Quartz

Musical note: F

Affirmation: Universal Love, healing and compassion are made manifest in every cell and fire of my being.

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. Aids the search for truth and knowledge. Combats the fear of speaking the truth. It also quietyens the mind bringing detachment.

Sanskrit name *visuddha* (= pure), which means purification. It is also known as the 'communication' chakra.

Located in the throat region at the base of the neck. Associated with communication, self-expression, sound, voice, speech, writing. Active listening, thyroid gland, parathyroid, lungs, vocal cords, jaw, breath. Dreaming, imagination and out of body experiences. The power of choice, harmony with others.

Malfunction: stiff necks, colds, sore throats, thyroid and hearing problems, tinnitus, asthma. Masks of the self. Perfectionism, inability to express emotions, blocked creativity.

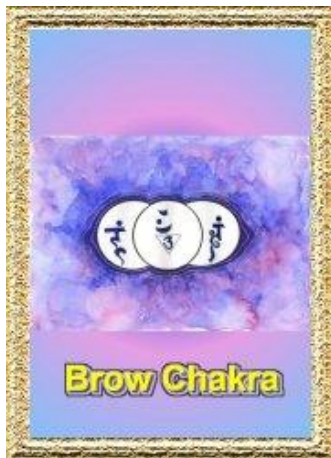
Symbol: 16-petal blue lotus flower. Containing the *Bija Ham*. Contained within the flower is a downward-pointing triangle, within which is a circle representing the full silvery-blue Moon. The colour blue gives communication with divine guidance. When this chakra is fully activated you have a beautiful voice, your speech is clear and fluent. Your intellect increases, as does your understanding of the divine scriptures. You have complete knowledge of the past, present and future.

Crystals used in the essence: Gem quality faceted Paraiba Tourmaline (electric blue, neon peacock and sizzling turquoise)

Musical note: G

Affirmation: I now communicate my inner truth, I delight in myself expression and all my creative pursuits.

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. Also known as the brow chakra or intuitive chakra. Located right between and just above the physical eyes, it corresponds to the space between the eyebrows, the *Trikuta*. Associated with intuition, pituitary gland, left eye, the base of the skull. The mind is looking directly at itself. The combined interaction of the pineal with the pituitary gland activates this chakra. The element is *Avyakta*, the primordial cloud of undifferentiated energy and matter. Malfunction: headaches, nightmares, eye problems, poor vision, neurological disturbances, glaucoma. Learning difficulties, hallucinations. Symbol: 2 large pure white lotus petals on each side of a pure white circle, within which is a downward-pointing triangle containing the *bija* seed letter **Om**. The colour indigo (dark blue and dark violet) represents devotion to the truth - idealism, obedience, intuition and perception. The ability to look to the future. Indigo transmutes and purifies, it is the transformer. Indigo is the colour of the priest or priestess. When you meditate on the third eye chakra and it becomes fully activated you can successfully destroy the karma of all past lives and become a liberated soul. Intuitional knowledge is obtained through this chakra; it is the seat of primordial power and soul. The colour violet represents those who search for the spiritual truth in all life. This is the seat of true wisdom, through deep meditation. When this chakra is fully activated you are filled with joy and develop a spiritual aura. This is where the unmanifested and manifested meet.

Crystals used in the essence: Gem quality faceted - AAA grade Tanzanite

Musical note: A

Affirmation: I am open to enlightened altered states of reality; I now choose to transform my life and become free.

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. Clears karmic debris. Gives psychic protection. Releases addictions and addictive personality traits.

Sanskrit name *sahasrara* (= thousand), which means 'to multiply by a thousandfold'. Located at the crown of the head, known as the anterior fontanelle in a new-born child; is called Brahmarandhra, the "hole of Brahma". At the time of death the advanced meditator separates him/herself from the physical body, it bursts open and the prana escapes through it. Associated with enlightenment, cosmic consciousness, right eye, cerebral cortex, pineal gland, upper skull, skin.

Malfunction: confusion, lack of clarity, depression, obsessional thinking, sensitivity to pollutants, chronic exhaustion, epilepsy, Alzheimer's.

Symbol: The thousand-petal white lotus flower, on which are repeated the fifty letters of the *Sanskrit* alphabet. It is the abode of *Shiva*. Brilliance, bringing enlightenment, cosmic awareness, blissful reunion with source. Allowing the 'Holy Spirit' to flow downwards into our lives for the ultimate healing and inspirational power of the universe.

Enlightenment is to be filled with light, to comprehend the light, to function in the light, to radiate the light and merge with the light. When *Kundalini Shakti* is united with *Shiva* at the *sahasrara*, the *yogi/yogini* experiences extreme bliss. He/she attains the superconscious state and the highest knowledge.

Crystals used in the essence: Gem quality faceted - Amethyst

Musical note: B

Affirmation: I am full of spiritual originality and Divine inspiration.

Chakra Alignment



Balances, attunes the master chakra centres on the physical body and the transpersonal chakras and subtle bodies. Promotes well-being and harmony. Extends and protects the etheric bodies. Use before meditation practice or therapy sessions.

Crystals used in the essence: Gem quality faceted - Amethyst, Aquamarine, Citrine, Danburite, Diamond, Garnet, Iolite, Moldavite, Padparadsha Sapphire, Rose Quartz

Musical note: C, D, E, F, G, A, B

Affirmation: I now activate the Divine blueprint of my light body. I AM ascending in the light.

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