



AMAZING SCENTS.  AROMATHERAPY

LEARN WITH

Lianne

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Welcome to our new newsletter - ***Learn with Lianne***. Each week we will look at different oils, different topics related to oils and different ways we can incorporate them into our lives. We hope this newsletter will inspire you, uplift you and give you more education around your oils.

CHAKRAS AND OILS

Aromatherapy is an integrative healing modality because essential oils can work on the emotional, physical and mental level of an individual. When we learn about chakras, energy centres and frequencies, we can incorporate essential oils and take our healing to a whole new level. Working with our chakras can also assist in finding new and innovative ways of thinking, being, and living.

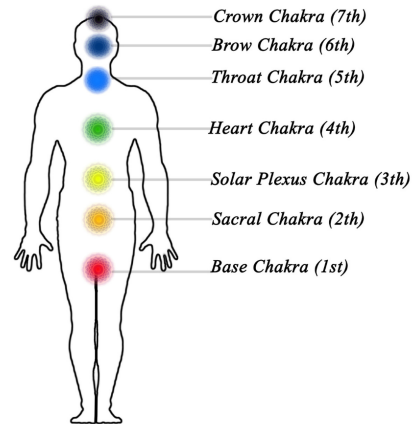
But let's go back and little, and look at what are chakras, what are the main chakras and how can we use them and essential oils together.

"The body springs from a web of energy which dances through every cell; what occurs in one portion of our physical, emotional, mental and spiritual beings is likely to have an impact on every other portion, to some degree. An understanding of this energy is useful in being able to affect the changes we want to make in our lives"

- Amadea Morningstar, The Ayurvedic Cookbook



Chakras



In short, chakras are energy centres, it is a Sanskrit word meaning "wheel of light". These energy centres help regulate, maintain and manage our physical, mental, emotional and spiritual selves on the physical plane. Whilst there are many chakras, the main seven spoken about are located down the centre of our bodies. Here's some information about each chakra, and some oils aligned with that energy centre.

Root (or Base or 1st) Chakra

- survival instincts
- fight or flight responses
- primal feelings
- Colour: Red
- Earth element
- Ruling planet: Mars
- Endocrine gland: adrenals
- Associated with body, foundation, survival, grounding, nourishment, trust, health, home, family
- Essential oils: Angelica, Benzoin, Bergamot, Cedarwood, Oakmoss, Ginger, Patchouli, Sandalwood, Vetiver
- Foods: root vegetables, tomatoes, strawberries, goji berries, raspberries
- Strengthen the base with: regular massage, exercise, yoga, dance
- Affirmation: The Earth supports me and meets my needs

Sacral (or 2nd) Chakra

- Feelings and creativity
- Understanding our inner and outer worlds
- Feelings for self and others
- Colour: orange
- Water element
- Ruling planet: Mercury

- Endocrine gland: reproductive organs
- Associated with sexual energy, pleasure, desires, attraction, flow
- Essential oils: Cardamon, Coriander Seed, Geranium, Mogra, Neroli, Ylang Ylang
- Foods: sweet potato, pumpkin, apricots, blood oranges,
- Strengthen the sacral with: aromatic baths, deep tissue massage, movement therapy, surround yourself with beauty such as flowers and art
- Affirmation: I am worthy go love and sexual pleasure

Solar Plexus (or 3rd) Chakra

- Power centre
- Knowingness
- Psychic energy
- Judgements, beliefs, opinions, self esteem
- Colour: yellow
- Fire element
- Ruling planet: Sun
- Endocrine gland: pancreas
- Associated with personal power, self esteem, power, will, ability to discern
- Essential oils: Black Pepper, Cypress, Juniper, Lemon, Petitgrain, Pine, Thyme
- Foods: squash, plantain, pineapple, banana, lemon
- Strengthen the solar plexus with: risk taking, deep relaxation therapy, detoxification, psychotherapy
- Affirmation: I can do whatever I want to do





Chakra work aims at integrating all aspects of your mind, your body and your spirit. It connects you from the Earth, through your body to the skies above.

Heart (or 4th) Chakra

- Unconditional love
- Forgiveness
- Compassion
- Colour: Pink, Green
- Air Element
- Ruling planet: Venus
- Endocrine gland: heart
- Associated with circulatory system, heart, lungs, passion, universal love, prosperity, authenticity, relationships
- Essential oils: Immortelle, Lavender, Marjoram, Palmarosa, Rose, Melissa
- Foods: avocado, broccoli, spinach, kale
- Strengthen the heart with: breath work, spending time with family and friends, giving love and compassion unconditionally, surrounding yourself with nature
- Affirmation: I am worthy of love

Throat (or 5th) Chakra

- Personal needs
- Self expression
- Self protection
- Manifesting
- Colour: Blue
- Akasha Element
- Ruling planet: Jupiter
- Endocrine gland: thyroid
- Associated with communication, self expression, truth, speaking up, speaking out
- Essential oils: Basil, Chamomile, Mandarin, Myrrh
- Foods: Melons, Cucumbers, Spirulina
- Strengthen the throat with: singing, chanting, toning, storytelling, journaling, meaning conversations
- Affirmation: I speak up for myself

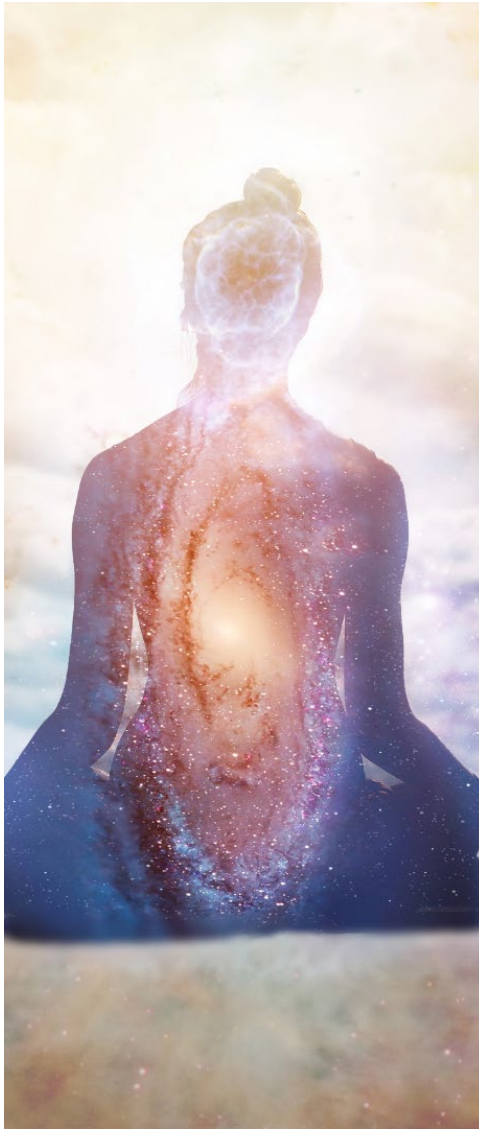
Brow (or Third Eye or 6th) Chakra

- Link to the conscious and unconscious mind
- Imagination
- Visualisation
- Insight
- Linked with pineal gland, eyes, ears, nose and sinuses
- Colour: Indigo
- Mahat Element
- Ruling planet: Saturn
- Endocrine gland: pituitary
- Association with intuitive insights, integrity of wisdom, higher conscious, transcendence
- Essential oils: Eucalyptus, Fragonia, Frankincense, Lemongrass, Rosemary
- Foods: acai berries, blueberries, blackberries, figs, plums
- Strengthen the brow with: creative visual art, daydreaming, dream diary, meditation
- Affirmation: I trust my inner guide

Crown (or 7th) Chakra

- Synchronisation between left and right hemispheres
- Connection to source
- Consciousness
- Mystical and psychic experiences
- Colour: Violet
- Thought Element
- Ruling planet: Ketu

- Endocrine gland: pineal
- Association with divinity, spiritual energy, kinesthetic awakening, spiritual awakenings, spirit, purpose
- Essential oils: Cajeput, Lime, Juniper, Lavender, Frankincense
- Foods: cauliflower, onions, garlic, turnips
- Strengthen the crown with: seeing the divine in everybody, focussing on dreams, learning and studying, quiet contemplation
- Affirmation: I am in tune with my higher power



Chakra Balancing Blend

- 3 drops of Frankincense
- 2 drops of Rose
- 1 drop of Mogra
- 3 drops of Sandalwood
- 1 drop of Geranium
- 1 drop of Sweet Orange
- 1 drop of Vetiver

Place oils into a 10ml roller bottle, and top with your favourite carrier oil.

Hold the bottle in your hands, and infuse it with your intention.

When you feel out of balance, anoint yourself with this blend.

With the above recipe, play with the suggested drops to make a blend that you love. This one is just a suggestion. Add or change any oil to suit your needs and preferences.

When it comes to aligning essential oils to each chakra, every text you come across will be different. Why? Because it is open to interpretation, knowledge, perspective, intuition and preference. Don't be driven by or limited by the lists of others. If you feel that Lavender belongs to the Brow Chakra, then it does. If you feel it belongs to more than one chakra,

then it does. Who is to say you are right or wrong when it comes to a topic like this.

All this information, but what now?

If you are feeling out of sorts, look at why you may be feeling that way and see if it aligns with one of the chakras. Then use the information to bring back balance. If just using the oils, sit with the oil, anoint yourself and bring a higher awareness of the energy centre. I find it works best when you incorporate oils with the colours - so wear that colour, eat foods that support that energy centre through colour, and use the suggested ways to strengthen that chakra.

Further reading:

- Salvatore Battaglia recently released a book called Aromatherapy and Chakras, that delves further into the history of the chakra system, and talks about each energy centre.
- Highly recommend looking at Dr Deanna Minich and her approach at how colours can heal your life. Whilst not directly related to the chakras as such, the colour scheme applies and there is interesting cross of information. <https://deannaminich.com/downloads/>
- The Essential Guide to Chakras by Swami Saradananda, 2011.
- Chakra Mindset - Personal Development through the Chakras by Antoniette Gomez, 2016.

All suggestions for further reading were used as the sources for the information in this newsletter.

Got something to share or want to learn about?

Email us at socialmedia@amazingscents.com.au and we will share your stories in future editions of our newsletter.



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