

The Root Chakra, at the base of the spine, forms our foundation is related to our survival instincts, grounding, connection the physical plane.

The Sacral Chakra, just below the navel, relates to emotions and sexuality. Connecting us to others through feeling, desire, sensation, and movement.

The Solar Plexus Chakra, in the mid-abdomen and represents personal power, will, and autonomy, as well as our metabolism.

The Heart Chakra, in the center of the chest, is related to love and as the middle chakra is the integrator of opposites:

mind/body,
male/female,
persona/shadow,
ego/unity.

The Throat Chakra, at the base of the neck is related to communication and creativity.

Brow or Third Eye Chakra, between and just above the eyebrows is related to seeing, both physically and intuitively. It opens our psychic faculties and understanding of archetypal levels.

The Crown Chakra, at the crown of the head, relates to consciousness as pure awareness. It is our connection to the greater world beyond, to a timeless, spaceless place of all-knowing.



Chakra Balancing with doTERRA Essential Oils

Created by Laura Jacobs & a team of trained doTERRA practitioners

Use a massage table, or couch, be sure to protect the surface from any oil residue. Have the person lie face up on the table and check chakras by using a pendulum held, in turn, over each of the 7 major chakras. Clockwise circles represent an open, balanced chakra. Counter-clockwise or oblong circles indicate imbalance. No movement indicates a block. *Note the condition in each chakra for later comparison*

Apply oils directly on the chakras in a clockwise motion. *Root Chakra* is applied to the feet. Use a different finger for each oil to avoid mixing oils.

Aroma Touch on the feet to “Open” the client to the balancing process.

On Guard on the *Crown Chakra* to provide a sense of safety & security during the process.

Elevation on the *Crown Chakra* for Spiritual Connectedness to the Divine

Serenity on the *Third Eye Chakra* to support Intuition, Inspiration, Perception, & discernment in thought.

Whisper on the *Throat Chakra* to support the voice, the ability to express feelings, speak personal truth, and to balance the will between heart & mind.

Breathe on the *Heart Chakra* to support the ability to fully “breathe” in life, and to support a balanced, aligned heart—the heart is the center of the chakra system.

Digest Zen on *Solar Plexus Chakra* supports positive self-image and self-empowerment.

Citrus Bliss on the *Sacral Chakra* supports the creative life energy pulsing through this area to support balance and stabilize health

Balance on the Feet (*Root Chakra*) for connection to our roots—family, tribe, community—and how “rooted” or grounded we are in life.

Check the chakras again. If they are not in balance, apply **Purify** to the chakra that did not clear, follow with the oil for that chakra. If the chakra has still not balanced, repeat the above step. If it still doesn't balance, consider other options, such as exploring the emotions or relationships associated with that chakra. Finally, hold the heels of the person you are working with until you feel a unified pulse from both feet, grounding your client.