

Crystal Herbs Chakra Essences – Descriptions for Your Website & Marketing

Chakra Essences

Chakras are subtle energy points, literally wheels or vortexes of energy, which act as energy exchange points. The Chakra Essences help you to work at a deep level with the issues and patterns of each of the chakras that most affect your mental and emotional well being.

The Chakra Essences are deep acting combinations focussed on helping you to open and re-balance your most important chakra points. There are ten essences, one for each of the seven main chakra points and three important minor chakra points. These powerful essences offer you the opportunity to work at a deep level with the issues and patterns of each of the chakras that most affect your mental and emotional well being.

Chakra Essence Sets

Our complete Chakra Essence sets contain one of each of the ten Chakra and come in an attractive card presentation box. They are available as a 10ml set or a 25ml set and come with an information leaflet.

Essence Type

Flower, Gem & Crystal Essence Combination | Stock Level

How to Use

Take four drops on the tongue directly from the bottle between two & four times a day. Finish the whole bottle then re-check to see if more of that particular combination or another is needed. We do not recommend taking more than one combination at a time. Preferably take 10 minutes away from food and drink. These are all stock level combinations. To gain maximum benefit from your combination we recommend that you take it without further dilution.

Size

10ml & 25ml

Feet Chakras Essence: Connection to Mother Earth

The Feet Chakras Essence can help to strengthen your connection with Mother Earth.

Key Benefits:

- Grounding.
- Earth Connection.
- Physical wellbeing.
- Inner security & safety.

When to Use

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The issues and blockages related to the Feet Chakras are to do with feeling disconnected from Mother Earth which means we can't receive her stability, support and revitalising energy.

Signs that your feet chakras may be out of balance include difficulty with grounding, feeling disconnected from the Earth and the natural world, lack of vitality, and fears about your physical safety.

Indications for the Feet Chakras Essence:

- Disconnection from Mother Earth and the natural world.
- Lack of vitality.
- Fears about physical survival.
- Fears about physical safety.

Contains

Boji Stone, Passion Flower, Loosestrife, Bo, Virginia Bluebells, Volcanic Essence, Cube

About the Feet Chakras

Your Feet chakras are the minor chakra points on the sole of each foot that work in conjunction with the Base and Earth Star chakras together with other minor chakras in the legs to create a stable energetic foundation for physical existence on the earth.

Base Chakra Essence: Grounding

The Base Chakra essence can help you to feel more grounded, focused, organised and safe in your body.

Key Benefits:

- Physical wellbeing & security.
- Functioning well in the everyday world.
- Stable energetic foundations.
- Grounding.
- Focused, organised & decisive.

When to Use

The issues and blockages related to the Base chakra are to do with our ability to function in the material world. Physical survival, grounding, connection with the Earth and your relationship with your body are all issues that relate to this chakra.

Signs that your Base chakra may be out of balance include fears and insecurities related to your physical safety and survival, difficulties with grounding or staying present,

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disorientation, disorganisation, indecision, and lack of vitality as well as difficulty dealing with the pressures of life or fully manifesting your creative ideas.

Indications for the Feet Chakra Essence:

- Disconnection from Mother Earth and the natural world.
- Lack of vitality.
- Fears about physical survival.
- Fears about physical safety.

Contains

Smoky Quartz, Black Tourmaline, Loosestrife, Poppy, Jet, Volcanic Essence, St. John's Wort, Cube

About the Base Chakra

Your Base Chakra is located at the base of the spine and together with the Feet chakras and the Earthstar chakra forms the basis for our energetic foundations. When it is functioning well there is a sense of being grounded, safe, secure, abundant and filled with vibrant well-being.

Relates to: Red, Earth, Etheric Patterning, Etheric Body, Musical note C.

Sacral Chakra Essence: Creativity, Sexuality & Emotions

The Sacral Chakra Essence can help you to experience greater harmony around sexuality, emotional balance & creativity.

Key Benefits:

- Fulfilling relationships.
- Balanced emotions.
- Creative flow.
- Self-acceptance.
- Healthy sexuality.
- Inner child healing.

When to Use

The issues and blockages related to the Sacral Chakra concern our relationships with others and the world around us, particularly our emotional wellbeing, creative expression and sexuality.

Signs that your Sacral Chakra may be out of balance include challenges expressing or getting in touch with your emotional needs. As a result you might experience out of balance emotions and emotional reactions, relationship difficulties, low self-image, inability to

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accept change, anger, frustration, impatience, and blocked creativity. The Sacral Chakra is a storehouse for our unresolved emotional baggage and the home of a wounded inner child so this is a great essence for clearing old emotional imprints.

Indications for the Sacral Chakra Essence:

- Anger, Frustration, Impatience.
- Blocked creativity.
- Difficulty expressing sexuality; sexual guilt.
- Out of balance emotions. Emotional extremes; violence.
- Unable to express or get in touch with emotional needs.
- Difficulty accepting change.
- Relationship difficulties.
- Wounded inner child.

Contains

Carnelian, Clear Quartz, Squash, Rose Quartz, Calendula, Dark Opal, Chrysocolla, Icosahedron

About the Sacral Chakra

Your Sacral Chakra is located in the etheric body in the region of the lower abdomen. It relates to our sense of emotional identity so when it is functioning well, there is a fluidity to our emotions that allow us to connect easily with others and to experience healthy and fulfilling relationships.

Relates to: Orange, Water, Emotional maturity, Emotional Body, Musical note D.

Solar Plexus Chakra Essence: Boundaries, Self Worth & Emotions

The Solar Plexus Chakra Essence can help you with personal power and healthy energetic boundaries.

Key Benefits:

- Personal power and will.
- Healthy boundaries.
- Self-worth.
- Positive emotional expression.

When to Use

The issues and blockages related to the Solar Plexus Chakra relate to personal power, boundaries, self-worth, anger, neediness and conditional love.

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Signs that your Solar Plexus chakra may be out of balance include feelings of over-sensitivity and vulnerability due to being too open to other people's thoughts & feelings or other negative psychic impressions. Sometimes this might register as feelings of unease and discomfort in your stomach area. This is also a great essence to use if you find it challenging to create positive personal boundaries, experience low self-worth, have an over-active mental body, and have difficulty with power issues, emotional neediness, aggression and anger.

Indications for the Solar Plexus Chakra Essence:

- Oversensitive; too open to others thoughts & feelings or negative psychic impressions.
- A sense of vulnerability.
- Feelings of unease in stomach area.
- Lack of self-worth.
- Lack of personal boundaries.
- Power issues.
- Emotional neediness & conditional love.
- Aggression & anger.
- Over-active mental body.

Contains

Pearl, Moonstone, Rose of Sharon, Luffa, Dandelion, Buttercup, Garlic, Octahedron

About the Solar Plexus Chakra

Your Solar Plexus chakra is located in the etheric body in the area of the stomach. When it is functioning well you maintain healthy personal boundaries, use your personal power and will in balanced constructive ways and have a sense of positive self-value.

Relates to - Yellow, Fire, Self-Definition, Lower Mental Body, Musical note E.

Heart Chakra Essence: Unconditional Love

The Heart Chakra Essence can help you to experience unconditional love, acceptance, connection and trust.

Key Benefits:

- Unconditional Love.
- Trust.
- Inner peace.
- Brotherhood.
- Connection with others.
- Belonging.

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When to Use

The blockages related to the Heart Chakra are any issues that prevent you from experiencing true unconditional love for yourself and others.

Signs that your Heart Chakra may be out of balance include feelings of loneliness, isolation, superiority, fear of closeness in relationships, lack of trust in yourself or the universe as well as feelings of being unloved or unwanted. This is also a great essence to use if you are overly critical, indecisive, possessive, or jealous.

Indications for the Heart Chakra Essence:

- Loneliness and isolation from others through fear of being hurt.
- Fear of closeness.
- Lack of trust in self or Universe.
- Feeling unloved. Overly critical, possessive or jealous.
- Feelings of superiority. Unable to reach out to others.
- Indecision.

Contains

Ruby, Emerald, Sunflower, Bleeding Heart, Rosa Deep Secret, Peace Rose, Lavender & Tetrahedron

About the Heart Chakra

Your Heart Chakra is located in the etheric body in the area of the physical heart. It is the middle chakra out of the integrated system of the seven chakras that relate to our physical existence. Like the fulcrum point on a seesaw it is the centre of balance from which we can unite the polarities of the personality and begin to integrate the physical & spiritual aspects of ourselves. When it is functioning well we are able to love without conditions and to feel trust, peace and connection to those we share life with, both personally and collectively.

Relates to Green, Air, Unity, Higher Mental Body, musical note F.

Higher Heart Chakra Essence: Forgiveness & Compassion

The Higher Heart Chakra Essence can help you to experience forgiveness, compassion and love for yourself and others.

Key Benefits:

- Compassion
- Forgiveness
- Connection with the sacred heart

When to Use

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The issues and blockages connected the Higher Heart Chakra relate to the development of compassion and forgiveness.

Signs that your Higher Heart Chakra may be out of balance include difficulty being able to truly forgive either yourself or somebody else, lack of compassion towards self or others, and the inability to love yourself unconditionally.

Indications for the Higher Heart Chakra Essence:

- A need to develop compassion.
- Not feeling able to love self or others.
- Lack of forgiveness for self or others.

Contains

Rubellite, Sapphire, Rosa de la Hay, Ipomea, Gold, Nephrite.

About the Higher Heart Chakra

Your Higher Heart Chakra is located in the etheric body in the area of the thymus gland. It works in conjunction with the Heart Chakra and is an access point into the sacred heart. When it is working well we are able to feel compassion and forgiveness for both self and others. An understanding of the inherent unity of life becomes available to us through conscious connection with the divine spark held within the sacred heart.

Throat Chakra Essence: Self Expression

The Throat Chakra Essence can help you to express yourself, your ideas, needs, creativity and emotions.

Key Benefits:

- Self-Expression
- Communication
- Soul guidance
- Divine will

When to Use

The issues and blockages related to the Throat Chakra are communication of all kinds including inner hearing, creative expression and how you express yourself to others.

Signs that your Throat Chakra may be out of balance include difficulty knowing or expressing your personal truth or accessing your intuition and inner knowing. Other common signs of an unbalanced Throat Chakra are withdrawn personality, suppressed emotions, needs, or blocked creative expression.

Indications for the Throat Chakra Essence:

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- Difficulty knowing or expressing your truth.
- Withdrawn personality.
- Puts on a 'brave face' rather than express turmoil inside.
- Suppressed emotions, needs or creativity.
- Problems in the throat chakra or with inner hearing.

Contains

Lapis Lazuli, Aquamarine, Tiger's Eye, Bluebell, Snapdragon, Cosmos, Dodecahedron

About the Throat Chakra

Your Throat Chakra is located in the etheric body in the area of the physical throat. From this centre we experience the world through the medium of sound. When it is working well it acts as a communication hub that facilitates both inner and outer communications. At an outer level this manifests as the ability to fully express our truth and creativity in the world. At an inner level it is an access point to the higher mental planes through which we can receive inspiration and guidance from our soul. Thus it is connected with clairaudience and the expression of divine will in the world.

Relates to - Blue. Sound. Self-Expression. Causal Body. Musical note G.

Brow Chakra Essence: Intuition & Inner Knowing

The Brow Chakra Essence can help you to develop greater trust in your intuition and inner knowing.

Key Benefits:

- Intuition
- Inner Vision
- Inner Wisdom
- Higher Perspective

When to Use

The issues related to the Brow Chakra include lack of trust in your intuition and inner knowing and an inability to see the 'bigger picture'.

Signs that your Brow Chakra may be out of balance include difficulties with inner knowing or intuition and a lack of faith in yourself and the universe. This is also a great essence to use if you have an overly mental approach to life, are unable to focus your thoughts, or get stuck in the small details of life. Feeling that 'I don't know' is very common when this chakra is not working fully.

Indications for the Brow Chakra Essence:

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- Lack of faith in self and the universe.
- Feeling that 'I don't know'.
- Overly mental approach to life.
- Difficulty with intuition or inner knowing. No inner pictures.
- Unable to focus thoughts.
- Stuck in the small details of life.

Contains

Diamond, Petunia, Rosa Webbiana, Amethyst, Nasturtium, Light Opal, Iolite

About the Brow Chakra

The Brow Chakra or third eye chakra as it is also called, is located in the etheric body in the region of the forehead. This energy centre resonates with the language of light or higher consciousness. When it is functioning well it facilitates a flow of intuition and inner wisdom from our soul that allows us to see 'the bigger picture' of our lives. Inner vision or psychic sight is related to this chakra.

Relates to - Indigo. Light. Intuition. Soul Body. Musical note A.

Crown Chakra Essence: Spiritual Connection

The Crown Chakra Essence can help you to develop a greater spiritual connection.

Key Benefits:

- Spiritual Connection
- Awareness
- Communion
- Enlightenment

When to Use

The issues related to the Crown Chakra include your link to dimensions of reality beyond the 3D material plane, conscious connection with your multi-dimensional self and the universe.

Signs that your Crown Chakra is out of balance include a lack of spiritual awareness and a difficulty in being able to see beyond third dimensional everyday existence in any meaningful way.

Indications for the Crown Chakra Essence:

- An inability to see beyond this third dimensional existence.
- No spiritual awareness.
- A need for greater spiritual connection.

Contains

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Gold, Sugillite, Lotus, Queen Anne's Lace, Rosemary, Red Pimpernel

About the Crown Chakra

Your Crown Chakra is located in the etheric body in the region of the crown of the head. It opens us to the greater world beyond material existence and connects us with the timeless space of all knowing. The symbol of the lotus flower has long been related to this chakra and to the state of enlightenment that we can achieve through reaching the consciousness of pure awareness that it represents.

Relates to - Violet. Pure Awareness. Spiritual Connection. Integrated Spiritual Body. Musical note B.

Higher Chakras Essence: Universal Connection

The Higher Chakras Essence can help you to experience a greater connection with the levels and dimensions of the universe that exist beyond the everyday 3rd dimension.

Key Benefits:

- Universal Connection
- Monadic Connection
- Soul Connection

When to Use

Balanced higher chakras help you to expand your divine spark and connect with the multi-dimensional nature of the Universe.

Use the Higher Chakras Essence to help you to receive guidance from your soul and higher self, and to activate more of your multi-dimensional nature.

Indications for the Higher Chakras Essence:

- Lack of connection to Highest Divine Guidance and Higher Self.
- Difficulty connecting with other planes of existence.

Contains

Silver, Angelica, Green Jasper, Convulvulus, Lavender.

About the Higher Chakras

In addition to the chakras most closely connected to our physical existence we have five important chakras situated one above the other in the auric field above the Crown Chakra. When these chakras are opened, balanced and aligned with all the other open main chakras they act like 'doorways' into the different levels and dimensions of our multidimensional self as well as the universe itself.