

# 9-WEEK CHAKRA “RE-PROGRAM”



## (LIST OF RECOMMENDED ESSENTIAL OILS)

It is important to be sure to “re-program” your body to accept the energy of what you are going through in your transformation. Therefore, along with all of the other senses you are saturating with each chakra, you will be doing the same with your **SMELL**. Below is a list of recommended essential oils to focus on per week. This list was compiled from information found on many sites on the internet and in no way is the full list. We recommend you find an essential oil shop in your area and go talk with an expert. Of course, it isn’t recommended to use anything you may have an allergy to. Also, essential oils, though wonderful to have for this journey, could be costly so please know we are only recommending you use and get what is affordable. As you prepare your day, it is best to put the scent that corresponds with that certain chakra on, either wrist or neck (somewhere you will be able to smell it). Also, this is a good tool to use for baths, massage or prior to meditation as the aroma is healing and can prepare you for meditation. These will assist with your chakra opening and clearing.

### Root Chakra / The Muladhara – RED – Element: EARTH

This is the chakra of Divine Connection to Mother Earth; Survival; Primal; Confidence; Stability, Security, Basic needs

#### OILS:

Myrrh	Frankincense	Cedar Atlas
Patchouli	Sandalwood	Juniper
Vetvier	Cedarwood	Cinnamon
Rosewood	Ginger	Clove
Thyme	Cypress	<b>Sage</b>

### Sacral Chakra / The Svadhithana – ORANGE – Element: WATER

This is the chakra of Divine Sexuality and Creativity; Sensuality; Reproduction; Carnal; Passion; Confidence

#### OILS:

Clary Sage	Sandalwood	Fennel
Rose	Ylang Ylang	Cardamom
Rosemary	Wild Orange	Orange Blossom
Patchouli	Jasmine	<b>Sage</b>
Bergamot	Ginger	

## **Solar Plexus / The Manipura – YELLOW – Element: FIRE**

This is the chakra of Divine Power; Health; Self-confidence; Strength

### **OILS:**

Black Pepper	Cassie	Lavender
Chamomile	Celery Seed	Lemon
Cade	Cinnamon	Lemongrass
Calamus	Cumin	Marjoram
Carrot Seed	Ginger	Patchouli
Cardamom	Juniper	<b>Sage</b>

## **Heart / The Anahata – GREEN/PINK – Element: AIR – LOVE**

This is the chakra of Divine Love; Forgiveness; Acceptance; Beauty, Unconditional Love.

### **OILS:**

<b>Rose</b>	Lavender	Neroli
Bergamot	Lemon	Rosemary
Cypress	Mandarin	Rosewood
Geranium	Sandalwood	Hyacinth
Jasmine	Orange Rose	<b>Sage</b>

## **Throat / The Vishuddha – BLUE – Element: SPIRIT**

This is the chakra of Divine Truth; Verbal Expression; Forgiveness, Communication; Integrity

### **OILS:**

Frankincense	Cypress	Spearmint
Geranium	Peppermint	<b>Sage</b>
Jasmine	Juniper berry	
Lavender	Myrrh	

## **Third Eye / The Ajna – INDIGO – Element: ALL**

This is the chakra of Divine Sight; Intuition; Wisdom; Visions; Insight

### **OILS:**

Angelica Root	Frankincense	Rosemary
Bay Laurel	Helichrysum	Sandalwood
Clary Sage	Juniper	Vanilla Bean
Cypress	Marjoram	<b>Sage</b>
Elemi	Patchouli	

**Crown / The Sahaswara – VIOLET/PURPLE/CLEAR – Element: ALL**

This is the chakra of Divine Connection to our Higher Self; the Universe; Source Consciousness and Energy

**OILS:**

Cedarwood

Jasmine

Rosewood

Elemi

Lavender

Sandalwood

Frankincense

Myrrh

Spikenard

Galbanum

Neroli

Vetiver

Helichrysum

Rose

**Sage**

Now remember, the list above is only a suggested list of oils based on online research. Other oils not listed above work as well. This is just to get you started.