

## About the Chakras

Chakras are subtle energy points, literally wheels or vortexes of energy, which act as energy exchange points. We actually have several hundred chakra points spread throughout our subtle energy system, however the most well known ones are the seven which are etherically connected into the spinal column and head. When they function properly these chakras act as gateways for vital life force energy from the subtle bodies to enter the physical body via the nadis and meridians, while at the same time providing an exit point for lower frequency energy to be released back into the subtle bodies for transmutation. Each of the seven main chakras also represents a level of consciousness or developmental stage of life as seen from the perspective of our physical existence.

When open and balanced these seven chakras form an integrated system in which each is dependant upon the others for optimum functioning. Chakras can become dysfunctional when there are long held negative states, rigid thought patterns or buried emotions that make it difficult for the personality to fully integrate the level of consciousness that each chakra represents.



### How To Use the Chakra Essences

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.



Please Note - Using vibrational essences does not replace medical treatment.

## How to Order

You can order the Chakra Essences as individual bottles or as a complete set of all 10.

### By Phone

01379 642374

### On our Website

[www.crystalherbs.com](http://www.crystalherbs.com)

### Or you can order by Post

Crystal Herbs - 1d Gilray Road, Diss, Norfolk.  
IP22 4EU. U.K. Please include payment with order.

### Prices

For our latest prices, please see our current order form or look on our website - [www.crystalherbs.com](http://www.crystalherbs.com)

## Help & Advice

If you need any help or advice with choosing and using these Essences, please do contact us.



## Handmade with Love & Care

From making the Mother Tincture to bottling and labelling the stock bottles that we send you, each essence is handmade with love and care helping to ensure that we provide you with the best possible quality of essence.

**Storage Advice** - It is best to store vibrational medicine in a cool place away from TV's, microwaves, computers etc.

## Find Out More

You can find out more about our complete range of Bach Flower Remedies and Flower, Gem & Crystal Essences, by visiting our website - [www.crystalherbs.com](http://www.crystalherbs.com) or by requesting a copy of our **free catalogue**.

## Crystal Herbs

1d Gilray Road, Diss, Norfolk. IP22 4EU. U.K.  
Tel - 01379 642374 Fax - 01379 641980  
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Crystal Herbs is a member of the  
British Association of Flower Essence Producers



# Chakra Essence Combinations

A powerful set of ten essences  
to clear and re-balance the chakras  
and related mental & emotional patterns

This powerful set of combinations offers you the opportunity to work at a deep level with the issues and patterns of each of the chakras that most affect our physical, mental and emotional well being. There are ten combinations in the set; one for each of the seven main body chakras as well as one for the feet, higher heart and the higher chakras above the head. Each combination contains a carefully selected mixture of both flower and gem/crystal essences designed to open and balance each chakra as well as working with the issues that are most predominantly held within it.



## Crystal Herbs

Flower, Gem & Crystal Essences

A wonderful selection of Flower, Gem & Crystal Essences  
promoting Unity of Mind, Body & Spirit.

# The Ten Chakra Essence Combinations

## Feet Chakras



These minor chakra points are on the sole of each foot, and work in conjunction with the base chakra and other minor chakras in the legs to create a stable foundation for our physical existence. When they function well the Feet Chakras ensure a constant flow of communication and connection with the energy grids of the Earth.

### When to Use -

Difficulty connecting to the earth plane. Fears relating to physical survival.

## Base Chakra

Red, Earth, Physicality, Etheric Body.



Located at the base of the spine the Root or Base chakra, together with the earthstar chakra and the feet chakras form our foundations. The issues related to this chakra are concerned with physical survival, grounding and connection with the Earth and our body. When this chakra functions well, physical energy, good health, abundance and security are created.

### When to Use -

Fears and insecurities related to safety and survival. Difficulties with 'grounding' and being in the 'now'. Disorientation. Disorganization. Indecision. Lack of physical energy. Difficulty dealing with stress. Difficulty fully manifesting creative ideas. Problems in the lower physical body.

## Sacral Chakra

Orange, Water, Emotional maturity, Emotional Body.



Located in the area of the lower abdomen, the issues of this chakra relate to our emotional identity and sexuality. Balancing this chakra allows us to experience life as a fluid flow in which we connect with others through our feelings and experience healthy and fulfilling sexual relationships.

### When to Use -

Anger, Frustration, Impatience. Blocked creativity; emotionally & physically. 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.

## Solar Plexus Chakra

Yellow, Fire, Self Definition, Lower Mental Body.



Located in the area of the stomach the issues of this chakra relate to self-definition, personal power and positive emotional expression. Balancing this chakra brings the ability to create healthy boundaries, balanced personal power, will power and positive self-value.

### When to Use -

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. An overly active mind.

## Heart Chakra

Green, Air, Unity, Higher Mental Body.



Located in the region of the physical heart, the issues of this chakra relate to the need to integrate opposite polarities within the structure of our personality so that we can re-establish the consciousness of unity and unconditional love. Balancing this chakra brings the ability to love without conditions, to feel compassion, peace and brotherhood.

### When to Use -

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.

## Higher Heart Chakra



The Higher Heart Chakra is situated in the area of the thymus gland and works in conjunction with the Heart Chakra. The issues connected with this chakra are compassion and forgiveness for all, including ourselves.

### When to Use -

A need to develop compassion. Feelings of not being able to love self or others. Lack of forgiveness for self or others.

## Throat Chakra

Blue. Sound. Self Expression. Causal Body.



Located in the area of the throat and thyroid gland the issues of this chakra relate to communication of all kinds and the expression of our creativity. When this chakra is balanced the Soul is able to communicate higher wisdom, inspiration and guidance to the personality. Inner hearing is linked to this chakra.

### When to Use -

Difficulty knowing or expressing your truth. Withdrawn personality. Puts on a 'brave face' rather than express turmoil inside. Suppressed emotions, needs or creativity. Physical problems in the throat or ears.

## Brow Chakra

Indigo. Light. Intuition. Soul Body.



Located in the centre of the forehead and the pituitary gland, the Brow Chakra or Third Eye is related to the ability to see both physically and psychically. It is the seat of our intuition and inner wisdom and when balanced allows us access to 'the bigger picture' of our lives. Inner vision is therefore connected to this chakra.

### When to Use -

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.

## Crown Chakra

Violet. Pure Awareness. Spiritual Connection. Integrated Spiritual Body



Located on the top of the head and connected with the pineal gland, this chakra when balanced, carries the consciousness of pure awareness connecting us with Source. 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 always been related to this chakra and to the state of enlightenment that we can achieve through reaching this level of consciousness.

### When to Use -

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

## Higher Chakras



In addition to the chakras connected into the physical body 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 we are able to connect with the Universe at all levels and dimensions of existence.

### When to Use -

Greater connection to Highest Divine Guidance and Higher Self. To connect with other planes of existence.