

## 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 10ml or 25ml bottles and 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 Ltd - 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,



### 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 Ltd*

1d Gilray Road, Diss, Norfolk. IP22 4EU. U.K.  
Tel - 01379 642374 Fax - 01379 641980

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

Crystal Herbs is a member of the  
British Association of Flower Essence Producers



Reg. Office: 2 Lambeth Street, Eye, Suffolk. IP23 7AG  
Registered in England & Wales No. 07451650. VAT No. 102 9624 36

Crystal Herbs



## Chakra Essence Combinations

*A powerful set of ten essences to clear & re-balance the chakras and related 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 mental and emotional well being. There are ten combinations in the set; one for each of the seven main chakras as well as one for the feet chakras, higher heart chakra 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 Ltd*

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

**Flower, Gem & Crystal Essence Combinations**

# The Ten Chakra Essence Combinations



## Feet Chakras

The Feet Chakras ensure that we have a constant flow of communication and connection with the energy grids of the Earth.

**When to Use:** Disconnection from the Earth and the natural world. Fears relating to physical survival.

The Feet Chakras these minor points on the sole of each foot work in conjunction with the base chakra and other minor chakras in the legs to promote grounding and the creation of a stable energetic foundation.



## Base Chakra

Red, Earth, Physicality, Etheric Body.

The issues of the Base chakra relate to our ability to function in the material world. Physical survival, grounding, connection with the Earth and our relationship with our body are all issues that relate to this chakra. When it is functioning well we feel grounded, safe, secure, abundant & filled with vibrant well-being.

**When to Use:** Fears and insecurities related to safety and survival, difficulties with 'grounding', staying present, disorientation, disorganization, indecision, lack of vitality, difficulty dealing with the pressures of life or fully manifesting creative ideas, problems in the lower etheric blueprint.

The 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.

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



## Sacral Chakra

Orange, Water, Emotional maturity, Emotional Body.

The issues related to the Sacral Chakra concern our relationship with others and the world around us, particularly our emotional identity and sexuality. When it is functioning well we 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. 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.

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



## Solar Plexus Chakra

Yellow, Fire, Self Definition, Lower Mental Body.

The issues of the Solar Plexus chakra relate to self-definition, personal power, will and positive emotional expression. When it is functioning well we experience healthy personal boundaries, balanced personal power, positive self-value and the constructive use of will power.

**When to Use:** Oversensitive; too open to others thoughts & feelings or negative psychic impressions. A sense of vulnerability. Feelings of unease in solar plexus chakra area. Lack of self worth. Lack of personal boundaries. Power issues. Emotional neediness & conditional love. Aggression, anger. An overly active mental body.

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



## Heart Chakra

Green, Air, Unity, Higher Mental Body.

The level of consciousness associated with this chakra is that of unconditional love. Like the fulcrum point on a seesaw it is the centre of balance from which we begin to unite the polarities of the personality and integrate the physical & spiritual aspects of ourselves. When it is functioning well we are able to love without conditions and 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.

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



## Higher Heart Chakra

The Higher Heart Chakra works in conjunction with the Heart Chakra. The issues connected with this subtle energy centre particularly relate to the development of compassion and the ability to forgive both others and 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.

From the throat chakra we experience the world through the medium of sound, e.g. language. It relates to communication of all kinds including inner hearing and the expression of our creativity. Through this centre we connect with the higher mental plane to receive inspiration and guidance

from our soul. The level of consciousness associated with this chakra is the ability to express and enact divine will.

**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. Problems in the throat chakra or with inner hearing.

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



## Brow Chakra

Indigo, Light, Intuition, Soul Body.

The brow chakra resonates with the language of light or higher consciousness. It is the seat of our intuition and inner wisdom and when open and balanced allows us access to 'the bigger picture' of our lives. Inner vision or psychic sight is related 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.

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



## Crown Chakra

Violet, Pure Awareness, Spiritual Connection, Integrated Spiritual Body

The crown chakra 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.

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

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



## 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 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.

