

# I connect

## Foot Chakra (0)

**Ingredients:** *Certified Organic and Wild Harvested oils of Rose Damascene, Jasmine, Geranium, Rose, Rosewood, Grapefruit, Pink; Cedarwood Atlas, Fennel, Sweet; Spikenard, Neroli, Clove Bud, Myrrh, Palmarosa, Vetiver, Birch, Juniper Berry, and Lavender Fine*



The Foot Chakras are located within the center of the sole of each foot. Although they are physically located in two different places they act as one unified chakra. The color frequency of this chakra resonates with the reds of the Root Chakra, just as a darker, more earthy red like adobe. Previously this important chakra was considered to be a sub-chakra to the Root chakra and not a primary chakra.

As our modern lifestyle has become more and more chaotic and filled with more and more electrical pollution, it has evolved into a primary chakra. This chakra is charged with the important task of ridding the body of static electrical and psychic charges accumulated in the everyday processes of our modern lifestyle.

Before man distanced himself from contact with the earth this important task was a natural occurrence that happened as we walked barefoot, slept, sat, and lived in natural shelters connected to the earth. Today, however, this is not the case. Our homes are constructed to keep the magnetic energy of the earth from reaching our bodies, our clothing and shoes are man-made substances that also prevent us from connecting with the earth.

Without the natural connection to the earth, the body cannot discharge the static electrical energy that builds up within the body, mind, and spirit. We become polluted with this unhealthy energy that is stuck at the Foot Chakras, unable to release. It can begin to back up into the other chakras and interfere with their natural function.

We know that the earth influences the circadian rhythms of the body and helps us to maintain a healthy balance within the body and our life. We need to have the Foot Chakras open and functional in order for this to take place.

The Foot Chakras also act as energy transformers; regulating the intensity and quantity of the energy flow as well as whether or not they should or should not enter our physical energetic environment.

## Bath

Bathing in **I connect** will strengthen the Foot Chakras, grounding us and helping us reestablish a sense of connection to the Earth.

- Add 10-15 drops of **I connect** to ½ to 1 cup of Pink Himalayan or Dead Sea bath salts, and add to your bath. Soak 10-20 minutes for best results. Soaking in **I connect** bath can help to reestablish your sense of grounding to the earth. For intensive therapy, soak once a day; if you can't do a full bath you can do a foot soak instead.
- A foot soak is particularly appropriate for this chakra. Add 8 to 12 drops of **I connect** to ½ cup of the Pink Himalayan or Dead Sea bath salt and soak feet 10 to 20 minutes for best results.
- Soaking will detox, nurture, and heal the Foot Chakras.

## Topical

- Apply 1-3 drops to the sole of each foot. A powerful way to ground your Foot Chakras.
- Apply 1-3 drops to the to the area behind the knees and at the center side of the hip joint to support these sub-chakras.
- When applied to the chakra area you are feeding vibrational frequency into the chakra providing warmth, nutrients, and strength.

## Misting Spray

- Mix 12-15 drops in a 4 ounce cobalt blue spray bottle of distilled water. Mist around yourself, Mist around the feet, knees, and hip area, front and back, when feeling ungrounded or insecure about financial matters or other survival issues. Shake well before use.
- Mix 6-8 drops in a 2 ounce cobalt spray bottle to carry with you. Mist generously whenever you need extra support and grounding, or when around people who threaten your sense of boundaries.

## Associations


- **Color:** Adobe
- **Physical Location:** Center of the sole of each foot
- **Sympathetic Gland:** Adrenals
- **Sympathetic organs & body parts:** Feet, legs, knees, hips
- **Sympathetic body systems:** Muscles, blood
- **Capacities:** Physical vitality, action, survival, physical sensation, sense of self, individuality, grounding.
- **Daily Practice:** Nightly, wash or mist soles of feet with **I connect** or a supporting blend.



## Supporting Blends

- **beCapable:** To feel secure within one's self; to have trust in yourself.
- **Tamar:** To heal physical and emotional abuse that this chakra may have endured.
- **Prosper:** Ability to manifest and bring financial prosperity into your life.
- **Home:** Feeling at home in your body and life; to have a safe, secure place where you are loved and wanted.
- **Still:** An inner stillness that allows us to stay receptive at this most physical chakra to the guidance of the Divine.
- **Terra:** To maintain your connection to the Earth and be fully grounded in the present moment.
- **Shaman Blend:** Our ability to live in the world and know we are not of the world; our connection to our divine purpose.
- **Squirrel:** Supports your ability to collect the resources you will need for a comfortable life and to plan for your future.
- **Beaver:** Beaver is the architect and builder of his own life, protector of his home and family, and can bring his wise teaching to you.

## Responsible Cautions

- Non-irritating, non-sensitizing; for topical and aromatic use only.
  - Keep out of reach of children and away from the eyes.
  - Store at room temperature with lid securely tightened; keep away from sunlight.
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*I am*

## Root Chakra (1)

**Ingredients:** *Certified Organic and Wild Harvested oils of Rose Damascena, Myrrh, Vetiver, Mandarin, Green; Spikenard, Palmarosa, Lavender Fine, Ylang Ylang Complete, Neroli, Jasmine, & Geranium, Rose.*



The Root Chakra is located between the legs in the genital area; it radiates down toward the earth. It functions at the frequency of Red.

Thoughts of red color are needed when balancing, as the color of red shines at the ending part of the spinal cord.

Supported by the Foot Chakras which can act as a Sub-Root Chakra for purposes of grounding, nurturing, and release of negative energy.

This is our instinctive Chakra which is responsible for our will to survive and our ability to succeed in the material world.

When the Root Chakra is healthy, we establish the sense of "I Am". We have trust in the world and are able to succeed in the material world.

Damage to this Chakra may produce a life of struggle and hardship in which we are not successful in the material world. We may struggle to meet even the most basic of needs such as food, housing, transportation, and to earn an adequate living.

The Root Chakra is our connection and grounding to the Earth. It is from the grounding this Chakra provides that we fully occupy and live within the body.

Without this grounding, we tend to live from a mental perspective and are not as open to messages from the body such as pain, tumors, tiredness, and generally feeling unwell until we become seriously ill.

If the Root Chakra is severely damaged and cannot be repaired, the person will feel insecure, unwanted, and feel life is too terrible to go on, and they will find a way for their life to end, either through disease, accident, or taking their own life.



## Bath

Bathing in **I am** will strengthen the Root Chakra, grounding us and helping us reestablish a sense of connection to the Earth.

- Add 10 to 15 drops of **I am** to ½ to 1 cup of Pink Himalayan or Dead Sea bath salts, and add to bath water. Soak 10 to 20 minutes for best results. For intensive therapy, soak once a day; if you can't do a full bath you can do a foot soak instead.
- For a foot bath, add 8 to 12 drops of **I am** to ½ cup of Pink Himalayan or Dead Sea bath salts, and soak feet 10 to 20 minutes for best results.
- Soaking will detox, nurture, and heal the Root Chakra.

## Topical

- Apply 1 to 3 drops to the sole of each foot; a powerful way to ground your Root Chakra.
- Apply 1 to 2 drops to the bottom of the spine on the lower back or to the inside of the upper thighs. The Root Chakra extends several inches from the body and it is not necessary to apply to the genital area.
- When applied to the Chakra area, you are feeding vibrational frequency into the chakra providing warmth, nutrients, and strength.

## Misting Spray

- Mix 12 to 15 drops in a 4 ounce cobalt blue spray bottle of distilled water. Mist around the hip area, front and back, when feeling insecure about financial matters or other survival issues. Shake well before use.
- Mix 6 to 8 drops in a 2 ounce cobalt spray bottle to carry with you; mist generously whenever you need extra support at work, or if unemployed to help you get a job. Shake well before use.

## Associations


- **Color:** Red
- **Physical Location:** Base of the spine
- **Sympathetic Gland:** Adrenals
- **Sympathetic organs & body parts:** Kidneys, bladder, legs
- **Sympathetic body systems:** Muscles, blood
- **Capacities:** Physical vitality, action, survival, physical sensation, sense of self, individuality, grounding.
- **Daily Practice:** Upon rising in the morning, apply **I am** to inner thighs while standing. Take 2 minutes, visualize the color red, then stretch.



## Supporting Blends

- **beCapable:** To feel secure within one's self; to have trust in yourself.
- **Tamar:** To heal physical and emotional abuse that this chakra may have endured.
- **Prosper:** Ability to manifest and bring financial prosperity into your life.
- **Home:** Feeling at home in your body and life; to have a safe, secure place where you are loved and wanted.
- **Still:** An inner stillness that allows us to stay receptive at this most physical chakra to the guidance of the Divine.
- **Terra:** To maintain your connection to the Earth and be fully grounded in the present moment.
- **Shaman Blend:** Our ability to live in the world and know we are not of the world; our connection to our divine purpose.
- **Squirrel:** Supports your ability to collect the resources you will need for a comfortable life and to plan for your future.
- **Beaver:** Beaver is the architect and builder of his own life, protector of his home and family, and can bring his wise teaching to you.

## Responsible Cautions

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I feel

## Sacral Chakra (2)

**Ingredients:** *Elemi, Orange, Blood; Cedarwood Atlas, Spikenard, Tangerine, Inula, Balsam Copiaba, Cistus, Mandarin, Green; Tanacetum Annuum, Sandalwood, Frankincense, Rosa Damascena, Jasmine, Neroli, Geranium, Rose; Cypress, Patchouli, Coriander Seed, Ginger Root, Rosewood, and Jojoba.*



The Sacral Chakra is located midway between the pubic bone and the navel. It functions at the frequency of orange. The Sacral Chakra radiates energy both from the front and from the back of the chakra.

The Sacral Chakra is our center of emotions and feeling. It is here we learned to express our emotions and to be sensitive to the emotions of other people.

If taught as children that expressing our emotions is inappropriate behavior that results in criticism or punishment, we may have lost touch with how we truly feel about the important issues in our lives. If we become disconnected from our feelings we may have difficulty expressing to others that we love them and others may view us as cold and unfeeling.

This may result in an inability to maintain intimate relationships. This type of damage causes considerable disruption and blockage to this chakra and its ability to function as a life support for the organs located within its area of operation, which includes all the reproductive organs.

This may show up as reproductive issues such as infertility, PMS, impotence or frigidity, or lack of health of the reproductive organs themselves.

The Sacral Chakra is also our place of pleasure and joy.

It is through this chakra that we develop our social behaviors and our joy in being with others; our friends and family ties start here. A life without joy and companionship is no life at all.

A healthy developed sense of self from the Root Chakra is necessary to the development of this chakra of relationships and pleasure.

## Bath

When unhappy and alone in the world, bathing in **I feel** will strengthen the Sacral Chakra, bringing about feelings of joy and connection to others.

- Add 10 to 15 drops of **I feel** to ½ to 1 cup of Pink Himalayan or Dead Sea bath salts, and add to bath water. Soaking in the **I feel** bath warms and energizes the Sacral Chakra. Soak 10 to 20 minutes for best results. For intensive therapy, soak once a day; if you can't do a full bath you can do a foot soak instead.
- For a foot bath, add 8 to 12 drops of **I feel** to ½ cup of Pink Himalayan or Dead Sea bath salts, and soak feet 10 to 20 minutes for best results.
- Soaking will detox, nurture, and heal the Sacral Chakra.

## Topical

- Apply 1 to 3 drops to the inside and outside of each ankle over the reproductive foot reflex points. A powerful way to affect your Sacral Chakra.
- Apply 1 to 2 drops to the Sacral Chakra area below the navel, and on the spine at the lower back directly across from the sacral application point in front.
- Roll **I feel** AromaStix over the sacral area of the lower abdomen.
- When applied to the chakra area, you are feeding vibrational frequency into the chakra providing warmth, nutrients, and strength.

## Misting Spray

- Mix 12 to 15 drops in a 4 ounce cobalt blue spray bottle of distilled water. Mist around the lower abdominal area, front and back, when feeling alone and lacking joy and/or pleasure in life. May also be used when experiencing relationship issues that may stem from your inability to express your emotions. Shake well before use.
- Mix 6 to 8 drops in a 2 ounce cobalt spray bottle to carry with you; mist generously whenever you need emotional support and to give yourself permission to express your emotions. Shake well before use.

## Associations

- **Color:** Orange
- **Physical Location:** Lower abdomen to the navel
- **Sympathetic Gland:** Ovaries, Testes
- **Sympathetic organs & body parts:** Sexual organs, colon
- **Sympathetic body systems:** Digestion, lymphatic system
- **Capacities:** Emotions, social contact, sensation, pleasure, joy, movement, nurturance, optimistic, pride.
- **Daily Practice:** Mid-morning, apply **I feel** 2 inches below the navel. While standing, focus on the color orange and rotate/stretch your pelvis.




## Supporting Blends

- **BeWorthy:** To feel worthwhile as a person, to release self-defeating feelings about yourself.
- **Bathsheba:** To let go of shame or dishonor and forgive yourself and others.
- **Sesso Dolce:** To promote pleasure and a deep connection in physical lovemaking, allowing for a healthy sense of joyful caring and satisfaction.
- **Moon:** Connection to the feminine side of our nature, allowing us to express our feelings.
- **Sun:** Connection to the masculine side of our nature, allowing us to take action on our feelings.
- **Sensory:** It is important to be connected and aware of our senses in order to know how we feel. Sensory allows us to feel what our feelings are trying to tell us and not block or bury them.
- **Delight:** Reminds us it is a delight to be alive and that we should find happiness in our day to day life.
- **Compassion:** In order to experience forgiveness for ourselves and others, we must have compassion. Allows us to release the shortcomings and flaws that we hold onto about ourselves and those we meet in the world.

**Passion:** Provides our senses with a daily dose of life's natural aphrodisiacs, keeping our sensitivity to our self and others open. It allows us to be kind to ourselves, as well as inspiring others to treat us with kindness and sensitivity.
- **Bear Spirit:** Representation of the feminine healer, mother, and protector. She walks with grace, power, and wisdom and can empower you to do the same.
- **Otter Spirit:** Otters, like children love nothing more than to explore and revel in the world around them. When our lives lose the lightness and joy we had as children we can follow the Otter out to play and begin to rebuild our relationship with our inner child who longs to experience joyful play. Especially helpful for those who take themselves too seriously.

## Responsible Cautions

- Non-irritating, non-sensitizing; for topical and aromatic use only.
  - Keep out of reach of children and away from the eyes.
  - Store at room temperature with lid securely tightened; keep away from sunlight.
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*I think*

## Solar Plexus Chakra (3)



**Ingredients:** Bay Laurel, Lemongrass, Bergamot, Thyme ct. Thymol, Spruce, Black; Juniper Berry, Tea Tree, Fir, Balsam; Spikenard, Chamomile, Roman; Pine, Scotch; Frankincense, and Lime.

The Solar Plexus Chakra is located midway between the navel and the breast bone. It functions at the frequency of Yellow. The Solar Plexus Chakra radiates energy both from the front and from the back of the chakra.

The Solar Plexus Chakra is where we develop our positive ego. This allows us to go out into the world as an independent, confident, and worthy being ready to accomplish whatever is ours to do in this lifetime.

Having a positive ego gives us the ability to be an independent being who can be in relationship or partnership with others while still being independent and not becoming co-dependent.

The skills we build at the Sacral Chakra, to have empathy and compassion and how to be interdependent within a relationship, will guide our ego development here.

The Solar Plexus Chakra is known as our center of will, because this is from where our ability to act on our own behalf stems.

A good sense of our own will and the power it gives us helps us to be assertive in our own life without being under the will of someone else, and to not abuse our power by having to assert our will over others. To succeed in life, we need to have a strong will to put our plans into action.

The Solar Plexus Chakra is also the center of or logical left-brained thinking. It is here that we learn to analysis, make plans, and be open to change when it is necessary.

At the Solar Plexus we not only make plans, but we develop the will to bring them into the material world.



## Bath

Bathing in **I think** will strengthen the Solar Plexus Chakra, helping us realize our own power and how that power can be used to move us forward.

- Add 10 to 15 drops of **I think** to ½ to 1 cup of Pink Himalayan or Dead Sea bath salts, and add to bath water. Soaking in the **I think** bath warms and energizes the Solar Plexus Chakra. Soak 10 to 20 minutes for best results. For intensive therapy, soak once a day; if you can't do a full bath you can do a foot soak instead.
- For a foot bath, add 8 to 12 drops of **I think** to ½ cup of Pink Himalayan or Dead Sea bath salts, and soak feet 10 to 20 minutes for best results.
- Soaking will detox, nurture and heal the Sacral Chakra.

## Topical

- Apply 1 to 2 drops **I think** to the Solar Plexus Chakra area between the navel and breast bone and on the spine at the mid back directly across from the solar plexus application point in front.
- When applied to the chakra area, you are feeding vibrational frequency into the chakra providing warmth, nutrients, and strength.

## Misting Spray

- Mix 12 to 15 drops in a 4 ounce cobalt blue spray bottle of distilled water. Mist around the upper abdominal area, front and back, when feeling unsure of yourself, lacking the will to take action, or when in need of left-brain support for activities like studying, planning, or other times when focus is desired. May also be used when experiencing issues that stem from your inability to take appropriate action. Shake well before use.
- Mix 6 to 8 drops in a 2 ounce cobalt spray bottle to carry with you; mist generously whenever you need to support your will and personal power. Shake well before use.


## Associations

- **Color:** Yellow
- **Physical Location:** Midway between navel and breastbone
- **Sympathetic Gland:** Pancreas
- **Sympathetic organs & body parts:** Liver, gall-bladder, spleen
- **Sympathetic body systems:** Autonomic nervous system
- **Capacities:** Personal will, ego, logical, left-brained thinking, separation, self-control, planning, analysis, change
- **Daily Practice:** Before lunch, while standing, apply **I think** between the navel and the breastbone. Visualize the color yellow and rotate your hips as if you're using a hoola hoop.






## Supporting Blends

- **beBold:** Stirs our solar sun into taking action and exerting our will for positive change.
  - **bePrepared:** Helps to support the many tasks that must be prepared for in order for our bigger plan to come to fruition.
  - **Queen Esther:** A powerful example of a business person who used her intelligence and personal will to change the world. From her we can learn to use the many gifts, talents, and ideas we have been given to create those goals we find will positively affect our life.
  - **Focus:** Helps to focus our energies and mind to not be sidetracked by distractions. Prevents mental fatigue when we have paperwork and educational materials to read and absorb.
  - **E-Motion:** Helps us to activate our will and get moving towards our destiny. Fuels the many actions that must be taken to complete our goals and the persistence to keep going.
  - **Calm:** When our mental chatter won't turn off, Calm can help to return our mind to a state of rest. Many people are restless and experience disturbed sleep or insomnia because they cannot turn off their mental chatter when they go to bed at night. Also helps with over-worrying.
  - **Spiritual Warrior:** Demonstrates the bravery necessary to start exerting your own will in your life, and not allowing someone else to run your life.
  - **Cougar Spirit:** Cougar teaches us to own our own power and to be an embodiment of a strong person who can take action from their own personal power.
  - **Blue Jay Spirit:** Blue Jay teaches to us right use of power; to come from a place of our own power while respecting the other person and not having power over them.
  - **Jaguar Spirit:** Jaguar is used to reclaim lost power. Power that was taken from you or that you gave to another person through abuse, hurt, or fear.
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## Supporting Blends

- **Elk Spirit:** The regal and magnificent persona displayed by the elk is a demonstration of what it is to have confidence. They know who they are as unique beings and walk with their head held high confident in their own abilities and right to be who they are. Let elk teach you how to follow his example and walk through your life with confidence.

## Responsible Cautions

- Non-irritating, non-sensitizing; for topical and aromatic use only.
  - Keep out of reach of children and away from the eyes.
  - Store at room temperature with lid securely tightened; keep away from sunlight.
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# I love

## Heart Chakra (4)

**Ingredients:** *Rosa Damascena, Clary Sage, Patchouli, Ylang Ylang Complete, Rosewood, Palmarosa, Spikenard, Neroli, Jasmine, Sandalwood, Lavender Fine, Dragon's Blood, Cedarwood, Elemi, Grapefruit, Pink, Marjoram, Sweet, Pettitgrain, Cypress, and Jojoba.*



The Heart Chakra is located between the breasts in the center of the chest. It functions at the frequency of Green. The Heart Chakra radiates energy both from the front and from the back of the chakra.

The Heart Chakra is the center of our experience of love. It is where we develop love and attachment to our family members, close friends, and others with whom we come to have close relationships. Our sense of security in family and community comes from the development of the Heart Chakra. When we are loved unconditionally we learn to give love unconditionally.

If we were taught that we would only be loved if we acted a certain way, or did certain things, then we may not be able to love without conditions being attached within our close relationships.

When it is unblocked, we give love unconditionally and attract to ourselves those people who give us an abundance of love. When it is blocked, we feel the lack of love in our lives as keenly as those with Sacral Chakra blockages feel a lack of material security.

Physical illnesses brought about by heartbreak require that emotional healing occur along long with the physical healing. Learning to love yourself is a powerful first step in securing a healthy Heart Chakra.

The "wounded child" resides in our Heart Chakra. The Heart Chakra can be wounded by loss of a loved one, divorce, or being rejected in some way and will suffer grief and/or be broken-hearted.

The Heart Chakra sits right in the middle of our chakra system, and it is the mediator between our earthly life (Root, Sacral, Solar Plexus Chakras) and our spiritual life (Throat, Third Eye, and Crown Chakras).

Healing the Heart Chakra is of primary importance for the overall health and wellbeing of body and spirit. Without a healthy Heart Chakra we experience what is known as mind/body separation.

## Bath

If you feel distant from those around you, bathing in **I love** will strengthen the Heart Chakra, helping to replace anger and callousness with love and empathy.

- Add 10 to 15 drops of **I love** to ½ to 1 cup of Pink Himalayan or Dead Sea bath salts, and add to bath water. Soaking in the **I love** bath warms and energizes the Heart Chakra creating a feeling of being loved and cared for. Soak 10 to 20 minutes for best results. For intensive therapy, soak once a day; if you can't do a full bath you can do a foot soak instead.
- For a foot bath, add 8 to 12 drops of **I love** to ½ cup of Pink Himalayan or Dead Sea bath salts, and soak feet 10 to 20 minutes for best results.
- Soaking will detox, nurture, and heal the Heart Chakra.

## Topical

- Apply 1 to 3 drops to the pulse points on the wrists. A powerful way to affect your Heart Chakra as the meridian for the heart runs through the wrists.
- Apply 1 to 2 drops to the Heart Chakra area between the breasts in the center of the chest, and on the spine at the upper back directly across from the heart application point in front.
- Roll **I love** AromaStix over the heart area of the chest and the pulse points on the wrists.
- When applied to the chakra area, you are feeding vibrational frequency into the chakra providing warmth, nutrients, and strength.

## Misting Spray


- Mix 12 to 15 drops in a 4 ounce cobalt blue spray bottle of distilled water. Mist around the heart area, front and back, when feeling unloved, lacking joy and comfort, or experiencing grief and loss. May also be used when experiencing relationship issues that may stem from your inability to give and receive love. Shake well before use.
- Mix 6 to 8 drops in a 2 ounce cobalt spray bottle to carry with you; mist generously whenever you need emotional support and to give yourself permission to give and receive love. Shake well before use.



## Associations

- **Color:** Green
- **Physical Location:** Center of the chest
- **Sympathetic Gland:** Thymus gland
- **Sympathetic organs & body parts:** Heart and arms
- **Sympathetic body systems:** Circulation, para-sympathetic nervous system
- **Capacities:** Security, self-confirmation, attachment, love-hate, clinging, connection to nature, empathetic, compassionate
- **Daily Practice:** Mid-morning, apply **I love** above the heart. Close your eyes and visualize the color green; focus on your heart, feeling your heart beat. Breathe in and out, deeply.

## Supporting Blends


- **beFree:** To be free of attachments, jealousy, addiction; all the things we need to let go of in order to not be co-dependent in our relationships.
  - **Ruth:** Ruth is the perfect teacher of how to love and care for someone more than yourself; to put the needs of another before your own. She demonstrated great love and received love and devotion in return. Let the love of Ruth touch your heart and open you to the love all around you.
  - **Gratitude:** One of the highest frequency blends, it reminds us to give gratitude for all that we experience. Gratitude is a true tonic of the heart, resonating with unconditional love. Surround yourself with this beautiful blend and you will be amazed at all the love and kindness you attract.
  - **Compassion:** It is important in all relationships that we can find it in our hearts to forgive hurts. Without true compassion it is difficult to let the hurt go; Compassion soothes old wounds and opens space for forgiveness to happen.
  - **Grief Relief:** In every life, loss will take place and the heart will be plunged into grief. Some grief can be so deeply devastating that we feel we can't recover. Grief Relief helps the heart to process through the grief and allows healing to take place. Without the healing of the heart, the grief never truly goes away and the person is held in its grip for the rest of their life.
  - **Humility:** When we live with humility we are spiritually secure in who we are. We have no need to brag and boast about how good we are or need to feel superior to others.
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## Supporting Blends

- **Harmony:** When our mind, body, and heart are in harmony we can lead a charmed life where things always seem to work out in our favor. It keeps our heart humming and our body healthy. We were programmed to live in harmony and cooperation, from our interactions with each other down to the harmony and cooperation we see in each cell of the body.
- **Charity:** Helps us develop the type of love that can show kindness and caring even to those we feel don't deserve it. Love and kindness are every person's highest demonstration of Divine love.
- **Deer Spirit:** The gentle deer is the perfect teacher of unconditional love. We must remember that we have to love our self before we can truly love another.
- **Wolf Spirit:** Wolves live in a family or pack where each member knows how they fit into the family. Every wolf cares for and supports the wellbeing of the entire family. We can learn from their loyalty, protection, and care-giving examples of how intimate families and groups can succeed.
- **Rose Passion Stix:** The rose has always been considered a flower symbolizing our love and devotion, and this wonderful high frequency fragrance will delight the heart and soul.
- **Jasmine Passion Stix:** The perfect scent to wear as a perfume to ignite the heart and promote sensual love. Very healing fragrance for those who have been hurt or betrayed by love.

## Responsible Cautions

- Non-irritating, non-sensitizing; for topical and aromatic use only.
  - Keep out of reach of children and away from the eyes.
  - Store at room temperature with lid securely tightened; keep away from sunlight.
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I serve

## Thymus Chakra (4.5)

**Ingredients:** *Rosa Damascena, Sandalwood, Myrrh, Lavender Fine, Mandarin, Green; Patchouli, Marjoram, Sweet; Grapefruit, Pink; Palmarosa, Clary Sage, Ylang Ylang Complete, Geranium, Rose; Jasmine, and Jojoba.*



The Thymus Chakra is located just above the Heart Chakra and just below the collar bone, over the thymus gland. It is made of two lobes that join in front of the trachea. It functions at the frequency of Turquoise. The Thymus Chakra radiates energy both from the front and from the back of the chakra.

The thymus grows larger until puberty, and then begins to shrink. It produces thymosins, hormones that stimulate the development of antibodies, and T-lymphocytes, the white blood cells that fight infection and destroy abnormal cells. These white blood cells are the body's immune system and protect the body by producing antibodies that stop the invasion of foreign agents, bacteria, and viruses.

The Thymus Chakra is a relatively new Chakra as far as its activity and importance are concerned. It is sometimes referred to as the High Heart Chakra as it has many similarities to the function and purpose of the Heart Chakra. It takes the unconditional love of the Heart Chakra and directs it to the community at large.

The Thymus Chakra is a point on the body where a large proportion of the meridians can be reached both directly and indirectly.

The Thymus Chakra also extends our care to the environment and to plants and animals that are endangered. Through the Thymus chakra we come to know we are all connected and that what happens to one happens to all.

Mother Teresa is a good example of someone who worked through her Thymus Chakra. She said you can't help everyone, but you can help one. This philosophy allowed her to help 42,000 sick, dying, and forgotten people... one person at a time.

## Bath

If you feel disconnected from those around you, bathing in **I *serve*** will strengthen the Thymus Chakra; it is through service to others that we build our health and longevity.

- Add 10 to 15 drops of **I *serve*** to ½ to 1 cup of Pink Himalayan or Dead Sea bath salts, and add to bath water. Soaking in the **I *serve*** bath warms and energizes the Thymus Chakra creating a feeling of connection to the earth, and all life on it. Soak 10 to 20 minutes for best results. For intensive therapy, soak once a day; if you can't do a full bath you can do a foot soak instead.
- For a foot bath, add 8 to 12 drops of **I *serve*** to ½ cup of Pink Himalayan or Dead Sea bath salts, and soak feet 10 to 20 minutes for best results.
- Soaking will detox, nurture, and heal the Thymus Chakra.

## Topical

- Apply 1 to 3 drops of **I *serve*** to the pulse points on the wrists. A powerful way to affect your Thymus Chakra by way of the Heart Chakra as the meridian for the heart runs through the wrists.
- Apply 1 to 2 drops **I *serve*** to the thymus Chakra area in the depression between where the collar bones meet, and on the spine about 1 inch below the base of the neck directly across from the thymus application point in front.
- When applied to the chakra area, you are feeding vibrational frequency into the chakra providing warmth, nutrients, and strength.

## Misting Spray


- Mix 12-15 drops in a 4 ounce cobalt blue spray bottle of distilled water. Mist around the thymus area, front and back, to create feelings of care and concern for others, and to experience a deep connection to the earth and all life. Or when experiencing grief over man's inhumanity to man. Remember, you can help. May also be used when experiencing relationship issues that may stem from your lack of care and concern for others.
- Mix 6-8 drops in a 2 ounce cobalt spray bottle to carry with you. Mist generously whenever you have an opportunity to assist someone in need to provide you the emotional support to give of yourself, your resources, and your time.



## Associations

- **Color:** Turquoise
- **Physical Location:** Just below the Heart Chakra and just below the collar bone over the thymus gland
- **Sympathetic Gland:** Thymus gland
- **Sympathetic organs & body parts:** Heart, arms, thymus, breasts
- **Sympathetic body systems:** Circulatory system, immune system
- **Capacities:** Service, compassion, altruism, volunteerism, willingness to serve one's larger community
- **Daily Practice:** Any time during your day, apply I serve over the thymus and visualize rolling turquoise waves while tapping the thymus in a rhythm of 3 beats.


## Supporting Blends

- **beFree:** To be free of attachments, jealousy, addiction; all the things we need to let go of in order to not be co-dependent in our relationships.
  - **Ruth:** Ruth is the perfect teacher of how to love and care for someone more than yourself; to put the needs of another before your own. She demonstrated great love and received love and devotion in return. Let the love of Ruth touch your heart and open you to the love all around you.
  - **Gratitude:** One of the highest frequency blends, it reminds us to give gratitude for all that we experience. Gratitude is a true tonic of the heart, resonating with unconditional love. Surround yourself with this beautiful blend and you will be amazed at all the love and kindness you attract.
  - **Compassion:** It is important in all relationships that we can find it in our hearts to forgive hurts. Without true compassion it is difficult to let the hurt go; Compassion soothes old wounds and opens space for forgiveness to happen.
  - **Grief Relief:** In every life, loss will take place and the heart will be plunged into grief. Some grief can be so deeply devastating that we feel we can't recover. Grief Relief helps the heart to process through the grief and allows healing to take place. Without the healing of the heart, the grief never truly goes away and the person is held in its grip for the rest of their life.
  - **Humility:** When we live with humility we are spiritually secure in who we are. We have no need to brag and boast about how good we are or need to feel superior to others.
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## Supporting Blends

- **Harmony:** When our mind, body, and heart are in harmony we can lead a charmed life where things always seem to work out in our favor. It keeps our heart humming and our body healthy. We were programmed to live in harmony and cooperation, from our interactions with each other down to the harmony and cooperation we see in each cell of the body.
- **Charity:** Helps us develop the type of love that can show kindness and caring even to those we feel don't deserve it. Love and kindness are every person's highest demonstration of Divine love.
- **Deer Spirit:** The gentle deer is the perfect teacher of unconditional love. We must remember that we have to love our self before we can truly love another.
- **Wolf Spirit:** Wolves live in a family or pack where each member knows how they fit into the family. Every wolf cares for and supports the wellbeing of the entire family. We can learn from their loyalty, protection, and care-giving examples of how intimate families and groups can succeed.
- **Rose Passion Stix:** The rose has always been considered a flower symbolizing our love and devotion, and this wonderful high frequency fragrance will delight the heart and soul.
- **Jasmine Passion Stix:** The perfect scent to wear as a perfume to ignite the heart and promote sensual love. Very healing fragrance for those who have been hurt or betrayed by love.

## Responsible Cautions

- Non-irritating, non-sensitizing; for topical and aromatic use only.
  - Keep out of reach of children and away from the eyes.
  - Store at room temperature with lid securely tightened; keep away from sunlight.
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# I *understand*

## Throat Chakra (5)

**Ingredients:** *Neroli, Jasmine, Helichrysum, Elemi, Palmarosa, Clary Sage, Orange, Sweet; Rosewood, Cistus, Tanacetum Annuum, Geranium, Rose; Bergamot, Spruce, Black; and Jojoba.*



This chakra is conservative and passive. It contains memories from the past which we use to interpret and understand the present.

The Throat chakra is damaged by lies, ugly surroundings, violence, and abuse; both physical and verbal.

This Chakra is a Chakra of peace and cannot stay healthy in an abusive environment.

Any loss of personal integrity also damages the Throat Chakra and its ability to communicate.

It is here that we learn to speak up for ourselves and others, to say our truth; what we stand for and what we will fight for.

Many people who are great speakers and inspire heroism in others are operating from a healthy Throat Chakra.

The more you speak your truth the healthier this Chakra becomes.

Through the Throat Chakra we communicate to others and receive communication in return from others. It's where we develop understanding toward others and their beliefs.

### Bath

If you feel you are not being heard, bathing in **I understand** will strengthen the Throat Chakra and help you communicate with others.

- Add 10-15 drops of **I understand** to ½ to 1 cup of Pink Himalayan or Dead Sea bath salts, and add to your bath. Soak 10-20 minutes for best results. Soaking in the **I understand** bath brings peace and understanding to the Throat Chakra. For intensive therapy, soak once a day; if you can't do a full bath you can do a foot soak instead.
- For a foot bath, add 8-12 drops of **I understand** to ½ cup of Pink Himalayan or Dead Sea bath salts. For best results, soak feet 10-20 minutes.
- Soaking will detox, nurture, and heal the Throat Chakra.

### Topical

- Apply 1 to 2 drops to the Throat Chakra area on the neck and on the back of the neck directly across from the throat application point in front. After application try humming, singing, or speaking aloud a truth for only your ears.
- When applied to the Chakra area you are feeding vibrational frequency into the Chakra providing warmth, nutrients, and strength.

### Misting Spray

- Mix 12-15 drops in a 4 ounce cobalt blue spray bottle of distilled water. Mist around the neck area, front and back, when you're going to give a presentation or other form of communication where it is important for you to speak up and be understood by others. May also be used when experiencing relationship issues that may stem from lack of communication. Shake well before use.
- Mix 6-8 drops in a 2 ounce cobalt blue spray bottle to carry with you. Mist generously whenever you need to speak up and be heard.

### Associations

- **Color:** Blue
- **Physical Location:** Just below the Adam's apple
- **Sympathetic Gland:** Thyroid gland
- **Sympathetic organs & body parts:** Para-thyroid, throat, ears
- **Sympathetic body systems:** Respiration, venous blood
- **Capacities:** Communication, truth, integrity, concept memory, peace, conservative, passive, certainty, conformity, hero worship
- **Daily Practice:** Before we arrive home, before our children come home from school, or before we connect up with loved ones, apply **I understand** to the throat. Then, while focusing on the color blue, sing or hum your favorite song or sing along with the radio.



## Supporting Blends

- **bePrepared:** In this our chakra of communication, we must always be prepared to share our ideas, thoughts and beliefs in a way that they can be received and understood by others. This blend helps to organize your information and find the best way to present it.
- **Rahab:** Rahab demonstrated honor, faith and right action in times of great peril. She demonstrated that with faith in yourself and God that you can bring honor out of shame and that if you have courage to speak up you can ask for what you want and if it is right, all things are possible.
- **Focus:** Focus helps to refine and define our goals and plans into something tangible that can become our map to success.

**Spiritual Warrior:** This blend gives the strength and courage to stand up for what we believe in and take action when necessary. Gives courage when you need to speak your truth but feel afraid to do so.

- **Messenger:** We are all messengers for each other, and when divine inspiration strikes we need to put the message out into the world and see where it goes.
- **Teacher:** To be a teacher is to pass information and guidance on to others. We teach by example, by the words we speak, and by what we write. To build a business you need to teach the customers what you have to offer and teach your business associates how to inform the public about your business. In one way or another we are all teachers, Teacher can help you to be more aware of what you are teaching and to be more effective as a teacher.

**Coyote:** Coyote is the great trickster, often tricking himself most of all. Lying, cheating, deceiving, and taking unfair advantage of others through our words damages this chakra. Many people believe their own lies and are not aware of the damage this deception causes to relationships and their overall success. Coyote chases its own tail, bites it, and then looks around for someone else to blame. If you or someone you know has a little of Coyote's trickster showing up in their life, this blend helps them to become aware and make the necessary changes.

## Responsible Cautions

- Non-irritating, non-sensitizing; for topical and aromatic use only.
- Keep out of reach of children and away from the eyes.
- Store at room temperature with lid securely tightened; keep away from sunlight.



# *I imagine*

## Crown Chakra (7)



**Ingredients:** *Certified Organic and Wild Harvested oils of Frankincense, Sandalwood, Elemi, Spikenard, Lavender Fine, Ylang Ylang Complete, Cardamom, Rosa Damascena, Sage, Myrrh, Clary Sage, Inula, Cistus, Geranium, Rose; Grapefruit, Pink; Cedarwood Atlas, Fir, Balsam; Spruce, Black; Patchouli, Marjoram, Sweet; and Jojoba.*

As our most spiritual chakra, the Crown Chakra is beyond time and place. It is where our spiritual essence enters the physical body, and when we die a natural death, where it will exit the body.

We receive Divine guidance and protection through the Crown Chakra.

The Crown Chakra is where we receive inspiration that can then pass to the Third Eye Chakra to develop into a picture or visualization of that inspiration. Our inspiration becomes our dream.

It is through the Crown Chakra that we experience a sense of wonder; where we are in awe of the world and the incredible beauty that is around us.

The ability to imagine that which does not yet exist is a gift of the Third Eye Chakra. The great advances in science and inventions all originated with the Third Eye in cooperation with the Crown Chakra.

The Crown Chakra allows us to appreciate and experience gratitude for all we have and yet not get too attached to material possessions as we are spiritual beings having an earthly experience, not the other way around.

Without a healthy functioning Crown Chakra we may feel abandoned by God and experience what is called the "Dark Night of the Soul".



### Bath

If you feel alone in the world and that no one understands you, bathing in **I imagine** will strengthen the Crown Chakra.

- Add 10 to 15 drops of **I imagine** to ½ to 1 cup of Pink Himalayan or Dead Sea bath salt, and add to your bath. Soak 10 to 20 minutes for best results. Soaking in the **I imagine** bath brings peace and connection to the Source, and a profound sense of being valued and care for. It will detox, nurture, and heal the Crown Chakra.
- For intensive therapy, soak once a day; if you can't do a full bath you can do a foot soak instead.
- For a foot bath, add 8 to 12 drops of **I imagine** to ½ cup of Pink Himalayan or Dead Sea bath salt and soak feet 10 to 20 minutes for best results.

### Topical

- Apply 1 to 2 drops **I imagine** to the Crown Chakra area at the top of the head.
- When applied to the chakra area, you are feeding vibrational frequency into the chakra providing warmth, nutrients, and strength.

### Misting Spray

- Mix 12 to 15 drops **I imagine** in a 4 ounce cobalt blue spray bottle of distilled water. Mist around the Crown Chakra over the top of the head when you are in need of inspiration or Divine guidance. May also be used when experiencing relationship issues that may stem from lack of appreciation and gratitude. Shake well before use.
- Mix 6 to 8 drops **I imagine** in a 2 ounce cobalt spray bottle to carry with you; mist generously whenever you have an opportunity to inspire someone else. Shake well before use.

### Associations

- **Color:** Violet
- **Physical Location:** The top of the head
- **Sympathetic Gland:** Pineal gland
- **Sympathetic organs and body parts:** Upper brain, head
- **Sympathetic body systems:** Central nervous system and spine, psyche
- **Capacities:** Inspiration, imagination, higher self guidance, sense of wonder, visualization, divine order, visionary.
- **Daily Practice:** In the evening, perhaps just before bed, apply I imagine to the top of your head, visualize violet, and give thanks for all good things in your life. Be mindful to say and feel your thoughts and prayers.




## Supporting Blends

- **beWise:** Wisdom comes from our connection to the Divine. A crown chakra in good working order keeps us in touch with our inner knowing, that knowledge that you can't get from books.

Wisdom is one of the most important gifts given to mankind and one we will surely need to access in this age of science and technology that allows one the knowledge to change our environment and ourselves in life threatening ways. Use with this great prayer/affirmation. "Lord, grant me the courage to change the things I can, the serenity to accept the things I cannot change, and the wisdom to know the difference."

- **Mary:** Because of Mary's connection to the Divine, she was open to divine intervention in her life and had the faith to say yes when it arrived. The connection to our higher self through the crown chakra gives us the certainty to move into the unknown when we are called to do so. It is through this chakra that we can see peace and beauty all around us, and can be available to bring that peace and beauty to the lives of others.
- **Hope:** When all seems lost and we can't find a way out of our situation, it is hope that we are not alone and there is something bigger than us that can create the miracle we need to overcome our suffering. Hope we access through the crown chakra and it gives us faith in the unseen and unknown that allows that possibility to manifest in our life.
- **Gratitude:** Gratitude, one of the highest frequency emotions, begins in the crown and expresses through the heart chakra. Use Gratitude blend to remember to focus on what is good and right in your life and the world and not what is bad and wrong. If you are pessimistic in your thoughts and beliefs and can't seem to turn off the negative thoughts, using Gratitude blend on and around your body and on the crown chakra can create a protective high frequency field to lift you up out of the negative energy you are surrounded by.
- **Dove Spirit:** When your life is in disaster, Dove blend brings the assurance that there is light after the darkness, and that things will change and get better if we keep faith and don't allow ourselves to get swallowed up by the dark. Follow the Dove and know, this too shall pass.

## Responsible Cautions

- Non-irritating, non-sensitizing; for topical and aromatic use only.
  - Keep out of reach of children and away from the eyes.
  - Store at room temperature with lid securely tightened; keep away from sunlight.
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# I perceive

## Third Eye Chakra (6)

**Ingredients:** Neroli, Jasmine, Helichrysum, Elemi, Palmarosa, Clary Sage, Orange, Sweet; Rosewood, Cistus, Tanacetum Annuum, Geranium, Rose; Bergamot, Spruce, Black; and Jojoba.



The Third Eye Chakra is the first chakra that we reach that doesn't exist in the present or past, but is connected to our future.

It is through our intuition that we are lead to the people and places that keep us on our path in life. Our intuition also protects us lets us know when we are about to do something that we shouldn't, something that may cause us or someone else harm.

When this chakra is healthy and functioning properly we experience the positive flow of life. When it is not, we have more hindsight then intuitive foresight, where we can see that some of our choices have lead to unnecessary suffering.

The Third Eye Chakra is also where we dream, both when asleep and when we dream of what we want to accomplish in life.

The ability to imagine that which does not yet exist is a gift of the Third Eye Chakra. The great advances in science and inventions all originated with the Third Eye in cooperation with the Crown Chakra.

The Third Eye Chakra is where we practice meditation techniques and access the place of our inner knowing.

When life gets chaotic and we lose control, be still, go within and the Third Eye will help you to regain your calm and your perspective on reality.

Without the ability to access the Third Eye Chakra we go through life by trial and error.

## Bath

If you feel unsure what to do or how to solve a problem, bathing in **I perceive** will strengthen the Third Eye Chakra and the answer may present itself.

- Add 10 to 15 drops of **I perceive** to ½ to 1 cup of Pink Himalayan or Dead Sea bath salt, and add to your bath. Soak for 10 to 20 minutes for best results. Soaking in the **I perceive** bath brings peace and intuitive awareness to the Third Eye Chakra, creating a feeling of guidance and inner knowing.
- For intensive therapy, soak once a day; if you can't do a full bath you can do a foot soak instead.
- For a foot bath, add 8 to 12 drops of **I perceive** to ½ cup of Pink Himalayan or Dead Sea bath salt and soak feet 10 to 20 minutes for best results.
- Soaking will detox, nurture, and heal the Third Eye Chakra.

## Topical

- Apply 1 to 2 drops **I perceive** to the Third Eye Chakra area in the center of the forehead, and on the back of the head directly across from the third eye application point in front.
- When applied to the chakra area, you are feeding vibrational frequency into the chakra providing warmth, nutrients, and strength.

## Misting Spray

- Mix 12 to 15 drops **I perceive** in a 4 ounce cobalt blue spray bottle of distilled water. Mist around the Third Eye Chakra area, front and back, when you are in need of guidance and answers to problems.
- May also be used when preparing to meditate or to give or receive energy work such as Reiki. Shake well before use.

## Associations

- **Color:** Indigo
- **Physical Location:** The center of the forehead
- **Sympathetic Gland:** Pituitary gland
- **Sympathetic organs and body parts:** Eyes, nose, lower brain
- **Sympathetic body systems:** Skeletal system
- **Capacities:** Intuition, concept of reality, foresight, inner knowing, meditation, dreams, psychic phenomenon
- **Daily Practice:** After dinner, perhaps while cleaning up, apply **I perceive** in the center of the forehead. Visualize the beautiful indigo colors of an evening sunset. Focus on being able to see the evening sunset with your eyes closed.





## Supporting Blends

- ***belIntuitive:*** The greatest gift of this chakra is being aware of and able to access our intuition. This blend helps us to quiet the inner mind chatter and to become aware of the working of our inner guidance. When our intuition is strong we can feel it in many parts of the body. The heart lets us know what it wants and needs from us, the digestive system lets us know through “gut feelings” when something isn’t quite right for us; all we have to do is be aware and take appropriate action to follow our life path.
- ***Eve’s Daughter:*** Eve’s Daughter blend lets us access the strength and gifts of the amazing women who have gone before us as well as the amazing women around us. This blend helps you to remember that you are a unique one-of-a-kind person with a unique and important destiny that only you can fulfill.
- ***Dream Weaver:*** It is from the place of dreams that we create the life we were meant to live. Our dreams help us to see and visualize what could be possible, not just what is today. We are never too old, too young, or too poor to dream a new dream, to be touched by divine inspiration and bring into the world your own incredible talents and gifts. Dream Weaver shines a light into the darkness when we are lost and can’t find our way.
- ***Moon:*** We tend to think of intuition as a feminine trait and the third eye chakra is a feminine chakra. The moon is also representative of the receptive feminine energy. Moon blend can help you become more aware of the intuitive guidance you are receiving every day.
- ***Dragonfly Spirit:*** Dragonflies are ancient and carry a certain fascination for us. They are huge for an insect and carry a rainbow on their wings. They are often thought of as bringers of transformation and change and can help us to let go of what is and open ourselves to what can be.
- ***Transform:*** Are you feeling stuck and know you need to make changes or find a new direction but you can’t seem to let go of the old and outdated? Whenever you feel stuck and nothing seems to be happening in your life, Transform blend will get you on your path and moving in the right direction.

## Responsible Cautions

- Non-irritating, non-sensitizing; for topical and aromatic use only.
  - Keep out of reach of children and away from the eyes.
  - Store at room temperature with lid securely tightened; keep away from sunlight.
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