

# Chakra Balancing Kit

TO CLEAR, BALANCE AND ALIGN YOUR CHAKRAS



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

# Meet Vanessa Jean



## A RETURN HOME TO LOVE

Vanessa Jean has spent the past 20 years expanding and honing her knowledge base and skills in aromatherapy, as a public speaker, retreat facilitator, sound healer, meditation leader and raw/wholefood cooking teacher with a personal dream as a guiding force. Her dream of bringing people together, healing emotional and physical pain through sound, nutrition and aromatherapy, and giving people the gift of returning to a life of love, health of spirit, mind and body and returning to our natural state of joy has found living expression through Food Alchemy with Vanessa Jean.

## **MINDFULNESS PRACTICE WITH THE CHAKRAS**

Consider combining or using these oils singularly as you engage in mindfulness practices, to clear and realign your energy centres. These oils are best used diffused and diluted in carrier oil as you anoint the relevant chakras that you are working on.



# Cedarwood

Muladhara (Root/Base)

## SAFETY

Being around others may create fear of losing identity. Cedarwood, however, reminds you that you do not lose yourself amongst a group, but discover who you truly are. He helps you feel comfortable standing in your own power when you are around your people. Just like the strong roots keep the cedar tree grounded and nourished, the trunk ascends towards the heavens and their spiritual connection, and his branches reach out to embrace the world. Cedar is always part of the larger forest and encourages you to experience the pleasures of community and family, touch, connection and a greater sense of oneness. He helps you release the judgment on others and simply embrace those people as a vital part of your growth in this lifetime. Welcome the power of Cedarwood into your life and you will notice shifts happening. You will experience the joy in the interlocking, the touching and the connection of your soul with others'.



# Wild Orange

Svadhistana (Sacral)

**SENSUALITY**

Wild Orange can help you find long-lasting and sustainable happiness. He invites you to sit with him and take a moment to forget about the past, anything that has happened that induces stressful feelings, worries, and concerns, even stresses over the future. Wild Orange invites you to drop into the moment. In the here and the now, without dwelling on or indulging the past or future, you will find happiness resting within. True joy arises from the depth of your belly. It's not something that is given to you or comes from outside of you. Wild Orange connects with that happiness and ensures you carry it through every moment, so that you can enjoy every minute, every hour, every day, and every part of your life. Wild Orange is the perfect essential oil for any inner child work.



# Lemongrass

## Manipura (Solar Plexus/Naval)

### POWER

Consider the shape of the lemongrass leaf like the blade of a well-honed sword; he will cut through what no longer serves you. He assists with detoxifying the body powerfully, including any emotional, mental and spiritual density and baggage. Lemongrass prevents hoarding, slices through shame and fear, lessens the ongoing impact of childhood traumas, purges other people's energies and removes grudges against those who have discredited or dishonoured you. Used as a cleaning agent to remove bad smells, Lemongrass will energetically deodorise the stench that comes with the thoughts, words or deeds of others that simply do not align with you and your truth.

Whereas many essential oils work specifically with one chakra, Lemongrass can be beneficial with several. He is great for the solar plexus chakra, the empowerment centre, where he removes the influence of the ego and allows you to meet others as your equal. Lemongrass can also be valuable for the third eye chakra, centre of understanding. He slices away distraction, promotes mental clarity and allows inspiration to come through loud and clear. Use Lemongrass to enhance your divinatory and psychic work.



# Geranium

Anahata (Heart)

**LOVE**

Geranium is an oil of the heart chakra. This energy centre governs not only your ability to give love but also your ability to receive love. Often a loving, giving person will not have a balanced heart chakra for they will not allow nourishment and love back into their life. Geranium steps forward to bring that balance in.

Geranium equalises relationships, especially those that are romantic, not by changing those around you, but by allowing you to freely give and receive love at the same time. Geranium works beautifully in dissolving anger, frustration, rage and fiery tempers. If you tend to hold in your emotions, letting them bubble until you finally erupt, let her guide you to find more effective forms of expression. Geranium helps restore equilibrium when you are affected by hormonal havoc. She is also a companion when you are grieving, using her floral aroma to uplift your spirits as you go through challenging times.



Cypress liberates you to express your truth emotionally and spiritually. To work with Cypress is to declare to the world that you no longer choose to be bound by the past. It is great for those ready to move into a new stage of life. Perhaps you have been married or in a relationship for a long time that has now ended and are ready to welcome something new and exciting. If you are changing jobs or moving from one place to a brand new location, work with Cypress. He helps you go with the flow, open yourself to new opportunities, as you let go of baggage, expectations and standards that you held onto in the past.



# Juniper Berry

Ajna (3rd Eye)

**MYSTICISM**

There is a great spiritual term referred to as 'the void'. Within the void, there is nothingness; nothing exists. At this point, all possibilities are present, waiting to take form. Juniper Berry takes you into this void. Come to a point of rest and stillness, better it be at night. In this state, await with no intention whatsoever and allow inspiration to come in due course. Juniper Berry summons wisdom from within you, from beyond you and through your dreams. He enhances prophecy, divination, rites of passage, shamanic journeying and connecting with other realms. Used at night, Juniper Berry induces vivid dreams and halts nightmares and night terrors. Let Juniper Berry help you commune with the deities and spirits of nature. For best results, Juniper Berry is at its most potent during Dark and New Moon period.



# Lavender

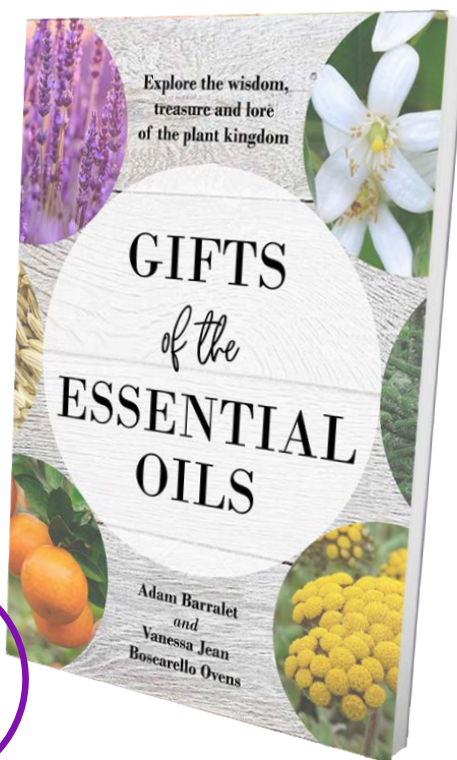
Sahasrara (Crown)

**ONENESS**

Lavender is the ideal oil if you are beginning to explore your spirituality or preparing to take your spiritual journey to the next level. She will raise your vibration, protecting you from harm and obstacles, as well as overcoming internal demons such as fear or doubt that may have held you back in the past. She also enhances your intuition, clairvoyance and psychic abilities. Lavender teaches that you grow spiritually not by doing more, but by doing less.

## Dive deep into the spiritual aspects of the plant kingdom!

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## Gifts of the Essential Oils

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## Connect with Vanessa Jean

