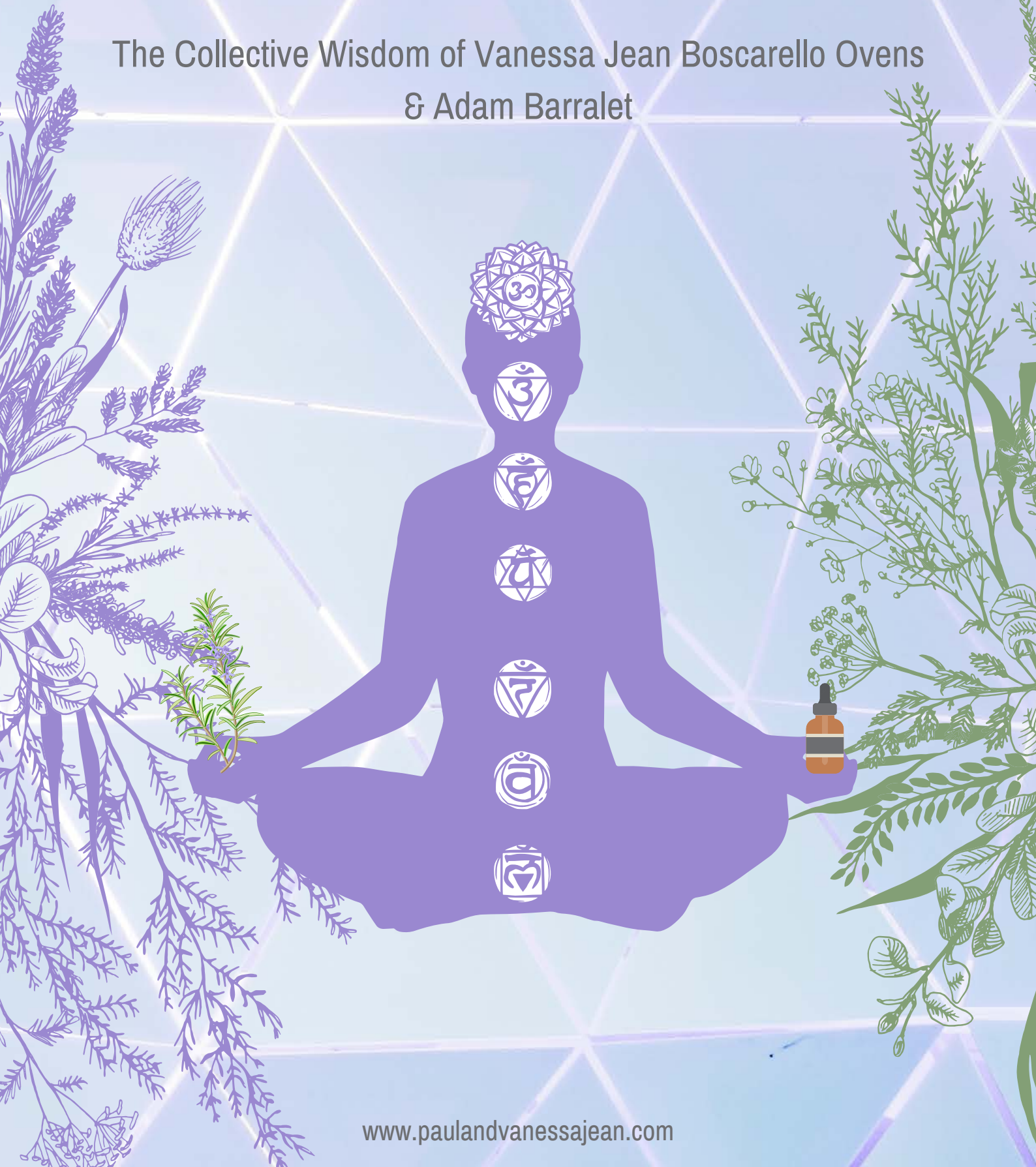


Chakras & Essential Oils

The Collective Wisdom of Vanessa Jean Boscarello Ovens
& Adam Barralet



Gifts of the Essential Oils

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

Available worldwide

<http://bit.ly/geoall>



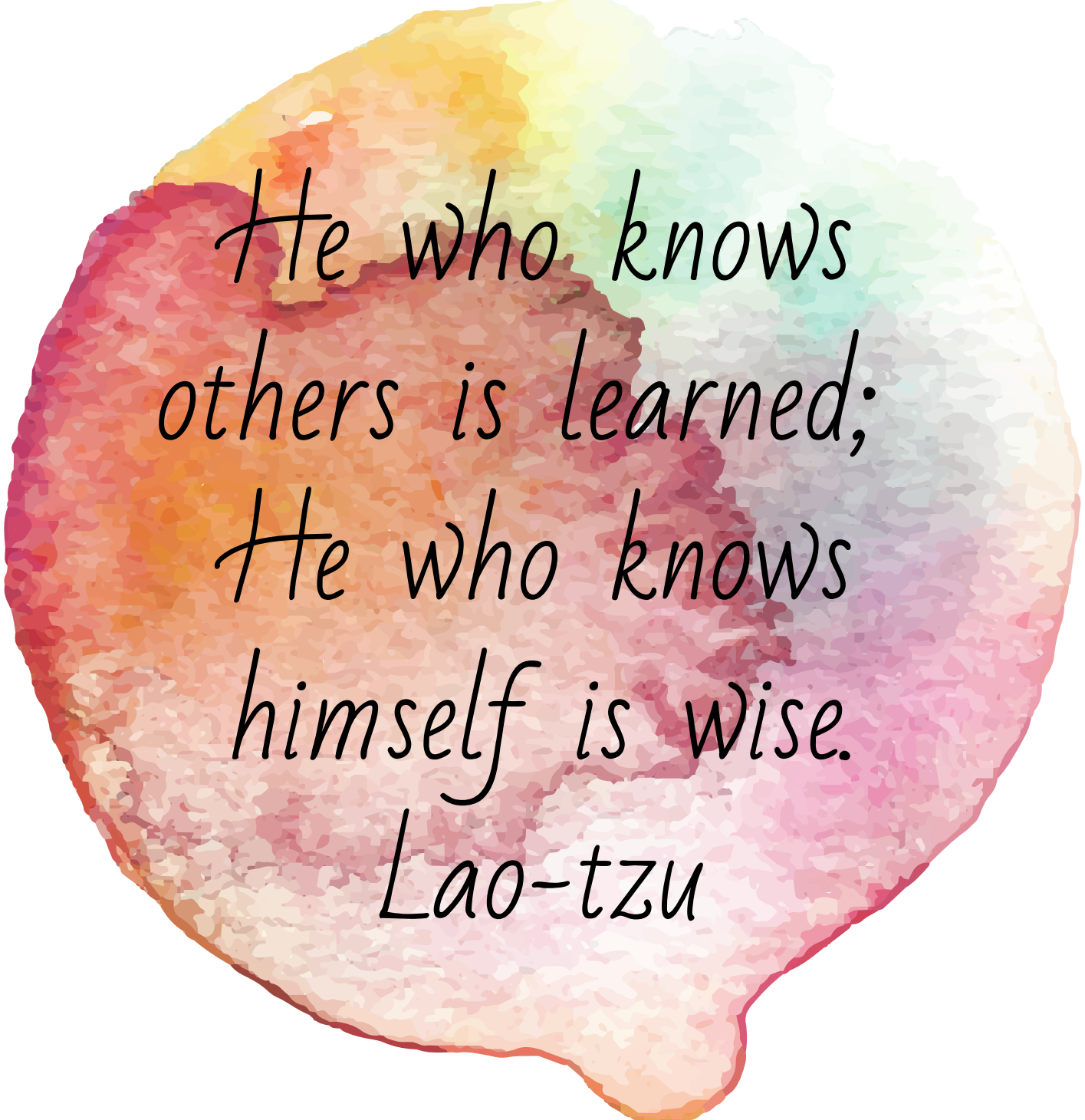


What are the Chakras?

- Energy centres
- Govern different organs, glands, and systems of your body
- Each chakra regulates various aspects of your life
- They can be underactive – requiring stimulation
- They can be overactive – requiring soothing
- They can be balanced and simply need nurturing

Identifying Chakras Imbalances

- Intuitively
- Kinesiology
- Pendulum
- Special photographic techniques
- Essential oils can soothe or stimulate
- Visualisation
- Deliberate conscious energy movement



He who knows
others is learned;

He who knows
himself is wise.

Lao-tzu



Incarnator Chakra

- Located 40cm below the feet
- Often seen as a black sphere with rainbow swirls or flecks
- Past life connections and ancestral roots, tribal stories, and ancient lore
- **Myrrh**
- **Patchouli**

Earth Star Chakra

- Located 30cm below feet
- Red-brownish
- Her magic is to assist you to connect with the collective consciousness of Gaia; you can deepen your relationship with all her children with this chakra. As you are more in harmony with this centre, you will notice more and feel more of what is needed for the wellbeing of the planet and our dear Mother Earth.
- **Spikenard**
- **Turmeric**
- **Vetiver**

Base Chakra

- Base of the spinal column
- Red
- The most instinctual and primal of the chakras
- Survival centre: fight-flight-freeze response is initiated here
- Has a huge role in governing your nervous system and adrenals
- Responsible for the connections you have with your body, environment, and the Earth
- Safety and the meeting of basic needs
- **Black Pepper**
- **Grapefruit**
- **Cedarwood**
- **Patchouli**
- **Vetiver**

Safety: Muladhara

Base Chakra - Underactive

- Apathy & lethargy
- Can be disorganised or unstructured
- May suffer from low mood states
- Daydreaming
- Delusions

Base Chakra - Overactive

- Constant aggressiveness
- Recklessness
- Overly impulsive

Base Chakra - Balanced

- Grounded
- Settled
- Able to adapt within
- Sense that you have all you need

Try

Vetiver + Cedarwood +
Black Pepper + Grapefruit

Lime + Patchouli + Vetiver



Sacral Chakra

- Just below the naval
- Orange
- Activations occur with sexual arousal
- Associations with the reproductive system
- Its key purpose is two-fold: creativity and pleasure
- **Wild Orange**
- **Tangerine**
- **Red and deep orange citrus oils**
- **Jasmine**
- **Whisper dōTERRA blend**
- **Cinnamon Bark**
- **Clary Sage** – to connect and restore wisdom and safety in your centre as a woman
- **Marjoram** – especially where there has been sexual violation
- **Ylang Ylang**

Sensuality: Svadhistana

Sacral Chakra - Underactive

- Deny yourself enjoyment
- Lack creativity
- Feel unmotivated to interact
- Low sex drive

Sacral Chakra - Overactive

- Drama queen or crisis junkie
- Unhealthy emotional attachments to people with poor boundaries
- Sexual addiction

Sacral Chakra - Balanced

- Sociable, connected, and ready to share with others
- Healthy sex drive

Jasmine + Cinnamon Bark +
Wild Orange

Try

Myrrh + Black Pepper +
Cinnamon Bark + Wild Orange

Solar Plexus Chakra

- Base of the sternum
- Yellow
- Your sense of it can shift when you experience shock or a fright
- Governs the digestive system
- Empowerment is ruled by this centre
- Confidence, friendliness, and sociability live here
- **Bergamot**
- **Lemon**
- **Lemongrass**
- **Yellow Mandarin**
- **Yuzu**
- Lean into food oils to aid digestive system also: **Fennel, Cardamom, Star Anise**

Power: Manipura

Solar Plexus Chakra - Underactive

- Distrust
- Neediness
- Low mood states - emotional numbness

Solar Plexus Chakra - Overactive

- Domineering
- Workaholic
- Irrational emotional or perfectionist behaviour

Solar Plexus Chakra - Balanced

- Radiant, friendly, and confident
- Emotional control
- Respect for planet and others
- Collaborate well with others

Try

Ginger + Grapefruit

Heart Chakra

- Centre of the chest
- Green and pink symbolises giving and receiving
- Governs cardiovascular and lymphatic system
- **Bergamot**
- **Geranium**
- **Green Mandarin**
- **Lime**
- **Palmarosa**
- **Pink Pepper**
- **Rose**
- **Cypress**
- **Eucalyptus**
- **Marjoram** and **Lavender** can also help soothe this chakra in times of imbalance

Love: Anahata



Heart Chakra - Underactive

- Feel unloved, unworthy, and unappreciated
- Have a hard time trusting others or accepting love
- Feel inferior
- Unwilling to take a risk in love

Heart Chakra - Overactive

- Give of yourself too much
- Wear your heart on your sleeve
- Greed
- A tendency to dominate or control loved ones especially with emotional blackmail
- Can be melodramatic or overly emotional with issues of the heart

Heart Chakra - Balanced

- Feel at ease with yourself and others in your life
- Form healthy relationships
- Comfortable on your own
- Generous and caring
- Grateful
- Compassionate to all things

Try

Rose + Green Mandarin + Palmarosa

Whisper Blend

Higher Heart Chakra

- Also known as the Thymus chakra
- Turquoise blue or rose pink
- Unconditional love, compassion, humility, service
- **Rose**
- **Rosalina**
- **Pink Pepper**
- **Magnolia**
- **Neroli**
- **Wintergreen**



Throat Chakra

- Centre of the throat
- Blue
- Respiratory system
- Self-expression
- Clear, honest communication, and understanding of others
- **Peppermint**
- **Spearmint**
- **Hawaiian Sandalwood**
- **Manuka**
- **Tea Tree**

Expression: Vishuddha



Throat Chakra - Underactive

- Lack the ability to communicate clearly
- Others may not understand you or misinterpret you
- Unreliable and inconsistent with people
- Difficulty telling the truth to self and others

Throat Chakra - Overactive

- Critical
- Swear
- Talk over people
- Over-opinionated
- Abusive

Throat Chakra - Balanced

- Embrace opportunities to hear others speak
- Happily share your ideas, thoughts, and feelings
- Able to express yourself and be understood by the world
- Speak with truth and integrity

Try

Lavender + Hawaiian Sandalwood
+ Spearmint

Zeal Chakra

- Located at the back of the neck, at the base of the skull (occipital region)
- Magenta
- Referred to as the “Mouth of God”
- Governs inspired expression and divine truth
- Enhances psychic abilities such as clairvoyance, astral travel, telepathy
- **Frankincense**
- **Copaiba**
- **Melissa**
- **Hawaiian Sandalwood**





Third Eye Chakra

- The centre of your brow line, slightly above juncture between the eyebrows
- Indigo
- Lower brain and pituitary gland
- Intellect, intuition and understanding of the world
- **Basil**
- **Blue Tansy**
- **Clary Sage**
- **Copaiba**
- **Juniper Berry**
- **Fennel**
- **Rosemary**
- **Star Anise**
- **Yarrow**

Mysticism: Ajna



Third Eye Chakra - Underactive

- Poor memory
- Lack of empathy or intuition
- Fail to notice or understand the spiritual side of life

Third Eye Chakra - Overactive

- Experience confusion, mental foggy, or information overload
- Nightmares
- Irrational mood states

Third Eye Chakra - Balanced

- Think clearly for self, don't need to rely on authority figures
- Strong intuition
- Have an accurate understanding what is happening in the world

Try

Copaiba + Juniper Berry + Siberian Fir

Crown Chakra

- Violet
- Governs connection with spirituality and life mission, soul mission, spiritual purpose for being here
- Higher brain and pineal gland
- **Arborvitae**
- **Copaiba**
- **Lavender**
- **Litsea**
- **Frankincense**
- **Helichrysum**
- **Melissa**
- **Rose**
- **Sandalwood**

Oneness: Sahasrara



Crown Chakra - Underactive

- Coordination difficulties & poor balance
- General lack of interest and exploration in spirituality

Crown Chakra - Overactive

- Feel disconnected from the physical world
- Struggle connecting with people
- Mental issues

Crown Chakra - Balanced

- In tune with the cycles of your body, nature, and the universe
- In alignment with your true self
- You know how to share your gifts and contribute to your community
- You are beautiful and see beauty in all things

Try

Litsea + Frankincense + Melissa

Soul Star Chakra

- Approximately a hand width above the head (15cm), and up to 60cm in some people
- Pearly white, shimmery
- Regulation of your connection with the Universe, the cosmos, and the light beings therein
- Angels, star beings, deities etc. – this centre facilitates that link
- This is the place of Oneness and connection
- **Jasmine**
- **Siberian Fir**
- **Melissa**
- **Magnolia**
- **Roman Chamomile**
- **Rose**
- **Star Anise**

Stellar Gateway Chakra

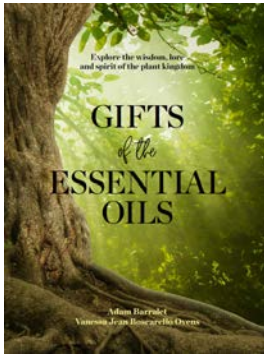
- Approximately 30cm above the head
- Golden or pure white, and is what will give the 'halo effect' around Masters and beings
- Governs a direct link between your soul and the Divine, ascension, illumination, interdimensional travel, and enlightenment
- The portal into other dimensions, a gateway to the star systems and the wise Star Beings willing to offer guidance and wisdom
- You can access greater knowledge, learnings, and the Akashic Records
- Oneness
- Strong and clear communication with the divine and light beings
- Activate with high vibration essential oils, sound, and meditation
- **Blue Lotus**
- **Black Spruce**
- **Helichrysum**
- **Jasmine**
- **Rose**
- **Blue Tansy**
- **Frankincense**

My Chakra Essential Oil Blends

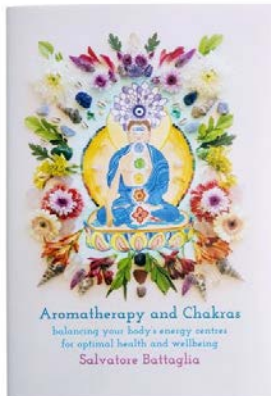


Resources

Click on image
to go to
resource



Gifts of the Essential Oils
by Adam Barralet &
Vanessa Jean Boscarello Ovens



Aromatherapy and Chakras
-by Salvatore Battaglia



Making a Nasal Inhaler
with Vanessa Jean




Using Intuition to Choose your
Essential Oils with Vanessa Jean



How to Test Your Chakras Using a
Pendulum with Adam Barralet



Diffusional (essential oil supplies)



Opening your wholesale doTERRA account

Hello my love,

As humanity stands on the cusp of greatness and revelation, navigating new ways to move forward, I would love to assist those of you who feel drawn to embracing essential oils in your life (and do not already have dōTERRA).

I am inviting you to walk this journey with me so I can help guide you into a world where essential oils and plant medicine play a lead role in your wellbeing.

Gaia, as our Great Mother, ushers us continuously in the direction of empowered choices where more of us say yes to plant based solutions. We are of Her, as are the plants, and so our cells greet these gifts of the Earth Mother as companions and allies to service our mental, emotional, and spiritual self.

With passion in my heart, I invite you to walk this path with me and bring your unique magic and majesty to the forefront of your life.

Book your free, personal consultation with me here.

[BOOK NOW](#)





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with the collective wisdom of
Vanessa Jean Boscarello Ovens and
Adam Barralet.

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