

## **Aromatherapy and Flower Essences - A Partnership for Chakra Balancing**

Essential oils and flower essences provide a healing partnership that works particularly well for chakra balancing. As both belong to the plant world, they have a special affinity with each other. Each modality of healing brings similar, but different qualities to the partnership. Combining both provides for a fuller spectrum of vibrations for strengthening, subduing or balancing the body's energy centers.

### **Essential Oils and Flower Essences Compared**

Essential oils are aromatic compounds that are carefully distilled from the tissue of plants. They are the hormones of the plants and the concentrated active ingredients of herbs. Each one has a distinct combination of chemical constituents that give the oil its characteristic fragrance, taste and physiological action on the body. They work on the subtle bodies and the physical body to stimulate and calm, alter mental states, boost the immune system, relieve pain and balance body functions.

Flower essences are simple infusions of fresh flowers in pure spring water. This infusion collects and transfers to us the subtle energy or life force of the flower. Flower essences have no aroma and they have no plant parts contained in them, similar to homeopathic remedies. It is the life force that acts as a catalyst to bring our energies back into balance with our energetic blueprint by vibrating at a frequency close to our own subtle energies.

Essential oils enter into our system through the skin and the olfactory system. The oils, absorbed by the skin, can reach our internal organs through the connective, lymphatic tissues and the circulatory system. Essential oils also gain access through the olfactory system or our sense of smell. Here the aromas trigger memories, emotions and regulate our hormonal activities.

Flower essences take a different pathway into our system. Flower essences are usually ingested instead of inhaled or applied topically, but work just as well with topical application. They first enter the blood stream en route to our energy meridians. From the meridians, the energies reach the chakras and various subtle bodies, re-balancing any vibrational imbalances that exist.

Essential oils are extracted from approximately two hundred different plants. Flower essences open the realm of healing energies from any flowering plant. Even when essential oils and flower essences are made from the same plant, their vibrational qualities are not identical, though they may overlap. Flower essences generally have higher vibrations than essential oils and work mainly on balancing our thoughts and emotions, with some benefits filtering down to the physical body. Essential oils, on the other hand, work generally on the physical level, but when used in very light concentration, affect the subtle bodies. This is known as subtle aromatherapy.

By combining the essential oils and flower essences, we can create a subtle energy synergy that has more profound benefits than the individual therapies. This synergy takes its healing properties from the vibrations of the plant's life energy. The aim of this synergy, as with other vibrational healing methods, is to gently nudge discordant and therefore diseased, cells back into their original vibrational pattern. Once harmony is restored to the subtle body, physical healing usually follows.

## **Using essential oils and flower essences for chakra balancing**

Before we discuss the subtle energies that the individual essential oils and flower essences bring to chakra balancing, we should discuss how to apply them.

Essential oils bring a more general balancing and healing energy to the chakras than flower essences. Flower essences can be directed at the root cause of the chakra imbalance. For example, one might choose to use the essential oil Inula to balance the heart chakra energy for a person who finds it difficult to experience or express love. Delving further into the issue reveals that the root cause is a fear of being deceived and therefore, this person distrusts others, making it difficult for him to feel or give love. This fear or distrust may indicate the use of the flower essence Holly to alleviate his fear and open up his heart chakra to the universal abundance of love. Combining the Holly and Inula would help restore balance and harmony to the heart chakra.

There are many ways to apply these "chakra synergies". The simplest is to place several drops on your body in the area of the related chakra. The synergy will work directly with the energy pattern of the chakra, balancing and opening or closing the energy center. Using affirmations, visualizations and meditation while using the synergy will help reinforce the effect of the synergy.

The synergies can also be used in massage. Using the synergies during massage will help catalyze the process of release and chakra opening that is appropriate for the individual. Here, one may want to create a synergy to balance all the chakras or work with a specific chakra or two. Creating a balancing synergy may require making an essential oil blend that includes an oil that resonates with each chakra or a "linking oil", such as Sandalwood or Frankincense that resonate with both the root chakra and the crown chakra. To this blend, add one to two drops of a chosen flower essence for each chakra (up to six drops per ounce of oil), or six drops of a linking essence such as Lady Slipper or Creeping Thistle. Use this balancing synergy for a full body massage to help reinforce the process of relaxation and release.

Alternately, a single chakra synergy could be used, during massage, on a part of the body that relates to that specific chakra. For example, use a root chakra synergy on the feet to encourage grounding or a navel chakra synergy to open creativity.

Chakra synergies can also be effectively used in a bath to help facilitate release and balance the chakras. Add no more than three drops of your chosen oils to an emulsifier (bath oil or salts, milk, liquid soap, etc.) and add to your bath. Add twenty drops of flower essences to the bath and stir in a figure eight motion to potentize the essences in the water. Relax for twenty to thirty minutes and allow the vibrational properties of the synergy to balance your chakras. Again, meditation and creative visualization can help reinforce the effects of the synergy.

The uses of these "chakra synergies" are only limited by your imagination. A drop can be placed in a treatment room to help introduce the healing vibrations to a therapy session and reinforce the verbal processing. They can be used to help open up blockages during a polarity treatment. Crystal healing can also be enhanced by applying the synergy to the crystals to amplify the vibrations.

Healing and balancing the chakras may take more than one application of the chakra synergy. Let intuition be the guide as to the frequency and duration of use.

The particular flower remedies chosen can be made into a personalized flower essence formula and continued as a complement to the synergy. The flower essences work subtly in our aura to re-pattern our energy system. These changes in consciousness generally manifest slowly. Therefore, the flower essence formula is an important part of releasing old patterns and replacing them with new ones.

To prepare a flower essence formula, add four drops of each of the selected remedies to a one ounce glass dropper bottle containing spring water and one-half teaspoon of brandy. Shake the bottle to keep the essences in a more energized state. Place four drops under your tongue or add to a glass of water, four times daily. Use this formula for 28 days to further facilitate the changes in consciousness.

### **The chakra system and corresponding essential oils and flower essences**

The chakras are the body's energy centers, each with its own pulse or vibration. In creating a healing synergy, we must find a blend of essential oils and flower essences that correlate to the vibration of the individual chakra to help it be open and clear, allowing energy to flow freely throughout the body.

#### **Root Chakra**

Let's begin with the first chakra, the base or root chakra. This energy center is associated with the basic, raw energy of life. The focus is physical survival and basic necessities. It is the point at which we are grounded or connected to Earth energies. This is also where we store our anxiety about our material existence, hidden fears and lack of drive. Use of essential oils and flower essences encourages the deep red energy flowing from the earth to flow upward through the body, bringing it strength and life force.

Signs of blockages in the root chakra include lack of energy or interest in life; inability to stay focused in the present, physical reality; and deep seated anger and fear.

Essential oils that resonate with the root chakra are generally those that are grounding, centering and strengthening. Myrrh, with its dark red-brown color, is energizing when the root chakra energy is depleted. Patchouli's earthy aroma exerts a strengthening and grounding effect on the root chakra. It helps to ground and integrate energy to keep us in touch with our physical selves. Vetiver is a calming and grounding oil for the root chakra. Sandalwood and Frankincense are excellent "linking oils" that resonate with both the root chakra and the crown chakra. Essential oil of Angelica, obtained from the root of the plant is very grounding and at the same time, opens us to angelic energies. Angelica is excellent to aid those who work in the spiritual realm to remain grounded and functioning in the human realm. The thick brown oil of Benzoin has a strong energizing effect on the root chakra. It is useful to increase one's physical strength and energy as well as calming, pacifying and useful for dispelling anger.

As many of the essential oils relating to the root chakra are grounding, so are the flower essences for the root chakra. Bach's Clematis is for the "space cadet" who feels floaty and dreamy. It helps to bring the individual back to the present. FES's

Mountain Pride helps to restore a clearer sense of one's connection with the Earth energies, and Rosemary helps those who tend toward overly discarnate state because they don't feel safe in their bodies.

The root chakra is also where we store our fear and anger. Bach has two remedies that are helpful for dealing with fear, Aspen and Mimulus. Aspen is for those who have fear and anxiety for no known reason, whereas, Mimulus is best for specified, known fears. Scarlet Monkeyflower from FES and Firethorn from Bailey Essences, help to release the root chakra emotions of fear and anger, releasing the life force that gets bottled up from long suppressed emotions.

### **Navel Chakra**

The navel chakra, also known as the sacral or sexual chakra, located slightly below the navel, is the center of our creative energies, with all their sexual and emotional aspects. This center is important as a channel of the physical, vitalizing energies that flow up from the root chakra.

A balanced flow of energy from the navel chakra allows us to channel our creativity into all aspects of our life. Too much or too little of this energy can result in sexual dysfunction as well as creative difficulties, such as writer's block.

Aphrodisiac oils are particularly receptive in the navel chakra, as they bring to us an understanding of love, both physical and Divine. With its deeply sensuous and warming aroma, Jasmine's message is that there is no separation between physical and Divine love. Rose, though it is the supreme oil for the heart chakra, has an equal affinity with the navel chakra. Rose helps us unite the human and Divine aspects of love. Rose also facilitates creativity in all the arts, or simply as a great love of beauty. Oil of Neroli, derived from the orange blossom helps us to connect with our higher self, bringing body and soul into union. Neroli is also thought to enhance creativity, especially with music and writing. The sweet, heady fragrance of Ylang Ylang imparts its healing properties to open the navel chakra to sensual and erotic experiences, whether sexual or creative.

Just as essential oils help us to understand love and intimacy as part of spirituality, so do the flower essences. Basil and Queen Anne's Lace from FES help to integrate spirituality and sexuality into a sacred wholeness. Sticky Monkeyflower and Pink Monkeyflower both from FES are welcome aids to balance the navel chakra. Sticky Monkeyflower is helpful where there is a fear of intimacy or of dealing with sexual energy that manifests as repressed or overly active sexuality. Pink Monkeyflower helps one to express feelings of love and intimacy. It helps overcome shame of one's sexual organs or fear of exposure for some past sexual behavior. These feelings are usually the result of some past sexual violation or abuse. Bach's Larch is an essence that is generally indicated for men who's feelings of sexual inadequacy or that they "can't measure up" to expectations of sexual performance result in impotence. Larch helps to balance the creative and procreative forces.

The navel chakra is also the center of our creativity. The flower essences can be useful in stimulating our creative centers. Some examples from FES are Hound's Tongue, Indian Paintbrush and Iris. Hound's Tongue allows one to combine thinking with imagination, encouraging creativity that employs both the right and left hemispheres of the brain. Indian Paintbrush helps by igniting the forces of physical vitality for higher creative work. Iris is helpful for those who are unable to feel

inspiration or lack creativity. It encourages perceptions of beauty, making everything feel alive and vibrant. Iris also opens us up to inspirations from the higher realms.

### **Solar Plexus Chakra**

It is through the solar plexus chakra, with its sun-yellow color, that we express our own identity and manifest the experience of Self. It is the source of our personal power and vitality. Third chakra concerns include self-confidence, self-image and overall attitude, self-power, ego and action.

The solar plexus is where we relate to the outer world and show information about ourselves and our attitudes. Shock and stressful events effect the solar plexus chakra more directly than the other chakras. Imbalances in the solar plexus chakra can result in depression, shyness, insecurity and inability to deal well with others as well as arrogance and self-absorption. Using essential oils and flower essences can help us to take responsibility for our attitudes and retain our power to determine how we are perceived by ourselves and others. Essential oils and flower essences are also useful in helping us to protect our power and vital force that are located in the solar plexus.

The essential oils that resonate with the solar plexus chakra are mainly "protector" oils. They include Vetivert, Juniper and Fennel. Vetivert is a protector and balancing oil, as seen with its affinity with the root chakra. However, its most important role within the chakra system is to act on the solar plexus chakra to protect from over-sensitivity. Applying Vetivert to the solar plexus chakra prevents one from becoming a "psychic sponge" and taking on other people's "junk". If you find that you were in an uncomfortable situation where you felt other's energies intruding on you, Juniper will help clear them. Fennel acts as a protector oil, similar to Vetivert. Rubbing Fennel oil over the solar plexus chakra can help when you feel the threat of "psychic attack".

It is through the solar plexus chakra that we are called to action. An imbalance in this chakra may result in a feeling of being "stuck". Black Pepper moves one into action at such times. It helps move blocks that prevent movement of energy between the chakras, especially the solar plexus and the heart.

Lavender, with both a calming and energizing action, has a strong affinity with the solar plexus chakra. Lavender's role in the solar plexus is to help calm extremes of emotion.

Flower essences that help balance our ego and manifest self-esteem, vibrate with our solar plexus chakra. Examples of these include Sunflower, Buttercup and Pretty Face from FES and Strawberry from Master's Flower Essences. Sunflower helps to balance distortions in one's ego, whether they mask their ego with self-effacement and low self-esteem or over-inflate the ego and come on too strong. Buttercup is for those who don't feel good enough. They undervalue themselves, their life style, their vocation, etc. Buttercup helps them to value their gifts and talents and appreciate their worth. Our internal image radiates through our solar plexus chakra. When one sees that internal image as ugly, Pretty Face can bring forward their inner beauty from their soul. For those who are self-blaming, feel unworthy and undeserving, with low self-esteem, Strawberry bring strength, poise and grace as well as self-worth.

Essences that work to protect our vital force would include both Pink Yarrow and White Yarrow and Pennyroyal. Pink Yarrow helps to protect the "psychic sponge" from absorbing the energies of those around them. White Yarrow helps us to develop our own inner light to protect from negative thoughts and environmental influences. Pennyroyal helps to expel negative psychic entities or forces that have become attached to our aura, similar to the action of Juniper oil.

### **Heart Chakra**

The fourth or heart chakra is concerned with the lessons of love. This may be love for another individual, love for ourselves or the unconditional love that connects us with the Universe. The heart chakra is the connecting point between the lower physical chakras and the upper mental and spiritual chakras. If energy does not flow freely through the heart, the link is incomplete and will result in imbalance somewhere in the energy system.

Use of essential oils and flower essences can stimulate the heart's opening to release our hurts and fears and to love ourselves and all others freely and fully.

There are a number of beautiful oils associated with the heart chakra. Rose, the essence of love, intensifies the loving energy of the heart chakra. It is also deeply healing when the chakra is closed through grief. Bergamont's green color suggest an affinity with the heart chakra. It's uplifting and calming effect assists in opening the chakra to experience the joy of love. When the chakra is already open, Bergamont helps the love energy to radiate out to others. The lesser known oil of Inula is excellent for those who find it difficult to experience love or to express it. It also strengthens the heart chakra and brings courage to those who are afraid to acknowledge their inner skills or gifts and allows them to exercise them to their fullest. Melissa helps to heal blockages between the solar plexus and heart chakras. It helps us to align our will with the Divine and expand our love toward acceptance of unconditional love. It is also helpful for those who are dying to bring acceptance and love as the time of death approaches. Jasmine helps the heart to act as the balance point between the upper and lower chakras.

Flower essences can help to open the heart chakra to unconditional love, as well as heal the wounds of the heart. Bleeding Heart from FES is useful for healing a broken heart. It is an excellent essence to use at times when you are ending a relationship or there is the separation or death of a loved one. Fireweed from the Alaskan Flower Essence Project works at easing a broken heart, clearing emotional wounds and coldness as well as other experiences that are recorded in the heart chakra by helping one to realize the abundance of love both within and without. Bach's Holly heals the vexations of the heart: jealousy, envy, hatred. It opens the heart to the universal abundance of love. Baby Blue Eyes and Angelica from FES help open the heart to the loving presence of the spiritual world. Yerba Santa from FES helps to release constrictions in the heart region, especially feelings of sadness.

### **Throat Chakra**

The focus of the fifth or throat chakra is expression and communication. The energies of the throat chakra are those we use to translate our truths and our thoughts into a form that is understood by others, whether through voice, writing or any other form of artistic expression.

When we hold back in our expression, fearing to say something unpleasant or not valuing our feelings and opinions, we block the throat chakra and shut it down. When this happens we can use essential oils and flower essences to keep open this link between our ideals and the world around us.

The beautiful blue color of the chamomiles suggests their association with the blue energy of the throat chakra. The deep blue of German Chamomile is strengthening and soothing. It should be used when there is a need for communicating the truth without anger or bitterness. The delicate, pale blue English Chamomile helps individuals to express their highest spiritual truths. On the opposite end of the color spectrum is the reddish-brown oil of Myrrh. Myrrh energizes the throat chakra and helps those who tend to keep quiet through fear or lack of confidence.

FES has several essences that resonate well with the throat chakra. Trumpet Vine adds vitality to speech and other forms of expression, especially when the expression is blocked or lacking force, while Cosmos allows for the expression of one's ideas clearly and easily. Violet, for the "shrinking violet", aids those who have a tendency to hold back in communication through shyness. Snapdragon frees one to speak out about negative emotions. It is also helpful for those whose overly aggressive energy manifests as verbal abuse or biting comments. Pennyroyal clears energy blockages in the throat chakra and corrects the inability to speak out one's own values and opinions.

### **Third Eye**

The brow chakra or the third eye is the seat of our intellect, understanding and intuition. This is where we understand our moral issues, learn the lessons to be learnt this life time and learn to trust the inner sense of "knowing". Using oils and essences can help us to recognize and activate our inner gifts.

Rosemary essential oil is particularly relevant to the third eye. In physical aromatherapy, it stimulates the brain and mental activity. On the subtle level, used with the proper intent, Rosemary helps us to connect with the higher levels of our mind and is helpful wherever there is a need for clarity. Helichrysum activates the right (intuitive) side of the brain, deepening intuition and facilitating access to our unconscious. This is valuable in meditation, visualizations and the creative arts. Clary Sage, referred to in ancient times as "Cleareye", strengthens the inner eye and helps us to "see" more clearly. It helps bring us more closely in touch with our dream time where we have more access to our intuitive. Clary Sage encourages vivid dreams and enhances dream recall. Throughout history, Cedarwood has been used as an incense to enhance spirituality. Used on a subtle level, Cedarwood helps us to cut through the mental chatter that clogs our minds and our intuition. Occasionally we have those that tend to be dreamy, detached or too immersed in their spiritual life. Thyme oil would be helpful for those that have difficulty switching back into everyday life. Thyme has the effect of closing down the psychic mind and activating the conscious, intellectual left brain.

The flower essence of Clary Sage from FES has much the same effect as the essential oil. It helps us to get in touch with our dreams, often encouraging vivid dreams and enhancing dream recall. It also strengthens the "inner eye" to help one "see" more clearly. Alaska Flower Essence Project's Alder brings a new level of lucidity to our seeing by helping us access information that exists beyond our normal

range of perception. It helps us experience a clarity of physical sight that is enriched with an increased level of knowing. Hawaii's Koa stimulates the third eye chakra, giving clarity of perceptions and increased psychic and clairvoyant abilities. Koa is similar to Pegasus's Green Rose that helps develop and enhance our psychic abilities. White Chestnut from Bach works similar to Cedarwood oil to still the mind and calm the mental chatter that blocks our intuitive processes.

## **Crown Chakra**

The crown chakra embodies our spirituality and connects us to the essence of the Universe. It is the source of our soul input and brings integration to all the other chakra energies, stimulating our spiritual growth and development.

There are many essential oils that resonate with the crown chakra. Several of them also resonate with other chakras as well, reflecting that all the chakras are united through the crown chakra. Rosewood, also a root chakra oil, is particularly associated with the crown chakra. When used on the subtle level with intent, Rosewood facilitates the opening of the crown chakra allowing light to radiate out as well as acceptance of Divine light into the Self. Lavender acts as balancer for all the chakras, but has its strongest affinity with the crown chakra. Its calming and relaxing qualities help in reaching deeper states of meditation and trance for channeling. Both Sandalwood and Frankincense are excellent meditation oils as they open the crown and help us to connect to the Divine energy. Jasmine and Rose are connected with the navel chakra, heart chakra and crown chakra, symbolizing the spirituality of sexuality.

The flower essence of Sandalwood from Hawaii energizes the crown chakra, enhancing our awareness of bliss. It also deepens our receptivity to aromatherapy oils and sensitivity to aromas. Star Tulip from FES softens our resistance to the spiritual realm. It increases our ability to feel our soul's communion with the higher spiritual forces. FES's Mugwort increases our awareness and sensitivity to threshold experiences, especially dreams. Lotus (FES) is particularly indicated for imbalances in the crown chakra. It acts as an excellent, all-purpose remedy for enhancing and harmonizing the higher consciousness. For those interested in connecting with their spiritual guides, Forget-Me-Not from FES is a useful essence. For those nearing the end of their path in this life cycle, the essences of Angel's Trumpet and Rock Rose from FES help us to experience death as a genuine spiritual experience or spiritual initiation.

## **Conclusion**

The essential oils and flower essences suggested here are only a few of the many oils and essences that resonate with individual chakras. Through the use of intuitive process and experimentation you can determine which oils and essences are best for you or your client on an individual basis. By creating these "chakra synergies" to balance the chakras, we can increase our well-being and enrich our lives.

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