

Chakra healing

Michelle Marie McGrath shows you how to use essential oils to unblock and rebalance these 'spinning wheels' of energy in your body.

THE power of aroma has been harnessed for sacred rites since ancient times. Aromatherapy can change mood, feelings, and influence our psyche. Each essential oil contains naturally occurring constituents which enhance mind, body and spirit in multiple ways. They are 'plant messengers', rather like the hormonal system of the physical body: when our sense of smell is activated, the limbic system - that is the part of the brain linked to memory and emotions - becomes engaged.

Chakras are traditionally depicted as lotus flowers, each resonating at different frequencies and corresponding to the different colours of the rainbow.

The famous trance channel Edgar Cayce (1877-1945) often spoke about how aroma influences perception and how it can shift our consciousness into different states. Therefore, aromatic meditation is an effective way to calm the mind and body and bring awareness to the present moment. A powerful practice is to engage the seven chakras of our subtle anatomy system. The word 'chakra' means 'wheel' and conveys the sense of flowing movement of our vital life force. Each chakra is connected to a specific element, sound, colour, vibration, body parts, emotions, and life experiences. When we combine these resources and tools, the results are extremely powerful.

Experiment with one or more essential oils corresponding with each of the main chakras. Use 6-8 drops of oil in your base oil of choice. Do not apply neat essential oils to skin as this can cause sensitisation. Explore with an open

mind and heart and observe how you feel with different aromas.

Frankincense (Crown chakra)

Long recognised as precious and traditionally used in worldwide religious ceremonies, it calms the mind, deepens the breath, dispels anxiety and opens our conscious awareness to connect with the Divine. The name means 'free smoke', and it epitomises the energy of transformation and liberation; it is also helpful with past-life work. **Combine with:** Grapefruit and neroli.

Clary sage (Brow chakra)

Traditionally used as a remedy for eye problems, this assists with dream recall, understanding the unconscious mind, psychic development, and strengthening intuition. The word clary comes from 'clear eye' and it was used as a sacred herb by the Romans. It allows us to open our mind, while remaining grounded in the physical. **Combine with:** Lavender and bay.

German chamomile (Throat chakra)

This is wonderful for helping us communicate our truth, by promoting acceptance and the ability to let go of control and judgement. As it has a cooling quality, it can help to take the sting out of words that could be perceived as inflammatory - a smart choice for challenging conversations or meetings. **Combine with:** Peppermint and lemon.

Lavender (Heart chakra)

This oil imbues the comforting reassurance of a loving grandmother. A compassionate equaliser, it relaxes and relieves tension, and encourages calm composure. The name comes from the Latin lavare, meaning 'to wash', and it is ideal for cleansing, purifying, and releasing negativity. If you only ever work with one oil, let it be lavender. **Combine with:** Rose and sandalwood.

Bergamot (Solar plexus chakra)

Joy and sunshine captured in a bottle! Bergamot encourages seeing the positive, and provides a youthful burst of energy and overall sense of wellbeing and abundance. This oil assists in seeing the silver lining in any challenging situation and reminds us to focus our energy on what we want to create. **Combine with:** Lime and juniper.

Geranium (Sacral chakra)

The key words for geranium are balance and flow. It is one of the most supportive oils for women, promoting harmony, encouraging loving

cooperation in relationships and opening up to deeper levels of receptivity. It has a nurturing energy and is ideal to use for anxiety or stress. **Combine with:** Mandarin and jasmine.

Vetiver (Base chakra)

Grounding, supportive, and protective, vetiver strengthens our connection to the physical body. Its earthy aroma evokes a deepening of our roots to Mother Earth. A stabilising influence, it lets us be more present, amplifying our ability to deal with people and be clear about our place in the world. **Combine with:** Cedarwood and patchouli. ✨

How to use

Anointing oil: Create a special chakra-balancing blend to use in your meditation practice; this represents a blessing and acknowledgement of the Divine within us, and in everything.

Inhalation: Sprinkle a few drops of an oil or blend onto a tissue, and tuck it into your bra or in a pocket, close enough for you to smell the scent.

Diffuser or burner: Choose an oil or blend, depending on your meditation focus, and use to cleanse the space, physically and energetically, before meditation. Cleansing oils for releasing stagnation are lemon, grapefruit, and juniper - try in combination or singly, and see how you feel.

Auric and room spray: Fill a 100ml glass atomiser bottle with filtered or floral water, and add 30 drops of your oil blend. Centre yourself, shake atomiser, and mist your space before closing your eyes to focus on your meditation.

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