



Chakra Set - Flower & Gem Essences for Chakra Balance

The Chakra Set includes a collection of flower and gem essences that align and balance the energies in the human chakra system. Use the essences singly or in combinations to create harmony and flow both within and through these energy centers.

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Chakra 1 : Root - Corresponds to the earth element; supports feelings of safety and grounding; enhances ease, relaxation and independence; provides reinforcements against fear; cools the system and energetically supports mineral absorption; energetic resonance with adrenals, legs and feet; contains Comfrey, Garnet, Red Cedar

Chakra 2 : Sacral - Corresponds to the water element; supports emotional balance and healthy relationships; enhances sexuality and intimacy; strengthens self-esteem and feelings of worthiness; energetic resonance with the pelvis, sexual organs, thighs, joints and kidneys; contains Casa Blanca Lily, Lady's Mantle, Orange Calcite

Chakra 3 : Solar Plexus - Corresponds to the fire element; supports the will forces; develops the identity and a sense of confidence and independence; enhances logical thinking and planning; reinforces drive, competition and mobility; provides energetic support for digestion; energetic resonance with the solar plexus, stomach, arms, hands, left brain, kidneys; contains Citrine, Loosestrife, Sunflower

Chakra 4 : Heart - Supports love, compassion, forgiveness and empathy; an essence for friendship, dedication, devotion; brings happiness to the heart; energetic resonance with the heart, arteries, valves; contains Bloodroot, Emerald, Ruby, Wild Rose

Chakra 5 : Throat - Supports self-expression, truth-telling, authenticity and sincerity; enhances communication; energetic resonance with the throat, thyroid, mouth and jaw; contains Celandine, Lapis, Lobelia

Chakra 6 : Brow - Supports insight, intuition and clairvoyance; enhances communication with guides and ancestors; for mediumship and inspiration; energetic

resonance with eyes, ears, pituitary, all organs; contains Gold, Golden Amaranthus, Redwood

Chakra 7 : Crown - Supports extra-dimensional experiences, visions, astral travel, bi-location, ET communication and lucid dreaming; energetic resonance with pineal, all organs; contains Purple Lotus, Quartz, Sapphire

Chakra Alignment - Creates a rhythmic synchronicity in the movement of the chakra system; helps to realign chakras with the pumping of the core channel and the pulse of the earth; contains Echinacea flowers in moonlight

Delta Gardens makes no claims that essences can alleviate or heal any disease or condition. Essences should not be used as a substitute for professional medical evaluation and care. For more information about the Chakra Set, contact us at: info@deltagardens.com / 603.601.6929.

Visit us online and order our essences at: deltagardens.com
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