



## How to Use the Delta Gardens Chakra Set

The Delta Gardens Chakra Set is designed to create positive changes in your energy body. Each essence in this collection is configured to generate a higher frequency of energy and movement through your chakra system. When you start taking an essence, you may notice a short period of lowered energy or a surfacing of old physical, mental or emotional issues, as blocks in each chakra begin to shift and move. The process of releasing old material (pain or trauma) is an essential part of expanding your consciousness and each chakra's potential to hold a greater range and fullness of energy.



There are several ways to use this set. Some are very simple, and others involve some skill at testing using dowsing or kinesiology.

Method # 1. Use the essence for a chakra that might be related to a weakness in the body, mind or emotions. Use the following guide for essence selection.

Chakra 1 - Feet, legs, lower pelvis, adrenals, immune system, tissue strength, mineral absorption, bones, colon, sexual organs (men), tailbone  
Feeling grounded, safe, secure

Chakra 2 - Pelvis, blood viscosity, joints, bone flexibility, bodily fluids, kidneys, bladder, sexual organs (women), small intestine, upper pelvis, lower spine  
Feeling connected, communicating well, self-worth

Chakra 3 - Stomach, liver, gallbladder, pancreas, digestion, mid spine  
Mental clarity, decision-making, confidence, will forces, warmth, energy

Chakra 4 - Heart, valves, arteries, lungs, thymus, shoulders, circulation, upper spine  
Forgiveness, love, compassion

Chakra 5 - Throat, lower jaw and teeth, gums, thyroid, neck  
Speech, truth, expression, singing

Chakra 6 - Eyes, head, upper jaw and teeth, ears, sinus, pituitary, parts of the brain, lymphatics, endocrine system  
Insight, creativity, happiness, clairvoyance

Chakra 7 - Pineal gland, top of the head  
Opening to higher self, wisdom, surrender of personal will, divine partnership

Method # 2. Starting with chakra 1, take the essence that corresponds to each chakra. Spend at least one week on each energy center and record your experiences related to the signature of every chakra. For instance, when taking chakra 1, examine your sense of safety, your anxiety level, your ease and ability to feel comfortable. Anticipate shifts and changes over the week. You may experience a period of releasing lower frequencies of the past followed by a sense of uplift and increased energy.

Method # 3. For intuitive people. Choose an essence each day that feels right for you. Take that essence for as many days as feels right. Try selecting two at once or even three to take at the same time.

Method # 4. Use dowsing or kinesiology to select essences. Have a personal issue in mind when you do your testing. Test for how long to take this essence and how long to wait before you select another. Do not be surprised if you are working on an issue related to a specific chakra, and essences for other chakras come up. Often, change in one chakra influences others.

Method #5. Use the chakra set in conjunction with other modalities. For instance, use chakra 5 if you are doing dental work. Use chakra 2 if you are involved in couples counseling. Use chakra 7 if you are doing spiritual work of any kind. We do not recommend using any of the essences in tandem with drugs or strong medications.

Method # 6. Use the essences in groups that are focusing on specific issues. For instance, if you are forming a new group, use chakra 2 to improve communication. If you are in a singing group, use chakra 5 to develop harmonious tones.

Method # 7. Use Chakra Alignment as a regular balancer by taking 3-7 drops daily. You can also lie down once a day and hold the essence over each chakra for a few minutes. Usually 2-5 minutes is sufficient. If you feel stronger sensations or activity in a particular chakra, hold the essence there a little longer.