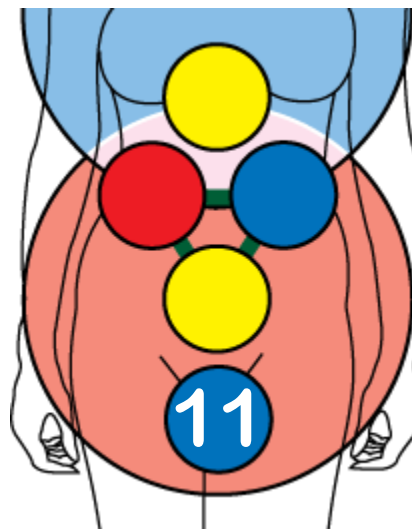


Aromatherapy for the 12 Energy Centers



Root Center Affirmations

- fully experience and enjoy my sexuality.
- I am happy that I am a man (or a woman).
- I am safe and protected.
- I have a place in this world.
- I sense my connection to the earth and feel grounded.
- My father and other men love and protect me unconditionally.



Root Essential Oils

- Cinnamon
- Clove
- Cypress
- Frankincense
- *Myrrh*
- *Patchouli* (pictured)
- Sandalwood
- *Vetiver*
- Ylang Ylang



Vetiver

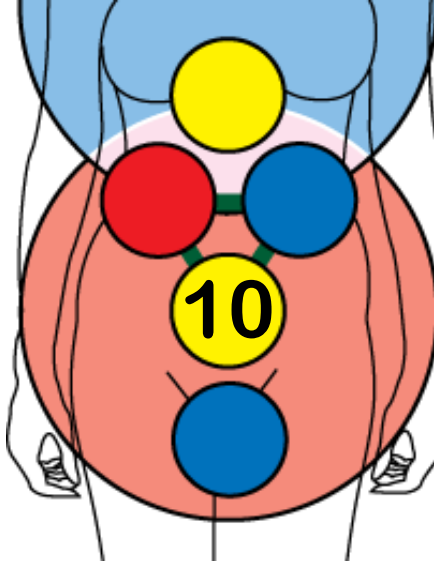
- **Fragrance:** Musky, woody, earthy, sweet
- **Energetic –** Sultry to Narcotic
- **Energy Centers:** 0, 7, 11
- **Emotional Uses:**
 - Promotes tranquility
 - Reduces stress
 - Helps people who are out of touch with their body and the earth
 - Reduces stress, anxiety and depression
 - Helps one feel peaceful when tired or exhausted
 - Balances and calms sexual energy



Photo from Wikipedia Commons

Navel Center Affirmations

- I have everything I need to sustain my life.
- My body receives all the nourishment it needs to be healthy.
- I have all the money and financial prosperity I need.
- I have all the love and nurturing I need from others.
- I am comfortable allowing other people to nurture me.
- My mother (and other women in my life) love and nurture me unconditionally.



Navel Essential Oils

- Amber
- *Anise*
- Clary Sage
- Clove
- Coconut
- Fennel (pictured)
- *Jasmine*
- Gardenia
- Honeysuckle
- Patchouli
- Pink Grapefruit
- *Rose*



Anise

- **Fragrance:** Sweet (licorice-like), earthy
- **Energetic:** Narcotic, calming
- **Energy Centers:** 8, 10
- **Emotional Uses:**
 - Helpful for people who tend to be introverted, withdrawn and melancholic
 - Opens one to sweetness and pleasure, overcoming bitterness

Jasmine

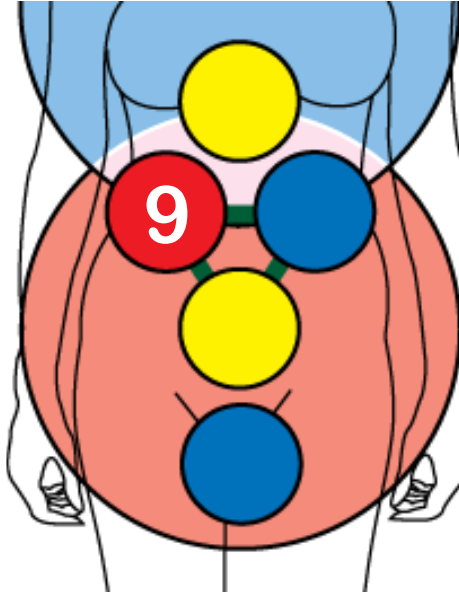
- **Fragrance:** Sweet, fresh, floral
- **Energetic:** Calming to Ethereal
- **Energy Centers:** 5, 8, 10
- **Emotional Uses:**
 - Slightly heady, exotic scent
 - Aphrodisiac, sensual, may boost sexual attractiveness
 - Soothing, comforting, uplifting, relaxing
 - Aids confidence
 - Relieves repressed, “postnasal” sadness and anger associated with repressed grief

Photo from Wikipedia



Liver Center Affirmations

- I am able to recognize and accept my own anger.
- I am forgiving of everyone who has wronged me in my life.
- I am free of grudges, hatred and bitterness.
- I am able to overcome obstacles in my life.
- I am able to defend myself when people try to hurt me.
- I am free of resentment towards everyone.



Liver Essential Oils

- Atlas Cedarwood
- Black Pepper
- Cinnamon
- Clove
- *Helicrysum*
- Oregano
- *Tea Tree* (pictured)

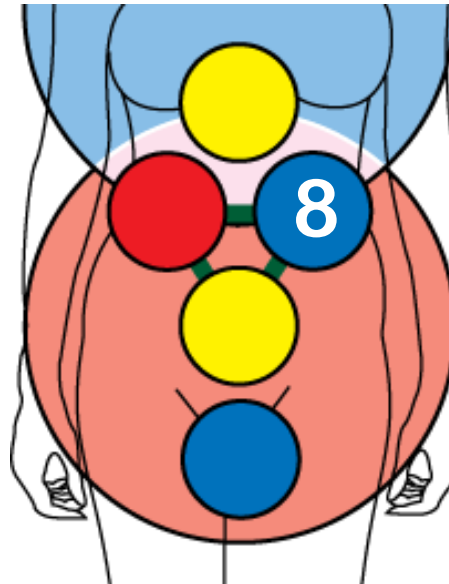


Black Pepper

- **Fragrance:** Spicy, slightly woody
- **Energetic:** Stimulating
- **Energy Centers:** 3, 6, 9
- **Emotional Uses:**
 - Warming
 - Supports self control and emotional detachment

Pancreatic Center Affirmations

- I live in a beautiful world, filled with joy and wonder.
- I play and have a good time whenever I want to.
- I enjoy tastes, colors, sounds and textures.
- I have a good sense of humor.
- I am free to smile and laugh whenever I feel like it.
- It is alright for me to experience pleasure in my body.



Pancreas Essential Oils

- *Anise*
- *Coconut*
- Fennel
- *Gardinia*
- Geranium
- Helichrysum
- *Honeysuckle*
- Jasmine
- Lily of the Valley
- *Mandarin* (pictured)
- *Orange* (Sweet)
- Pink Grapefruit,
- Rose



Honeysuckle

- *Fragrance:* Sweet, floral.
- *Energetics:* Calming
- *Energy Centers:* 8, 10
- *Emotional Uses:*
 - Helps nostalgic people who live in the past to find joy and happiness in the presence
 - Opens the senses and the feelings



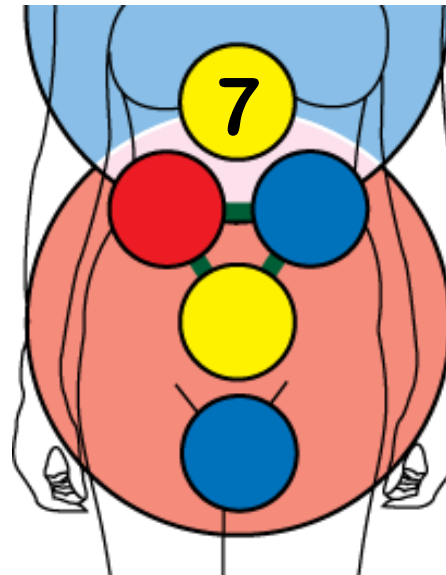
Coconut

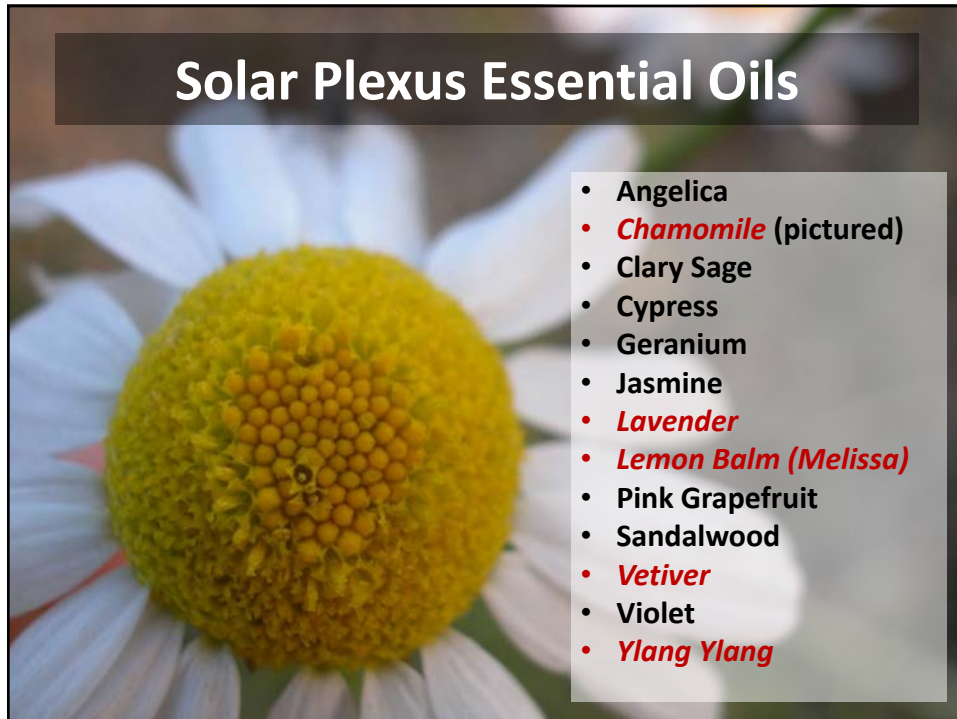
- **Fragrance:** Sweet, earthy
- **Energetic –Calming**
- **Energy Centers:** 4, 8, 10
- **Emotional Uses:**
 - Helps awaken the playful, childlike side of our nature
 - Helps people not take themselves too seriously
 - Aids communication
 - Reduces feelings of bitterness and heaviness
 - Helps access pleasant childhood feelings and memories
- **Note:** fixed oil, not essential oil



Solar Plexus Center Affirmations

- I have inner peace.
- I adapt well to stressful situations.
- I deal constructively with stress in my life.
- I recognize my fears and deal with them constructively.
- I am centered.
- I have balance and harmony in my life.






Solar Plexus Essential Oils

- Angelica
- **Chamomile** (pictured)
- Clary Sage
- Cypress
- Geranium
- Jasmine
- **Lavender**
- **Lemon Balm (Melissa)**
- Pink Grapefruit
- Sandalwood
- **Vetiver**
- Violet
- **Ylang Ylang**

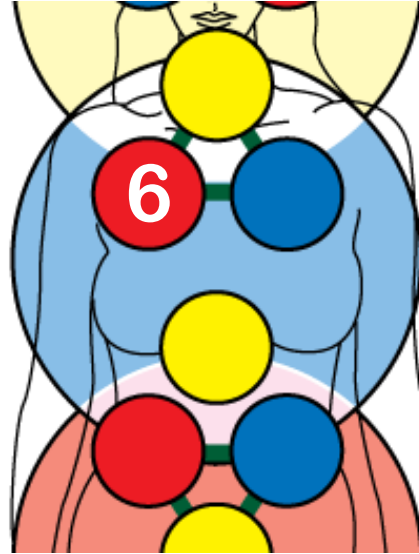
Violet

- **Fragrance:** Fresh, floral, herbaceous.
- **Energetics:** Ethereal, refreshing
- **Energy Centers:** 4, 5, 6, 7
- **Emotional Uses:**
 - Enhances courage and self-worth
 - Overcomes shyness and excessive sensitivity
 - Centering and balancing
 - Aids sleep



Thymus Center Affirmations

- I have forgiven myself for the mistakes I have made in my life.
- I am a person of infinite worth.
- I am orderly and organized.
- I recognize and respect other people's boundaries.
- I set appropriate social boundaries with others.
- I can protect myself when other people violate my boundaries.



Thymus Center Oils



- Atlas Cedarwood
- Bergamot
- Black Pepper
- Cinnamon
- *Eucalyptus*
- *Frankincense*
- Juniper
- Lemon
- Marjoram
- *Myrrh* (pictured)
- *Oregano*
- *Pine*
- Rosemary
- Tea Tree
- Thyme

Juniper

- ***Fragrance:*** Fresh, vaporous, slightly balsamic and woody
- ***Energetics:*** Stimulating to Invigorating
- ***Energy Centers:*** 0, 1, 6
 - Warming
 - Spiritually purifying
 - Helps people absorbed in their own thoughts to let go of worry and unpleasant memories
 - Aids spiritual direction and focus, while staying grounded



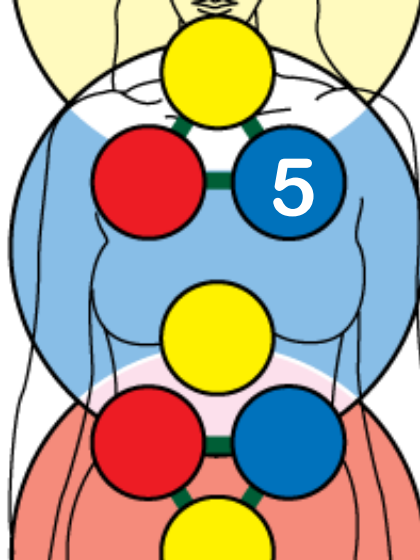
Oregano

- ***Fragrance:*** Camphorous, herbaceous, woody undertone
- ***Energetic:*** Invigorating to Stimulating
- ***Energy Centers:*** 3, 6, 9
- ***Emotional Uses:***
 - Mood elevating
 - Overcomes mental fatigue, promotes clarity of thought
 - Helps calm the overly emotional promoting calm, rational thought



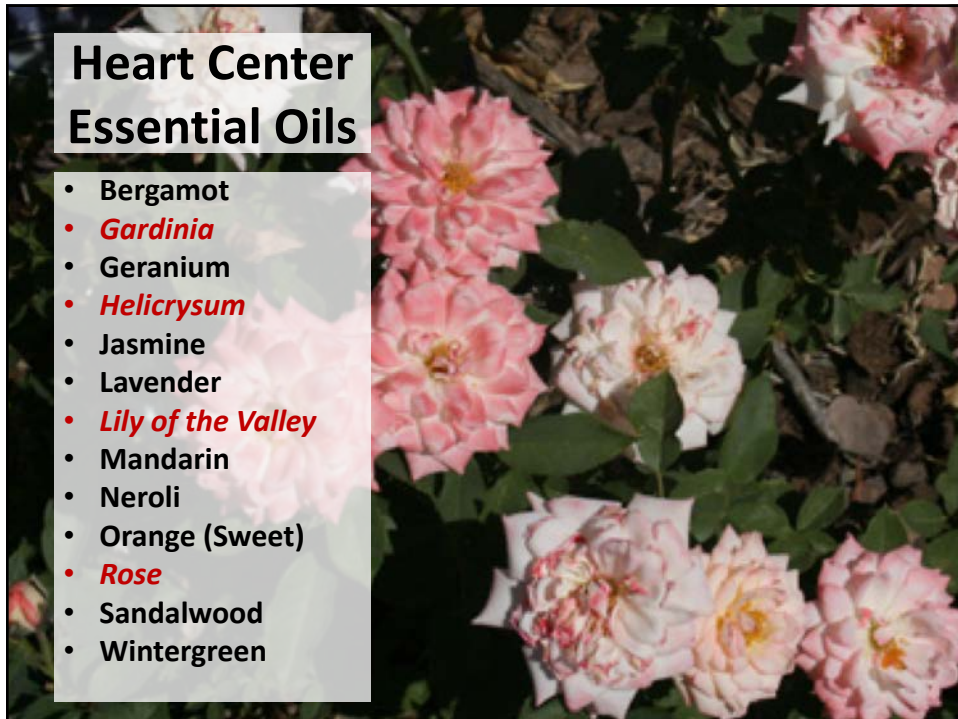
Heart Center Affirmations

- I have loving feelings towards other people.
- I am able to receive love from other people.
- I have friends or family members who I can trust.
- I receive all the love I need from other people.
- I am able to cry and grieve when I need to.
- I have “let go” of all that I have lost in my life.



Heart Center Essential Oils

- Bergamot
- *Gardinia*
- Geranium
- *Helicrysum*
- Jasmine
- Lavender
- *Lily of the Valley*
- Mandarin
- Neroli
- Orange (Sweet)
- *Rose*
- Sandalwood
- Wintergreen



Lily of the Valley

- **Fragrance:** Floral, subtly sweet
- **Energetic –** Narcotic to Calming
- **Energy Centers:** 5, 8
- **Emotional Uses:**
 - Comforts and opens the heart
 - Helps deep-seated pain and grief
 - Enhances happiness and joy in people who have been hardened by life
 - Helps heart disease from emotional pain
 - Helps recall pleasant memories from the past, especially from childhood
 - Excellent fragrance for the elderly
 - Brings a youthful, light energy to the heart
- **Note:** perfume oil, not an essential oil.



Gardenia

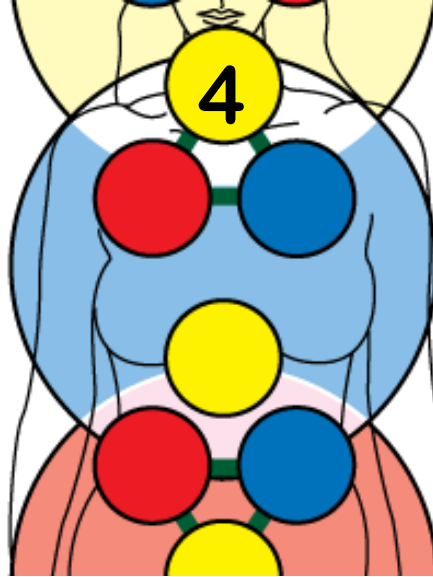
- **Fragrance:** Floral, sweet
- **Energetic –** Calming to Etherial
- **Energy Centers:** 5, 8, 10
- **Emotional Uses:**
 - Creates an air of mystery and romantic longing
 - Aphrodisiac
 - Feminine, tender and loving



By Queerbubbles (Own work) [CC BY-SA 3.0
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Throat Center Affirmations

- I am able to express what I think clearly.
- I am able to express my feelings clearly.
- I am aware where I am at in my life and where I am going.
- I am able to reconcile my feelings and my logic.
- I can speak freely.



Throat Center Essential Oils

- *Chamomile*
- Coconut
- Fennel
- *Lemon Balm (Melissa)*
- Peppermint/Spearmint
- **Pine** (pictured)
- Ylang Ylang



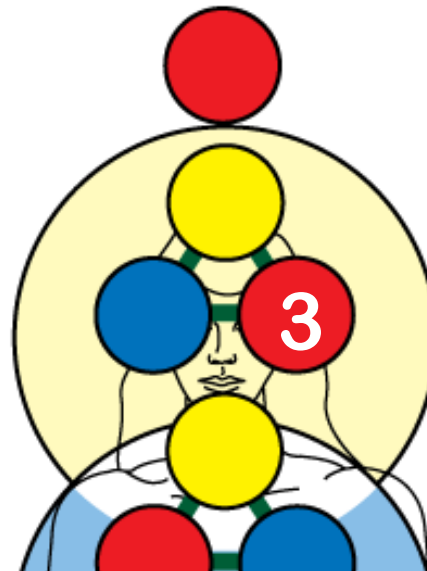
Fennel

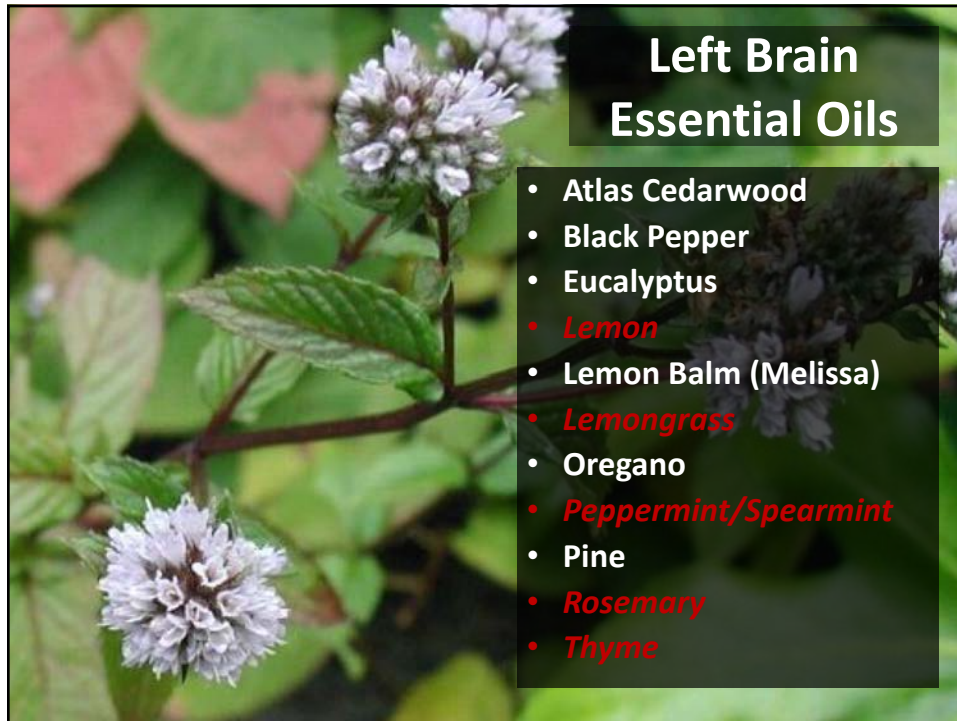
- **Fragrance:** Sweet, slightly earthy
- **Energetic:** Calming, Grounding
- **Energy Centers:** 4, 8, 10
- *Emotional Uses*
- Aids those who over-think and over-analyze things
- Helps those who rush to and fro to focus thought and action
- Helps one communicate thoughts and feelings and transform them into grounded action



Left Brain Center Affirmations

- I am intelligent and can learn whatever I want to learn.
- I am able to perceive and work with parts and details.
- I love and appreciate science and mathematics.
- I am logical and reasonable.
- I am good with language and words.





Lemon Balm (Melissa)

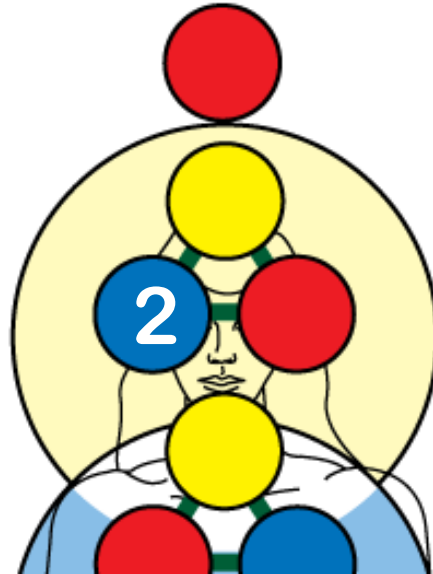
- **Fragrance:** Fresh, sharp citrus (lemon-like), slightly herbaceous
- **Energetic – Ethereal to Invigorating**
- **Energy Centers:** 3, 4, 7
- **Emotional Uses:**
 - Eases sadness and depression, “heavy-heartedness”
 - Uplifting and energizing, but also calming and soothing
 - Emotionally balancing

Photo by Stephen Foster



Right Brain Center Affirmations

- I am wise.
- I am creative.
- I am artistic.
- I am open to new ideas.
- I love and appreciate art, music and literature.



Right Brain Essential Oils

- *Jasmine* (pictured)
- *Lavender*
- Mandarin
- *Neroli*
- *Orange (Sweet)*
- Peppermint/Spearmint
- Rose
- Rosemary
- Wintergreen



Neroli

- **Fragrance:** Fresh, floral
- **Energetics:** Calming to Ethereal
- **Energy Centers:** 2, 5
- **Emotional Uses:**
 - Calming, sedative with antidepressant effects
 - Calms the heart
 - Reduces agitation and restlessness
 - Purifying, helps us connect with spiritual forces and creativity



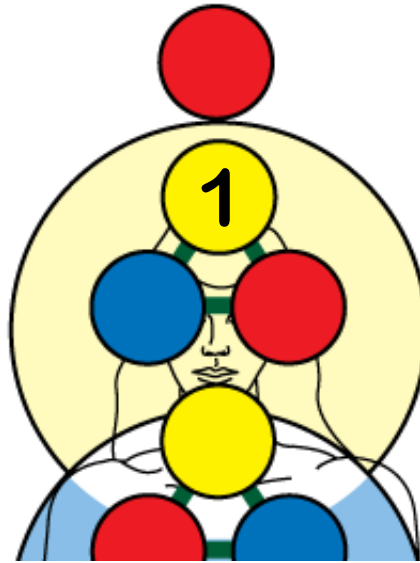
Lilac

- **Fragrance:** Floral, sweet
- **Energetic** – Calming to Ethereal
- **Energy Centers:** 2, 5, 8
- **Emotional Uses:**
 - Reminds a person of spring (youth)
 - Uplifting, light and refreshing
 - Gives a light-hearted feeling



Third Eye Center Affirmations

- I see life clearly.
- I see other people clearly.
- I can see the difference between light and darkness for myself.
- I receive all the inspiration I need to help me with my life.
- I recognize and utilize my spiritual gifts.



Third Eye Essential Oils

- Angelica
- **Amber**
- Juniper
- Lavender
- Lemongrass
- Marjoram
- **Myrrh**
- **Peppermint/ Spearmint**
- Pine
- **Rosemary** (pictured)
- Wintergreen



Amber

- **Fragrance:** Resinous, earthy
- **Energetic:** Grounding
- **Energy Centers:** 1, 10
- **Emotional Uses:**
 - Aids insight and awareness
 - Placed over the third eye, amber helps open a person's awareness
 - It helps them see clearly what is going on in their life
 - This is a good remedy for people who are deliberately blinding themselves to what is happening in their life
- **Note:** resin, not essential oil

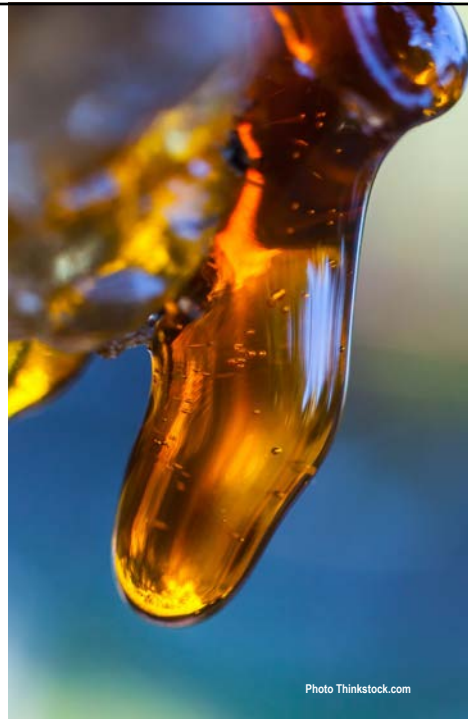
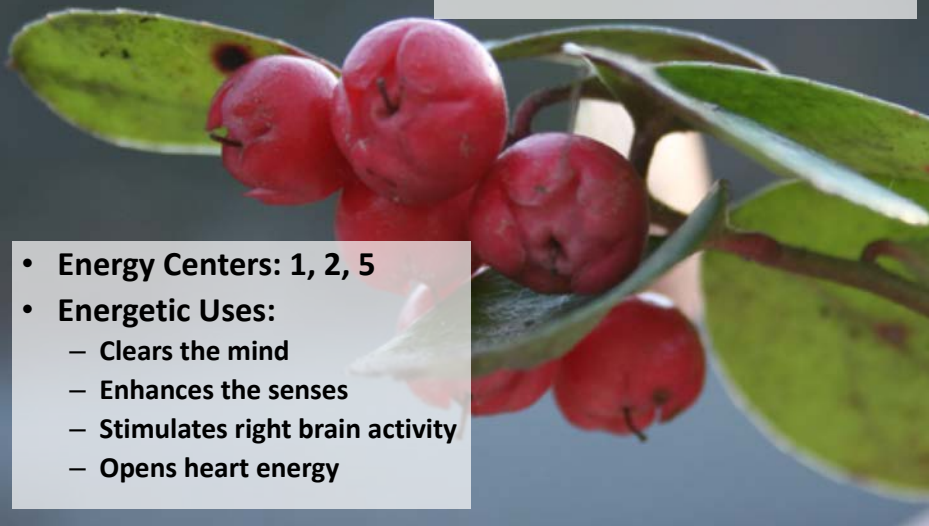


Photo Thinkstock.com

Wintergreen

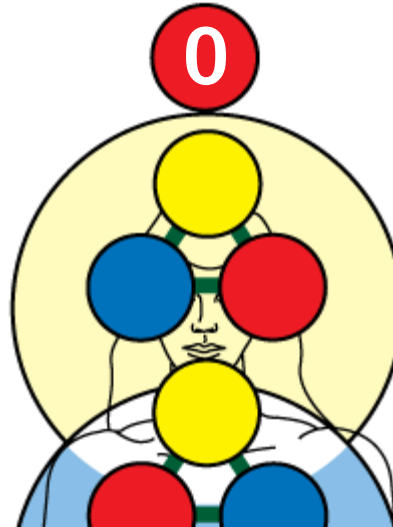
- **Fragrance:** Fresh, slightly minty, but sharp, slightly sweet
- **Energetics:** Ethereal, refreshing

- **Energy Centers:** 1, 2, 5
- **Energetic Uses:**
 - Clears the mind
 - Enhances the senses
 - Stimulates right brain activity
 - Opens heart energy



Crown Center Affirmations

- I am fully alive.
- I am fully present in this moment.
- I am fully present in my body.
- I am happy to be alive and present in this moment.
- I am connected to the Divine Source.



Crown Essential Oils

- *Angelica*
- Eucalyptus
- ***Frankincense*** (pictured)
- Juniper
- Patchouli
- ***Sandalwood***
- Vetiver
- ***Ylang Ylang***



Angelica

- **Fragrance:** Fresh, herbaceous
- **Energetic:** Ethereal to refreshing
- **Energy Centers:** 0, 1, 7
- **Emotional Uses:**
 - Calms the nerves, aiding nervous tension and stress
 - Opens one to higher consciousness and spiritual guidance
 - Aids strength and courage
 - Helps to overcome fear, phobias, shyness and indecision

