

Chakra Activation Aromatherapy Sprays

Cascade Method

This is the easiest way to use your *Chakra Activation Sprays* for a simple yet effective balance. Just stand where you can easily reach the bottles and take a few deep breaths to center yourself before beginning. Take note of how you currently feel. Notice where there are tensions in your body or the thoughts that flow through your head.

Pick up the first bottle. Most people start with Chakra #1 and follow the numbers through to #7 but you can use them in any order you want.

Spray 1-3 times about 6 inches above your head. Let the mist fall down around your body while you take a few deep breaths and feel for a shift in energy. When you feel you are ready pick up the next bottle and mist 1-3 times above your head. Let that mist fall and settle just like the first. Continue in the same manner with each bottle.

Do you feel a difference in the energy shifts you feel with each bottle? With practice you may be able to pick up on subtle differences and learn which of your chakras are being activated with each balance.

Affirmation option: Each chakra relates energetically to different parts of your life. Research these aspects to find those aspects of each chakra that relates to your specific issues. Write a personal affirmation for each chakra. An example might be: "I welcome love" for your heart chakra (#4) if you are keeping people you know at an emotional distance.

Once you have written an affirmation for each of your chakras you can use them during a cascading balance for a more personalized powerful effect. Simply state each affirmation while misting the correlating spray. Try repeating each affirmation a number of times while the mist falls around you.

Intuitive option: As you pick up each bottle tune into the energy of that essence. Mentally scan your body with your intuition and notice areas that feel dark, hurt, or speak to you in other ways. Mist those areas with the bottle in your hand. Follow this same procedure with each bottle.

Spirit Whisperings, Hillsboro, Oregon

spiritwhisperings.com