

# MINDFUL MOSAIC® COLLECTION

BY MINDFUL HEALTH



HEAL YOUR CHAKRAS, HEAL YOUR LIFE



## SPINNING WHEELS OF LIGHT

The Sanskrit word "chakra" represents the concept that spinning "wheels" of energy are responsible for a number of functions that connect your body to your energy field and the broader cosmic energy field. They are the key to physical health, emotional stability, and mental clarity. Made up of various colors and located from the base of the spine to the top of the head, the chakras connect the meridian system and act as conductors for the "subtle anatomy" or what you may simply think of as an energetic point of consciousness within the body where the spirit and physical worlds meet.

There are seven major chakras. Five are aligned vertically along the spine and two reside in the head area. Each of these major chakras uniquely influences various physical and spiritual aspects of your life. When one of the chakras goes out of balance, it leads to physical, emotional or mental impact on your body. Because the chakras are dependent and related to each other, it is important to understand the various aspects of these seven chakras and practice ways of maintaining them in balance.

The chakra system is a model for the flow of energy that runs through all life and through the human energy system. They act as conductors, drawing vital energy up from the earth, circulating it through the physical body, and releasing it as higher awareness. The state of our chakras is very important because they are the vital key to what we think and feel, our ability to love and express ourselves, our sense of security and deservedness, as well as our understanding of our place in the world.

When something happens to impede the flow of life energy, the chakras slow down activity, and energy becomes sluggish and even stagnant. This can lead to poor health, unwelcome life circumstances, and lack of well-being. This guide will teach you all about each chakra, how to identify imbalances and offers easy holistic healing techniques that can be practiced regularly.



# CHAKRA BALANCING TOOLS

## COLOR HEALING

Color healing has been the traditional way of working on the chakras for thousands of years. It is believed light and color could restore peace of mind, balance the emotions, and release pain from the physical body. There are different ways of bringing the color into the energy field. It is possible to transform the chakra by wearing the color in a garment, holding or placing the appropriate gemstone on the chakra, or by use of glasses made with lenses in the color of the chakra. The eyes absorb the color and send it to the appropriate chakra.

## FLOWER ESSENCE REMEDIES

Flower essences are herbal infusions or decoctions which uniquely address emotional and mental aspects of wellness. Flower essences carry the healing vibrations of plants and flowers to stabilize the emotions and restore balance. They are gentle, safe, and highly effective for treating imbalances in the emotional body.

Flower essences address the relationship between the body and soul, so it is beneficial to allow a quiet moment of receptivity when taking a dose so that the messages of the flowers can be received at a subtle level.

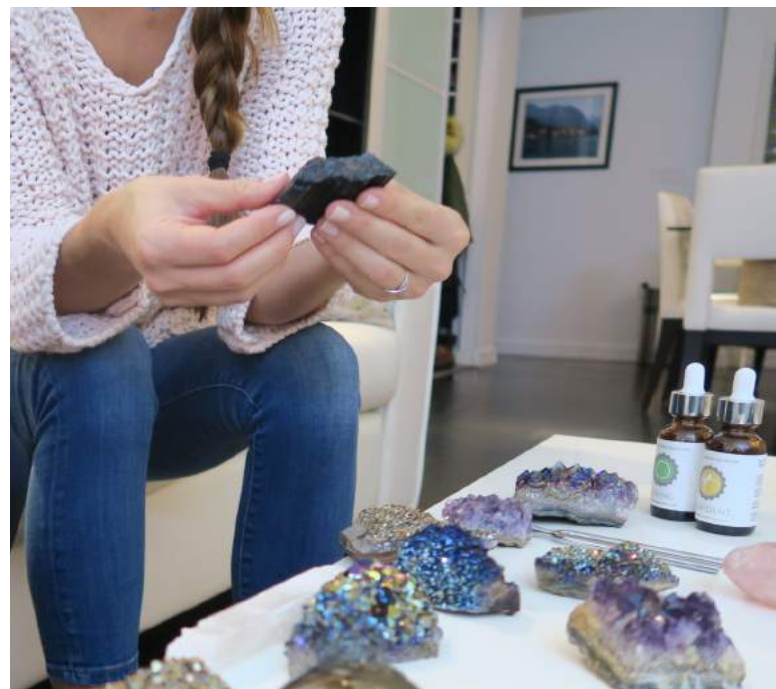
Although flower essences can be used on a short-term basis for acute situations, their ideal use is for long-term mental and emotional change. We recommend continuing to use a blend tailored for the chakras for a period of time even after some change has been noticed. This allows a possibility for the essences to be "anchored" at deeper levels of consciousness.

## ESSENTIAL OILS

The influence that aromatic plant essential oils have on the body, mind and spirit in the practice of aromatherapy can be adapted to promote balanced chakra functioning. The idea is to apply activating essential oils to energize sluggish chakra function or calming oils to quiet over-active ones. Balancing oils are good candidates for maintaining support of well-regulated chakras. A combination of both activating and calming oils will tend to have an overall balancing and supportive benefit to the chakras.

## CRYSTAL HEALING

Crystal healing is an ancient practice thought to promote healing through placement of specific crystals on or around the body. Crystals possess different powers based on color, shape, and atomic structure. In addition to being used for healing, they can exert influence on your life through decoration of the home, being worn as jewelry, carried in a pouch or infused in a carrier oil.



# RED

Red is the color of life force. It represents courage, passion, anger, and even violence. It is the color that represents earth energy, anchoring us to the planet that sustains us.

# ORA

The color orange is full of vital energy and deeply connected to the life force. It represents sensuality and sexuality, as well as a deep connection to joy and passion. This color stimulates physical energy in the body and can open channels of suppressed vitality from an overactive mind.

# NGE

# YELL

Yellow contains more light than any color in the visible spectrum. It lifts the spirit and gives hope, as well as a sense of ease and lightness.

# OW

# GREEN

Green is the color that brings balance, soothing the nerves and acting as a tonic when we are weary, fatigued, or depressed. Nature gives us her healing through this color more than any other.

# BLUE

Blue is the color of creativity and self-expression. It is a color to soothe the soul and suggests the beauty of the sea and sky.

# IND IGO

Indigo is the color of universal healing. It stands for detachment and represents a cool and clear level of consciousness. Indigo can unblock congested energy in parts of the body and brings our awareness to a higher plane.

# VIO LET

Violet is the color of cosmic awareness. It acts as a shield against negativity and is a protective color for those seeking spirituality. It is felt to dissolve the ego.



1ST CHAKRA

# ROOT CHAKRA

RELEASE FEAR AND EMBRACE CHANGE

The first chakra, the Root Chakra, is located at the base of the spine and is associated with the kidneys, blood, and the skeletal system. It controls the fight-or-flight response that triggers the adrenal cortex and is a grounding force that allows one to connect to mother Earth and feel "rooted".

When the Root Chakra is balanced, you feel nurtured and that you belong. You are self-sufficient, independent and energetic, which results in healthy relationships with money, your career, and other people.

When this chakra is imbalanced you lack stamina and a passion for life. You feel unfocused, undisciplined, easily irritated and there is an overall feeling of victimhood especially in regards to financial security.

## ROOT CHAKRA PROPERTIES

### PHYSICAL BODY

adrenal cortex, kidneys, blood, skeletal system

### EMOTIONAL BODY

aggression, anger, violence, jealousy

### MENTAL BODY

Attitudes of separation, exclusivity, territory. belonging

### COLOR

red

### FLOWERS

rose, red iris, angelica, shooting star

### ESSENTIAL OILS

vetiver, cinnamon, sandalwood

### CRYSTALS

red jasper, ruby, bloodstone, hematite

### POSITIVE ARCHETYPE

The Mother  
Nurturing, self-sufficient, responsible

### NEGATIVE ARCHETYPE

The Victim  
Lacking energy, empowerment and life-force



## IDENTIFYING A ROOT CHAKRA IMBALANCE

Do you overwork, overeat, or overachieve to compensate for something else?

Do you feel fearful about moving forward with your life?

Do you feel like you can't connect with the people around you?

If you answered "yes" to any of these questions, your Root Chakra may be imbalanced.

# HEALING THE ROOT CHAKRA

Release your fear of not having enough. Recognize that you will be able to eat when you want and you will have access to food when you need it. If you grew up in less fortunate circumstances, in a family where you had to fight to get your share at the table, or with parents for whom food was scarce at one time, you may now have to overcome this "lack" mentality.

### PRODUCT RECOMMENDATION:

Mindful Mosaic® Collection "Fearless" Root Chakra Flower Essence Remedy and/or Mindful Mosaic® Collection "Fearless" Root Chakra Essential Oil Rollerball





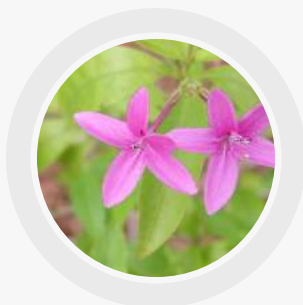
# HEALING FLOWERS FOR THE ROOT CHAKRA



**Rose** gently stimulates the opening of the Root Chakra. Its deep roots reflect tenacity, endurance, and grounding.



**Red iFulva Iris** promotes a deep connection between the watery soul forces and the temporal qualities of the earth. Its petals, which droop toward the earth, call forth the vital grounding forces of embodiment. The flower aligns one's physical embodiment, or Root Chakra, with the emotional body, encouraging stabilization, longevity and creative rejuvenation.



**Shooting Star** re-patterns the soul force and reconnects them to their true, cosmic origins, allowing them to embrace earthly existence and offer their special gifts to the more earth-bound beings in their midst.



**Angelica** anchors the individual to the earth, for the root structure of the plant is firm and sturdy. Once we have worked with the essence, we are more equipped to handle the duality of the temporal and heavenly realm. It is used for those who have been ungrounded.



2ND CHAKRA

## SACRAL CHAKRA

INCREASE JOY, PLEASURE AND CREATIVITY.

The second chakra, the Sacral Chakra, is located in the pelvis near the sacrum, just below the navel and is associated with the sex organs, bladder and uterus in women/prostate in men. The Sacral Chakra governs your sense of deserving: a fulfilling life, pleasure, joy and abundance in all of its forms. It is concerned with one's physical well-being and ability to receive and allow more pleasure into one's life.

When the Sacral Chakra is properly balanced you delight in feeling pleasure, and you take pride in caring for yourself on all levels. You feel confident that you can handle just about anything, you express yourself freely, and are comfortable with intimacy.

When the Sacral Chakra is imbalanced there is an overall feeling of being too serious and too rigid. Your tendency is to create drama and to overreact, and you feel overly attached to people in your life. You talk yourself out of having the life you truly want because "life is hard."

### SACRAL CHAKRA PROPERTIES

#### PHYSICAL BODY

sex organs, bladder, uterus in women,  
prostate in men

#### EMOTIONAL BODY

pleasure, deservedness, joy, envy

#### MENTAL BODY

Attitudes of being and having enough,  
deserving the life you say you want

#### COLOR

orange

#### FLOWERS

hibiscus, wild iris, pomegranate,  
indian paintbrush

#### ESSENTIAL OILS

ylang ylang, jasmine, neroli,  
orange blossom

#### CRYSTALS

carnelian, tiger's eye, onyx

#### POSITIVE ARCHETYPE

The Emperor/Empress  
Pleasure, abundance, enjoyment

#### NEGATIVE ARCHETYPE

The Martyr  
Critical, sour, self-condemning



## IDENTIFYING A SACRAL CHAKRA IMBALANCE

Do you find yourself in relationships that are based on looks or sex?

Do you avoid others for fear of not being able to relate to them?

Do you derive your self-worth from pleasing others?

If you answered "yes" to any of these questions, your Sacral Chakra may be imbalanced.

## HEALING THE SACRAL CHAKRA

Prepare your own meals as much as possible, which reinforces the notion that you are worthy of proper nourishment. Tune in to and feel aligned with specific foods and dishes, and be aware of which foods are calling to you on any given day. Prepare your food lovingly and in a relaxed way. Simple is totally fine.

### PRODUCT RECOMMENDATION:

Mindful Mosaic® Collection "Joyful" Sacral Chakra Flower Essence Remedy and/or Mindful Mosaic® Collection "Joyful" Sacral Chakra Essential Oil Rollerball



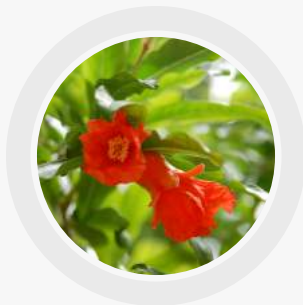
# HEALING FLOWERS FOR THE SACRAL CHAKRA



**Hibiscus** energizes the Sacral Chakra, undoing blockages in the lower back and spine, and healing reproductive ailments, including infertility problems, frigidity or lack of feeling. The flower remedy assists in releasing pent up creative forces within the womb and literally sets one free to dance again in life. The essence stimulates sexuality and passion.



**Wild Iris** is known as the 'Paintbrush to the Soul' and is connected to the 'Rainbow Goddess' Iris. It promotes healing when feeling dried up. Iris moistens the hardened aspects of the soul such as stagnation and procrastination. The essence enables one to find a harmonious flow of self-expression.



**Pomegranate** is a symbol of fertility, Pomegranate flower essence restores self-nurturing and regenerates fertility on all levels. This flower remedy helps to identify long-buried emotional needs, especially in relation to the mother, childbearing and creative issues.



**Indian Paintbrush** flower essence is for those who engage in highly creative work. For one with a tendency toward low vitality and exhaustion, difficulty in rousing physical forces to sustain the intensity of creative work, and inability to bring creative forces in to physical expression. Indian paintbrush flower remedy helps in regaining lively, energetic creativity with exuberant artistic activity.



3RD CHAKRA

## SOLAR PLEXUS CHAKRA

BE CENTERED AND CONFIDENT.

The third chakra, the Solar Plexus Chakra, is located in the stomach area above the navel, right below the rib cage. The Solar Plexus Chakra is the place where your thoughts meet your emotions. It governs your sense of self-worth, confidence, and inner-strength. It is connected to one's gut instincts and it is the center of one's personal power.

When the Solar Plexus Chakra is properly balanced you are joyful and live from a place of gratitude. You trust yourself, you own your personal power, you are clear about your place in the world and you move forward in life with ease.

When there is an imbalance in the Solar Plexus Chakra you are overly critical, jealous, and hungry for outside approval yet you lack trust in others.

### SOLAR PLEXUS CHAKRA PROPERTIES

#### PHYSICAL BODY

stomach, gall bladder, liver, pancreas,  
small intestine, muscles

#### EMOTIONAL BODY

self-worth, confidence, power

#### MENTAL BODY

Attitudes of being well with yourself  
and knowing your worth

#### COLOR

yellow

#### FLOWERS

sunflower, buttercup, wall flower,  
saguaro cactus

#### ESSENTIAL OILS

lemon, grapefruit and juniper

#### CRYSTALS

tiger's eye, topaz, citrine, amber

#### POSITIVE ARCHETYPE

The Warrior

Confident, creative, courageous

#### NEGATIVE ARCHETYPE

The Servant

Needy, seeking approval,  
unempowered



## IDENTIFYING A SOLAR PLEXUS CHAKRA IMBALANCE

Do you sometimes feel powerless to create change in your life?

Do you lack self-confidence or self worth?

Are you easily angered or irritated?

If you answered "yes" to any of these questions, your Solar Plexus Chakra may be imbalanced.

# HEALING THE SOLAR PLEXUS CHAKRA

This chakra's element is fire, and it is responsible for the transformative processes involved in digestion. Be sure to eat raw plant foods at the beginning of each meal, such as green salads and veggie sticks, as these are filled with enzymes, water and fiber, and improve digestion all around.

### PRODUCT RECOMMENDATION:

Mindful Mosaic® Collection "Confident" Solar Plexus Chakra Flower Essence Remedy and/or Mindful Mosaic® Collection "Confident" Solar Plexus Chakra Essential Oil Rollerball



# HEALING FLOWERS FOR THE SOLAR PLEXUS CHAKRA



**Sunflower** balances the third chakra, assisting the individual to rest safely in one's own power. The flower remedy allows for the emergence of courage and self-confidence into new roles of service and leadership.



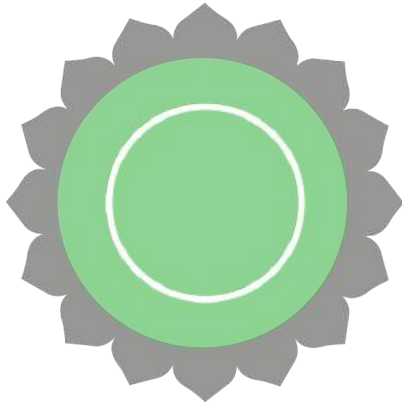
**Buttercup** permeates the body with warm yellow light. With the use of Buttercup we are warmed to the Truth of who we really are beyond our self-doubts and limitations. This is a perfect essence for those who wish to restore self-worth, inner treasures, and an illumined awareness of Self-Love.



**Wall Flower** assists those who feel unable to meet social protocol. The flower remedy's yellow hue connects to the solar plexus, or third chakra, brightening ones inner hope, courage and Self-Will.



**Saguaro Cactus** helps the individual align vertically to a higher order of personal authority and integrity. Father issues are eased, and it is especially helpful for those who have lost a father at an early age or experienced paternal abandonment at or before birth. This flower remedy is very good for those wishing to heal 'personal authority'.



4TH CHAKRA

# HEART CHAKRA

EXPERIENCE LOVE, NURTURE THE HEART.

The fourth chakra, the Heart Chakra, is located in the center of the chest and it is associated with the heart, lungs, and circulation. It is the connector between the lower chakras and the upper chakras, and it is through this center that your healing and evolution is possible. The Heart Chakra is the energy center that emanates feelings of joy, love, compassion, and healing, as well as feelings of sadness, sorrow, and resentment.

When the Heart Chakra is properly balanced you are filled with compassion and unconditional love for yourself, your life, and all living creatures. Joy, compassion, and understanding are your natural way of being! You feel stable even when you are single, in fact, you are not in a hurry to be in a relationship, as you rather wait for the "right" partner to come along.

When there is an imbalance in the Heart Chakra your emotions feel uncontrollable. You are too critical of yourself and others.

## HEART CHAKRA PROPERTIES

### PHYSICAL BODY

pericardium, heart, lungs, circulation

### EMOTIONAL BODY

love, compassion

### MENTAL BODY

Attitudes of happiness, joy,  
embracing life

### COLOR

green, pink

### FLOWERS

bleeding heart, nootka rose, borage

### ESSENTIAL OILS

rose, carnation,  
lily of the valley

### CRYSTALS

rose quartz, diamond, peridot

### POSITIVE ARCHETYPE

The Lover  
Generosity, openness, loving, good will

### NEGATIVE ARCHETYPE

The Actor  
Conditional love,  
bound by convention





## IDENTIFYING A HEART CHAKRA IMBALANCE

Do you sometimes find it difficult to talk about your emotions?

Are you sometimes discomforted by human touch?

Are you cynical or overly analytical about life?

If you answered "yes" to any of these questions, your Heart Chakra may be imbalanced.

# HEALING THE HEART CHAKRA

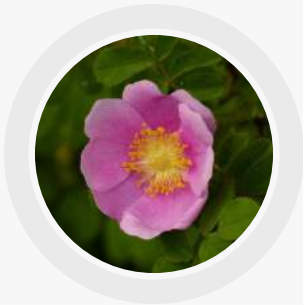
When you eat in a loving, compassionate, relaxed and open atmosphere, you actually digest your food better. Share your meal with your loved ones, or if you are eating alone, enjoy your food in a non-rushed, peaceful way. Avoid talking about politics or stressful work or family issues while eating. Treat your meals, even when brief, as sacred time.

### PRODUCT RECOMMENDATION:

Mindful Mosaic® Collection "Loving" Heart Chakra Flower Essence Remedy and/or Mindful Mosaic® Collection "Loving" Heart Chakra Essential Oil Rollerball



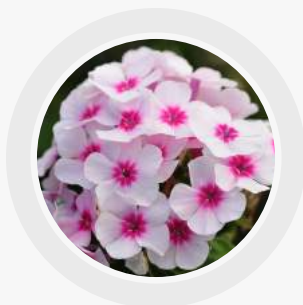
# HEALING FLOWERS FOR THE HEART CHAKRA



**Nootka Rose** gently stimulates the heart chakra to open to Cosmic Love and Wisdom, sometimes understood and experienced only through suffering and pain. Deep roots of this flower remedy reflect tenacity and endurance.



**Bleeding Heart** purifies and strengthens the heart chakra, as well as all emotions concerning love, bringing an openhearted attitude and soothing the emotions so that one may re-invite the spirit of love into one's soul body.



**Phlox** covers the earth with sweet adorning flowers that cling to the mossy ground like a welcoming carpet to the birds and the bees. As a flower remedy, phlox brings peace and softens aggression. It is a sweet drink to the soul, embracing and cloaking one with calming influences.



**Borage** is the flower essence for courage and optimism. The essence helps the heart discover love beyond ego, and pride without 'foolish attachment.' Borage can be used when one is feeling heavy-hearted and burdened by life's demands, when one needs encouragement to move forward with the grace and support of ones own Self-Love.



5TH CHAKRA

## THROAT CHAKRA

SPEAK YOUR TRUTH AND BE HEARD.

The fifth chakra, the Throat Chakra, is associated with the throat, mouth, teeth, jaw, and ears. The Throat Chakra is the place where all emotions are expressed in words or sounds. It is the center of communication.

When the Throat Chakra is properly balanced you are committed to speaking your truth, and you do so with eloquence. You know that what you have to say matters. This belief alone provides healing and support for the Throat Chakra. You freely ask for what you want and receive it almost always with grace and ease. On the other hand, you are not afraid to express your weaknesses and limitations, an honest quality which others admire and respect.

When there is an imbalance in the Throat Chakra you hesitate to speak up, and when you do, you feel the need to raise your voice. There is also a tendency to shut others down, not allowing them to voice their opinions. Yet, you have a hard time voicing your thoughts and feelings and being honest.

### THROAT CHAKRA PROPERTIES

#### PHYSICAL BODY

throat, mouth, teeth, jaw, ears

#### EMOTIONAL BODY

releasing feelings through  
expressing yourself

#### MENTAL BODY

Speaking the truth, not gossiping,  
lying, exaggerating

#### COLOR

blue

#### FLOWERS

morning glory, snapdragon,  
dandelion, sagebrush

#### ESSENTIAL OILS

chamomile, gardenia, ylang ylang

#### CRYSTALS

lapis lazuli, turquoise, blue agate,  
aquamarine

#### POSITIVE ARCHETYPE

The Communicator  
Outspoken, truthful, open

#### NEGATIVE ARCHETYPE

The Silent Child  
Suppressed communication,  
unexpressed emotions



## IDENTIFYING A THROAT CHAKRA IMBALANCE

Are you critical of others or the world?

Do you often have difficulty being honest with yourself and others?

Do you find yourself talking too much and not listening to others?

If you answered "yes" to any of these questions, your Throat Chakra may be imbalanced.

# HEALING THE THROAT CHAKRA

Physically connect with your foods the minute you start to smell them and put them in your mouth. Chewing thoroughly is key, not only for the assimilation of nutrients, but also for a truthful connection to what you are doing at that exact moment.

### PRODUCT RECOMMENDATION:

Mindful Mosaic® Collection "Expressive" Throat Chakra Flower Essence Remedy and/or Mindful Mosaic® Collection "Expressive" Throat Chakra Essential Oil Rollerball



# HEALING FLOWERS FOR THE THROAT CHAKRA



**Snap Dragon** is used to enhance the spoken word, all communication, and to assist with tension in the throat and jaw. This essence helps the individual find the ease of sharing truths that have long been buried. It is wonderful for those with grinding teeth issues and for those who stutter or cannot find ease in communication.



**Morning Glory** awakens brilliance and vitality. It can serve as a rejuvenating tonic, melting away patterns of lethargy or inertia and allowing one to feel embraced by the jubilant forces of awakening.



**Sagebrush** purifies the mind, accelerating evolution. Sagebrush helps us to see through well-worn patterns, addictions, and attachments to negative thought forms and self-effacement.



**Dandelion** assists the soul-force of an individual in need of release of control issues. Those needing this flower over-plan and get caught in a cycle of demand. This creates intensity and a lack of harmony with others. Furthermore, such persons may become unable to experience a natural flow of expression.



6TH CHAKRA

## THIRD EYE CHAKRA

FEEL SAFE AND GUIDED. FIND INNER WISDOM.

The sixth chakra, the Third Eye Chakra, is located on the forehead between the eyes. It is associated with the eyes, sinuses, the base of the skull and temporal lobes. This chakra regulates your emotional responses and is the root of your perspective, values, ideas, goals, wishes, and self-awareness.

When the Third Eye Chakra is balanced life has a purpose. Every experience is a teacher, and you also fully understand that you play the most important role in manifesting your heart's desires. You trust your intuition, and you have an innate knowing that we are all ONE, that you are always connected to the energy of infinite possibilities of the Universe.

When there is an imbalance in the Third Eye Chakra you over-think and over-intellectualize things, you feel unsympathetic towards others, and you struggle to learn new things. You have a hard time discerning what truly is in the best interest.

### THIRD EYE CHAKRA PROPERTIES

#### PHYSICAL BODY

eyes, sinuses, base of skull,  
temporal lobes

#### EMOTIONAL BODY

Giving yourself permission to experience  
your feelings, whatever they are.

#### MENTAL BODY

Attitudes that are self confirming,  
accepting, inclusive.

#### COLOR

indigo

#### FLOWERS

purple water lily, Queen Of The Night,  
cat ear, cosmos

#### ESSENTIAL OILS

lavender, heliotrope,  
camphor, sweet pea

#### CRYSTALS

amethyst, tanzanite, sapphire

#### POSITIVE ARCHETYPE

The Sage  
Flexibility, humor, cultivation  
of wisdom

#### NEGATIVE ARCHETYPE

The Intellectual  
Rational, factual, rigid, dry



## IDENTIFYING A THIRD EYE CHAKRA IMBALANCE

Do you often struggle to focus on the task at hand?

Are you a moody person?

Are you sometimes not able to stand up for yourself?

If you answered "yes" to any of these questions, your Third Eye Chakra may be imbalanced.

# HEALING THE THIRD EYE CHAKRA

When you talk to people, try to tune in to more than their words. Notice their body language, the expression in their eyes. Determine their emotional or mental state based on more than what they say. Don't judge them in any way, but just focus on being more present and "seeing" more with your inner vision. As you practice this, it will foster more powerful and effective communication with your friends, family and coworkers.

### PRODUCT RECOMMENDATION:

Mindful Mosaic® Collection "Insightful" Third Eye Chakra Flower Essence Remedy and/or Mindful Mosaic® Collection "Insightful" Third Eye Chakra Essential Oil Rollerball



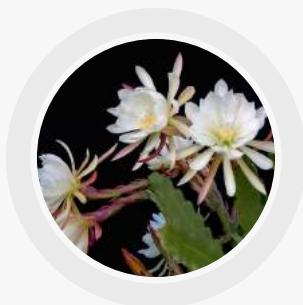
# HEALING FLOWERS FOR THE THIRD EYE CHAKRA



**Cat's Ear** stimulates visions and dreams, allowing for attunement with the subtle energies that surround the physical world. This is a beautiful essence to take when pursuing work as an intuitive, writer, and counselor. It can be very helpful for those who disassociate from reality.



**Purple Water Lily** gently assists the process of spiritual rebirth. Having a profound effect on the brow chakras, the flower remedy assists with opening channels of communication with one's higher self, as well as with vast, unseen worlds by enabling the human body to absorb higher light frequencies.



**Queen of the Night** balances one's yin qualities by opening channels to the womanly gifts and secrets buried in the deep places of one's psyche. This flower remedy is a valuable tool for individuals during changing cycles of life, enhancing the intuitive work needed to find one's true purpose and value.



**Cosmos** helps those souls who are out of balance with their Higher Self and expression of creative imagination. The connection between heart and head are strengthened. Such individuals often feel frustrated and overwhelmed as they attempt to convey the true inspiration of their Higher Self through their thoughts and especially through their speech. These persons can be flooded with chaos, creating a lack of ability to connect to deeper visions.





7TH CHAKRA

## CROWN CHAKRA

FIND CLARITY, CONNECTION, AND UNITY.

The seventh chakra, the Crown Chakra, is located at the top of the head. This is where your connection with the non-physical realm, the Divine/Source of all that is, occurs. You can see the greater details of life. Simply put, this is the chakra that puts everything into perspective.

When the Crown Chakra is balanced you have an unshakable knowing that you are connected to something greater. You know that you are always guided, and protected, and you believe in the power of divine intervention. You also fully understand that you are the co-creator of your reality and therefore you always have the choice to change your path.

When the Crown Chakra is imbalanced, you can be self-absorbed, ungrounded, inflexible, arrogant and have a hard time feeling optimistic, or excited about new ideas. You will go through life without any desire to explore your inner-self and your purpose.

### CROWN CHAKRA PROPERTIES

#### PHYSICAL BODY

upper skull, cerebral cortex, skin

#### EMOTIONAL BODY

aggression, anger, violence, jealousy

#### MENTAL BODY

Attitudes of separation, exclusivity, territory, belonging

#### COLOR

violet

#### FLOWERS

lotus, dahlia, orchid, passion flower, silversword

#### ESSENTIAL OILS

violet, jasmine, sandalwood, lotus

#### CRYSTALS

clear quartz, alexandrite

#### POSITIVE ARCHETYPE

The Guru  
Cultivation of grace, bliss, gratitude

#### NEGATIVE ARCHETYPE

The Egoist  
Arrogance, self-absorption, inflexibility



## IDENTIFYING A CROWN CHAKRA IMBALANCE

Do you ever find yourself bored with life?

Do you feel constantly tired or worn down?

Are you confused about what you believe?

If you answered "yes" to any of these questions, your Crown Chakra may be imbalanced.

# HEALING THE CROWN CHAKRA

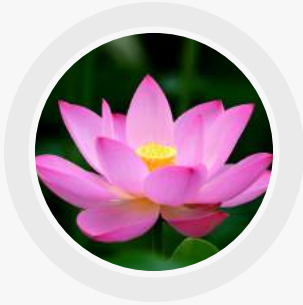
Stay curious to cultivating new knowledge and experiences, as this keeps energy flowing freely. To help open new pathways and neurons in your brain, take up crossword puzzles and/or brain games, or take a class in a subject that interests you.

### PRODUCT RECOMMENDATION:

Mindful Mosaic® Collection "Blissful" Crown Chakra Flower Essence Remedy and/or Mindful Mosaic® Collection "Blissful" Crown Chakra Essential Oil Rollerball



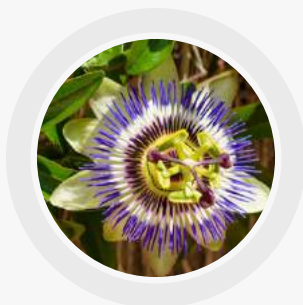
# HEALING FLOWERS FOR THE CROWN CHAKRA



**Lotus** stimulates the seventh (crown) chakra, opening the individual to Divine Inspiration and Spiritual liberation, and is beautiful for those who seek enlightenment and inspired insight. The Lotus flower remedy holds the key to spiritual liberation and freedom, enabling the individual to find her way toward the sanctuary of her soul.



**Silversword** is very rare, with a high vibratory frequency. It releases encoded information stored in the miasmas (or cellular memory bank), completely opening ones energy centers and aligning the body with the next seven chakras above the crown. It cuts through the illusion of ordinary reality and unveils the curtain that separates us from our highest aspirations and healing.



**Passion Flower** offers the grace to understand the deepest possible meaning of our own personal destiny, which may include suffering or pain, after which it assists in the ascent to our truest calling of service on the planet. It seeks to strengthen one's connection to selfless service and unconditional love, as well as draw one closer to angelic messengers and galactic star patterns.



**Orchid** greatly enhances one's divine pro-creative forces. This flower remedy seeks to refine the raw drive of the ego toward an enhanced understanding of Universal Love. Orchid climbs high to seek light, just as the soul of an individual must seek the illumination of light for the greatest task of healing.