

RAINBOW RAYS CHAKRA BALANCING OILS

assist with personal inner transformation and healing on a deep cellular and subtle level. They are a unique synthesis of **Aromatherapy Essential Oils, Gem Essences, Tree Elemental and Flower Essences, Herbal Oils and Natural Colors**, all created in the serene setting of Singing Brook Farm. Each oil is a different blend of these natural components chosen for their distinct resonance or affinity towards that particular chakra.

The Chakras - The concept of Chakras evolved from ancient spiritual civilizations of India, Egypt and South America, where the human being was viewed as a dynamic combination of physical, mental, emotional and spiritual realms. Chakra, the Indian Sanskrit word for wheel, is an energy center, a vortex of radiant light, full of life force, which is constantly turning, expanding and contracting. The chakras radiate energy within and around the body, comprising the aura, the electromagnetic energy field that surrounds the body.

There are seven major Chakras. The first Chakra begins at the base of the spine, following in a straight line to the top of the head, extending throughout the front and back. They are invisible centers of intense concentrated energy, with a distinct vibrational element, color, sound, shape and influence. Each chakra corresponds to the colors of the rainbow, beginning with red at the first or root chakra and up the color spectrum to violet at the seventh or crown chakra.

At birth, the chakras are usually open, healthy, radiant and full of vitality, unless there has been prenatal or birthing trauma. As children develop, the various levels of intensity of human interaction such as fear, rejection, failure and physical or emotional traumas can cause the chakras to close. By adulthood, they may be completely blocked. When this occurs, the spiritual, mental and physical realms can be dramatically affected, leading to illness on any of these levels.

The standard medical model of treating the symptoms of illness, rather than seeking to understand the underlying cause of disease, is often the reason why healing is ineffective. Natural alternative therapies can be helpful in working with the deep-seated underlying reasons for imbalance and disease. Such methods are: **Massage, Crystal and Sound Healing, Meditation, Acupuncture, Laying on of Hands, Reiki, Mariel and Shamanic Healing, Color Therapy, Aromatherapy, Flower Essences and Herbal Remedies.**

Aromatherapy is the therapeutic use of pure concentrated essential oils. They are potent expressions of the spirit and vitality of the plant. Aromatherapy has beneficial effects on physical conditions as well as the spiritual and mental realms. Essential oils resonate with chakras as they help to calm, uplift, release and bring balance. For example, **Lavender Oil** is stimulating, purifying and healing.

Flower Essences are the vibrational blueprints of the petals of fresh flowers, sun-infused in pure water and preserved in brandy or vinegar. They work to balance and heal the emotional, mental and spiritual levels of ourselves that bridge between the body and soul. They impart the loving, harmonious and healing elements of nature and spirit, helping to awaken those qualities that exist in all of us. Each flower essence is used to balance disharmony caused by life's challenging lessons. For example, the orange **Nasturtium Flower Essence** helps promote vitality, stimulation and increased energy in the second chakra.

Gem Essences stem from the ancient Indian healing tradition called Ayurveda, the Science of Life. They are made in the same manner as Flower Essences and work on similar factors of physical disharmony. A Gem Essence's healing quality is due to its particular color, vibrational essence, chemistry and crystalline structure. Gem Essences affect changes on these unseen levels by harmonizing imbalances within the psyche, the auric energy fields and the chakra centers that they have an affinity towards. For example, **Ruby** is a deep red gem known as a root chakra stone. It is believed to energize the reproductive organs and the blood, and promote physical vitality and creativity.

Herbs contain the vital healing qualities of the Earth. Their medicinal properties have been widely used in every native culture essentially since Earth life began. These healing herbs regenerate every year, continuing to provide natural medicine for humans and animals. Herbs are used externally or internally, to enhance our food, gardens, and for natural body care. For example, **Chamomile** has a yellow flower that is used as a tea to soothe the intestinal area, especially for stomach aches which is the third chakra.

Tree Elemental Essences contain the deep vibrations of the pure forest and each tree's individual spirit. As they root deeply into the Earth, with their branches reaching towards the heavens, the ancient wisdom they express can inspire us to remain grounded and bring balance to our busy lives while seeking our higher purpose. For example, **White Pine** offers its calming spirit and soothing stability, to help us weather through the storms, bending, but standing firm while yielding and trusting.

Natural Colors are derived from plants to enhance the vibrational color energy of the chakra oils. Color radiates the cosmic perfection of the Universe. This divine flow of pure light permeates everywhere in nature, in life, our food, clothes and shelter. Through attunement to these currents of vibrational energy that flows through each color ray, harmony on the various levels of existence (spiritual, emotional and physical) can occur. For example, the **Violet Ray** that emanates from the Crown Chakra has a soothing and healing effect on the blood, immune and nervous systems. The **Violet Ray** is an intensely spiritual and uplifting vibration that radiates divine inspiration, humility and creative imagination.

The Rainbow Rays Chakra Oils are a simple, natural way of healing, that can be useful in your desire to improve your health and quality of life. If there is a certain aspect, problem or illness that keeps recurring or throwing you off balance in life, it may be that a particular chakra is blocked, damaged or out of harmony.

The following chart defines the chakras and their various attributes. Please enjoy these special sacred oils and share them with each other.

Rainbow Rays Chakra Oils are packaged in a set of eight cobalt bottles or individually. Use along with our Chakra Flower Essences.

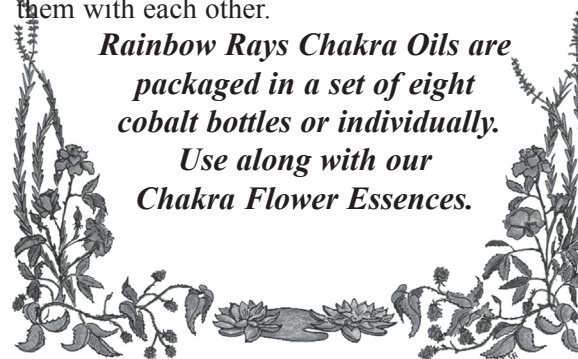


Rainbow Rays Chakra Balancing Oils

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How to use Rainbow Rays Chakra Oils

These concentrated oils can be used as anointing oils to assist with opening and rebalancing the chakras. They work in combination with body-work, meditation, yoga, dancing and walking in nature. Each oil is to be used only on the chakra for which it was created, except for “Union” which is beneficial to all chakras.

Read the following chart to see if you resonate with a particular description. Find one or more that seem to address physical, emotional or spiritual aspects of your life that you seek to harmonize or improve.

Gently massage a few drops of oil into the chakra area in a clockwise, circular motion or use in massage oils, the bath or aromatherapy diffusers, especially at night.

You can also test with a pendulum or another form of dowsing to determine which one to choose. Be creative, follow your intuition and trust in your own abilities to lead you on a healing and dynamic partnership with all the natural elements that comprise these chakra oils.

Many blessings as you find your way towards the healing light within.

Mariam Massaro
Herbalist



The Design of
the Solar Ray Mandala
Chakra Garden at
Singing Brook Farm

The Chakras

1st - Root (Muladhara) - Red

Location:	Base of Spine, Between Anus and Genitals,
Physical System:	Male Reproductive, Vagina, Bladder, Blood, Nervous, Spine, Colon, Adrenals, Legs, Kidneys
Key Aspect:	Smell, Foundation, Life, Security, Manifestation
Rulers:	Mars
Notes & Sounds:	“E” - C, Lam
Affinities, Actions:	Survival on the Physical, Food, Shelter, Money, Work, Vitality, Materials, Business, Passion, Courage, Protection, Adventure, Strength, Grounding, Health, Life Force Energy, Instincts, Success, Security
Flower & Tree :	Bee Balm, Red Peony, Rose, Scarlet Runner
Essences:	Bean, Red Hollyhock, Wild Ginger, Clematis, Maple, Ash, Snapdragon, Red Shiso
Gems:	Obsidian, Black Tourmaline, Bloodstone, Garnet, Onyx, Ruby, Smoke Quartz, Black Obsidian, Hematite
Herbs &	Basil, Burdock, Pumpkin, Red Raspberry, Wood Betony
Essential Oils:	Vetivert, Yarrow, Patchouli, Geranium, Myrrh
Foods:	Beets, Radishes, Root Vegetables, Red Cabbage, Watercress, Spinach, Tomatoes, Cherries, Salmon, Watermelon

2nd - Sacral (Svadisthana) - Orange

Location:	Sacrum, Slightly below Navel, Skin, Mammary
Physical System:	Glands, Female Reproductive, Kidneys, Body Fluids, Spleen, Womb, Bladder
Key Aspect:	Taste, Sexuality, Longevity, Procreation
Ruler:	Water, The Moon
Note & Sound:	“O” - D, Vam
Affinities, Actions:	Sexuality, Reproductive Balance, Emotions, Procreation, Pride, Warmth, Caring, Friendliness, Self-Worth, Humor, Appetite, Sensuality, Energy, Vitality, Entertainment
Flower & Tree:	Tiger Lily, Calendula, Clary Sage, Nasturtium, Poppy, Gallardia, Strawflower, Butterfly Weed, Pomegranate, Willow, Chinese Chestnut
Essences:	Carnelian, Tiger’s Eye, Coral, Orange Citrine, Agate, Iron Quartz, Amber, Calcite, Fire Opal, Topaz, Pearl
Herbs &	Damiana, Ginseng, Hyssop, Partridgeberry, Saw
Essential Oils:	Palmetto, Jasmine, Rose, Sandalwood, Ylang Ylang, Orange, Vanilla, Heliotrope, Cinnamon
Foods:	Oranges, Apricots, Peaches, Mangos, Carrots, Squash, Mandarins, Melons, Papayas

3rd - Solar Plexus (Manipura) - Yellow

Location:	Navel, Digestive Organs, Adrenals, Diaphragm,
Physical Systems:	Stomach, Gall Bladder, Nerves, Liver, Muscles, Circulation, Pancreas
Key Aspect:	Sight, Willpower, Creativity
Ruler:	Fire, Sun
Note & Sound:	“A-O-M” - E, Ram
Affinities, Actions:	Will Power, Manifesting Thought Into Action, Rational or Conscious Mind, Power Center, Service, Creative Self-Expression, Longevity, Right Livelihood, Physical & Mental Stamina, Happiness, Athletic Ability, Relaxed
Flower & Tree:	Black Berry, Dandelion, Garlic, Golden Rod, Sunflower, Squash, Calendula, Yarrow, St. John’s Wort, Hemlock, Pear, Willow
Essences:	Topaz, Gold, Amber, Citrine, Quartz, Malachite, Tiger’s Eye, Gold Calcite, Beryl
Herbs &	Chamomile, Fennel, Ginger, Clove,
Essential Oils:	Peppermint, Juniper, Vetivert, Lemon Verbena, Mugwort
Foods:	Corn, Eggs, Yellow Peppers, Melons, Grapefruit, Bananas, Lemons, Pineapples, Olive Oil

4th - Heart (Anahata) - Pink/Green

Location:	Center of Chest, Heart, Immune Systems
Physical System:	Lungs, Arms, Circulatory, Hands, Thymus
Key Aspect:	Unconditional Love, Touch, Knowledge, Compassion, Sharing
Ruler:	Air, Venus
Note & Sound:	“A” - F#, Yam
Affinities, Actions:	Links Upper & Lower Chakras, Body & Spirit, Connection to the Divine Spirit, to Truth. Appreciation for Life, Caring, Open, Giving Love,

4th- Heart Chakra- continued

Affinities, Actions:	Nurturing, Responsiveness, Peace, Harmony, Spirituality, Balance, Trust, Forgiveness
Flower & Tree:	Rose, Water Lily, Sweet Annie, Echinacea, Gladiolus, Cleome, Dianthus, Green Nicotiana, Motherwort, Rose Campion, Cottonwood, Red Bleeding Heart, Birch, White Pine
Essences:	Emerald, Jade, Rose Quartz, Adventurine, Malachite, Pink & Green Tourmaline, Rhodocrosite, Kunzite, Chrysoprase, Peridot
Gems:	Chickweed, Echinacea, Hawthorn,
Herbs &	Marshmallow, Mint, Rose, Motherwort, Bergamot,
Essential Oils:	Jasmine, Melissa, Ginger
Foods:	Leafy Salads, Peas, Artichokes, Squash, Apples, Strawberries, all green foods

5th - Throat (Vishudda) - Blue/Turquoise

Location	Throat, Neck, Ears, Thyroid, Mouth
Physical System:	Hypothalamus
Key Aspect:	Hearing, Self-Realization, Communication
Ruler:	Ether, Jupiter
Note & Sound:	“U” -G#, Ham
Affinities, Actions:	Self-Expression, Center of Dreams, Singing, Expressing Feelings, Communicating One’s Truth to the World, Serenity, Sound, Self-Realization, Calmness, Articulation, Sound, Inspiration, Opening to Spiritual Understanding, Purity, Musically Gifted
Flower & Tree	Anchusa, Blue Delphinium, Peach, Hemlock, Sassafras, Sycamore, Bachelor Button, Larkspur,
Essences:	Cosmos, Forget Me Not, Borage, Veronica
Gems:	Sapphire, Sodalite, Azurite, Turquoise, Blue Lace Agate, Lapis Lazuli, Aquamarine, Chrysocola, Blue Topaz, Indicolite, Celestite, Kyanite
Herbs &	Eucalyptus, Fenugreek, Sage, Queen of the Meadow,
Essential Oils	Red Clover, Chamomile, Tarragon, Violet, Myrrh
Foods:	Fish, Asparagus, Potatoes, Avocado, Beans, Broccoli, Cucumbers, Blue Berries, Plums, Rosehips, Pears, Celery

6th - Third Eye (Ajna) - Indigo

Location:	Center of Forehead, Brain
Physical System:	Nose, Left Eye, Ears, Thalamus, Bone Marrow, Pineal Gland
Key Aspect:	Thought, Insight, Energy (Vibrational), Sensitivity,
Ruler:	Uranus
Note & Sound:	“OM” - high A, Aum
Affinities, Actions:	Intuitive Processes, Inner Knowledge, Deep Memory, Psychic Work, Telepathy, Intellect, Clairvoyance, Clear Vision, Understanding One’s Lessons in Life or Soul Purpose
Flower & Tree:	Tulip, Malva Zabrina, Blazing Star, Blue Star,
Essences:	Star Chickweed, Beach Plum, Hemlock, Iris, White Pine, Red Cedar

6th- Third Eye- continued

Gems:	Kunzite, Sugilite, Fluorite, Chalcedony, Moonstone, Blue Celestite, Lapis Lazuli, Azurite, Sodalite, Quartz, Sapphire, Covelite
Herbs &	Angelica, Clary Sage, Eyebright, Ginseng, Gotu
Essential Oils:	Kola, Lavender, Immortal, Juniper, Rosemary, Spruce, Thyme
Foods:	Indigo-Blue Violet Foods, Broccoli, Plums, Blueberries, Blue Grapes

7th - Crown (Sahasrara) - Violet/Gold/Silver

Location:	Top of Head, Brain, Pineal,
Physical System:	Pituitary Gland, Central Nervous System, Right Eye
Key Aspect:	Spirituality, Intuition, Seventh Sense
Ruler:	Neptune
Note & Sound:	“EE” - high B, Ohm
Affinities, Actions:	Meditation, Connection to Divine, Peace, Illumination, Joy, Transformation, Power from Within, Concentration, Immortality, Past Life Recall, Union of Mind, Body & Soul
Flower & Tree:	Angelica, Lily, Bergamot, Delphinium, Self-Heal, Red Clover, Oak, Walnut, Witch Hazel,
Essences:	Lambs Ear, White Mullein
Gems:	Diamond, Quartz, Elestial, Amethyst, Selenite, Alexandrite, Tanzanite, Purple Flourite, Sugilite, Iolite
Herbs &	Amaranthus, Red Clover, Comfrey,
Essential Oils	Rosemary, Vervain, Wintergreen, Lavender, Cistus, Elemi, Frankincense, Myrrh, Peppermint, Rosewood, Sandalwood, Yarrow
Foods:	Broccoli, Purple Grapes, Cauliflower, Blue Foods, Walnuts, Beets, Eggplant, Currants

Union - Radiant Rainbow

Location:	All Chakra Centers
Physical System:	Whole Body
Key Aspect:	Integration, Re-Awakening, Harmony
Affinities, Actions:	Balances Body, Mind & Spirit, Healing, Light, Completion, Joy, Relaxation
Flower & Tree:	Crested Iris, Echinacea, Lily, Exaltation of
Essences:	Flowers, Evergreens, Lotus, Self-Heal
Gems:	Boji, Abalone, Emerald, Turquoise, Diopase, Sugilite
Essential Oils:	Alfalfa, Ginseng, Sandalwood, Elemi, Vetivert, Frankincense
Foods:	Pure Water, Sunshine, Love, All Green Foods, Reishi & Shitake Mushroom