

## What are Chakras?

Chakra is a Sanskrit word meaning wheel or vortex and is used to describe the energy centers of the body. In the yogic tradition Chakras are depicted as Lotus flowers, each with a different number of petals, similar to the lotus symbols found on our label and in this brochure.

There are seven main Chakras and many more secondary Chakras throughout our body. The Chakras are located in the etheric, or subtle life-force, body. The chakras affect the flow of energy throughout our energy system. Prana, the life-force (also known as Chi) is all pervading. Our energy centers are nourished by the flow of Pranic energy.

Each Chakra is associated with certain parts of the physical body as well as with our mind and spiritual development. Chakras are influenced, awakened and balanced through our thoughts and actions. They are aspects of our consciousness. If our Chakras are balanced and energy flows freely, we create a life of harmony, health and spiritual awakening.

## What is Ayurveda?

Ayurveda is the ancient “science of life”, originating in the Himalayas thousands of years ago. It teaches that harmony of body, mind, and spirit - and our environment - brings about physical and mental health. In ancient Ayurvedic scriptures aromatherapy is often mentioned. For example, Ayurveda will recommend to a depressed person to take a walk along a stream where Jasmine flowers are blooming. Inhale the fragrance and you will be uplifted. In Ayurveda, many plants are categorized and assigned for their specific use. We have drawn from this ancient knowledge to create this special line of Triloka Ayurvedic Chakra Incense.

## High-energy blending method:

Our Chakra Incense is chemical free! Only natural plant substances, i.e. herbs, wood charcoal, gums, resins, fragrant woods, bark, seeds, flower-petals, roots and essential oils are used. To enhance the energy and to represent a certain plant-energy more completely, we use various forms of a plant simultaneously. i.e. rose petals and rose oil, or vetiver roots and vetiver oil, etc. Our formulas are unique and artfully blended by skilled incense makers with generations of experience.

## THE SEVEN CHAKRAS:

### Root (Muladhara) Chakra

**Location:** base of spine

**Symbol:** four-petal Lotus flower

**Color:** red

**Element:** earth

**Sense:** smell

**Body parts:** lymph system, skeleton, elimination, central nervous system, nose, lower extremities

**Mind and Spirit:** The Root, or First, Chakra is the seat of the “Kundalini” or life force. Our feelings of security, trust, and survival are rooted here, as well as our connection with the physical body and its nourishment. When our root chakra is balanced, we feel grounded, strong and secure and trust the universe to provide.

#### Ingredients:

**Mysore Sandalwood (Santalum Album):**

Precious Mysore Sandalwood oil is grounding and removes tension and depression; it helps through periods of fear. Its energy is said to be protective and dispels negativity.

**Vetiver roots and essential oil (Vetiveria Zizanoides):**

Deeply grounding, earthy fragrance that nurtures our spirit.

**Cedar wood (Cedrus Atlantica):**

Balancing and stabilizing energy strengthens the spirit and dispels negative energy.

**Ginger (Zingiber Officinale):**

Increases vitality, activates willpower and enables us to take initiative with determination, which leads to achievement of our life's goals. Ginger is said to attract prosperity.

### Sacral (Svadhithana) Chakra

**Location:** center of abdomen

**Symbol:** six-petal Lotus flower

**Color:** orange

**Element:** water

**Sense:** taste

**Body parts:** sexual organs, reproductive system.

**Mind and Spirit:** the Sacral, or Second, Chakra is the seat of our creative energy and is associated with what the body needs and what it finds pleasurable (sexuality/food). A balanced Sacral Chakra enables us to accept and solve the challenges of life in a creative manner; to understand and incorporate our sexuality responsibly, and to feel and express our emotions.

#### Ingredients:

**Ylang-Ylang (Cananga odorata):**

Floral scent that soothes, balances and instills confidence; reduces negative emotions and anger.



**Patchouli (Pogostemon Patchouli):**

Its deep, earthy fragrance is both grounding and sensual. Supports creativity, relieves nervous exhaustion, uplifting to the spirit.

**Rose Geranium (Pelargonium Graveolens):**

Relaxing and calming, it nourishes creativity and joyfulness. Promotes harmony and happiness.

**Palmarosa (Cymbopogon Martinii):**

Its cooling energy is soothing, calming, removes tension and restlessness. It opens the mind to change.

**Lemon (Citrus Limon):**

Uplifting, fresh, inspiring, clears emotional confusion.

**Neroli (Citrus Aurantium)**

Instills confidence and strengthens the mind, removes blockages and allows us to be present in the moment.

### Solar Plexus (Manipura) Chakra

**Location:** solar plexus

**Symbol:** ten-petal Lotus flower

**Color:** yellow

**Element:** fire (or Sun)

**Sense:** sight

**Body Parts:** solar plexus, muscles, skin, digestion, liver, eyes, face

**Mind and Spirit:** the Solar Plexus, or Third, Chakra is the seat of our desire for power, control, freedom, or autonomy. A balanced Solar Plexus Chakra will enable us to be confident and comfortable with ourselves, while opening our consciousness to the will of God and peace. Our creativity and work will manifest easily.

#### Ingredients:

**Davana leaves and essential oil (Artemisia Pallens):**

Davana flowers are the traditional offering to the god Shiva. Their energy is balancing and soothing. It connects us with our creative energy and intuition.

**Fennel (Foeniculum Vulgare):**

Its cooling energy soothes the fire element of the solar plexus. It opens the mind for compassion, promotes confidence and courage. Enhances the ability to communicate.

**Sandalwood (Santalum Album):**

Used at the level of Third Chakra, Sandalwood promotes self esteem; calms and comforts. In its role as spirit guide it directs our awareness toward our spiritual needs.

**Geranium (Pelargonium Graveolens):**

Relaxing and uplifting, nourishes creativity and harmony in relationships.



**Champa Flower (Michelia Champaca):**

With its exotic, deep floral scent the Champa flower guides us to develop our intuition and helps us to stay grounded. It assists us on the spiritual path by balancing the need for power and control in favor of serving a higher good.

**Jasmine (Jasminum Grandiflorum):**

Brings balance, hope and confidence.

**Lavender (Lavandula Officinalis):**

Clears and balances, calms and strengthens. Soothes the overheated, fiery ego.

### Heart (Anahata) Chakra

**Location:** center of chest, heart

**Symbol:** twelve-petal Lotus flower

**Color:** green

**Element:** air

**Sense:** touch

**Body parts:** circulatory system, lungs, chest area

**Mind and Spirit:** the Heart, or Fourth, Chakra is the joining point between the higher and lower chakras. Here we experience perceptions of love, emotions, compassion and balance. An open and balanced Heart Chakra will allow us to feel connected to other beings, to understand unconditional love, to accept others and not judge them or condemn them. We also experience a lightness of being that is nourished by the inspiration and wisdom of the higher chakras and strengthened by the grounding energy of the lower chakras.

#### Ingredients:

**Palmarosa (Cymbopogon Martinii):**

Soothing and calming energy. Removes tension and restlessness. Opens the mind to change, comforts the heart. Connects body, mind and spirit.

**Saffron (Crocus Sativus):**

Balancing, uplifting.

**Rose petals and oil (Rosa Damascena):**

The rose is the universal symbol of love and compassion. Its fragrance opens the heart to experience love, and to extend forgiveness and love to others. It helps to overcome the pain of grief and assists in healing. Rose creates a protective energy field that shields from negativity and attracts compassion, hope, joy and patience.

**Bergamot (Citrus Bergamia):** with its aromatic citrus scent

Bergamot lifts the spirit, conveys the experience of joy and courage, and is generally balancing. It soothes and lightens the burden of a grieving, wounded heart.



## Throat (Vishuddha) Chakra

Location: base of throat

Symbol: sixteen-petal Lotus flower

Color: sky blue

Element: ether (crossover between the physical and spiritual worlds)

Sense: hearing

Body parts: throat, neck, arms, hands, thyroid gland

**Mind and Spirit:** the throat is our instrument of communication, thus the Throat, or Fifth, Chakra is the seat of communication and expression of all that is happening in our consciousness. An open and balanced Throat Chakra allows us to communicate truthfully and express our feelings, as well as our creativity. We will be able to receive, allowing abundance and grace to be experienced. We will listen to our intuition and connect to a higher wisdom and guidance.

### Ingredients:

**Mysore Sandalwood (Santalum Album):**

On the energetic level of the Throat Chakra, Sandalwood acts as a protector and spiritual guide. It promotes confidence to express ourselves and guides our intuition by keeping us close to our divine spirit.

**Bergamot (Citrus Bergamia):**

With its aromatic citrus scent Bergamot lifts the spirit, conveys the experience of joy and courage, and is generally balancing.

**Lavender (Lavendula Officinalis):**

Clears and balances; calms and strengthens. The energy of Lavender awakens us and makes us more attentive to our spiritual path.

## Third Eye (Ajna) Chakra

Location: center of forehead

Symbol: two-petal Lotus flower

Color: indigo

Element: inner sound

Sense: Extra Sensory Perception (ESP), clairvoyance, clairaudience

Body parts: forehead, temples, facial nerves, pituitary gland, endocrine system.

**Mind and Spirit:** the Third Eye, or Sixth, Chakra belongs to the spiritual realm and vision. It is home of the spirit and the part of consciousness that influences our actions and our life. An open and balanced Third Eye Chakra allows us to look beyond our own issues to see a more complete, "enlightened" picture of reality. We become aware of the motivation behind our actions. We may experience extra sensory perception (ESP), inner sound and clairvoyance.

### Ingredients:

**Basil (Ocimum Basilicum):**

Supports clarity of mind; assists faith and devotion.



**Camphor (Cinnamomum Camphora):**

Awakens perception, clarifying.

**Jasmine (Jasminum Officinalis):**

Enhances intuition, invites original thought, inspires and assists in transformation.

**Lemon (Citrus Limon):**

Bright and clear energy strengthens intuition and focus.

**Eucalyptus (Eucalyptus Globulus):**

Clearing energy opens our mind to experience life without fear.

Revives our spirit. Clarity of vision.

## Crown Chakra/ Sahasrara Chakra

Location: top of head

Symbol: thousand-petal Lotus flower

Color: violet

Element: inner light

Sense: empathy

Body parts: brain, nervous system, pineal gland

**Mind and Spirit:** the Crown, or Seventh, Chakra is a source of divine energy and self-realization. It is the gateway to the other world. An open and balanced Crown Chakra allows us to experience oneness with God and unity with all beings. We surrender to Divine Will. We can experience enlightenment, inner light, higher consciousness and higher intelligence.

### Ingredients:

**Frankincense (Boswellia Carteri):**

Centering; opens the consciousness to make contact with the Divine; creates an atmosphere conducive for prayer and meditation.

**Camphor (Cinnamomum Camphora):**

Awakens perception, clarifying.

**Myrrh (Commiphora Molmol):**

Invites tranquility, calming. Centering, grounding. Supports meditation and your spiritual journey.

**DIRECTIONS:** Light the tip of the incense stick. After a few seconds blow out the flame. Place stick in an incense holder or pot of sand to catch the ash. The incense will burn slowly releasing natural fragrance.

**CAUTION:** Keep small children and animals away from lit incense.



Triloka Incense, since 1977

Triloka incense are part of a 150 year-old tradition. The concept of the bamboo incense stick came to India around 1850. The new idea caught fire and has flourished ever since. Triloka incense is produced by several families who were part of the original incense stick producers of India.

Look for our other fine Triloka products:

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Triloka offers decorative incense stands of recycled aluminum, wood, soapstone and clay, in various designs and sizes.

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Global Shaman Medicine Bags  
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# Triloka

Ayurvedic Chakra  
I N C E N S E



**Triloka Chakra Incense** is

blended only from pure and natural plant ingredients, to inspire you on the journey of life, the path to your inner-self and to spiritual and physical wholeness.