

What are essential oils?

Essential oils are highly concentrated fragrant plant extracts usually derived by steam distillation of flowers, leaves, stems, roots, resin, seeds, bark and wood. Chemical analysis of essential oils shows very complex components that cannot be replicated synthetically. Plant extracts embody both the spirit and the energy of the plant. For example, Lavender grown in low-level areas has a different fragrance than high-altitude Lavender, which seems to emanate a spirited lightness, strength and meditative quality.

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 Oils.

Triloka Ayurvedic Chakra Oils are nourishing and balancing formulas to support the energy of each Chakra. These Chakra oils are available in a pure essential oil blend as well as an anointing, or perfume, oil in a pure coconut oil base.

Triloka Chakra Essential Oil Blend (Golden label)

This is a 100% pure, undiluted blend of essential oils.

Suggestions for use:

Aroma Lamp (diffuser): warm the water in your aroma lamp, then add several drops (5 - 10) of any Chakra essential oil to create a pleasant and supportive energy; provides a wonderful atmosphere for Chakra meditation.

Massage Oil: using your favorite base oil such as jojoba, almond, etc., mix 3 to 5 drops of a Chakra essential oil per each tablespoon (approx. 5ml) of base oil. Do not apply essential oils undiluted to the skin.

Anointing Oil: use 0.5 ml of essential oil for 10 ml base oil such as jojoba or almond oil. Apply to pulse points or chakra points, soles of feet etc.

Pillow Scent: add 2-3 drops on a pure cotton ball or small handkerchief and place next to your pillow.

Bath Oil: mix 2 tablespoons of sweet cream (or unscented liquid soap) with 10-20 drops of essential oil. Add mixture to bathwater after you have immersed yourself, to experience full benefits of the evaporating fragrance.

Aroma Jewelry: add 2 drops of essential oil to a cotton pad and insert into an aroma pendant. The fragrance, facilitated by body heat, will unfold and energize you for many hours.

Aroma Jar: using a clean glass jar with a tight lid, place 5-6 drops of essential oil on a cotton pad, drop in the jar and close lid. Then open the lid and enjoy the fragrance anytime - at the office, in the car, or while relaxing at home. Fragrance will last several days.

Triloka Chakra Anointing Oils (Light Blue label)

100% pure essential oils diluted in fractionated coconut oil* (each anointing oil contains 5% essential oil). Use for direct application on skin. Apply to pulse points or chakra points, the soles of your feet, etc. Available in a convenient roll-on bottle, makes it a practical choice for people on the go.

*Fractionated coconut oil is especially long lasting and does not go rancid.

Do not store oils in direct sunlight.

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.



Root Chakra essential oil blend:

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 dispel negativity.

Juniper (Juniperus Communis): energizing, strengthening energy sustains the vital life energy of the Root Chakra. Traditionally, Juniper is known as a sacred tree of protection.

Spikenard (Nardostachys Jatamansi): deeply grounding energy; instills courage and power.

Hina Flower (Lawsonia inermis): Hina flowers are traditionally used as offerings in temple ceremonies. As we begin the journey into the sacred space of our bodily temple, Hina flowers are the fitting symbol.

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.



Sacral Chakra essential oil blend:

Ylang-Ylang (Cananga odorata): floral scent that soothes, balances and instills confidence; reduces negative emotions and anger.

Cypress (Cupressus Sempervirens): with its grounding quality, Cypress protects from sexual preoccupation and emotional breakdowns. Strengthening and comforting, it assists and supports the willingness to change and transform.

Patchouli (Pogostemon Patchouli): its deep, earthy fragrance is both grounding and sensual. Supports creativity, relieves nervous exhaustion, uplifting to the spirit.

Myrtle (Myrtus Communis): clarifying, balancing energy promotes understanding of emotions, additions or dependencies (i.e. smoking or emotional dependency). It assists in transitions, supports creativity.

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.



Solar Plexus Chakra essential oil blend:

Lavender, high-altitude (Lavandula Vera): clears and balances; calms and strengthens. Its high altitude energy makes us awake, attentive to our spiritual path. Lavender soothes the overheated, fiery ego.

Fennel (Foeniculum Vulgare): its cooling energy soothes the fire element of the solar plexus. It opens the mind for compassion, promotes confidence and courage, and 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.

Cardamom (Elettaria Cardamomum): opens and soothes the flow of life energy (Prana) throughout the body. It opens the heart, and brings clarity and joy.

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.

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.

Heart Chakra essential oil blend:

Lavender, high-altitude (Lavandula Vera): soothes and balances emotions; promotes compassion.

Rose Geranium (Pelargonium Graveolens): relaxing and calming it enables us to balance activity and stillness. It nourishes creativity and joyfulness and promotes harmony and happiness in relationships. It inspires us to be of service to others.

Rose Otto (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.

Throat Chakra essential oil blend:

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. It soothes and lightens the burden of a grieving, wounded heart.

Spruce (Tsuga Canadensis): clearing, purifying and strengthening. Helps to focus and clear the mind thus enhancing expression and communication.

Davana Flower (Artemisia Pallens): In India, Davana flowers are traditionally offered to the god Shiva. The energy of the Davana flower is balancing. It soothes anxiety and anger, and connects us to our creative energy and intuition.

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.

Third Chakra essential oil blend:

Basil (Ocimum Basilicum): supports clarity of mind; assists faith and devotion.

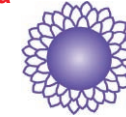
Camphor (Cinnamomum Camphora): increases Prana, the essential energy of life. Supports clarity of mind; awakens perception

Rosemary (Rosmarinus Officinalis): uplifting, helps one to focus and supports mental and emotional clarity. Deepens our relationship with spirit, gives strength on the spiritual path.

Lavender, high-altitude (Lavandula Vera): clears and balances; calms and strengthens. The high-altitude energy of Lavender awakens us and makes us more attentive to our spiritual path.

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.

Crown Chakra essential oil blend:

Frankincense (Boswellia Carteri): centering; opens the consciousness to make contact with the Divine; creates an atmosphere conducive for prayer and meditation.

Lavender, high-altitude (Lavandula Vera): clears and balances; calms and strengthens. The high-altitude energy of Lavender awakens us and makes us more attentive to our spiritual path.

Neroli (Citrus Aurantium): uplifting and relaxing, Neroli assists to remove energy blockages. It brings our awareness to the present moment and promotes communication with the spiritual world.

Benzoin (Styrax Benzoe): helps to center the mind for meditation and prayer; lifts the spirit.

Please Note: Triloka Ayurvedic Chakra oils are not intended to treat or diagnose any disease. Consult a physician or experienced aroma-therapist before use if pregnant or if any medical condition exists. Not for internal use. Do not use undiluted on skin. Keep out of reach of children.

Blessings.....enjoy the journey!



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Triloka[®]

Ayurvedic Chakra

Essential Oil Blends



Triloka Chakra Oils are blended from pure essential oils to assist you on the journey of life, the journey to your inner self and to spiritual and physical wholeness and health.