

Chakra Healing Ritual



1 Hold your crystal in your left hand.



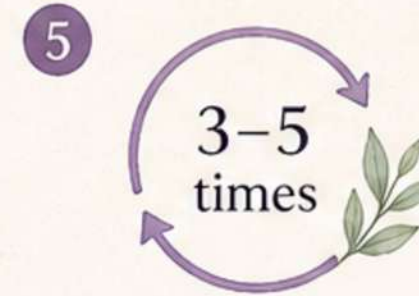
2 Bring your essential oil roll-on close and gently inhale its scent.



3 Exhale slowly and pause.



4 Then say your affirmation.



5 Repeat this cycle 3-5 times, allowing each round to feel calm and unhurried.



6 After the final round, sit quietly for a few breaths and let everything settle.

DAY	SYMBOL	CHAKRA	WHAT YOU ARE BALANCING / IMPROVING	CRYSTAL	ESSENTIAL OIL	AFFIRMATION
1		Root	Safety, grounding, anxiety relief	Obsidian	Coconut Vanilla	I am safe, grounded, and supported.
2		Sacral	Emotional flow, creativity, releasing tension	Citrine	Orange	I allow my emotions to flow freely and with ease.
3		Solar Plexus	Confidence, personal power, motivation	Tiger's Eye	Lemon Ginger	I trust myself and my inner strength.
4		Heart	Self-love, compassion, emotional healing	Rose Quartz	Lavender	I give and receive love freely and gently.
5		Throat	Expression, communication, truth	Lapis Lazuli	Mint	I express my truth clearly and confidently.
6		Third Eye	Clarity, intuition, mental calm	Amethyst	Frankincense	I trust my intuition and inner wisdom.
7		Crown	Peace, connection, emotional reset	Clear Quartz	Bergamot	I am calm, connected, and in harmony with life.