

♥ By The Bay Kinesiology ♥

CHAKRA BALANCING SPRAYS & OILS

CHAKRA BALANCING SPRAYS

BASE | SACRAL | SOLAR PLEXUS | HEART | THROAT | THIRD EYE | CROWN

Specifically made to cleanse, uplift, realign and balance each chakra, whether under or over energy, its related aura, and the chakras blueprint on the physical body.



CHAKRA BALANCING OILS

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Specifically made for the inner soul work, balancing the inner child and aligning all parts of the body to each of the chakra's energetic fields and auras from the inside, radiating out to the Universe.



BASE CHAKRA

TRUST | BELONG | SECURE

Emotions: Belong, Fear, Grounded, Present, Prosperity, Protected, Secure, Supported, Survival, Trust.

Affirmation: "I belong, feeling grounded, supported and safe whilst trusting myself."

Clears: Feeling alone, unsupported & abandoned | Ungrounded and over-thinking everything | Disconnected from yourself and life | Feeling insecure, unstable & fearful | Not trusting people or life | In survival fight or flight mode | Worried about money and financial security | Fear

Brings: Feeling fully grounded and present in yourself | Strong foundation and sense of who you are | Sense of belonging & feeling at home within | Trusting and feeling secure in your surroundings | Physical drive, stamina & vitality | Healed family relationships | Attracting prosperity

Connections: Colour: Red | Element: Earth (gravitation) | Identity: Physical (self-preservation) | Sense: Smell | Crystal: Smoky Quartz

SACRAL CHAKRA

MOVEMENT | PLEASURE | CREATIVITY

Emotions: Abundance, Connection, Control, Creative, Emotional, Flow, Guilt, Movement, Pleasure, Self-nurturing.

Affirmation: "I deserve pleasure and have true flowing emotional connections in my life."

Clears: Disconnection from self | Need to be in full control of everything | Lack of emotional connection | Over-sensitivity and over-emotional responses to life situations | Lack of flow in life | Inability to find pleasure in the simple things in life | Creativity blocks | Lack of nurture towards self | Guilt

Brings: Creativity | Embracing change and moving forward with life | Fluidity, flexibility and flow | Healing of past and present relationships | Deep connection with self | Nurturing self fully | Abundance in all areas of life | Ability to find and enjoy pleasure | Desire, sensuality & intimacy

Connections: Colour: Orange | Element: Water (polarity) | Identity: Emotional (self-gratification) | Sense: Taste | Crystal: Carnelian

SOLAR PLEXUS CHAKRA

SELF-WORTH | CONFIDENCE | EMPOWERED

Emotions: Approval, Confidence, Courage, Doubt, Power, Respect, Self-worth, Shame, Sunlight, Unique.

Affirmation: "I confidently value and approve of myself while honouring my power within."

Clears: Feeling undeserving and not good enough | Lost respect for self and others | Low self-esteem | Shame | Holding darkness within | Controlled by expectations | Worry what other's think | Comparing self to others | Craving approval and recognition from others

Brings: Strength, power and determination | Confidence in self and appearance | Cheerful and radiant | Firm sense of identity | Respect, honour and committed to self | Fire ignited in the heart and body | Courage to step into your uniqueness | Knowing your worth and valuing yourself

Connections: Colour: Yellow | Element: Fire (combustion) | Identity: Ego (self-definition) | Sense: Sight | Crystal: Citrine

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HEART CHAKRA

LOVE | ACCEPTANCE | FORGIVENESS

Emotions: Betrayed, Closed-off, Commitment, Compassion, Equilibrium, Forgive, Grief, Love, Nourish, Self-acceptance.

Affirmation: "I accept me and my heart beats to the rhythm of balanced love."

Clears: Feeling closed off and blocked in the heart | Believe unworthy of love | Unresolved grief, loss or sadness | Fear rejection and afraid of getting hurt | Past betrayals | Inability to love and nourish self | Feeling off balance in life and love | Resentment and jealousy

Brings: Heart connection | Emotionally healthy | Peaceful, balanced, open & full heart | Full acceptance of self shining your inner beauty | Commitment to yourself and who you are | Love, kind and gentle with yourself | Open to forgive past events & people | Comfortable and happy within self | Self-love, loving, loveable & loved

Connections: Colour: Green (pink) | Element: Air (equilibrium) | Identity: Social (self-acceptance) | Sense: Touch | Crystal: Rose Quartz & Peridot

THROAT CHAKRA

EXPRESSION | AUTHENTIC | INTEGRITY

Emotions: Authentic, Blame, Heard, Inspiration, Integrity, Lies, Quiet, Regret, Relate, Self-expression.

Affirmation: "I express my true authentic self creatively and freely."

Clears: Disconnection from your own voice | Feeling unheard & finding it hard to relate to others | Inability to express your true self | Judgement for who you are or what you say | Past regrets for not speaking up | Difficulty saying "no" | Negative self-talk & fault finding | Swallowed emotions & feelings | Harbours grudges and blaming others | Lying to self and/or others

Brings: Pure honest self-expression | Feeling listened to and heard | Finding your own voice and speaking your authentic truth | Truly hearing others | Acceptance of your opinions and words | Integrity | Ability to be silent | Inspired to follow your path | Ease when interacting with others | Creative expression

Connections: Colour: Blue | Element: Sound (vibration) | Identity: Creative (self-expression) | Sense: Hearing | Crystal: Lapis Lazuli

THIRD EYE CHAKRA

INTUITION | LIGHT | PERSPECTIVE

Emotions: Anguish, Denial, Clarity, Illusion, Imagination, Intuition, Light, Patterns, Perception, Punish.

Affirmation: "I trust my intuition and openly expand and see with clarity."

Clears: Stuck in repetitive patterns | Punishing self | In denial, blocked, distorted illusions | Paranoid behaviour | Feeling of being in the dark | Lacking perspective, vision and foresight | Over-analysing and dissecting information | Detached from life & out of touch with reality | Fragmented, daydreaming, vague & scattered

Brings: Light | Clear perception & clarity of vision | Inner knowing and insight | See and know the truth | Symbolic thinking | Seeing things differently | Trusting your intuition | Open to seeing what's in front of you | Living in reality and seeing a clear future

Connections: Colour: Indigo | Element: Light (luminescence) | Identity: Archetypal (self-reflection) | Sense: Intuitiveness | Crystal: Iolite

CROWN CHAKRA

PURPOSE | PURE | AWARENESS

Emotions: Attachment, Aware, Belief, Direction, Knowing, Purity, Purpose, Spirituality, Thought, Understanding.

Affirmation: "I am connected and attuned to the source of infinite knowledge and wisdom."

Clears: Detachment from life and where you are going | Lacking direction and purpose | Loss of faith in life and the Universe | Unsupported on your spiritual path or misunderstood | Disassociation from body & spiritual addiction | Lost in life with no meaning to life | Over-thinking and not knowing what to do next | Rigid limited belief systems

Brings: Connection to life path, purpose & direction | Faith, understanding and belief in your path | Divine wisdom and knowing | Enlightenment with spiritual pursuits | Awareness of the bigger picture | Cleansed and pure in all areas of life | Seeing beauty and aligned to a meaningful life | Connected to Source with gratitude

Connections: Colour: Violet (white/gold) | Element: Thought (consciousness) | Identity: Universal (self-knowledge) | Sense: Will | Crystal: Amethyst