

In 1999, I first conceived the idea of creating the chakra mist sprays, but as so often happens life predicts otherwise, but it was not until a period of grief they popped up in my mind again. How often have we therapists said we should practice what we preach!!

I have always believed in the power of the energy body, the sense of touch, interaction of the physical and energy body, and in particular the effects of perfume, sound and colour, I know used together, one can achieve a profound effect. Every physical organ, every function of the mind-body has its precise effect on the human aura, which is our energetic blueprint.

So, when the opportunity presented itself to attend an intensive training programme, with a colleague, on kirlian chakra assessment, in Santa Monica, I decided to take the chakra mists and massage blends with me. This was a such a rewarding experience, I did not expect such a degree of peace, like angels touching the heart, taking away the pain, and which therefore has culminated in the information of the following pages, and in gratitude to nature and her energy, the production of the Mists and massage blends.

The whole psychology is important in the procedure for use, if you ask yourself how you are feeling in relating to the archetypes, and we all slot into all these categories at varying times, because our energy is changing constantly, apply the appropriate mist and massage blends as instructed. If you want to experience the additional effect, I have researched and developed accompanying sound and colour CD's and a computer sound and colour interactive CD Rom.

Christine Sapsford



The **Chakra Mist Sprays** have been formulated using the essential oils which are in tune with the chakras within the structure of our energy system, blended in healing water to resonate with the aura, acting as an aura cleanser and strengthener on a subtle level, and because of the nature of the oils will have an effect on the physical level too.

For maximum benefit use as a spray to allow yourself personal space even though it may only be fleeting, focus on your breathing absorbing the awareness of the perfume representative of the chakra chosen, and experience the transmutable quality whereby you will be able to connect with the still centre within us all

The **Chakra Massage Blends** have been formulated using the same formulation of Essential Oils, and will enhance the effect of the Chakra Mists, together, creating a personal space for Mind, Body and Soul. The Massage blends are in a Grapeseed carrier base

For many ancient societies, breath was sacred, entering the body at birth, leaving it at death. Believing breath to be the soul of humans, and perfume the soul of nature, so to inhale a perfume was to take into their body the spirit force of the universe. As the smoke ascended heavenwards, its spirals turning solid matter into invisible scented breath, it formed a connection between the invisible world of the gods above and solid world of earth below. At the same time the smoke formed pathways for prayers, which ascending with it, were inhaled by the gods.

CROWN CHAKRA (Sahasrara)/ ETHERS

OILS TO HEAL, STRENGTHEN AND POLARIZE THE AURA, WORKING WITH THE SUBCONSCIOUS, FOR SPIRITUAL CONNECTION, CONSECRATION, AND PROTECTION

Rose Maroc (Rosa Centifolia)	Works simultaneously on the physical, emotional and spiritual bodies. A symbol of love & confidentiality In myth Eros presented the rose as a gift to the god of silence, (it still means a secret) The Rose is the oldest known plant of the ancient world - linked to Venus and Love
Amber (Distilled in organic essential Oils)	Historically, used to heal, strengthen & polarise the aura
Frankincense (Boswellia Carteri)	Historically, used for protection, spirituality, love and consecration. It is a sacramental oil. It is said to attract angels. A powerful cleanser of the aura
Orange Sweet (Citrus Sinensis)	Historically, carried for its scent and as a protection against disease
Violet Leaf (Viola Odorata)	Symbolically, transmutable quality for healing, intuition and the subconscious
Angelica Seed (Angelica archangelica)	Historically, used for spiritual power and protection

BROW CHAKRA (Ajna)/ ETHERS

OILS FOR WISDOM, INTUITION AND TRANSMUTATION, WORKING WITH THE SUBCONSCIOUS FOR THE PROTECTION AND PURIFICATION OF BODY AND SOUL

Frankincense (Boswellia Carteri)	Historically, used for protection, spirituality, love and consecration. It is a sacramental oil. It is said to attract angels. A powerful cleanser of the aura
Rose Maroc (Rosa Centifolia)	Works simultaneously on the physical, emotional and spiritual bodies. A symbol of love & confidentiality In myth Eros presented the rose as a gift to the god of silence, (it still means a secret) The Rose is the oldest known plant of the ancient world - linked to Venus and Love
Cedarwood (Juniperus Virginiana)	A symbol of wisdom. An ingredient of incense, used for wholeness and wisdom, also used to preserve the ancient wisdom of texts and scrolls. The Egyptians used Cedarwood in the mummification process and in their expensive cosmetics. The last of the Lebanese cedars believed to have been used for the Temple of Diana at Ephesus
Sandalwood (Santalum Album)	Historically believed, when inhaled to lift the soul to heaven. Also believed to purify body and soul. (19 th century scientists discovered Sandalwood kills bacteria in less than an hour)
Violet Leaf (Viola Odorata)	Symbolically, transmutable quality for healing, intuition and the subconscious

THROAT CHAKRA (Vishuddhi)/ ETHERS

OILS FOR THE STRENGTH OF EXPRESSION, AND THE POWERFUL PROTECTION AND CLEANSING OF THE AURA TO MAINTAIN THE EMOTIONAL HARMONY CONNECTION WITH THE SACRAL/SACRED CHAKRA

Frankincense (Boswellia Carteri)	Historically, used for protection, spirituality, love and consecration. It is a sacramental oil. It is said to attract angels. A powerful cleanser of the aura
Geranium Rose(Pelargonium Roseaum)	Historically, used as a powerful protectant
Sandalwood (Santalum Album)	Historically believed, when inhaled to lift the soul to heaven. Also believed to purify body and soul. (19 th century scientists discovered Sandalwood kills bacteria in less than an hour)
Jasmine (Jasminum Grandiflorum)	Known as the Star of Divine Hope. A sacred flower in ancient Persia, and a devotional anointing oil. Associated with the moon

HEART CHAKRA (Anahata)/ ELEMENT OF AIR

OILS FOR STABILITY AND GROUNDEDNESS, TRANSMUTATION AND VITALITY, AND THE ALL POWERFUL ENERGY OF LOVE AND DISCRETION

Patchouli (Pogostemon Cablin)	A symbol of stability, groundedness, transmutation and vitality, used to bring peace of mind and harmony into the home. It was believed, when inhaled to lift the soul to heaven
Rose Maroc (Rosa Centifolia)	Works simultaneously on the physical, emotional and spiritual bodies. A symbol of love & confidentiality In myth Eros presented the rose as a gift to the god of silence, (it still means a secret) The Rose is the oldest known plant of the ancient world - linked to Venus and Love
Neroli (Citrus Aurantium)	Historically considered to be a magnetic oil, with a strong attracting power

SOLAR PLEXUS CHAKRA (Manipura)/ ELEMENT OF FIRE

OILS FOR HARMONY, STRENGTH, PROTECTION, AND THE MAGNETIC POWER OF PURIFICATION OF MIND, BODY AND SOUL TRANSMUTING NEGATIVE TO POSITIVE EMOTIONAL ENERGY

Cardamon	(Elettaria Cardamomon)	Historically considered to be a magnetic oil, with a strong attracting power. Associated with the fire of Venus
Sandalwood	(Santalum Album)	Historically believed, when inhaled to lift the soul to heaven. Also believed to purify body and soul. (19 th century scientists discovered Sandalwood kills bacteria in less than an hour)
Ylang Ylang	(Cananga Odorata)	Known as the flower of flowers. The Balinese used the flowers as an offering to their gods
Nutmeg	(Myristica Fragrans)	Used for protection

SACRAL CHAKRA (Svadisthana)/ ELEMENT OF WATER

OILS FOR THE SACRAL/SACRED CHAKRA WORKING WITH THE SUBCONSCIOUS FOR THE CALMING PROTECTION OF EMOTIONAL HARMONY, AND LOVE. STABILITY AND GROUNDEDNESS

Patchouli	(Pogostemon Cablin)	A symbol of stability, groundedness, transmutation and vitality, used to bring peace of mind and harmony into the home. It was believed, when inhaled to lift the soul to heaven
Grapefruit	(Citrus Paradisi)	
Cinnamon Leaf	(Cinnamomon Zeylanicum)	One of the four main perfumes of the Hebrews. Known for its' tremendous diffusive radiating power, symbolic of enlightenment, expansion and love. Associated with the sun
Neroli	(Citrus Aurantium)	Historically considered to be a magnetic oil, with a strong attracting power
Orange Sweet	(Citrus Sinensis)	Historically, carried for its scent and as a protection against disease
Petitgrain	(Citrus Aurantium)	

ROOT/BASE CHAKRA (Muladhara)/ ELEMENT OF EARTH

SACRED OILS FOR HEALING, STRENGTHENING AND POLARIZING THE AURA FOR CONNECTION BETWEEN THE EARTH AND THE CROWN CHAKRAS. FOR CREATIVE AND GENERATIVE STABILITY, GROUNDEDNESS, TRANSMUTATION AND VITALITY, LOVE AND CONSECRATION. THE KNEES ACT AS TRANSFORMERS OF ENERGY BETWEEN THE EARTH AND THE ROOT CHAKRA

Cedarwood	(Juniperus Virginiana)	A symbol of wisdom. An ingredient of incense, used for wholeness and wisdom, also used to preserve the ancient wisdom of texts and scrolls. The Egyptians used Cedarwood in the mummification process and in their expensive cosmetics. The last of the Lebanese cedars believed to have been used for the Temple of Diana at Ephesus
Sandalwood	(Santalum Album)	Historically believed, when inhaled to lift the soul to heaven. Also believed to purify body and soul. (19 th century scientists discovered Sandalwood kills bacteria in less than an hour)
Amber	(Distilled in organic essential Oils)	Historically, used to heal, strengthen & polarize the aura
Frankincense	(Boswellia Carteri)	Historically, used for protection, spirituality, love and consecration. It is a sacramental oil. It is said to attract angels. A powerful cleanser of the aura

ENDOCRINES / 7 MAJOR CHAKRAS / ARCHETYPES & METHODS OF APPLICATION

Crown Chakra

Chakra Mist -

Sahasrara

Shake the bottle, spray twice into the air, walk into the space – inhaling and absorbing the sense of stillness and peace for a few moments and then apply

Chakra massage Blend -

light circular middle fingertip movements on the anterior fontanel, then lightly massage across brow with fingertip stretching movements, circular movements on the temples, followed by a few seconds hold covering the face, (fingertips pointing to hairline), take time to inhale the aroma

Pituitary



The Guru / The Egotist

POSITIVE ARCHETYPE

The Guru

Attributes:

THE GURU

-connected with the source
spirituality, service, faith, peace, refinement, beauty,
communion, joy, gratitude

NEGATIVE ARCHETYPE

The Egotist

Attributes:

THE EGOTIST

-unconnected with the source
despair, destructiveness, alcoholism, egoism

Brow Chakra

Chakra Mist

-

Ajna

Shake the bottle, spray twice into the air, walk into the space – inhaling and absorbing the sense of stillness and peace for a few moments and then apply

Chakra Massage Blend -

Lightly massage across brow with fingertip stretching movements, and circular movements on the temples, and a few seconds hold covering the face, (fingertips pointing to hair line), take time to inhale the aroma

Pineal



The Wise Person / The Intellectual

POSITIVE ARCHETYPE

The Wise Person

Attributes:

THE WISE PERSON

-using intuition
intuition, knowing, wisdom, perception, psychic healing, telepathy, empathy, spirituality, compassion, idealism

NEGATIVE ARCHETYPE

The Intellectual

Attributes:

THE INTELLECTUAL

rationalising everything
coldness, intellectualism, unfeeling, mean, tight, ungracious, bitter

Throat Chakra

Chakra Mist -

Vishuddhi

Shake the bottle, spray twice into the air, walk into the space – inhaling and absorbing the sense of stillness and peace for a few moments and then apply

Chakra Massage Blend -

Massage upper chest and around shoulders anterior/posterior, upward movements on the back of the neck to occiput, down the side of the neck, across the upper chest leading into very light upward movements on the throat, then cupping the chin and throat with both hands holding for a few seconds

Thyroid/Parathyroids



The Communicator /
The Silent Child

POSITIVE ARCHETYPE

The Communicator

Attributes:

THE COMMUNICATOR

-expressing feeling
communication, articulate speech, creativity, artistry
craftsmanship, sincerity, truthfulness,
integrity, independence

NEGATIVE ARCHETYPE

The Silent Child

Attributes:

THE SILENT CHILD

-inexpressive, suppressing emotions
unclear communication, suppressed/swallowed feeling,
deceit, exaggeration, gossip, lack of expression, over-
dependency

Heart Chakra

Chakra Mist

-

Anahata

Shake the bottle, spray twice into the air, walk into the space – inhaling and absorbing the sense of stillness and peace for a few moments and then apply

Chakra Massage Blend

-

Massage figure of eight around the chest (when appropriate) and sides of ribs, and figure of eight movements around the shoulder blades

Heart/thymus

POSITIVE ARCHETYPE



THE LOVER

The Lover

Attributes:

-open to love

love of self and others, empathy, healing, individuality, brotherhood, unity, adaptability, generosity, nobility of spirit, purity, gentleness, innocence

NEGATIVE ARCHETYPE

The Actress/Actor

Attributes:

THE ACTRESS/LOVER

pretending to love

fear of scrutiny, hatred, avarice, selfishness, meanness
malice, resentment, callousness

Solar Plexus Chakra Manipura

Chakra Mist - Shake the bottle, spray twice into the air, walk into the space – inhaling and absorbing the sense of stillness and peace for a few moments and then apply

Chakra Massage Blend - Massage from navel to end of sternum anterior and corresponding area on the back

Pancreas  The Warrior /The Servant

POSITIVE ARCHETYPE

The Warrior

Attributes:

THE WARRIOR

-strength and ability to fight for what one wants, intelligence, balance, nourishment, strong nerves, personal, power, self confidence, self respect, assimilation (on physical and psychic levels), flexibility and decisiveness

NEGATIVE ARCHETYPE

The Servant

Attributes:

THE SERVANT

-one who does not know his worth
fear of failure, indecision, poor judgement, lack of confidence, low self esteem, apathy, rigidity, poor assimilation

Sacral Chakra Svadhithana

Chakra Mist - Shake the bottle, spray twice into the air, walk into the space – inhaling and absorbing the sense of stillness and peace for a few moments and then apply

Chakra Massage Blend - Massage around abdomen and lumbar area

Gonads  The Empress / The Martyr

POSITIVE ARCHETYPE

The Empress

Attributes:

THE EMPRESS

-graciously loving the physical life
taste, appetite, pleasure, pride, emotion, vitality, sexual satisfaction, power, prosperity, discrimination, abundance, creativity, nurturing and well being

NEGATIVE ARCHETYPE

The Martyr

Attributes:

THE MARTYR

-suffering and full of self sacrifice, and wanting others to suffer as well
greed, manipulation, sentimentality, exhaustion, guilt

Root Chakra

Chakra Mist

-

Muladhara

Shake the bottle, spray twice into the air, walk into the space – inhaling and absorbing the sense of stillness and peace for a few moments and then apply

Chakra Massage Blend

-

Massage feet and legs with upward movements, lower abdomen, and buttocks

Adrenals



The Mother / The Victim

FUNCTIONAL ARCHETYPE

THE MOTHER

This aspect of self care and the ability to look after ones physical needs in a life-affirming archetype, which implies responsibility, empowerment and vitality

Positive attributes:

Embracing life with courage
Survival, physical grounding, life force, stability, manifestation, commitment, patience, constancy, will, passion, sexuality, ambition

Negative attributes:

Giving up easily
Violence, fear, frustration, restlessness, rootlessness, alienation, separation, dishonesty, cunning

NEGATIVE ARCHETYPE

THE VICTIM

Unable to look after the basic, life sustaining functions which are required for a stable and secure life. This archetype has little sense of responsibility for themselves, very little empowerment and small and unstable quantities of energy

ORDER brings peace, light and inner liberty into life