



Crystals and Oils

The synergy of crystals and essential Oils

Arlene S. Puryear SC EdD
803-730-7050
arlenepuryear.com

Young Living # 1782295
Asp552@gmail.com

Sight..... Scent & Frequency

Each has its purpose

Sight

Gemstones, crystals, minerals, whatever you want to call them, they are all made up of minerals. Crystals are beautiful with their various colors and shapes. When you have the need to see them, touch them and hold the stones in person is your need to feel their frequency.

Crystals carry and emit energy. As well as being pretty, they are used in technology for their ability to carry frequencies.

Example would be the quartz watch. Long before quartz was or ruby laser, ancient civilizations around the world used crystals to promote physical and emotional well being on their appearance and energy.

Scent

Essential oils are aromatic, steam-distilled liquids from a plant. Concentrated and potent they contain varying constituents helpful to the body on both a physical and emotional level. Soil, seed, growing, environment, farming practices, harvest time, distillation methods and handling all determine the quality of essential oils produced; so it is important to know where your essential oils come from. Quality, therapeutic grade essential oils can be used topically, aromatically and internally. For our Roller balls we will focus on topical and

aromatic uses.

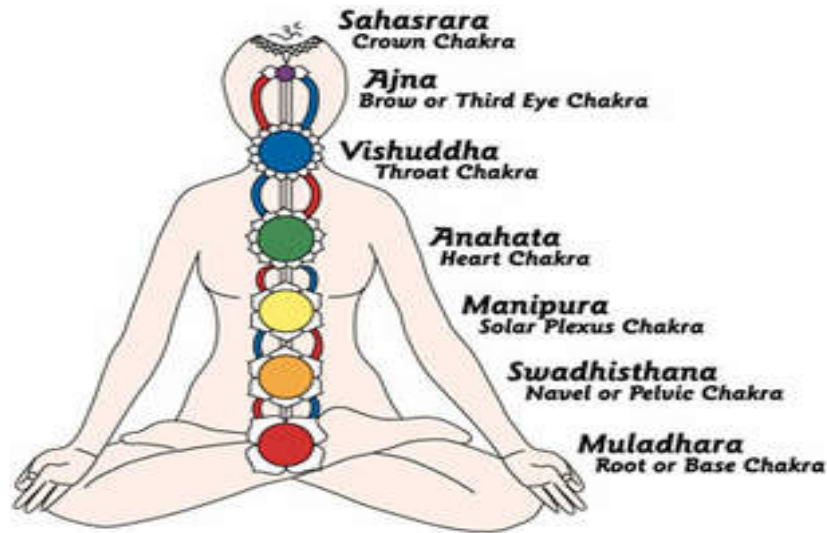
In 20 minutes, when you topically apply the oil or smell the oil, you have infused your blood with the healing frequency of the oil and it has traveled to every cell in your body. That is a BIG deal.

Frequency

You are an energetic being with a constantly vibrating frequency

It's how God made you. Dynamic. Alive, Living. When you feel good, your frequency is high. When you are sick or sad, your frequency is low. Exercise, nutrition, meditation, rocks, oils, etc. are all tools you can use to help keep your vibe high. Chakras represent energy centers in the body. Each of the seven primary Chakras corresponds to different areas of the body and different emotional and spiritual needs for optimum health. From your "root" chakra all the way up to your "crown", these energy centers may become imbalance with day-to-day life in the real world. If one chakra is imbalanced, the chakras above it frequently become that way too.

For the purpose of this study, we will use the chakra system as a tool to help us use rocks and essential oils in our emotional and spiritual life.



Looking at each of the seven areas of your body for frequency

Base or Root (First) Chakra

The Root Chakra represents survival consciousness. It symbolizes safety, survival, grounding, and nourishment from the Earth energy. This chakra is linked between the anal outlet and the genital area. It's considered the human's relation to the earth and its position is the base of the spine. This chakra represents the instinctual "fight or flight" response and basically seeks the need for the for survival (food, shelter, safety, and comfort). It's important that you get the proper food and sleep to keep the Root Chakra well balanced.

Logic, physical strength, and orderliness is a requirement for the Root Chakra and it is the foundational energy center. Daily exercise, sunlight, and a good night's sleep are very important for keeping the Root Chakra healthy. When you feel stressed, afraid, or worried, your

Root Chakra can be blocked. When you're feeling strong, healthy, loved and happy, your Root Chakra is open to you.

Sacral (Second) Chakra

The Sacral Chakra can be found below the belly button and is associated with emotions, creativity, sexuality, and also connected with water and flow. This chakra is also considered to be a pro-creation chakra, meaning it's close to the womb area and represents connections to other humans through sex, fertility, and reproduction.

Desires and feelings of intimacy come with the Sacral Chakra, and when you are lacking the ability to connect intimately with ourselves and others in a healthy way, an imbalance (or block) is created. When your Sacral Chakra is blocked, you may feel it's difficult to be emotionally or sexually open and are involved in unhealthy, toxic relationships. You may also have trouble viewing the relationship with yourself and body image as negative.

Solar Plexus (Third) Chakra

The Solar Plexus Chakra is all about *trusting your gut*. The chakra represents fire and will be placed above the navel, two inches below the breastbone. This represents the diaphragm area, which has the energy center to trust in yourself with strong consciousness. This chakra promotes the feeling of being confident and friendly.

An imbalance (or block) of the Solar Plexus manifests when you're feeling powerless and experience difficulty taking action on your desires. This can also manifest in external ways such as stomach pains and digestion. When your chakra color is open and aligned, you'll experience a healthy strong sense of personal power and want the desire to use your power for good in the world and for yourself with high self-esteem and self-worth. Next time you feel stomach pain or digestion issues; consider balancing out this chakra first before reaching out for medicine

Heart (Fourth) Chakra

The fourth chakra (also known as the heart chakra) has the element of air and represents unconditional love and compassion. Some even believe that the chakra represents intuition. This is where the saying "follow your intuition" comes from, and it's something you can tap into and feel! The Heart Chakra is positioned in the center of the chest and works well with your intuition! When you're experiencing lack of creativity, intuitive insight, loneliness and even external issues such as heart or breathing problems, take these as signs as your chakra being blocked. The Heart Chakra is on the right track when you're experiencing love (not just for others but for yourself, too), self-acceptance, and are able to give and receive love easily.

Throat (Fifth) Chakra

The Throat Chakra (also known as the fifth chakra) is about communication, speaking, sharing, expressing, listening, and perceiving from a higher form of communication! The key element for this chakra is sound and is located at the center of the neck at the level of the throat.

When our throat chakra is clear, we are allowed to speak the truth. However, when we have trouble speaking the truth and just say things that other people want to hear, our chakra is imbalanced. Also, when we are having trouble expressing ourselves, experience neck pain, feel anger or frustration, and don't feel understood, this chakra is blocked. The throat represents self-expression, expression of truth, creativity, and clear communication. When our Throat Chakra is open and aligned when you are able to speak your truth easily, feel like you're being heard and respected by others and yourself. One method that will help open the throat chakra is meditation.

Brow (Sixth) Chakra

The Brow Chakra is in the mind center, located right between the eyebrows. The brow represents light and allows us to visualize, imagine and focus. This Chakra opens the door to the Divine. It's a spiritual practice and allows the mind to develop thoughts and feelings of self-awareness, and peace. This chakra color is purple (or deep indigo blue) promotes strong intuition and inner wisdom. It is the energy of deep change and can also impact the energies of lower chakras into a deeper connection with your spiritual practice.

However, it's very easy for the brow to get blocked. When the mind is overthinking, worried, and very *busy*, it's hard to see the big vision of what you want in life. Thoughts of struggle, and finding the meaning of life, career, and relationships can add to this blockage. It can even cause insomnia and memory disorder problems. When your Brow is open, you'll experience a strong sense of your own inner truth with the right guidance to the right path

Crown (Seventh) Chakra

The Crown Chakra connects us to the divine source energy of love and wisdom. It represents purity and spirituality and is located at the top of our head. The element is thought and empowers spirituality, our belief systems, and enlightenment

Our Crown chakra is blocked when we feel loneliness, a lack of connection from God, fear of the unknown, and even when we experience headaches.

Often through prayer and meditation, we're able to open our Crown Chakra and we're able to feel connected to a higher power, deep gratitude for life, and self-love and love for others. The Crown Chakra also supports the spiritual connections of one individual to another.



Essential Oils that you may use to make your Roller Ball dispenser.

Base or Root Chakra:

Rose- known to increase positive self-reflection and uplifting emotions.

Cedarwood- Best known as a warm, woody and inviting Cedarwood is known for enhancing calmness and concentration.

Valor- A blend of Black Spruce, Blue Tansy, Camphor Wood, Geranium and Frankincense all combine to create a grounding blend that promotes feelings of safety and courage.

Sacral Chakra:

Stress Away- A relaxing blend of Lime, Ocotea, Copaiba, Vanilla and Cedarwood.

Thieves- Clove, Lemon, Cinnamon, Eucalyptus Radiata and Rosemary combine to support feeling of certainty and Vigor.

Present Time- Live IN the moment. Leave the past behind you and let the future concern itself while you embrace the NOW. This is a blend of orange, Black Spruce and Ylang Ylang.

Solar Chakra:

Frankincense Enhances feeling of personal value and confidence.

Sacred Mountain- A blend of Black Spruce, Ylang Ylang, Balsam fir and Cedarwood combine to create an aroma of strength and empowerment.

Jasmine is a soft floral scent that encourages feeling of positive self-worth.

Heart Chakra-

Cistus also known as the rose of Sharon. It has a rich aroma that brings feelings of comfort to the heart.

Peace and Calming is a blend of Ylang Ylang, orange, Tangerine, Patchouli and Blue Tansy. This blend is designed to create a sense of balance and stability.

Joy brings a sense of romance and warmth that is attributed to the blend of Ylang Ylang, Geranium, Jasmine, Palmarosa, rose, Bergamot, Lemon and Tangerine.



Essential Oils that you may use to make your Roller Ball dispenser.

Throat Chakra :I

Three Wise Men is a blend of Sandalwood, Juniper, Frankincense, Black Spruce and Myrrh to create a sense of grounding and encourage expressiveness.

Valor is a blend of Black Spruce, Blue Tansy, Camphor Wood, Geranium, and Frankincense to promote feelings of safety and courage so that you can feel confident to speak the truth.

Lavender addresses feeling of abandonment, criticism and fear of engulfment- emotions that can block the throat chakra

Brow Chakra:

Sandalwood with its woody aroma empowers you to confidently face the unknown.

Frankincense is an emotionally centering oil. It centers you and encourages you to stand in your power.

Palo Santo literally means “Holy Wood”. This oil promotes feelings of attunement and trust in God’s direct guidance.

Crown Chakra

Humility is a blend of Coriander, Ylang Ylang, Bergamot, Geranium, Melissa, Frankincense, Myrrh, Northern Lights, Black Spruce, Vetiver, Orange and Rose. This is a lot of support to assist in ego adjustment.

Gratitude- Balsam Fir, Frankincense, Coriander, Myrrh, Ylang Ylang, Bergamont, Northern Lights, Black Spruce, Vetiver and Geranium in one bottle to foster an attitude of gratitude essential to spiritual peace.

Idaho Balsam Fir is Woody is aroma, relaxing to the body and elevating to the mind, the affirmation for this oil is “ I am connected to God”.



Carrier Oils that you may use to make your Roller Ball dispenser.

Coconut Oil

Shelf life: 2-4 years

The oil smells of coconut and can be used either as a carrier oil or on its own. It can be applied to the skin, hair, and lips, and helps to protect the skin by leaving a thin layer behind. Coconut oil is solid and creamy at room temperature.

Uses: Coconut oil contains skin-nourishing fatty acids and polyphenols, which makes it a great carrier oil for massage oils and skin care preparations. You can buy fractionated coconut oil that will stay a liquid

Almond Oil

Shelf life 6 – 12 months

Sweet Almond oil is great carrier oil that contains Vitamin A, Vitamin E, Omega 3 fatty acids and zinc. Almond oil has been used for thousands of years to soothe, soften, and repair the skin. Due to its anti-inflammatory and enrollment properties, as well as its high nutrient content, it's still a popular skin care ingredient today. It is light oil that is great for the skin. Please check allergic reaction if you have a nut allergy.

Jojoba Oil

Shelf life: 5 years

Jojoba oil, which is really a wax, is commonly used in massage. Due to its natural anti-inflammatory properties, it might help in the treatment of mild acne. In aromatherapy, it absorbs well and could be a good choice for those with oily or acne-prone skin. Jojoba oil is yellow and has a distinct but pleasant smell.

Uses: Jojoba oil absorbs easily in the skin and doesn't clog pores. This makes it a good carrier oil

Grapeseed Oil

Shelf life: 6-12 months

Grapeseed oil is considered to be an all-purpose oil that is commonly used in aromatherapy, from massage to skin care. It has a light aroma that is slightly sweet and nutty, and it is virtually clear in color. It leaves a glossy film on the skin. This oil is made from the pressings of the seeds from particular



Putting your Roller Ball dispenser together

1. Choose your gem and oil or oil blend that will match your chakra that you want to address first.
2. Put 5 to 10 drops of essential oil in the roller bottle and fill the remaining space with the carrier oil of your choice.
3. Put the bottle roller top in position. Place the screw on top in place and screw it down tight to secure the roller ball.
4. Shake up the bottle and you are ready to use.

What are the benefits of the Gemstones that you received in your class Kit?



Garnet We are using this with the Base or Root Chakra

Garnet brings joy and hope by inspiring love and devotion. It is sometimes called the stone of love and sexuality due to its ability to enhance both sensuality and intimacy with one's partner. It also can help overcome depression and let go of self-anger that is caused by things which happened in the past. Garnet revitalizes balances and purifies surrounding energy to provide peace, serenity and increased passion to all in its presence.



Jasper- We are using this with the Sacral Chakra

Jasper is believed to stabilize and balance energies. Helps to maintain a positive healing aura. Helps motivate, increases creativity and responsibility. Soothes the mind of anxiety and is known as a supreme nurturer. Encourages you to deal with conflicts, take on new pursuits and approach problems with creative solutions.



Citrine- We are using this with the Solar Chakra

Citrine is also called the "success stone". It aids in promoting success and abundance by assisting to both acquire and maintain wealth. It helps enhance self-esteem and self-discipline allowing one to decisively make important decisions. It emits warm and peaceful vibrations outward to those nearby and can help overcome depression while opening the mind to intuition and new ways of thought. Enhances creativity, new ways of thought and activates one's imagination allowing new ideas.



Aventurine-We are using this with the Heart Chakra

Aventurine is known as the "stone of Opportunity". It helps align energies and inner harmony. Attracts love and success. The protector of the heart chakra.



Sodalite- We are using this with the throat Chakra

Sodalite promotes communication, truth, integrity and intuition. It helps to encourage creative expression. Eases internal conflicts. Helps you to be more objective and less critical.



Amethyst- We are using this with the Brow Chakra

Amethyst is a good basic stone that helps with healing and confidence. It can be used for protection and balance. It can aid in reducing pain, arthritis and insomnia. It is considered the gemstone of peace, mediation, courage and inner strength. It is a stone of the mind that brings calmness and Clarity.



Clear Quartz- We are using this with the Crown Chakra

Clear Quartz is known as the Ultimate healer. Promotes clarity, calmness, energy and harmony. Helps improve self-respect. Pairs well with most Oils. Can be used with all 7 chakras, just like frankincense.

References

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