

EGO FRIENDLY LIVING

With Esther Rodriguez Brown

Essential Oils & Chakras

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Essential oils are plant extracts. They are made by steaming or pressing various parts of a plant (flowers, bark, leaves or fruit) to capture the compounds that produce fragrance. Aromatherapy uses essential oils for therapeutic benefit. When inhaled, the scent molecules in essential oils travel from the olfactory nerves directly to the brain through the mucous membrane and especially impact the amygdala, which is the brain's integrative center for emotions, emotional behavior, and motivation. Essential oils can also be absorbed by the skin. Some essential oils can be irritating for the dermis, so it is recommended to use it with carriers such as oils, butters, and lotion to avoid irritation.

This class focus on oils to help to activate and calm our Chakras.

References

- Butje, A (2020). Aromahead Institute. Aromatherapy Certification Curriculum.
Young, G.D (2013). Essential Oils: Integrative Medical Guide. Life Science Publishing.

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MULADHARA - Root Chakra

Sound: Lam

Petals: 4

Element: Earth

Planet: Saturn

Organs: Spinal column, kidneys, bladder, ureter.

When Balanced: We have control of our sexual desires, courage, fearless, grounding, strength, stability, and stamina.

When Imbalanced: We can feel insecure, doubtful, feel abandoned, and extreme desires that are never fulfilled.



Nutmeg (to activate) is an uplifting oil, so it will activate a sluggish Root Chakra. Nostradamus used nutmeg to enhance his visions. It is expansive for the psyche and to promotes creativity. Nutmeg unwinds blockages in the abdomen and sexual organs, draws higher energy through the etheric core and heart chakra, balances all the energy in the subtle bodies and connects all the chakras to the grid. This oil also helps to activate the Kundalini.

PRECAUTIONS

Nervous System stimulant, can be hallucinogenic if overused. Should be avoid during pregnancy. Use it diluted with a carrier.

APPLICATION

You can use this blend in a diffuser. 3 drops of Chamomile Roman oil, 3 drops of Bergamot oil, 2 drops of Nutmeg.



Patchouli (to calm) help experiencing feelings of peace and self-confidence, this is a great oil to use when facing feelings of abandonment or extreme desires. Patchouli is like the “happy oil” when you inhale the essence you feel empower and grounded. Often an overactive Root Chakra triggers an overactive mind, Patchouli balance the mind and reduce nervous strain. This oil is great to connect with one’s sensual nature.

PRECAUTIONS

No-toxic, no-irritating. You can use this oil neat.

APPLICATION

Patchouli can be apply to your skin directly. Gives you a sense of grounding and relaxation. Diffuser blend: 4 drops of Patchouli, 3 drops Cedarwood, and 2 drops Sweet Orange.

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Svayambhavana - Sacral Chakra

Sound: Vam

Petals: 6

Element: Water

Planet: Jupiter

Organs: Male and female reproductive system, lymphatics, kidneys.

When Balanced: We have self-identity, enjoy pleasure, relationships, sensuality, intimacy, connection, and experience creativity.

When Imbalanced: We can become jealous, envy, lust, fearful, pride run by ego, and in cases become cruel, and hatred.



Cardamom (to activate) Fresh, spicy, warm, and sweet, cardamom essential oil is a good friend to the belly area. Historically used for digestive support. One reason it's so comforting is that the oil's stimulating effect seems to bring energy wherever it's applied, creating movement and warmth. This oil is refreshing, invigorating, and especially balancing for those who worry too much. It activates creativity and connectivity with yourself and others.

PRECAUTIONS

Can cause dry skin & irritation if not diluted. This oil should not be use on children under 5, and with caution on children under 10 years of age.

APPLICATION

You can use this blend in a diffuser. 3 drops od Chamomile Roman oil, 3 drops of Bergamot oil, 2 drops of Nutmeg.



Sweet Orange (to calm) Sweet orange essential oil is bright, citrusy, sparkly, and refreshing. This oil make you feel positive, confident, optimistic, and energetic. One of sweet orange's popular uses is for the belly, where it can soothe many kinds of discomfort.

PRECAUTIONS

It can irritate the skin & produce photosensitivity when in contact with sunlight. Do not use while pregnant.

APPLICATION

In a diffuser put 6 drops Sweet Orange, 4 drops Cardamom, 3 drops Ginger, 2 drops Laurel Leaf, 1 drop Peppermint.

Becoming a Higher Version of Yourself

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MANIPURA - Solar Plexus Chakra

Sound: Vam

Petals: 10

Element: Fire

Planet: Mars

Organs: Stomach, liver, spleen, pancreas, duodenum, gallbladder.

When Balanced: We experience prosperity, positive will power, wealth, confidence, and awareness of the right purpose for right action.

When Imbalanced: We lacked self-confidence, low self-esteem, indecisiveness, action without proper purpose, we can be unreliable, and irresponsible.



Juniper Berry (to activate) Piney, fresh, and woody, with a sharp note of resin, juniper berry essential oil has an invigorating character. It helps shake up stagnant energy, cleanse and protect, drive out negative forces, and release worry and negative thinking. Good oil to use when feeling burn or overwhelmed.

PRECAUTIONS

Non-toxic, though may cause skin irritation or sensitization if oxidize. Great to use diluted for bath or massage oil.

APPLICATION

2 drops Juniper Berry, 1 drop Rosemary, 1 drop Cypress, 1 drop Lavender, 1 Tbsp. of Castile soap, and 1 oz. of sea salt, mix well, and add to a full bath.



Vetiver (to calm) Vetiver is earthy, smoky, woody, and sweet. It brings relaxing effects and clarity of mind. This oil allows you to connect with the energies of nature, in particular earth element. Grounds, protects, restores, and connects one with the Self.

PRECAUTIONS

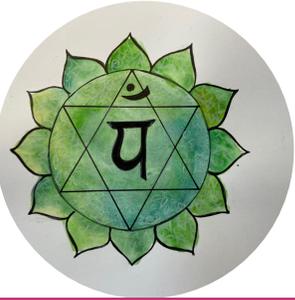
Non-toxic and non-irritating.

APPLICATION

3 or 4 drops Vetiver on a tablespoon of Castile soap and added to your hot full bathtub. It is soothing and supports your immune system.

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Anahata - Heart Chakra

Sound: Yam

Petals: 12

Element: Air

Planet: Venus

Organs: Respiratory, cardiovascular & circulatory systems, vagus nerve.

When Balanced: We experience love, compassion, trust, our Bakti (Divine Love) awakens, we have heart-centered discernment.

When Imbalanced: We can become over-emotional, tearful, experience anxiety, sadness, over-think, tense relationships, mistrust, and holding grudges.



Palmarosa (to activate) With a rosy, sweet, herbal aroma, palmarosa essential oil is soothing enough to use in the evening, but inspiring enough for use during a busy day. This is a great oil to calm a sense of urgency—emotionally or physically. This oil stabilizes the heart, opens the breath, calms the mind, reduce anxiety and restlessness, supports a sense of adaptability, and calm jealousy and possessive feelings.

PRECAUTIONS

Non-toxic and non-irritating.

APPLICATION

Diffuse 5 drops
Palmarosa, 5 drops
Sandalwood,
5 drops Myrrh,
2 drops Patchouli
Amazing blend to
activate compassionate
love.



Lavender (to calm) A must-have essential oil for any collection! Lavender is one of the most versatile oils in the aromatherapy world. With a soft, floral, fresh aroma, lavender is gentle and soothing. Lavender is nurturing, encourage balance in all body system, reduces anxiety and fear, and helps calm and control panic attacks.

PRECAUTIONS

Non-toxic and non-irritating.

APPLICATION

4 drops Lavender
(Angustifolia), 3 drops
Bergamot. Use in a diffuser
prior to going to bed, it has a
great calming effect and
improves your sleep.

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Vishuddha -throat Chakra

Sound: Ham

Petals: 16

Element: Ether

Planet: Mercury

Organs: Bronchial tubes, lungs, vocal cords, alimentary tract, throat, skin.

When Balanced: We the ability to express the truth, positive communication, genuinely connect with others, and project ideas clearly.

When Imbalanced: We can become shy, introverted, timid, or be over-talkative, gossiping, and verbally aggressive.



Lemon (to activate) Zesty, fresh, and inspiring essence. Lemon oil is uplifting, cleansing, sparkling, and refreshing. Expands energy, promote a sense of opening, reduce tension, depression, invite happiness, and outward energy. This is a great choice when you feel stock on your Throat Chakra, when your communication is not flowing like you want.

PRECAUTIONS

Lemon oil is phototoxic when used in blend at more than 12 drops per 1 oz. Otherwise non-toxic. It may cause skin irritation if oxidize.

APPLICATION

Diffuse 5 drops
Lemon Verbena, 4
drops Pinyon Pine, 1
drop Vetiver. This is a
great aroma to awake
your inner creativity.



Roman Chamomile (to calm) Sweet and floral aroma, this oil is well-known for its relaxation effects. It creates a sense of well-being throughout the day, calm a worried mind, and encourage sleep at night. Due to its calming effects, we are able to express ourselves with clarity and our communication becomes more compelling.

PRECAUTIONS

Safe to use after the second trimester if pregnant.

APPLICATION

Use this blend in a roll-on bottle. 5 drops Roman Chamomile, 8 drops Mandarin oil, 6 drops Lavender, in 1 fl. oz. of Jojoba oil.

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Ajna -third eye Chakra

Sound: Om

Petals: 2

Element: All

Planet: Sun & Moon

Organs: Lower brain, nervous system, ears, nose, left eye.

When Balanced: We have vision, intuition, connection to Divine Wisdom, perception of energies, access to mystical states, ultimately enlightenment.

When Imbalanced: We can feel stuck, become ungrounded, indulgent, delusional, or lack of self-vision, lack of clarity, rejection of spirituality.



Turmeric (to activate) Warm, earthy, and spicy. Turmeric is used for its many healing properties as well as for its energetic ones. During meditation turmeric paste or oil is placed on the Third Eye to stimulate and activate that area. The vibrant orange color represents the flame of enlightenment and the spice creates a tingle for the meditator to focus her or his awareness.

PRECAUTIONS

Do not use on children below 10 years of age. If you are pregnant, nursing, or under a doctor's care, consult your physician.

APPLICATION

Mix 4 drops Turmeric oil with sesame oil and place on your Third Eye during meditation using your ring finger, which represents the Earth element for grounding.



Sandalwood (to calm) Sweet, woody, and sensual, sandalwood offers feelings of security and trust. It's been used in spiritual ceremonies for centuries, as it can create inner peace that flows forth into daily life. Sandalwood supports meditation and inner unity, quiets mental activity, reduces irritation and aggressive behavior, provides energetic protection, and encourages acceptance.

PRECAUTIONS

Non-toxic, non-irritating.

APPLICATION

10 drops Sandalwood, 10 drops Grapefruit oil, 1fl. oz. jojoba oil. Blend all in a bottle and use it during your meditation or as needed.

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Sahasrara - Crown Chakra

Sound: Aum

Petals: 1000

Element: None

Planet: None

Organs: Upper brain, right eye.

When Balanced: We become part of the Super-Consciousness, formless connection, liberation, communion with higher states of consciousness, bliss.

When Imbalanced: We feel melancholy, spiritually disconnected or over-attached, and close-minded.



Neroli (to activate) Richly floral, citrusy, and slightly herbal essence. Neroli can soothe sudden, distressing emotions, nurturing the heart back toward a warm, trusting relationship with life. Neroli relaxes the nerves, calms and soothes the heart, and facilitates spiritual and creative work.

PRECAUTIONS

Non-toxic, non-irritating.

APPLICATION

4 drops of Neroli oil,
6 drops of Rose Absolute oil,
2 fl. oz. unscented lotion.



Frankincense (to calm) Fresh, warm, and woody. Frankincense has helped create sacred spaces throughout history where peace and connection to self is possible. This oil helps support clear mind and deep breathing, during meditation. It supports reflection and introspection, encourages emotional healing on all levels, quiets the mind, supports focused attention, and tranquility.

PRECAUTIONS

Non-toxic, non-irritating.

APPLICATION

Difusse 5 drops of Frankincense,
4 drops of Rhododendron oil,
3 drops of Nutmeg oil.