

For all healing... first, find your center. Take a deep breath, let it out slowly and allow yourself to be at peace and undistracted. There is no right or wrong. It is only important that you begin. It is only important that you find your own way. And I thank you for using this chart as one of many guides along your path.

The Chakra system is based on wheels of spinning energy that connect us to external forces with an internal balance. When our Chakras are in alignment we are vibrant, healthy beings generating a higher field of consciousness. There are seven main chakras (122 secondary). This chart is expressing eight, with a condensed view of a more complex relationship to our health.

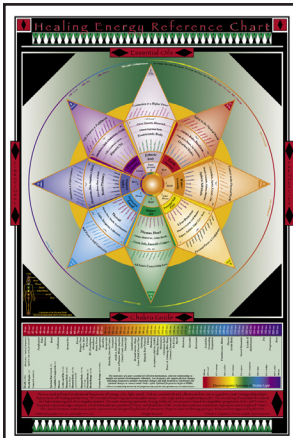
1. **The Root Chakra:** Earth/Survival is connected to the ovaries, testes, also includes the feet, legs, bones and large intestine. (There are conflicting views of association to the spine and anus rather than organ-specific, but either physically sets the body in motion with fight or flight energy.) The root chakra determines our feelings of "Safety in the Physical World."
2. **The Sacral (or Navel) Chakra:** Water/Sexuality connects to the spleen, adrenals, womb, genitals (ovaries/testes can be associated here), kidney, bladder (water systems). Sacral chakra determines "Control in the Physical World."
3. **The Solar Plexus:** Fire/Personal Will connects to the liver, pancreas, complex digestive system, and gall bladder. The solar plexus is our emotional center and determines our sense of "Personal Power."
4. **The Heart Chakra:** Air/Balance connects the heart and thymus. It is considered both neutral and harmonious as it vibrates between the lower chakras (yin/male) and upper chakras (yang/female) and includes the lungs, arms, hands and circulatory system. The heart chakra is the balancer for "All Issues Concerning Love."
5. **The Throat Chakra:** Sound/Expression connects to the thyroid (endocrine system), throat, ears, mouth, neck and shoulders. The throat chakra determines your "Will Power (self) and Self Expression (outward)."
6. **The Brow (or Third Eye) Chakra:** Light/Intuition connects to the brain and pituitary also the eyes, brow and base of skull. It is the chakra of "Intuition and Clairvoyance." (Channels external energies: ancestors, creativity, art/music, genius, gifts...)
7. **The Crown Chakra:** Conscious/Thought connects to the pineal gland, central nervous system and cerebral cortex. The crown chakra determines your "Life Purpose and Fulfillment."
8. **The Etheric Body:** Transpersonal not physical, transcends the body and "Connects to a Higher Power."

The inner wheel of essential oils located in each chakra petal is based on the origin of a plant from which that oil was extracted. As with all light, sound and color energetic frequencies there are no distinct borders. Some essential oils could be defined as "red," "orange," or "yellow." For example: frankincense is noted in a number of books as red, orange and yellow. The main determinant in this design was the limitation of space to choose from hundreds of possibilities – be flexible!

Balancing the body or the chakras may also require applying the "complementary color." Any oil directly opposite each chakra petal could be the answer to bringing your particular energy into balance. Sometimes it is a singular occurrence, but for some people the "friction" of the opposite is always called for to adjust that body's frequency. The inner wheel fonts of essential oils are colored to remind you of the possibility to use a "complementary" oil if it is intuited or if that is the only one available to you! (An exception to coloring the fonts was yellow and orange due to legibility as a printed word. I tried - Prepress warned me - "some things aren't flexible.")

The outer wheel of essential oils located at the mid-section of each chakra petal lists essential oils generally used in the healing practices of chakra balancing by Medical Intuitives, Reiki Masters, Naturopaths, Massage Therapists and other wellness providers who incorporate the oils to adjust the energy of the body's physical, auric and etheric layers. The vibrational frequencies of essential oils are powerful and complex. Your 'intelligence' is not necessary to apply them. It is only important to use them safely and to use therapeutic-grade essential oils.

You can use a pendulum over each Chakra to determine which are strong, weak, imbalanced or neutral. Form the question to suit your own method. Example: "Is this Chakra in balance?" followed by more critical questions about the energies that are out of alignment and which set of essential oils your mind, body or spirit needs.



References: Sister Kay Rundquist, M.M., Energy Correspondences; Anodea Judith, PhD, Wheels of Life: A User's Guide to the Chakra Systems (Llewellyn Publications) ©1987.; Connie & Alan Higley, Reference Guide to Essential Oils ©1998-2002 (Published by Abundant Health: www.abundanthealth4u.com).; D. Gary Young & Bruce Tainio, Measurable Frequencies; Kurt Schnaubelt, Advanced Aromatherapy (Healing Arts Press) ©1995.; David R. Hawkins, MD, Ph.D, Power vs Force, Hay House, Inc., ©1995-2002.; Stanley Burroughs, Healing for the Age of Enlightenment: Balanced Nutrition, Vita Flex, Color Therapy ©1976.; Richard Gerber, M.D., Vibrational Medicine*, Bear & Company, 1988.; The Body Electric, Robert O. Becker, M.D. and Gary Selden, William Morrow and Company, Inc., ©1985.; Donna Eden w/David Feinstein, Energy Medicine, Penguin/Putnam, Inc., ©1998; Candace B. Pert, Ph.D, Molecules of Emotion: Why You Feel the Way You Feel.

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A word about rocks and minerals... All things are “Energy.” Although dense and seemingly without life, rocks, minerals, crystals, gems and metals are made of the same stuff we are, atoms. Rocks are not “in motion” but do carry vibrational frequencies and are used in the healing arts usually for their color relevant to the imbalance of the body’s chakras (or auric field) and sometimes for their mineral value and/or texture. Holding the correct stones or wearing metals, gems and stones can influence the subtle body. The stones listed were determined by the design space available and chosen for their obvious relationships to the color wheel. Their placement in the chart is to link the importance of color to our emotional well being and health. Obviously with billions of rocks, metals, and gems on this earth, this is merely to lead you to your own discoveries, attractions to stones and to their purpose. Colors, regardless of their Source, effect us!

Sound Frequencies are where the word “Harmony” comes from. When speaking of “harmony in the body” we don’t always consider the origin and meaning of the word. Sound frequency is measured in hertz (hz), where as light frequency is measured in nanometers. (I tried to find a corresponding event between the two, but I’m an artist not a scientist! Call me if you have that mastered.) The tone we hear from the note middle C resonates to a particular pitch or duration of a frequency. Different instruments allow for an expansion and contraction that gives C various and complex sounds. Two instruments playing the same note will create a harmonic pattern. And all octaves of C will vibrate when C is played.

The relevance of sound as a healing modality on the chart is to draw parallels to the energetic body, the physical body and emotional well being of our individual selves. You may find a particular ‘key’ in music always makes you happy, whereas some songs or instruments may irritate you. Creating harmony in the body requires an adjustment of many layers and is specific to your ‘being.’ You can not ignore the effects of sound whether from the spoken word, exposure to music, or to the sounds of nature that surround us. To be “in harmony” has a deep and influential role to individuals and collectively. It is rare for a ‘soloist’ to maintain the ‘energy’ or hold the attention of others for very long. Even two musicians will create not just double the frequency of sound, but to the “Power of Two² multiplied by every shared or harmonic note!”

The outer ring is a symbolic reference from the book “Power vs Force” by David Hawkins, M.D., PhD. (This is a book written by an expert based on Dr. George Goodheart’s work with 25 years of clinical verification of Kinesiology as a diagnostic technique.) The numbers on the wheel depict the levels of collective human consciousness of *where we are*: from 20 = Shame to 1,000 = Enlightenment as human beings. The numbers are actually an abbreviated code based on a calibrated - logarithmic scale from advanced theoretical physics and nonlinear dynamics of chaos theory. (Whew- chart that!)

The scale was determined to calibrate the relative power based on the “energy of different attitudes.” Using simple yes or no questions this scale was created from thousands of subjects around the world. Starting with 1 as mere physical existence to 1,000 as an advanced state of enlightenment. Muscle test example: “If being alive is 1, then the power of love is over 200; 300; 400; 500... until the test subjects go weak. Love calibrated at 500.” Repeated, consistent testing created a precise scale correlating to human consciousness. Keep in mind the numbers represent a logarithmic progression, not an arithmetic plot. The level 200 is not 2 times 100; it is 10 to 200th power (10^{200}). The numbers represent powerful ‘attractor fields’ that dominate human existence and even a few points has exponential effects. The Healing Energy Chart has calibrated at 780 (but you know how it is when you’re close to your own work). Feel free to send me your numbers!

The bottom panel on vibrational frequencies is to draw a parallel between energy, essential oils, and health.

“Frequency is the measurable rate of electrical energy flow that is constant between any two points. Everything has a frequency or vibration. A healthy body has a frequency in the range of 62-72 Hz. The immune system becomes compromised when the frequency drops, either in an organ or the entire system, setting the stage for dis-ease. Releasing trauma or subconscious belief systems stored within the tissues increases the body’s frequency, perceptions, spiritual growth and transformation. The Universe matches one’s experiences according to one’s rate of vibration; this is The Law of Attraction.”
_quoted from Diana Ewald, Pillars of Light Center. Frequency data compiled by Bruce Tainio and D. Gary Young based on hertz (MHz) used to measure any periodic event. [A frequency of 1 Hz is equal to one cycle per second. 10^6 Hz = Mhz.]

The use of the electromagnetic spectrum of visible light in the list of essential oils and body frequencies, as well as the ring depicting levels of human consciousness, is strictly a design interpretation. The numbers are not linked to color. A rainbow adds visual perspective to the range of possibilities and effect color has on us. It was necessary to balance the design.

As with any “new” creation we draw from a higher power, personal experience, skills, talent, and a desire to express what “was” may now take new form through us. I have simplified mass intellectual material from a field of experts down to one visual expression. Color, light, gems/crystals, sound, aroma, sacred geometry and touch to stimulate our senses. The Healing Energy Reference Chart taps the possibilities of the entire energy spectrum to guide the mind, body and spirit toward healing. The manifestation of the chart naturally resonates to the laws of attraction as a visual starting point. Please know the understanding of healing energy can not be gained from a single point of view. Please seek further knowledge from your influences, guides, teachers, reference material and mine.