

The Spirituality of Essential Oils

The Body – Mind Connection

ENDOCRINE	CHAKRA	BALANCED FUNCTION	IMBALANCED FUNCTION
Pituitary	7 th Crown White or Violet	Balanced spiritual life Feels that life has purpose Feels a connection with others and a Higher Power Guided, inspired, loving Insightful, caring, vital	Unspiritual or feelings of unbalanced spirituality Excessive fear of death Unclear of life or spiritual purpose Feeling alone in the Universe Feeling unloved or excessively angry Uncompassionate, uncaring, depressed, disconnected
Pineal	6 th Brow Indigo	Intuitive Has common sense Fast learner, intelligent Clear memory Sense of spirituality Inner peace	Judgmental Over-intellectualizing Lacks intuition Lacks common sense Forgetful Sleep, dream, or nightmare issues
Thyroid, parathyroid, hypothalamus	5 th Throat Blue	Ease in communication Creative expression Ability to speak one's truth or voice opinions Expressive Good listener Patient Receptive to criticism	Feeling stifled or restricted Poor communication skills Afraid to speak up or represses feelings Uncontrolled verbal outbursts Deceitful, manipulative Shy or talks excessively Unable to listen
Thymus	4 th Heart Green or Pink	Compassion Love, self-love and unconditional love Group Consciousness Spirituality Open to receiving and accepting as well as giving	Slow to mature Fear of rejection Isolation Unable to accept help Unable to begin new relationships or keep current relationships Depression



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Islets of Langerhans near Pancreas	3 rd Solar plexus Yellow	Personal power Authority Self-control Transformation Awakening Trust in oneself Identity	Low self-esteem Arrogant or egotistical behavior Feeling Abandoned or rejected Nervousness Difficulty understanding or controlling emotions Rebellious or too eager to please Feeling stressed or nervous Addictive behaviors
Ovaries/testes	2 nd Sacral Orange	Creative Artistic Tolerance Healthy sexual desire Positive outlook	Uncreative, blocked creativity Sexual problems or dysfunction Fear of sexual or emotional intimacy Infidelity Needy or withdrawn
Adrenals	1 st Root Red or Black	Material comfort Feeling of having enough Mastery of physical world Feeling safe Survival Able to make decisions easily	Over-indulgence Fight or flight response Ungrounded Unclear of Purpose Fearful Insecure, worried about finances or possessions Confused, indecisive

