

## Manifest the Best Essential Oil Blend for the 3<sup>rd</sup> Chakra

3<sup>rd</sup> Chakra--Solar Plexus

Colour: Yellow

Location: Just below the ribs, a few inches above the navel

Associated with: the digestive system, muscles, pancreas and adrenals

The 3<sup>rd</sup> Chakra is the seat of your emotional life. It is the heart of your personal power, and feelings of joy, laughter, self-worth and anger are all associated with this Chakra. It is related to self-worth, self-empowerment, achievement, manifestation, sensitivity and inspired ideas. It is your “gut instinct” or intuition. When this Chakra is blocked we may feel like we are a victim, powerless, lack direction, or become frustrated and angry.

Ingredients: Love, Black Selenite, Blood Orange, Black Pepper, Davan, Ho Wood, Grapefruit, Bergamot, Sweet Orange, Rhododendron, Neroli, and Grapeseed oil. Not advised for use with children.

Manifest the Best can be used to still the mind so that we see clearly what our true purpose in life is, and act on it. It gives us a happy, healing vibration and sense of self-empowerment and self-worth so that we can go after our heart's desires with a sense of faith and confidence and also promotes harmony and grace in our relationships with other people. It is slightly sweet, spicy and strong! You can wear it as a perfume, in aromatherapy jewelry or massage in a clockwise motion directly on the Solar Plexus Chakra, about 3” above the navel.