

## Profound Ground Essential Oil Blend for the 1<sup>st</sup> Chakra

1<sup>st</sup> Chakra – Root (aka Base Chakra)

Colour: Red

Location: The base of your spine, or perineum.

Associated with: Legs, feet, bones, large intestine and adrenal glands.

Being the Chakra closest to the earth, the Root Chakra grounds us to our planet and is affiliated with our physical survival. The 1st Chakra is vital to how we experience our life, once our basic needs have been met. It also controls our fight or flight response to threats. When balanced properly, our Root Chakra provides a supportive, stable foundation for all the other Chakras above it, and our entire being, so that we can experience existence beyond just our basic survival.

When our Root Chakra is blocked, this may manifest as procrastination and fear. We may feel spacey and disconnected, paranoid, afraid or threatened and defensive. When our Root Chakra is balanced and open, we are grounded and centred. We feel relaxed, secure, safe, protected & supported, able to foster a sense of hope, trust, and belonging, to both community and spirit.

Ingredients: Love, Black Selenite, Holy Wood, Cedar Wood, Spikenard, Frankincense and Vetiver, Grapeseed oil. Not advised for use with children.

Profound Ground can be used whenever you need to feel calm, centred, relaxed and connected/rooted to Mother Earth. Deep and intense, you can wear it as a perfume, in aromatherapy jewelry or massage in a clockwise motion directly on the back of the knees or the soles of the feet, inner wrists or directly on the chakra at the base of the spine.