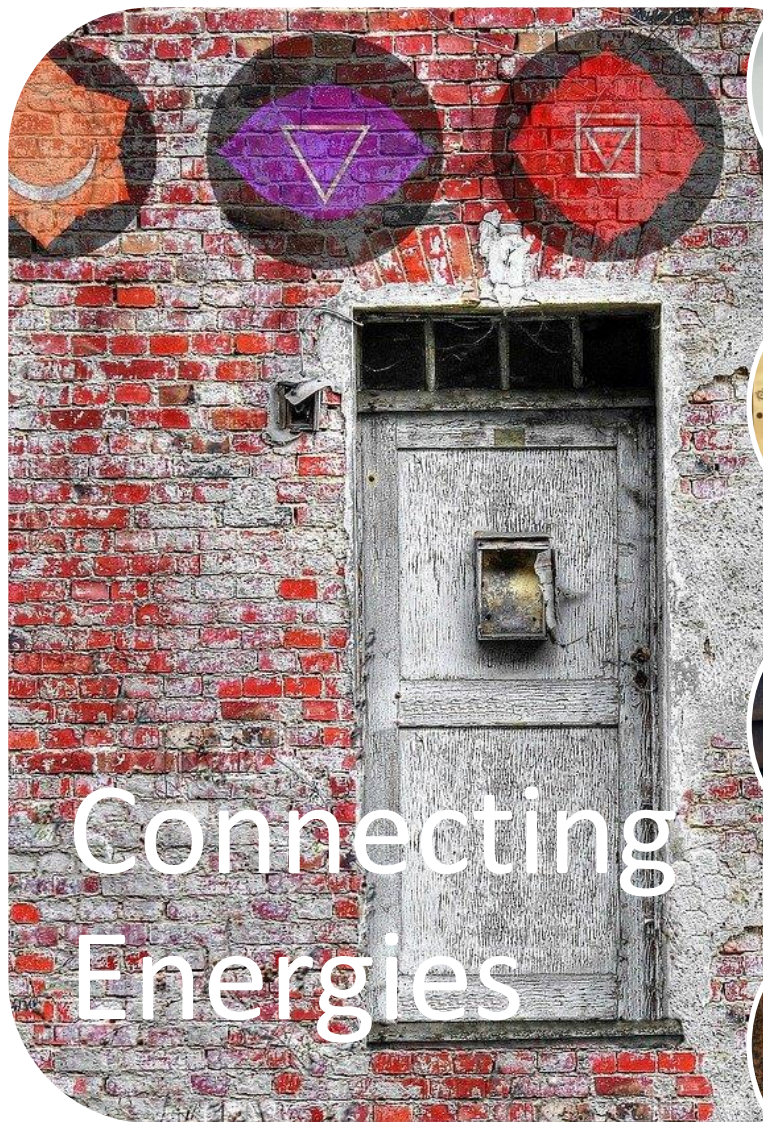




Connecting Energies



Chakras &
Aromatherapy



Working with
Essential oils to shift
and transmute energy



Experiential Ideas for
sesorial connection



With Your Guide: Amy
Anthony

Workshop Activities & Material List

Chakra	Activity	Suggested Materials
SPACE	Guided body scan & space clearing	Hydrosol such as White Sage or Sweet Grass
Root	Guided meditation with chosen root EO Work with clay	Air dry clay Essential oils of Vetiver, Lovage, Nagarmotha
Sacra	Smell, taste and contemplate a tisane (see recipe) and share experience.	Herbal tea: coriander seeds, cardamom seeds & fennel seeds Essential oils of Coriander, Cardamom, Fennel
Solar plexus	Guided meditation	Essential oils of Black pepper, Mandarin, Juniper berry
Heart	Group sound ("Heart") chant	Essential oils of Ylang ylang, Goldenrod, Neroli
Throat & Sound	Lion asana (with cat & cow) Expression Writing Experience	Essential oils of Petitgrain, Hemlock spruce, Laurel
3rd eye	Bold As Love: Seeing Beyond the Physical	Essential oils of Cedrus atlantica, Palo santo, Hinoki
Crown	Exquisite corpse poem/word exercise	Essential oils of Elemi, Opopanax, Frankincense
TIME	Hydrosol tasting	A hydrosol such as Rose or Neroli
N/A	Create a blend of essential oils to put into a roller ball applicator to support your unique needs.	10ml Roller ball applicator Essential oils & a Carrier oil

Essential Oil Blends Shared During the Workshop (# of drops are in parentheses)

Root		Throat
Nagarmotha (11)		Petitgrain (7)
Lovage root (3)		Hemlock spruce (12)
Vetiver (Rhu Khus) (15)		Laurel leaf (6)
Sacra		3rd eye/Pineal
Coriander (11)		Atlas cedar (8)
Cardamom (5)		Palo Santo (5)
Fennel (5)		Hinoki (6)
Solar plexus		Crown
Black pepper (7)		Elemi (8)
Red mandarin (16)		Opoponax (5)
Juniper Berry (5)		Frankincense (6)
Heart		
Ylang ylang complete (7)		
Goldenrod (8)		
Neroli (6)		
Rose maroc (1)		

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White, Dry, Yang, Eternal, TIME, Great Father—Emptiness, Pure consciousness, Abstract (Higher Frequency)

Liberate/ Manifest	Chakra	Color	Sound	Element	Somatic & Unconsci ous	Nervous /Plexus	Endocrine/ Gland	Plant Part	Human Expression
Information/ Abstraction/Ideas	Crown	Violet/ White	(None) (EEE as in Me)	Thought/ Abstrac tion	TIME	Cerebral cortex	Pituitary	Resins (Hydrosols)	Ecstatic, contemplative & beyond the body. Internal processes are advanced enough to beyond the ego/self. FLOW.
	3 rd Eye/ Brow	Indigo (Shorter waves, hotter, more energy)	LAM (AYE as in May)	Light/ Photons	See	Carotid	Pineal	Wood/Bark	Clarity of abstract vision & how things are fundamental. Seeing beyond the physical. Life does not disturb you. Optic nerve, light. Light transcends time.
Adapting Energy and Information	Throat	Blue	HAM (EYE as in My)	Ether/ Sound	Hear/ Speak	Pharyngeal	Thyroid	Leaves/grass/(Flowers)	Powerhouse; expression, start going outward, voice, creativity. Sound transcends distance [space] and affects matter/ cell structure.
	Heart	Green	YAM (AH as in Ma)	Air	Touch	Pulmonary & Cardiac	Thymus	Flowers (Leaves/grass & Wood)	Creative, respiration, heart, circulation, circle, flow. CONNECTION between instinct and thought. Flower= <u>middle</u> of process.
Energy/Matter/Manifest	Solar plexus	Yellow	RAM (OH as in Go)	Fire	Taste (Chemical sense)	Solar	Adrenal/pancreas	Fruits (Seeds)	Doer-achieve, gut-brain, enteric, digestion, power, metabolism, food, nourishment.
	Sacral	Orange	VAM (OOO as in You)	Water	Smell (Chemical sense)	Sacral	Ovary/teste/gonad	Seeds	Pleasure seek, genitals, creation . Smell is the first sense to develop. Seed: beginning & end. Creative Act.
	Root/ Perineum	Red (Long waves, cooler)	UH (Huh)	Earth	SPACE	Coccygeal	Adrenal	Roots	Food, sleep, matter, safety, elimination, letting go.

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Black, Moist, Yin, Infinite, SPACE, Great Mother—Matter, Life, Creation (Lower Frequency)

Sacral Chakra: Meditation with Seed Tisane:

This is called “attunement”, tuning in to yourself and the botanical material you will be experiencing. This is about tuning into your senses and noticing how something like a tea/tisane/infusion may affect you. There are no “right” answers. Do the following after preparing your tea and pouring yourself a cup.

Take a comfortable seat and close your eyes.
Now wrap both your hands around the cup.
Bring the cup up near your face but don't sip the tea.
Breathe in and open your eyes, looking down into the cup.
Notice the color of the tea.

Take a deep breathe in and close your eyes again focusing on your sense of smell.
Continue to breathe and focus on the aroma.
What does it smell like?

Now, take your first sip and hold the tea in your mouth a few seconds before swallowing the tea.
How does it taste?
What does your mouth feel like?
Swallow the tea.
What does it taste like?

Continue to slowly sip the tea, focusing on the aromas, the taste and how it makes you feel: physically, emotionally, and mentally.
Take at least 5 minutes to enjoy the tea.

Tune into the:

- **Mental:** your mind. Notice the thoughts you are having, acknowledge them and tune back into the tea.
- **Emotional:** how do you feel?
- **Physical:** has anything changed in your body?
- **Spiritual:** is there awareness around yourself in relation to everything you are a part of?

Heart Chakra: Heart Chant

“The Heart Chant” by Pauline Oliveros (Heart chakra):

- Stand together in a circle with feet about shoulder-width apart and knees a little soft.
- Warm up your hands by rubbing palms together until you feel the heat.
- Place your right hand over your own heart. Place your left hand on the back of your left hand partner (back of the heart).
- After a few natural breaths, sing/chant/intone “AH” on any pitch that will resonate with your heart. Sense the energy of your own heart and that of your partner over the course of seven breaths/ “AHs”.
- Can you imagine that the heart energies are joining together to healing yourself and others?
- Can you imagine heart energies traveling out into the universe as a healing for all victims and toward the end of violence?
- When the heart chant ends, gradually release your palms and bring them forward, parallel in front of you. Sense the energy between the palms as if there were a sphere or ball that can be moved around. Then bring your palms to your own center, fold them over and store the energy.

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Throat Chakra: Expression of Deep Thoughts or Emotions

If you could say something that you want to express to YOURSELF or SOMEONE ELSE either recently or for a very long time:

Write it down, in Pencil to symbolize impermanence.



If it's something you can Transmute (let go of):

Go home, shred the paper and dispose of it in some fashion that helps decompose and let go. Burning or composting would be nice.



If it is something you are not ready to Transmute (let go of) at this moment in your life:

Keep the paper until you either vocalize this to someone or show someone what you wrote—or some other activity to continue the process of expressing yourself.

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Third Eye: Going Beyond Concepts and “Concretizing” Them

Anger, he smiles
Towering in shiny metallic purple armour
Queen Jealousy, envy waits behind him
Her fiery green gown sneers at the grassy ground

Blue are the life-giving waters taken for granted
They quietly understand
Once happy turquoise armies lay opposite ready
But wonder why the fight is on
But they're all bold as love, yeah, they're all bold as love
Yeah, they're all bold as love
Just ask the axis

My red is so confident that he flashes trophies of war
And ribbons of euphoria
Orange is young, full of daring
But very unsteady for the first go round
My yellow in this case is not so mellow
In fact I'm trying to say it's frightened like me
And all these emotions of mine keep holding me from, eh
Giving my life to a rainbow like you
But, I'm eh, yeah, I'm bold as love
Yeah, yeah
Well I'm bold, bold as love (hear me talking, girl)
I'm bold as love
Just ask the axis (he knows everything)
Yeah
Yeah
Yeah

<https://www.azlyrics.com/lyrics/jimihendrix/boldaslove.html>

Crown Chakra: “Exquisite Corpse” (Letting go; beyond concepts! Incorporating play into our experiences.)

Two Rules:

You are unaware of what the person before you wrote.

Each person’s sentence construction: **Adjective, Noun, Verb, Adjective, Noun.**

Two Rules:

You are unaware of what the person before you wrote.

Each person’s sentence construction: **Adjective, Noun, Verb, Adjective, Noun.**

Two Rules:

You are unaware of what the person before you wrote.

Each person’s sentence construction: **Adjective, Noun, Verb, Adjective, Noun.**

ESTD.



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