

THE ORIGINAL
Spirit-in-Nature Essences™

For Perfect Well-Being

Est. 1977



Chakra Blend Flower Essences:

Learn to thrive. Raise and balance your energy, and strengthen your magnetism! Spirit-in-Nature Essences – the oldest flower essences globally outside the UK where essences began – will help you to support your metaphysical chakra system.

These unique Chakra Blend Flower Essences (3 per bottle) are prepared from the blossoms of fruit trees and vegetable plants. They are proven to work by stimulating your positive qualities.

Directions: take several drops several times daily, sublingually or topically. *Oh, by the way - don't believe the myth that you can have a "blocked" chakra!*



Try the "7-Week Chakra Challenge Program" on our site to monitor your progress – and see the difference! And watch our 3-minute videos – plus a 10-page chapter for all 20 essences (audiobook and free online, The Essential Flower Essence Handbook). As you use the Chakra Blends, feel each chakra simultaneously supporting the vitality of the others.

We wish you perfect well-being!

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1st Chakra Blend – for steadfastness, perseverance, and embracing what is true – to overcome stubborn or dogmatic attitudes: **Spinach** Essence - simplicity, being guileless, childlike; **Strawberry** Essence - dignity, grounding, fixity of purpose; **Tomato** Essence - a strong, courageous nature that is firm, still, enduring.

2nd Chakra Blend – for flexibility and fluid movement toward non-attachment – to overcome weakness, indecisiveness: **Almond** Essence - moral vigor/integrity, self-control/moderation; **Blackberry** Essence - innocent yet experienced purity of thought, honor, seeing the best in others; **Fig** Essence - to "go with the flow," relaxed self-acceptance, a sense of humor.

3rd Chakra Blend – for fiery, expressive self-control and balanced exuberance – to overcome all harsh attitudes: **Cherry** Essence - even-minded cheerfulness; **Orange** Essence - enthusiasm, especially throughout longstanding or deep trials; **Pineapple** Essence - self-assurance, self-worth, self-knowing, charisma, abundance.

4th Chakra Blend – for unconditional love, expansive growth, inner freedom, and kinship with all life - to overcome loneliness and all harmful emotions: **Grape** Essence - expansive rather than contractive, or attached, love toward all, including noble ideals; **Peach** Essence – unselfishness, concern for others; **Raspberry** Essence - compassion, kind-heartedness, empathy, sympathy.

5th Chakra Blend – calmness, to process emotions, speak one's truth, and pursue special talents - to overcome feeling restless, nervous, or scattered: **Apple** Essence for the peaceful clarity of a dynamic, focused mind; **Banana** Essence - humility rooted in calmness, emotional stillness; **Lettuce** Essence - energetic, concentrated calmness, to process issues, creativity.

6th Chakra Blend – for joy, wisdom, and freedom from ego - to overcome sluggishness, forgetfulness, doubt, and hesitation: **Avocado** Essence - good memory, to remember who you truly are, freed of mental blocks; **Corn** Essence - mental vitality, reaching a crossroads, for new beginnings; **Pear** Essence - inner peace to accept, rather than resist, conflict or crisis.

7th Chakra Blend – for freedom, harmony, non-duality, and bliss – to overcome feeling separate, overly-rational, or -intellectual: **Coconut** Essence - uplifted spiritual awareness, superconscious, solution-oriented; **Date** Essence - tender sweetness without judgment, seeing unity in all life; **Pear** Essence - peace, to transmute conflict and resistance, for great and small emergencies.

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