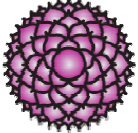




**Authentic Voice – 5<sup>th</sup> Chakra  
Vishuddha**



**Third Eye – 6<sup>th</sup> Chakra  
Ajna**



**Universal Connection – 7<sup>th</sup> Chakra  
Sahasrara**

Dear Joyful Moment Readers,

We have been exploring the ancient Chakra system of energy. The information has been fun to gather and hopefully has allowed you to connect with new areas of wisdom and inspiration. I am realizing that there are several new topics to discuss. I'm going to wrap up the Chakra series in this newsletter. We are left with the "upper" chakras. These last three are powerful centers that truly allow us to connect with the Universe in a spiritual and human way. Through our voice and our thoughts, we show up in this world. Having a clear and open 5<sup>th</sup> chakra allows us to be heard and to voice our authentic selves. The 6<sup>th</sup> chakra is about feeling and hearing the Universe. It's the place of our intuitive and ancient wisdom. Then lastly it's the 7<sup>th</sup> chakra, where we can open up to allow Spirit to guide us and to fully connect with the one consciousness.

I personally love these last three chakras. As many of you know, I am a deeply spiritual and intuitive-based woman. I trust that the Universe conspires to assist and to show me how much I am loved. For many years, it was so much easier to stay light, spiritual, and positive. I think my soul enjoyed the ability to stay connected. Unfortunately, my body felt neglected. It's so important to honor our spiritual nature as well as feel our physical bodies. I have known others who were so into their bodies that they forgot to honor their intuition, their soul's purpose, and the guidance of Spirit. I know that you know people that fit both extremes. Where do you fall on this scale?

Creating balance requires intention, conscious action, and willingness. To spark your curiosity, here are a few questions to assist you...

1. Do you share your feelings and thoughts?
2. Do you honor your inner voice and surrender to the possibilities?
3. Do you have a practice that allows you to relax the mind and allow the soul to shine?
4. Do you honor the god/goddess within?

Here are some ways to create balance in your life:

- ☞ Develop a relationship with nature – take a walk, get a pet, or plant some flowers.
- ☞ Take time for yourself - maybe a long bath or a read a good book.
- ☞ Listen to inspiring music and allow yourself daydream.

**5<sup>th</sup> Chakra: Authentic Voice (Vishuddha) Elements:**

**Essential Oils:** Lavender, Sandalwood, Neroli

**Crystals:** Aquamarine, Turquoise

**Color:** Light Blue, Cyan

**Zodiac:** Gemini, Taurus, Aquarius, Mars, Venus

**Sound:** Mantra – HAM; Tone – G

**Location:** Throat

**6<sup>th</sup> Chakra: Third Eye (Ajna) Elements:**

**Essential Oils:** Jasmine, Vitiver, Basil

**Crystals:** Lapis Lazuli, Sodalite, Sapphire

**Color:** Indigo

**Zodiac:** Sagittarius, Aquarius, Pisces, Mercury

**Sound:** Mantra – KSHAM; Tone – A

**Location:** Between the eyes

**7<sup>th</sup> Chakra: Universal Connection (Sahasrara)**

**Elements:**

**Essential Oils:** Frankincense, Lotus, Oakmoss

**Crystals:** Amethyst, Crystal, Topaz, Alexandrite

**Color:** Violet, White, Gold

**Zodiac:** Capricorn, Pisces, Saturn, Neptune


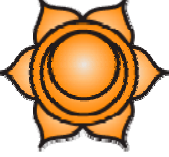




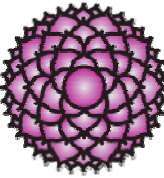
**Sound:** Mantra – HUM; Tone – OM

**Location:** Top/Center of Head

Instead of an individual meditation for each chakra, I'm going to empower you to create a way that allows you to honor your own intuition and inner guidance system. On the following page, you'll find a complete chart of all seven chakras. As you read it, allow yourself to be aware of what sounds and feels good for you. Simply ask, "What can I do right now to have or feel more of this?"

*Thank you for exploring the chakra system with me. I have enjoyed the insight and the opportunity to share with you. If you have topics or questions that you'd like covered in the newsletters, send me an email ([dani@joyinthejourney.com](mailto:dani@joyinthejourney.com))*

## ॐ Chakra Chart: The Gateways to Consciousness

Chakra	Elements	Purpose
	<p><b>1<sup>st</sup> Chakra: Root Chakra:</b>  <b>Essential Oils:</b> Cedar, Clove, Cypress, Marjoram  <b>Crystals:</b> Agate, Bloodstone, Garnet, Ruby, Smokey Quartz  <b>Color:</b> Bright Red  <b>Zodiac:</b> Aries, Mars, Taurus, Scorpio, Capricorn, Saturn  <b>Sound:</b> Mantra – LAM; Tone – C  <b>Location:</b> The perineum, the point between the anus and the sex organs</p>	<p>Links the individual with the physical world. Defines the concept of “being” and “Accepting Being”. Serves as the foundation to evolve and build the personality. Embraces aspects such as energy, self-expression, ambition, consistency, desire for security and the survival of self and species.</p>
	<p><b>2<sup>nd</sup> Chakra: Lower Abdomen:</b>  <b>Essential Oils:</b> Sandalwood, Petitgrain, Ylang Ylang  <b>Crystals:</b> Moonstone, Carnelian, Tourmaline  <b>Color:</b> Orange  <b>Zodiac:</b> Cancer, Libra, Scorpio, Moon, Venus, Mars and Mercury  <b>Sound:</b> Mantra – VAM; Tone – D  <b>Location:</b> Slightly above Genital Area</p>	<p>Center for sexual energy, creativity and pure emotions. Here the male sexual drive combines with the female sexual response. Feelings and emotions flow freely through regulating the relationship between lovers and friends. Balances the free giving and receiving of feelings and emotions.</p>
	<p><b>3<sup>rd</sup> Chakra: Solar Plexus Chakra:</b>  <b>Essential Oils:</b> Chamomile, Lemon, Thyme  <b>Crystals:</b> Amber, Tiger’s Eye, Citrine  <b>Color:</b> Golden Yellow  <b>Zodiac:</b> Leo, Sagittarius, Virgo, Sun, Jupiter, Mars and Mercury  <b>Sound:</b> Mantra – RAM; Tone – E  <b>Location:</b> Slightly down from the belly button</p>	<p>Position in the center of the body gives this chakra its significances. Impulses such as desire, wishes blend with impulses coming from above. This is where the personality is formed. “feeling” and “being” are integrated here. This is the melting pot of spiritual and earthly aspects.</p>
	<p><b>4<sup>th</sup> Chakra: Heart Chakra (Hrit):</b>  <b>Essential Oils:</b> Geranium, Bergamot, Rose  <b>Crystals:</b> Emerald, green jade, rose quartz  <b>Color:</b> Green, Gold, and Red(s)  <b>Zodiac:</b> Leo, Libra, Sun, Venus, Saturn  <b>Sound:</b> Mantra – YAM; Tone – F  <b>Location:</b> Center of Chest</p>	<p>The center of the chakra system. Here aesthetic impulses (art or music) are processed into feelings and emotions. The ability to love freely without fear or self consciousness is generated here. Negative feelings and emotions are neutralized.</p>
	<p><b>5<sup>th</sup> Chakra: Authentic Voice (Vishuddha):</b>  <b>Essential Oils:</b> Lavender, Sandalwood, Neroli  <b>Crystals:</b> Aquamarine, Turquoise  <b>Color:</b> Light Blue, Cyan  <b>Zodiac:</b> Gemini, Taurus, Aquarius, Mars, Venus  <b>Sound:</b> Mantra – HAM; Tone – G  <b>Location:</b> Throat</p>	<p>Here feelings and emotions are transformed into expressions such as laughter or crying. Deals with everything related to sound on both the physical and the metaphysical level. Communicates and mediates all emotions and feelings. Provides space from “Self” to enable “inner” reflection.</p>
	<p><b>6<sup>th</sup> Chakra: Third Eye (Ajna) Elements:</b>  <b>Essential Oils:</b> Jasmine, Vitiver, Basil  <b>Crystals:</b> Lapis Lazuli, Sodalite, Sapphire  <b>Color:</b> Indigo  <b>Zodiac:</b> Sagittarius, Aquarius, Pisces, Mercury  <b>Sound:</b> Mantra – KSHAM; Tone – A  <b>Location:</b> Between the eyes</p>	<p>The chakra enables the recognition of “being”. Connects to the part of creation which is beyond science and physical manifestation. Through this chakra the “knowing” of spiritual matters is passed down and so influences all other parts of an individual.</p>
	<p><b>7<sup>th</sup> Chakra: Universal Connection (Sahasrara) Elements:</b>  <b>Essential Oils:</b> Frankincense, Lotus, Oakmoss  <b>Crystals:</b> Amethyst, Crystal, Topaz, Alexandrite  <b>Color:</b> Violet, White, Gold  <b>Zodiac:</b> Capricorn, Pisces, Saturn, Neptune  <b>Sound:</b> Mantra – HUM; Tone – OM  <b>Location:</b> Top/Center of Head</p>	<p>Here the human being connects with the Universe. The totality of a person, as combined from the other. Chakras offer itself to the Divine forces of the Universe. The individual experiences knowledge beyond words or intellect. Interfacing the cosmic energies and pure consciousness.</p>