



Navel Chakra:

The Navel- (sacral) Chakra is our centre of power in the abdomen. It is the essence of who we incarnated to be in this lifetime. It is responsible for maintenance of mankind as well as for assimilation of food. It gets energy - like the ground chakra- from the earth and sun.

It is our centre for creativity.

The navel chakra contains fear, fault, insecurity, unsafeness and disturbance.

Musk-oil brings balance to this chakra and helps assist us to pass through fear, as well as to accept, understand and clear up fault.

Especially for women it is the oil of protection and to understand all what is going on in the body. It stops nervousness during the "moon days" and gives security.

Musk oil helps to let things go between generations, between mothers and children and it gives calmness during pregnancy.

Musk oil is very good for healing the skin.

Crystal: Carnelian