



Solar Plexus Chakra:

Balancing and clearing the Solar Plexus Chakra is very important because it contains our individual "I AM" It is who we allow ourselves to become in this lifetime.

With Yasmín (jasmine) Oil it is easy to find self-confidence and trust and believe in ourselves.

If we want to reach higher consciousness levels we need a strong and balanced feeling for ourselves, to be safe and secure with our intuition.

Yasmín oil also connects us with our higher self and harmonizes all higher chakras (throat, third eye, crown)

Yasmín-oil is most important for grounding. Some people think the main destination in spiritual work is to be "High". To be always high makes us weak, at which point it is easy for us to be 'attacked' on every level.

It is very good to be sensible, but it is not good to be weak.

Yasmín Oil balances us to live sexually and spiritually equally, that means to understand the different powers of ying and yang.

It clears up and cleans up the chakra membranes of the solar plexus, protecting the penetration of negative influences from all levels. It takes away sadness and upset feelings of the stomach.

Crystal: citrine