



organic-aromatherapy

Soul Harmony
chakra balancing
creams™



HOW TO ORDER

Call us on 0844 357 9843

Visit www.organic-aromatherapy.co.uk

Organic-Aromatherapy Ltd
PO Box 114, Emsworth, Hampshire PO10 9BL

www.organic-aromatherapy.co.uk



Soul Harmony chakra balancing creams™

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Organic-Aromatherapy Sarah Williams

Soul Harmony Chakra Balancing Creams™ were created by Sarah Williams (Organic-Aromatherapy) in 1998 to help people heal without the need for chemical drugs.

Sarah Williams is an internationally trained holistic bodywork therapist. Originally training in aromatherapy and body massage, Sarah qualified with the International Therapists Education Council (ITEC) but is on a continuous journey to learn and expand her knowledge and wisdom, often working with indigenous cultures from around the globe. She is a member of the Guild for Professional Practitioners (GPP) and is registered with the Aromatherapy Consortium (A.C),

Sarah has worked internationally since 1995, and now incorporates many ancient bodywork and advanced massage techniques in her work; stress relief, healing, acupressure, homeopathy, nutrition, reflexology, psychoneuroimmunology, chakra energy balancing (15 chakra system), energy clearing, crystal healing and vibrational remedies.

The Soul Harmony™ range of Chakra and Organ Balancing Creams were developed by Sarah in 1998 and have been used by individuals and therapists worldwide ever since. The pure essential oils in these creams are absorbed into the body and

transported to the target area (chakra) where they naturally dissolve energetic blockages and promote natural healing... no negative side effects. For over a decade now, they have been used as healing tools and constantly amaze all who try them with their positive results. The creams and their ingredients are made from the purest source possible with infinite love. Please check website for self-diagnosis options, more details and testimonials.

As a pain relief and back care specialist, Sarah has produced a DVD showing a step-by-step guide to pain relief and spinal realignment that everyone can do themselves, simply and easily. "DIY BackCare" is available from her website.

Now living in West Sussex and practicing internationally, with clinics in London and West Sussex, Sarah also teaches aromatherapy, advanced massage, back care techniques, colour therapy and chakra healing. Please call or check website for details of current workshops.





EARTH STAR

recharge & energise

15ml £15.00
50ml £30.00

Planet: Pluto

Crystal: White Howlite

Colour: Gold

Application:

Apply to wrists and/or ankles as required and directly on areas of suspected arthritis, twice daily.

Chakra Location: Below feet

Physical: Exhaustion, tiredness, post exercise, arthritis, aching muscles, restless leg/ankle, detoxifying

Psychological: Exhausted, lack of concentration, floaty, restless, tired or irritable

This is the ultimate source of power, our re-source point. Tapping into this chakra is like plugging into an electrical circuit (Mother Earth), providing us with a huge energy boost! This is often good when you are very busy "juggling" your daily life and can't find time to relax. This boosts the energy of Base, Sacral and Solar Plexus chakras (although the individual synergies are more powerful on their respective areas). Earth Star is very grounding, has terrific healing properties and is another perfect aid for meditation. If you like the smell then you need the cream.

Connected to: Star Child Chakra



SACRAL

relationships & career

15ml £15.00
50ml £30.00

Svadhsthana

Planet: Moon

Crystal: Tigers Eye

Colour: Orange

Application:

Apply to wrists, ankles and lower back twice daily or as required.

Chakra Location: Lower back and navel

Physical: Lower back, sciatic, ankles, wrists, kidneys, bladder, reproductive organs, sexual zone issues

Psychological: All fear, parenting/ responsibility issues, money/career, sexual relationship stresses/angsts

This is our creative centre, developing from 2-5 years old. It is the area that deals with our need to control our physical environment. It is about our relationship with our parents/children, authority, money and our own creativity, also controls our sexuality, our point of give and take, desire, our need for relationship and parenting (giving and receiving).

The oils in this blend stimulate warmth and sensitivity and awaken our sexuality. They provide anti-depressant, diuretic and analgesic (pain relieving) help. They can instil confidence, awareness and joy. If you suspect an imbalance in this area, then simply smell the cream... if you like it today then put some on!

Connected to: Throat Chakra



BASE

safe, secure & grounding

15ml £15.00
50ml £30.00

Muldhara

Planet: Saturn

Crystal: Hematite

Colour: Red

Bach Remedy: Oak

Application:

Apply to wrists, heels of feet and hips twice daily or as required.

Chakra Location: Between hips and knees

Physical: Insomnia, all addictions (drugs, alcohol, sex, dieting, smoking, coffee, biting nails etc), tiredness, constipation, piles, haemorrhoids, varicose veins (legs), lower body circulatory problems, pruritus, prostate problems, hips, bones and teeth. Hard skin on heels

Psychological: Patterns of self-destruction, suicidal feelings, depression and feelings of isolation and not being "at home" and feeling "floaty"

Survival. This is the first chakra to develop at age 0-2 years. It is about feeling safe, secure and grounded. The oils in this cream help to balance sleep patterns, calm, stabilize, and dispel nervous anxiety often caused by shyness, insecurity and embarrassment.

Connected to: Crown Chakra and Adrenals (Ultimate Stress Relief)



SOLAR PLEXUS

digestion & self-esteem

15ml £15.00
50ml £30.00

Manipura

Planet: Sun

Crystal: Citrine

Colour: Yellow

Herbal supplement: Rhodiola

Bach Remedy: Larch

Application:

Apply to wrists and/or stomach twice daily or as required.

Chakra Location: Upper stomach

Physical: Digestive disorders, bloating, IBS, absorption problems, hiatus hernia/ulcers, spleen & blood disorders, diabetes, gall bladder, middle back and liver problems, S.A.D (sunlight deficiency disorder), and skin problems/eruptions

Psychological: low self-esteem, depression, feeling drained and vulnerable

This is to do with our ego and self-esteem. It is also inner radiance, self-confidence, humour. It is the point of digestion on all levels, whether it is nourishment in the form of food, or an idea/situation.

Solar Plexus is a good starting point for your personal collection (toolkit), the oils in this cream can help to dispel self-criticism, lighten the heart and refresh the spirit.

This cream may be likened to your own personal internal ball of sunshine, radiating warmth and brightness, especially important during the darker months of winter.

Connected to: Third Eye



HEART

love & forgiveness

15ml £15.00
50ml £30.00

Anahata

Planet: Mars/Venus

Crystal: Rose Quartz

Colour: Pink/Green

Bach Remedy: Pine

Application:

Apply to wrists and chest twice daily or as required.

Chakra Location: Chest

Physical: Asthma, breathing difficulties, heart problems/irregularities, pneumonia, lung/breast issues and cancer, high cholesterol, high or low blood pressure, mastitis, breast cysts, pain between shoulder blades and tingling in arms/hands

Psychological: Forgiveness, unconditional love of all including self. Unexpressed grief and resentment, holding grudges, anger, hatred, greed, envy

This is the point of unconditional love for others and ourselves. If you can't love yourself, then another cannot truly love you. The essential oils in this cream are sumptuous! They work on a deeply powerful level supporting the heart energy, allowing self-love, touching our inner-child, helping to bring inner peace and joy.

You'll need this cream when you feel unlovable, unloved, or when you've been hurt, especially emotionally. It also helps you release old anger and pain, facilitating a huge shift forwards on a soul level.

Connected to: Alta Major Chakra



THROAT

clear communication

15ml £15.00
50ml £30.00

Vishuddha

Planet: Mercury

Crystal:

Sodalite/Blue Lace Agate

Colour: Sky Blue

Application:

Apply to backs of hands and/or throat twice daily or as required.

Chakra Location: Throat

Physical: Neck and shoulder pain/immobility, throat infections of all types, headaches, goitre, weight issues

Psychological: Self expression/communication (verbally and creatively), feelings of responsibility. Difficulty in communicating honestly and clearly from the heart

This chakra is about communication, both talking and listening. It is also about our reaction to responsibility/communication, both physical and emotional. It relates to our willpower, learning to make choices, whether to be honest or dishonest.

The oils in this blend can facilitate communication... it has been said that this cream "saves marriages".

Apply before an important meeting, conversation, exam, interview, or performance. In fact, any tricky situation... it can facilitate AMAZING results!

Connected to: Sacral Chakra



THYMIC

immunity boost

15ml £15.00
50ml £30.00

Planet: Chiron

Crystal: Amazonite/Fluorite

Colour: Turquoise

Bach Remedy: Walnut

Application:

Apply to wrists and chest twice daily or as required.

Chakra Location: Upper chest

Physical: All auto-immune disorders (arthritis, thyroid, HIV/AIDS, lupus, vitiligo, hayfever, adrenal malfunction, allergies, alopecia, lichen sclerosis), recurrent viral/bactericidal illness and cold sores, ulcers, repeated colds and coughs that you just can't shake off, redness of upper chest (bridal flush)

Psychological: Self protection issues, fears associated with survival; real or perceived

The thymus gland is to do with our immune system; our protection of ourselves. It is the very first gland to develop in the body during development in the womb. It carries with it our DNA patterning, and our karmic life pattern (including all our past life energies). It is the balancing filter between our head and our heart.

The oils in this cream can help to boost our immune systems. This is an ideal blend for those who work in crowded environments... ie police, prison staff/inmates, doctors, nurses, carers, teachers, cabin crew, and all therapists etc. to use whilst at work as it can help protect against the negative energy which may surround them.

Connected to: Soul Star Chakra



COSMIC

spirit guide
communication

15ml £15.00
50ml £30.00

Planet: Inter-dimensional

Colour:

Shimmering White Iridescent

Application:

Apply to throat and/or backs of hands twice daily or as required.

Chakra Location: One over each shoulder, level with ears

Physical: Shoulders, neck, ears, nose and throat

Psychological: Safety and confidence issues

Spiritually: Connection with guides, angels/other realms. Hear your guides/soul family. Enhance your intuition

These are ancient chakras that are becoming increasingly important in this, the Age of Aquarius. They allow us the opportunity to communicate with our spirit guides, guardians, angels and soul family.

Try holding a dowsing pendulum over your shoulders and see it spin with the powerful force of these energetic points. It will surprise you!

Connected to: Third Eye and Throat Chakras



THIRD EYE

enhance intuition

15ml £15.00
50ml £30.00

Ajna

Planet: Neptune

Crystal: Lapis Lazuli

Colour: Indigo

Application:

Apply to backs of hands and/or throat twice daily or as required.

Chakra Location: Centre of forehead

Physical: allergies, sinus problems, adenoid and eye/ear disorders, tinnitus, dizziness, lack of energy and/or sex drive, nervous or hormonal disorders, skin conditions, hot/cold flushes and excessive perspiration

Psychological: Intuition, imagination and inspiration

Spiritually: Said to enhance clairsentience and clairaudience

A very ancient chakra, well documented in history. It is connected to the pituitary and hypothalamus which is the very powerful "master gland" controlling the entire body through the endocrine system. Trust your first thought. The oils in this cream can help to promote a comforting sense of calm, confidence and 'knowing', which can make life easier. This chakra can appear to be needy during the darker months of autumn and wintertime.

Connected to: Solar Plexus Chakra



CROWN

headaches & tiredness

15ml £15.00
50ml £30.00

Sahasrara

Planet: Uranus

Crystal: Amethyst

Colour: Violet

Application:

Apply to neck and/or wrists twice daily or as required.

Chakra Location: Top of head

Physical: hypertension, lethargy, tiredness, low sex-drive, migraine, Parkinson's disease, Alzheimer's, MND, headaches, anxiety, insomnia, nervous breakdown, schizophrenia, psychotic disorders

Psychological: control issues, faith/security, purpose. Feeling isolated/alienated. Spiritual balancer

Spiritually: Faith

It connects to the pineal gland which, when balanced, can give the impression of slowing the ageing process and is said to help inhibit the growth of cancer cells, boost the immune system and balance sexual hormones.

The oils that are in this cream are carefully blended to help promote a sense of inner peace and tranquillity.

Connected to: Base Chakra



ALTA MAJOR

vision & clairvoyance

15ml £15.00
50ml £30.00

Planet: Jupiter

Crystal: Emerald

Colour: Green

Application:

Apply to neck and/or wrists twice daily or as required.

Chakra Location: back of head

Physical: eye vision problems, migraine, headaches (back of head), feeling "wobbly"

Psychological: feelings of confusion, "floatiness", loss of sense of purpose, depression

Spiritually: Can help to enhance clairvoyance

This is linked to the occipital area of the brain, which is connected to the optic nerve and is related to vision, spiritually and physically. It can enhance intuitive ideas and help to make them more solid, tangible and achievable. This is also a working point for those who are telepathically gifted.

This cream clears the pathways to direct connection with the subconscious, whilst instilling faith, courage and awareness. The oils encourage calm, acceptance, patience, perseverance, inner strength and awareness. They may also induce attunement, vivid dreams and balance.

Connected to: Heart Chakra



STAR CHILD

energise & meditation

15ml £15.00
50ml £30.00

Planet: Sun

Crystal: Rutilated Quartz

Colour: Silver/Gold

Application:

Apply to neck and/or wrists twice daily or as required.

Chakra Location: 5cm above head

Physical: Exhaustion, Multiple Sclerosis, M.E., headaches, tiredness

Psychological: mental disorientation/disturbance

Spiritual: lack of faith, fear, feelings of isolation

This chakra is the link to our star family, our un-incarnated soul group who, given the opportunity, will cradle, support and guide us during our journey. All we need to do is ask for forgiveness, guidance and protection (daily). Encourages complete trust, love and tranquility and can help to dispel loneliness and fear. This cream is an ideal tool to aid meditation and yoga. When we stimulate this chakra, it can help us to become restored and regenerated and can facilitate opening a healing/communication channel (one that often becomes blocked) to help restore clarity by cleaning away emotional debris, which can cloud our vision and hinder our spiritual progress.

Connected to: Earth Star Chakra



CAUSAL

meditation & one-ness

15ml £15.00
50ml £30.00

Crystal: Blue Kyanite

Colour: Shimmering Iridescent

Application:

Apply to neck and/or wrists twice daily or as required.

Chakra Location: 12cm above head

Physical: Multiple Sclerosis, M.E., headaches, tiredness

Psychological: Mental disorientation/ disturbance, depression. Promotes clarity
Spiritual: Lack of faith, fear

The second of what is known as the higher chakras, each of which will drop into the body to enable spiritual growth/lightening and ascension. This chakra spins strongly in an anti-clockwise direction and opens the right side of the brain which is concerned with thought/emotion. It is one of the higher chakras which is important for us to balance if we are to help save Planet Earth. This is the chakra that 'downloads' spiritual information and can aid spiritual understanding. It brings knowledge of karma, karmic patterns and the evolution of the soul. It translates the spiritual so that it can be understood on the physical plane.

Connected to: Universal Mind



SOUL STAR

making life easier

15ml £15.00
50ml £30.00

Planet: Inter-universal

Colour: Silver/Gold

Application:

Apply to wrists twice daily or as required.

Chakra Location: 20cm above head

Physical: Lightening and rejuvenating

Psychological: Helps to make life easier and less stressful, aid for meditation

Spiritual: Reminds us of our soul purpose/agreements, Akashic records, soul progression

Soul Star Chakra is a portal through which very high frequency light can enter our etheric field. Through this chakra the soul braids into the physical body at the time of incarnation, and it is through this chakra the soul leaves the physical body at death. Balancing this chakra increases direct contact with the higher self. Activation and clearing of this chakra opens a cosmic doorway to all of the light. The fragrance of this cream is hugely popular and has been described as "deeply beautiful".

This chakra was used widely in the Golden Age of Atlantis. It helps move our spirit into form on the earth plane, as we are in essence, materialised spirit.

Connected to: Thymic Chakra



STELLAR GATE

spiritual connection

15ml £15.00
50ml £30.00

Key word: MEDITATION

Planet: Inter-planetary

Crystal: Clear Quartz

Colour: Magenta/Gold

Application:

Apply to neck and/or wrists twice daily or as required.

Chakra Location: 16cm above head toning/chanting

Physical: Persistent tiredness/ exhaustion, mental disorders

Psychological: Encourages clarity, action/reaction

Spiritual: Aid for meditation

Dramatic effects! This complex cream can help to bring divine connection, chevrons of light enter through the upper chakras and then the crown into our physical body. It can help to balance all chakras from Third Eye upwards and has been known to leave the energy around the head vibrant and pulsing... as has been shown on real time Kirlian imagery. This is the chakra that connects us to the Source/God/Godhead/ Universal energy. It reminds us that we are all one. We are intimately connected. Be aware of thoughts as they radiate out and affect others. For example, a smile to another creates warmth and another smile. Anger creates more anger and fear in others, which will continue on, the ripple effect; EVERY action has a reaction. Balance is the key

Caution: Please use Earth Star or Base Chakra creams after meditation or sleep

Connected to: Earth Star Chakra



TOTAL BALANCE

diamond synergy

15ml £35.00
50ml £85.00

Planet: Inter-universal

Colour: Pure White

Application:

Apply to wrists twice daily or as required.

Physical: Maintenance of good health, Great for holidays, travelling, balancing entire energy system, promoting total healing

Psychological: All levels

The DIAMOND of all the creams... This is a powerful and complex blend containing 41 different essential oils. It can help to balance and attune 15 chakras (9 in body and 6 auric) and so provide you with a one-stop balance and healing option for when you're too busy to think about which creams to apply or when you are travelling.

This cream works in a multi-level way, helping to dissolve energetic blockages and offer support to your entire chakra energy system. Can help to provide great all round restorative and preventative support.