

ROOT CHAKRA:



Main Themes: Survival, being grounded, and unity within family, tribe, group and collective consciousness. **Symptoms:** Shock, fear for physical safety, panic. Living in the past. Scarcity/over consumption. **Actions:** Safety, security, stillness and stability grounded into the earth. Ancestral inheritance. Live in the present. Financial stability. **Endocrine Gland:** Adrenals.

Tree Frog Farm Flower and Tree Essences: Douglas Fir, Comfrey, Pennyroyal, Rattlesnake Plantain Orchid, Goat's Beard, Western Red Cedar, Pathfinder, Chocolate Lily, Wild Gooseberry, California Poppy, Red-Flowering Current, Iris, Skullcap and other essences.

Energetically charged in a crystal matrix of: Drusy Quartz, Red Aventurine, Calcite, Jasper, Smokey Quartz and Aragonite.

Use: 1 or 2 sprays orally 2 or 3 times per day.
Dropper: 2 or 3 drops 2 or 3 times per day.

SACRAL CHAKRA:



Main Themes: Emotions, duality—self vs other, cooperation/competition and physical empowerment. **Symptoms:** Suspicion, violence toward the “other”. Control through power, money, sex. Low self-esteem, anger, guilt, regret, alienation, loneliness. **Actions:** Emotional and social safety, cooperation. Caring and respectful sexuality. Movement and physical empowerment. Clairvoyance. **Endocrine Gland:** Ovaries, Testicles.

Tree Frog Farm Flower and Tree Essences: Mandarin Lights Azalea, Western Columbine, Pennyroyal, Comfrey, California Poppy, Red-Floering Currant, Red Alder, Joe Pye Weed, Wild Gooseberry, Orange Wild Honeysuckle, Oceanspray, Coral Sunset Peony, Boneset, Yellow Day Lily, Pink Wild Honeysuckle and other essences..

Energetically charged in a crystal matrix of: Carnelian, Drusy Quartz, Mahogany Obsidian, Orange Calcite, Red Jasper, and Tangerine Quartz.

Use: 1 or 2 sprays orally 2 or 3 times per day.
Dropper: 2 or 3 drops 2 or 3 times per day.

SOLAR PLEXUS CHAKRA:



Main Themes: Mind chatter, higher thinking regulates emotions. Will. Manifest from higher knowing. Metabolizes food and experiences. **Symptoms:** Obsessive thinking, unfocused, worry, anxiety, anger, shame. Critical, judging. Emotional powerless/power over. Digestive issues. **Actions:** Mental clarity; focused, organized, self directed. Emotional empowerment. Energy to create, manifest. Healthy digestion“Gut” intuition. **Endocrine Gland:** Pancreas.

Tree Frog Farm Flower and Tree Essences: Sundrop Evening Primrose, Sunflower, Nasturtium, Meadow Rue, Moon Shadow Rose, Mullein, Vine Maple, Golden Celebration Rose, Goat's Beard, California Lilac, Spotted Coral Root Orchid, Dandelion, Echinacea, Valerian and other essences. **Energetically charged in a crystal matrix of:** Golden Topaz, Drusy Quartz, Amber, Yellow Calcite, Citrine and Sunstones.

Use: 1 or 2 sprays orally 2 or 3 times per day.
Dropper: 2 or 3 drops 2 or 3 times per day.

HEART CHAKRA:



Main Themes: Love, compassion, equanimity and peace. Unify spirit and matter. Balance and wholeness. Breath of life. **Symptoms:** Unable to love self or others. Rejection and self-destructive behaviors. Heart and breathing issues. **Actions:** Loving compassion for self & all beings. Balance and equilibrium between chakras and in life. Heartful communication. Healthy heart/ lungs. **Endocrine Gland:** Heart, Thymus.

Tree Frog Farm Flower and Tree Essences: Nookta Rose, Lady's Mantle, Peace Rose, Kinnikinnik, Hardy Fuchsia, Ruby Hellebore, Motherwort, Pink Hollyhock, Clustered Wild Rose, Blue Vervain, Rosa Rugosa, Wild Ginger, Tropical Sunset Rose, Borage, Pacific BleedingHeart and other essences.

Energetically charged in a crystal matrix of: Drusy Quarts, Emerald, Prehnite, Rhodochrosite, Watermelon Tourmaline, Rose Quartz, Adamite, Mangano Calcite and Kunzite.

Use: 1 or 2 sprays orally 2 or 3 times per day.
Dropper: 2 or 3 drops 2 or 3 times per day.

*This formula is too strong for people who have had physical heart issues.

THROAT CHAKRA:



Main Themes: Communication, creativity through sound, vibrational resonance and clairvoyance. **Symptoms:** Difficulty speaking your truth and your feelings. Unable to speak in your mind and verbally what you want to create. Frequent sore throats or thyroid issues. **Actions:** Able to communicate clearly with genuine feelings. Create what you want through the use of your voice with clear intention. **Endocrine Glands:** Thyroid, parathyroid.

Tree Frog Farm Flower and Tree Essences: Trailing Blackberry, Camas Lily, Crocosmia, Borage, Vine Maple, California Lilac, Soapberry, Twinberry, Wild Gooseberry, Licorice, Fairy Rose, Shore Pine Tree, Trillium, Woodland Strawberry, Pink Wild Honeysuckle, Pathfinder, and Self-Heal. **Energetically charged in a crystal matrix of:** Blue Topaz, Blue Aragonite, Drusy Quartz, Blue Sodalite, Lapis, Blue Quartz, Angelite and Blue Calcite.

Use: 1 or 2 sprays orally 2 or 3 times per day.
Dropper: 2 or 3 drops 2 or 3 times per day.

THIRD EYE CHAKRA:



Main Themes: Seeing beyond the physical world, perceiving beyond time and space, transpersonal experience and clairvoyance. **Symptoms:** Headaches, nightmares, eye-strain, blurred vision. Relating only to the physical world. **Actions:** See with your physical and etheric eyes. Perceive the external world internally in yourself. With clear intention and focus, project internal images as holographic light back to the external world. **Endocrine Gland:** Pineal.

Tree Frog Farm Flower and Tree Essences: Grand Fir Tree, San Juan Mugwort, Purple Passion Rose, Saskatoon, Rhododendron, Clary Sage, Garry Oak, Epipactis Orchid, Twinflower, Calendula, Blue Cohosh, Common Rush, Pathfinder, Trillium, Marshmallow and Dwarf Rose.

Energetically charged in a crystal matrix of: Blue Apatite, Blue Celestite, Iolite, Fluorite, Drusy Quartz, Blue Kyanite, Azurite, Cavansite and Pietersite.

Use: 1 or 2 sprays orally 2 or 3 times per day.
Dropper: 2 or 3 drops 2 or 3 times per day.

CROWN CHAKRA:



Main Themes: Consciousness, higher thought, selflessness, integrity, wisdom, spiritual awareness.
Symptoms: Headaches, alienation, boredom, apathy, inability to learn, detached from world, dizzy, mental disorders, spiritual ego.
Actions: Meeting place between the mundane & divine, finite & infinite, time & timeless. Universal consciousness. Higher understanding. **Endocrine Gland:** Pituitary

Tree Frog Farm Flower and Tree Essences: Black Gooseberry, Epipactis Orchid, Garry Oak Tree, Lily of the Valley, Marshmallow, Pearly Everlasting, Skullcap, Western Red Cedar Tree and White Yarrow.
Energetically charged in a crystal matrix of: Amethyst, Azeztulite, Danburite, Drusy Quartz, Gold, Herkimer Diamond, Lemurian Seed Crystal, Moldavite and Natrolite Crystals.

Use: 1 or 2 sprays orally 2 or 3 times per day.
Dropper: 2 or 3 drops 2 or 3 times per day.

UNIFIED SPIRIT & WHOLENESS:



Main Themes: Grounded spiritual illumination, expansive, heart-centered, practical, walking in soul's purpose.
Symptoms: Want to feel brighter & fully engaged with yourself. Want internal peace & higher awareness.
Actions: Enhances alignment & communication between 15 chakras, including the 7 major chakras. Raises your vibration of light and integrates that into daily life.

Tree Frog Farm Flower & Tree Essences: Self Heal, Choc Lily, Goat's Beard, Western Red Cedar, Black Gooseberry, Douglas Fir, Nootka Rose, Trailing Blackberry, Soapberry, Pearly Everlasting, White Yarrow, Jerusalem Sage, Garry Oak, Epipactis Orchid, Calendula, Borage, Yellow Day Lily, Woodland Strawberry, Comfrey, Garnet Hollyhock and other essences..

Energetically charged in a crystal matrix of: Natroite, Creedite, Gold, Scolecite, Moldavite, Stibnite, Ruby in Zoisite, Rose Quartz, Blue Apatite, Aragonite, Orange Calcite, Red Calcite, Amazonite, Golden Labradorite, Pyrite and Drusy Quartz.

Use: 1 or 2 sprays orally 2 or 3 times per day.
Dropper: 2 or 3 drops 2 or 3 times per day.

ABOUT TREE FROG FARM ESSENCES:

We specialize in offering flower essences in a base of red shiso herbal tea with a small amount of organic white vinegar. Our flower essences are also available in a brandy base. Chakra Essence Blends are unscented and can be used by people who are sensitive to scents.

ABOUT CHAKRAS:

Chakras are wheel shaped vortexes of energy where consciousness and matter meet. There are 7 major chakras. When they are open and clear we experience vibrant health and aliveness. When they are clogged and sluggish we begin to experience symptoms of disease on the physical, emotional and/or mental levels. Each chakra operates within a specific frequency band that relates to the color and element. Life-force energy comes through each chakra, passing through the energy fields and entering the body. Each chakra connects to an area of the spine and an endocrine gland, which triggers related qualities and symptoms.

USAGE & CARE:

Use: Flower essences are most commonly taken orally from the dropper or in drinking water. Please see each Chakra section for individual suggested use of each as they differ.

Care: Store essences at a moderate temperature. If they get too hot or cold it will reduce their shelf life. Keep the bottles out of direct sunlight and strong electromagnetic fields. Best if used within 2 years of purchase.



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Disclaimer

Please listen to your inner guidance when making any health care choices for yourself and your family. Flower essences treat the whole person and support the healing of specific symptoms. However, flower essences and any other products offered by Tree Frog Farm are not a substitute for necessary medical care. Seek the advice of a qualified health-care professional for all medical problems.

TREE FROG FARM FLOWER AND TREE ESSENCES CHAKRA BLENDS

