

# Essential Soul Care

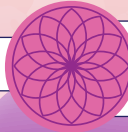
## Body Systems

## Chakra Chart

## Emotional Process

Endocrine, Nervous,  
Immune

CROWN

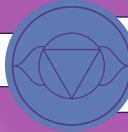


**Frankincense**  
Improves communication  
with Source

Purpose and spirituality

Endocrine, Nervous,  
Visual, Olfactory

THIRD EYE



**Basil**  
Creates an open mind and  
clarity of thought

Vision, strategy and  
clair senses

Endocrine, Musculoskeletal,  
Lymphatic, Throat &  
Mouth, Auditory

THROAT



**Cistus**  
Simulates the sense of touch,  
sight and sound

Communication  
and guidance

Cardiovascular, Respiratory,  
Breasts, Musculoskeletal

HEART



**Geranium**  
Brings a sense of joy, well-being,  
emotional balance and hope

Relationships and healing,  
giving and receiving love

Digestive, Renal,  
Musculoskeletal

SOLAR PLEXUS



**Juniper**  
Evokes feelings of health,  
love and peace

Mentality, self-worth  
and structure

Reproductive, Renal,  
Adrenal (endocrine)

SACRAL



**Vetiver**  
Sexual energies become more  
peaceful and grounded

Passion and creativity

Skin, Coccyx (Musculoskeletal),  
Reproductive

ROOT



**Cypress**  
Strengthens and centers and  
heals emotions

Security and survival