



Gifts of Mother Earth

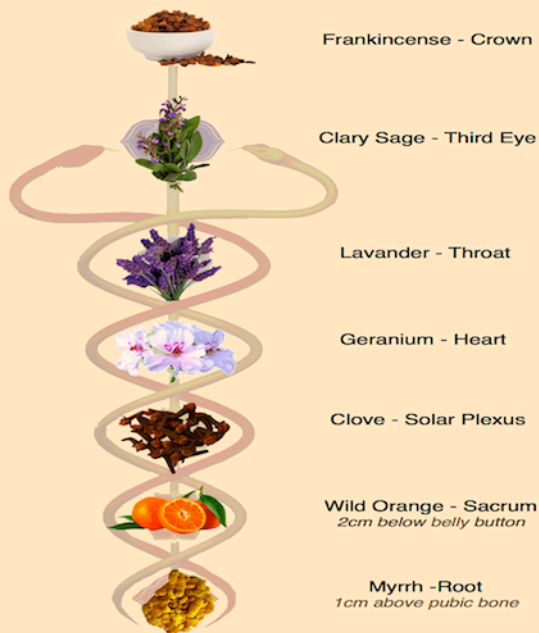
Chakra Meditation with Essential Oils

*Music by Pierre Garreaud * Voice by Janice Johnson*

Chakra Meditation with Essential Oils

*Gifts
of
Mother
Earth*

*Music by:
Pierre
Garraud
Voice by:
Janice
Johnson*



We recommend using certified therapeutic grade oil for this meditation.
Apply the essential oils onto each chakra in a clockwise manner.
Use the graphic above as an aid for the application of the oils onto your body.
Once you have applied the essential oil onto your body you can get yourself comfortable and relax with the guided meditation.

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Wood Carving Art by Peter Boyd * CD cover by Pierre Garraud

CAUTION: Please use oils with care, consult with your Dr. before applying.