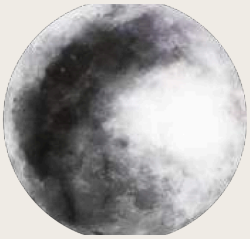
crystal musings

Earth Star Chakra



Color
Black, Brown

Mantra/Affirmation
I am perfectly grounded and release all excess energy into the earth. I release all non-beneficial ancestral patterns.

Essential Oil Recommendation
Black Pepper, Vetiver, Cedarwood, Frankincense, Palo Santo

Crystals
Black Kyanite, Hematite, Smokey Quartz, Obsidian, Tourmaline

Emotional/Spiritual
When in balance you feel deeply connected to all things on earth and the universe. You have peace of mind and work for the greater cause.

When out of balance you may neglect your needs and daily demands. You have difficulty maintaining energetic boundaries and are prone to psychic attack from others.