

Balance Your Chakras

The Crown



~Sahasrara~

Wisdom, Knowledge, Connection

Crystal ~ Clear Quartz, Amethyst
Scent ~ Frankincense, Sandalwood
Pose ~ Lotus (Padmasana)

I Invite Sacred Transformation.

Sand Silk Sky

Balance Your Chakras

The Third Eye



~Ajna~

Intuition, Thoughts, Dreams

Crystal ~ Amethyst, Lapis Lazuli
Scent ~ Lavender, Jasmine
Pose ~ Low Crescent (Anjaneyasana)

I See Truth.

Sand Silk Sky