



### LOVE/ RELATIONSHIPS

Attracting Soul Mate	Attract + Venus	
Confidence with	Venus + Empower	Empower + Athena
Breakup (Moving Past)	Release It + Transitions	Venus + Heart Chakra
Relationship Harmony	Mars + Venus	Sacral Chakra, Harmony
Trust / Betrayal	Release It + White Light	Clarity
Sexual Issues	Venus + Mars, Sacral Chakra + Attract	Athena

### CAREER/ MONEY

Creativity	Venus, Sacral Chakra + Imagine, Fairy Dust	Attract + Imagine
Ideas/ Problem Solving	MercurEase + Imagine, Evolve	Attract + Imagine
Public Speaking	MerurEase + Attract	Empower
Empowerment	Empower, Mars, Third Chakra	Women: Empower + Athena
Purpose	Prosperity + Amethyst Light	Third Chakra + Crown Chakra
Success/Manifesting Goals	Release It + Attract	Removing Obstacles + Prosperity
Energy Protection-Computer	Earth Chakra, Clear My Space	Shungite Plus, Guardian Angel, White Light
Writers Block/ Creative Block	Imagine + MercurEase, Removing Obstacles	Sacral Chakra, Attract
Work/ Life Balance	Earth Chakra, Prosperity + Harmony	Fairy Dust
Stability/ Grounding	Earth Chakra, Root Chakra	Evolve

### HOME LIFE

Family Balance	Harmony, Clear My Space	Lighten Up
Children	Harmony, Root Chakra	Healer Within
Children: Learning	Prosperity + MercurEase, Evolve	Imagine, Crown Chakra
Stress Defense	Healer Within + ImmunEase, Clear My Space + Guardian Angel	Golden Aura + Emerald Light
Moving/ Relocating	Transitions + Earth Chakra	Root Chakra
Looking to Buy/ Sell	Transitions/ Release It + Attract	Attract + Prosperity
Energy Clearing in Home	Clear My Space, Release It, Lighten Up	Transformation
Energy Protection of Home	Guardian Angel, Violet White, Earth Chakra	Removing Obstacles

<b>PETS</b>		
Pets: Cats, Birds, Dogs	Purrfect Sense, Treetops, Bow-Wow!	Healer Within, ImmunEase, Release It, Hope

<b>ENERGETIC WELLBEING*</b>		
Aches/ general body Stress/Tension	Indigo + Hope, Release It + White Light	Healer Within + Emerald Light
Air Sensitivity	ImmunEase, Golden Aura	Heart Chakra, Indigo Light
Ageing/ Longevity	Harmony, Athena, Mercurease	Shungite Plus + Emerald Light
Back/ Spine Area	Removing Obstacles + Root Chakra, Lighten Up	Release It + White Light, Golden Aura
Balance/ Coordination	Harmony, Athena, Mercurease	Amethyst Light, Earth Chakra
Breaking Habits	Release It + Transitions, Removing Obstacles + Transformation	Transitions + Emerald Light
General - Well being	Shungite Plus, Healer Within, Emerald Light, ImmunEase	Garnet Glow + Golden Light
General Cleanse/ Detox	Release It + Shungite Plus, Removing Obstacles + Clear My Space	Garnet Glow+Golden Aura
Eye Area	Let Me See, Ajna Chakra, Indigo Light	Healer Within, Release It
Feet/Leg/ Knee Area	Earth Chakra + Transitions, Removing Obstacles	Root Chakra, Garnet Glow
Hair	Crown Chakra, Golden Aura	Amethyst Light, Thyroid Chakra
Head Region	Golden Aura, Violet White/ Tension in: Indigo Light + Hope, Release It	Indigo Light, Crown Chakra Evolve
Healthy Weight	Release It + Transformation, Empower, Transitions, Removing Obstacles	Thyroid Chakra, Lighten Up,
Heart Chakra Issues	Emerald Light + Heart Chakra, Harmony + Venus, Jasmine	White Light, Release It, Healer Within
Increasing Vitality (General)	ImmunEase + Healer Within, Emerald Light, Shungite Plus	Golden Aura + Garnet Glow
Kidney/ Bladder Chakras - Sacral Area	Release It, Transitions, Sacral Chakra, Healer Within	White Light, Harmony, CMS
Liver Area/ Third Chakra Issues	Manipura (3rd) Chakra, Golden Aura	Release It + Emerald Light
Low Energy	Golden Aura, Emerald Light	Garnet Glow, Mars
Losing Energy (protection from)	Guardian Angel + Healer Within	Guardian Angel + Golden Aura
Neck/ Throat Chakra	Throat Chakra, Thyroid Chakra	Emerald Light + Indigo, Athena
Shoulders	Removing Obstacles + Lighten Up	Release It, Clear My Space
Shoulder- Right/ Left	Right Shoulder: Mars + White Light	Left: Venus + Heart Chakra
Sleep	Sweet Dreams, Crown Chakra, Healer Within	Fairy Dust, Guardian Angel, White Light
Stomach area- 2nd/3rd Chakra	Third Chakra, Golden Aura, Empower	Release It, Healer Within
Strengthening	Garnet Glow, Mars, Golden, Empower	Athena + Empower
Stress- General	HealerWithin, EmeraldLight, ImmunEase	Shungite Plus, Fairy Dust

<b>FEMALE ISSUES *</b>		
Pregnancy	Athena + Attract + Mom&Baby	Venus + Mom&Baby
Birth: Preparing For	Mom and Baby, Root Chakra, Athena	Transitions
Newborn	Mom&Baby, White Light + Amethyst Light	Golden Aura + Crown Chakra
New Mother	Mom and Baby + Athena, Root Chakra	Transitions
Monthly Balance	Athena, Intuition	Venus, Healer Within
Life Changes	Athena, Intuition, Release It+Venus	Release It+Harmony

<b>ENERGETIC EMOTIONAL SUPPORT*</b>		
Motivation	Mars, Garnet Glow	Clarity, Hope
Inspiration/ Upliftment	Clarity, Hope, Imagine	Jasmine, White Light
Feeling Heavy/ Down	Lighten Up, Emerald Light, Removing Obstacles + Transformation	Hope + Clarity
Anxiousness/ Worrying	Empower, Root Chakra, Removing Obstacles	Transformation, Healer Within
Moving through Grief/ Sadness	Hope, Heart Chakra, Healer Within	Transitions + White Light
Clearing Shame/Guilt	Sacral Chakra +Transformation	Amethyst Light, Healer Within
Feeling Stuck or Trapped	Lighten Up+ Removing Obstacles	Transitions + Release It, Transformation, Imagine

<b>ENERGETIC MENTAL SUPPORT*</b>		
Communication	Mercurease, Throat Chakra	Thyroid Chakra
Rejuvenation	Indigo Light + Emerald Light	Indigo + Golden Aura
Learning/ Expansion	Prosperity, Evolve, Mercurease, Imagine	Attract + Evolve/Prosperity, Third Chakra
"Computer Eyes"	Let Me See, Ajna Chakra	Shungite Plus + Indigo
Memory	MercurEase + Shungite Plus	Evolve + Let Me See
Concentration	Indigo Light + MercurEase, Ajna Chakra	Guardian Angel, Intuition

<b>SPIRITUAL SUPPORT*</b>		
Chakra Balancing	Chakra Line, Harmony	Color Line
Intuition- Development	Intuition, Indigo Light, Ajna Chakra	Let Me See, Clarity
Psychic Protection	Guardian Angel + White Light, Removing Obstacles	Golden Aura, Empower
Meditation	Violet-White, Indigo Light, Ajna Chakra, Removing Obstacles	Root + Crown Chakra,
Finding your Path	Hope + Clarity, Amethyst Light	Crown Chakra + Ajna Chakra
Clearing- Person/ Place	Clear My Space, Release It, Lighten Up	Violet-White, Empower, Transformation
Protection- Person/Space	Guardian Angel, Golden, White Light	Empower, Removing Obstacles
Nature Connection	Fairy Dust, Emerald Light	Earth Chakra

\*This information is intended as a suggestion guide only, indicating what essences may help in the areas indicated. It is not meant as diagnostic or prescriptive. Essences are tools for working through different issues / areas of life. Our products are not intended to diagnose, treat, cure, or prevent any disease. Statements made about Shanti Kai Essence Products have not been evaluated by the Food and Drug Administration. Always consult your doctor if you have any health concerns.