

# CHAKRA RANGE

## Healing and Nurturing for the Energy centers

### Base/Root

Totara, Motherwort, Viper's bugloss, Red Clover, Yellow Dock, Chickweed, Karamu, Kowhai, Puha, Wineberry  
Shepherd's Purse, Dandelion, Feverfew

### Stomach/ Sacral

Cranesbill, Damiana, Five finger Schefflera, Kidney Fern, Koromiko, Wild Gotu cola, Poroporo, Karamu  
Maca

### Solar plexus

Chickweed, Houhere, Vervain, Tamarack, Kowhai  
Wild Gotu Cola, Viper's bugloss, St John's Wort,  
Speedwell, Gotu cola

### Heart

Violets, Wild Roses, Motherwort, Hawthorn  
Kumarahou, Pohutakawa, Bush lawyer, Damiana  
Beech, Kidney Fern, Wild Clematis, Mullein  
Self heal, Heartsease, Lady Nada, Ti Kouka  
Wineberry

## Throat

Peach Stones, Viper's Bugloss, Chickweed, Houhere  
Wild Ginger, Chicory, Speedwell, Native Broom  
Kowhai, Heartsease, Wild Carrot, Ti Kouka, Wild  
Clematis, Viper's Bugloss, Feverfew  
Peach Stones

## Third Eye

Chicory, Eyebright, Speedwell, Piperaceae sp.  
Heartsease, Wild Carrot, Wild Clematis  
Viper's Bugloss, St John's Wort, Cronewort  
Gotu Kola, Poroporo

## Crown

Yarrow, Wild Carrot, Tanekaha  
Wild Clematis, Shepherd's Purse, Viper's Bugloss  
Feverfew, Poroporo, Speedwell

These wild plant and native tree *plantrhythms* provide for a deeper integration of the self by working on supporting and nurturing the connection between our physical and spiritual bodies.