

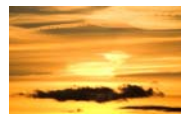
sincerity inc.

holistic exploration for the urban spiritualist

created to
inspire, impact & nourish
personal well being

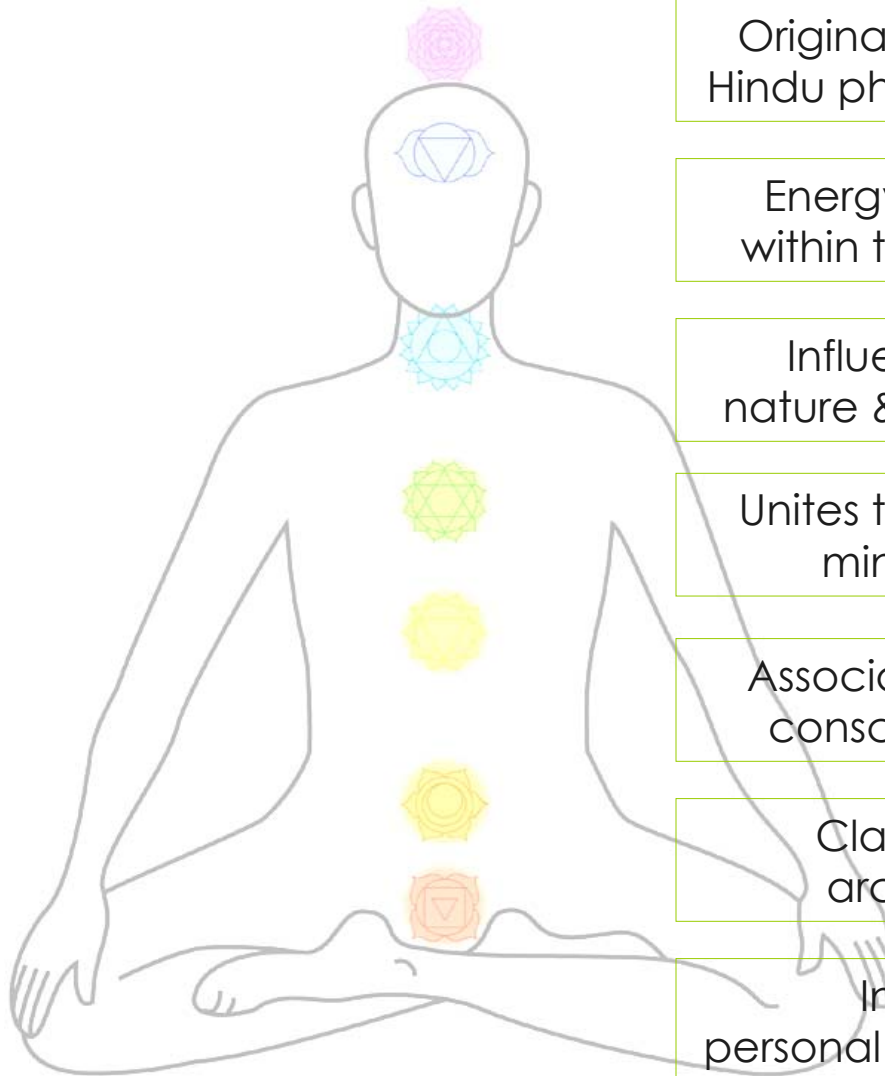
sincere guidance
towards positive actions.

AWARENESS • ACTION • ACHIEVEMENT



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Chakra System



Originating from Hindu philosophy.

Energy sources within the body.

Influenced by nature & nurture.

Unites the body, mind & soul.

Associated with consciousness.

Classified by archetypes.

Insights for personal wellness.

Become peaceful if for a moment...explore the questions & take notice of the commonality in your answers. The following pages provide simplistic details & inspires for increasing self-awareness & personal well being.

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Root Chakra...An energetic influence from within.

To feel grounded refers to feeling secure in one's space.



Location

base of spine

Main issue

survival skills



Positive state

patience

Negative state

excessive ego



Emotional block

fear

Affirmation

I have



Element

earth

Colour to balance

pink



Stones to activate

garnet / ruby

Stones to balance

black tourmaline

Flower

roses / carnation



Foods

proteins

Blocked Energy

*cold hands,
lack of energy,
faithless in one's life,
tendencies to worry.*

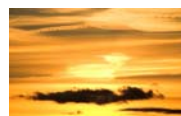
Excessive Energy

*bully demeanor,
overly materialistic,
physical clumsiness,
self-centered.*

Physical Influence

*chronic fatigue,
sluggish feeling,
digestion issue,
lower back pain.*

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Root Chakra...An energetic influence from within.

SOMETHING TO THINK ABOUT...



Foundations rest on the earth. Our bodies are the earth of our spirit. To connect with the body is to connect with the earth, to be grounded in the reality of the present moment.



Read more....Eastern Body, Western Mind- Anodea Judith.

SOMETHING TO FOCUS ON...



- reconnect with your body by:
 - increasing physical activity (qi gong, yoga)
 - commit to a massage routine
- explore your earliest childhood relationship to your mother
 - awareness of past actions to compensate for the emotional imbalances of present day.

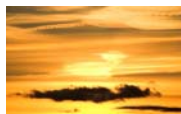


WHEN ALL IS GOOD...



Good health, vitality, being peaceful within one's body.
A sense of trust in life's journey.

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Sacral Chakra...An energetic influence from within.

Focus' with one on one relationships.



Location *lower stomach*

Main issue *sexuality/creativity*



Positive state *respect others*

Negative state *over indulgence*



Emotional block *guilt*

Affirmation *I feel*



Element *water*

Colour to balance *amber*



Stone to activate *fire opal*

Stone to balance *moonstone*



Flower *birds of paradise*

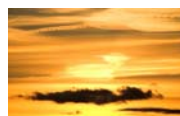
Foods *liquids*

Excessive Energy
*emotionally unbalanced,
manipulative traits,
sexual addictions,
insensitive behaviour.*

Blocked Energy
*lack of sensual feelings,
poor social skills,
low self-esteem,
guilt / jealousy.*

Physical Influence
*severe menstrual pain,
low sexual appetite,
back pain,
bladder / kidney issues.*

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Sacral Chakra...An energetic influence from within.

SOMETHING TO THINK ABOUT...



The supreme happiness of life is the conviction of being loved for yourself, or, more correctly, being loved in spite of yourself.-
Victor Hugo



SOMETHING TO FOCUS ON...



- aspire for daily moments of merriment & laughter.
- express sorrow & allow tears to flow in a healthy matter.
- maintain awareness that emotions have a temporary lifespan & occur to guide you towards positive actions & peaceful thoughts.

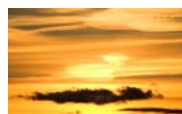


WHEN ALL IS GOOD...

A strong sacral chakra is the best preparation for a well-balanced emotional life. It leads one towards positive emotional being & self-control.



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Solar Plexus Chakra...An energetic influence from within.

Focus on willpower & ability to remain true to oneself.



Location

naval

Main issue

self will



Positive state

will power



Negative state

anger / fear / dislike

Emotional block

shame

Affirmation

I act



Element

water

Colour to balance

golden yellow



Stone to activate

topaz

Stone to balance

citrine



Flower

sunflowers

Foods

complex carbs

Excessive Energy

*constant anger,
controlling nature,
workaholic,
judgemental.*

Blocked Energy

*few goals,
"gives in" to others,
feel criticized,
feelings of regret.*

Physical Influence

*stomach issues,
eating imbalances,
nightmares/insomnia,
feeling anxiety.*

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Solar Plexus Chakra...An energetic influence from within.

SOMETHING TO THINK ABOUT...



How many cares one loses when one decides not to be something but to be someone.

-Coco Chanel

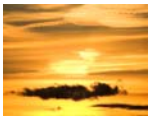


SOMETHING TO DO...



- psychotherapy to aid in building ego strength.
- apply healthy techniques for releasing anger & shame

Buddhism philosophy inspires calming thoughts when experiencing moments of anger.



WHEN ALL IS GOOD...



Able to keep one's word, act reliable & practice confident actions. A warm personality with playfulness & humour as part of everyday actions. Challenges are not feared but embraced.



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Heart Chakra...An energetic influence from within.

To love unconditionally, without reservation.



Location

chest

Main issue

love & relationships



Positive state

empathy



Negative state

emotional instability

Emotional block

grief

Affirmation

I love



Element

air

Colour to balance

spring green



Stone to activate

emerald

Stone to balance

rose quartz



Flower

bells of Ireland

Foods

vegetables

Excessive Energy

*passiveness,
conditional love,
overly dramatic,
withholds to punish.*

Blocked Energy

*anti-social,
Intolerant,
feels alone,
negative
relationships.*

Physical Influence

*weak immune,
skin issues,
poor circulation
(coldness),
respiratory
ailments.*

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Heart Chakra...An energetic influence from within.

SOMETHING TO THINK ABOUT...



The greater part of our happiness depends on our dispositions and not on our circumstances.

Martha Washington



SOMETHING TO DO...



- self-discovery through journaling.
- be mindful of co-dependant moments.
- be aware that you are responsible for your state of being positive or negative.



WHEN ALL IS GOOD...



Your sense of compassion for even the smallest of perceived infractions allows you to move past emotional discomforts. You are able to “see” other perspectives without needing answers or explanations. There is an



acceptance for the reality of any discomfoting situation.

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Throat Chakra...An energetic influence from within.

Speak one's truth, freely & with comfort.



Location

centre of neck

Main issue

communication



Positive state

creativity

Negative state

requires reinforcement



Emotional block

poor communication

Affirmation

I express



Element

ether

Colour to balance

turquoise



Stone to activate

topaz

Stone to balance

blue turquoise



Flower

hydrangeas

Foods

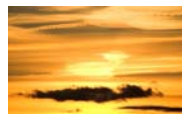
fruits

Excessive Energy
*over talkative,
righteous behaviour,
arrogant,
"frog" in throat.*

Blocked Energy
*fear of expressing,
weak voice,
shy & withdrawn,
tells "white lies".*

Physical Influence
*neck & shoulder ,
oral issues,
sore throats,
over active thyroid.*

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Throat Chakra...An energetic influence from within.



SOMETHING TO THINK ABOUT...

The thing that matters is not what you bear, but how you bear it.



Seneca

SOMETHING TO DO...



- loosen neck & shoulders with movement or massage
- sing, chant, hum.
- practice silence.
- practice listening.
- letter writing to express difficult emotions.



WHEN ALL IS GOOD...



You are comfortable in expressing your thoughts, feelings, & perspectives. Expression is fluid, honest & sincere.

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Third Eye Chakra...An energetic influence from within

Trust your gut, body & energy.



Location *above eyebrows*

Main issue *intuition*



Positive state *intuitive awareness*

Negative state *lack of concentration*



Emotional block *illusions*

Affirmation *I see*



Element *radium*

Colour to balance *silver*



Stone to activate *light blue*

Stone to balance *diamond*



Flower *lapiz*

Foods *-*

Excessive Energy

*highly logical,
authoritarian,
dogmatic,
over-active mind.*

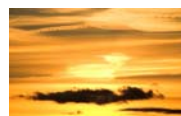
Blocked Energy

*things feel
meaningless,
inner voice not
heard,
instinct seems
shaken.*

Physical Influence

*eye issues,
poor vision,
headaches,
sinus issues.*

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Third Eye Chakra...An energetic influence from within

SOMETHING TO THINK ABOUT...



For fast acting relief, try slowing down.

Lily Tomlin

SOMETHING TO DO...



•create visual art

•connect feelings with images & memories



•journal dreams

•past life regression



WHEN ALL IS GOOD...



An individual will feel at ease with intuitive moments (gut instincts). Able to listen to one's body through pain or



discomforts. Good memory, perceptiveness, able to visualize & think symbolically.

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Crown Chakra...An energetic influence from within

Sensing fluidity with life & within oneself.



Location *top of head*

Main issue *spirituality*



Positive state *enlighten*

Negative state *depression*



Emotional block *attachment*

Spiritual action *unify*



Affirmation *I know*

Element *magnesium*

Colour to balance *white*



Stone to activate *sapphire*

Stone to balance *clear quartz*



Flower *violets*

Foods *fasting*

Excessive Energy

*depressive,
feels frustrated,
confused sexual
expression.*

Blocked Energy

*low energy,
fear of death,
disturbed by
mystery.*

Physical Influence

*weak immune
system,
minimal interaction
with others.*

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Crown Chakra...An energetic influence from within

SOMETHING TO THINK ABOUT...



Happiness is not a state to arrive at, but a manner of traveling.

-Margaret Lee Runbeck



SOMETHING TO DO...



- create a routine of meditation, spiritual practice &/or prayer.
- read about various faith's & explore world visionaries.
- re-establish physical & emotional connections.

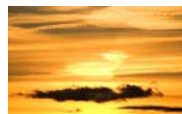


WHEN ALL IS GOOD...

The ability to perceive & analyze in a thoughtful, intelligent manner. Open minded coupled with a sense of spiritual connection dominates emotional energies.



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AROMATHERAPY

ESSENTIAL OIL BY CATEGORY



HERBS

- grounding
- eases discomforts
- utilitarian
- strengthening
- alertness
- detoxifying
- medicinal



CITRUS

- refreshing
- up lifting
- positive
- cleansing
- energizing
- vitalizing
- clarity in thought



FLORALS

- harmonious
- inspires optimism
- positivism
- spirituality
- compassion
- faith
- emotional influences



SPICES

- intensifying
- warming
- energizing
- sexuality
- encouraging
- vitality
- frees movement



WOODS

- inner connection
- unifying
- calming
- strengthening
- grounding
- meditative
- aids in living presently



DILUTING LIQUIDS



- coconut



- almond



- grapeseed

AROMATHERAPY APPLICATION METHODS



OIL MASSAGE...one of the most effective methods of using essential oils as it combines the therapeutic aspects of touch with the potent restorative powers of essential oils.



MIST

Oils are diluted in distilled water & are safe to mist on children, face, & various home objects.



BATH...a blend of steam & hot water combines the benefits of inhalation with the powers of absorption. Bathing cleanses & heals the skin while balancing emotions & inspiring a sense of well being.



INHALATION

One of the quickest methods in which essential oils enter the body. Beneficial for respiratory ailments or sinus congestion. Caution is required.



DIFFUSER

By heating the oil, a diffuser introduces the fragrance & beneficial properties of an essential oil to any environment.

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CRYSTALS, GEMS, STONES & METALS



Clear Quartz... A dispeller of negativity, both in one's own aura & immediate environment. Receives, activates, contains, amplifies & transmits energy. Used in conjunction with any other stone, it acts as an activator & amplifier of that stone's properties. Optimises the brain's use of energy.



Amethyst... promotes trust, wisdom, & serenity. Initiates meditation. Improves spiritual & psychic abilities. Assists in healing head discomforts, nightmares & addictions. Balances emotions, enhances compassion & tolerance. Helps with opposing personalities into strong relationships. Keeps one in tune with one's spirituality.



Rose Quartz... promotes inner peace, giving & receiving, true unconditional love, forgiveness, blissful moments & joy of living. Comforts & heals the wounds of the heart. Draws the energy of the heart inward, to heal the self.



Green Aventurine... often referred to as the all-purpose healer, meaning not only is it considered beneficial with physical disorders, it is healing on all levels. Green is the color of healing & aventurine, as a member of the quartz family, has a concentrated ability to dissolve blockages.



Carnelian... stimulates creative energy, individuality, courage, memory, fertility & potency. Aids in past life recall & finding a good mate. Dispels negativity from other stones. Spleen & kidney purifier.

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Citrine...warming, comforting, penetrating, & energizing. Promotes confidence & security. Prosperity, abundance, strength, generosity, creativity, digestion, memory. Clears the aura. Dissipates negative energy.



Turquoise...prosperity, calming, spiritual attunement, promotes independence, protects against accidents. Clarity & balance in one's expression.



Lapis Lazuli...healing & soothing, improves mental health, joy, love, fidelity. Inspires courage. Mental healer & soul purifier. Draws the mind inward to seek its own source of power.

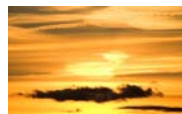


Black Tourmaline...can help to break up energy blockages which cause stress & confusion. Brings about calmness & clarity. Repels negative energy, referring both to external energies or inner emotions (anger, resentment, jealousy).



Red Garnet...embodies the qualities of creativity, sexuality, & the flow of energies, Awakens friendship more than passion (ruby). Ability to strengthen will, persistence, confidence, & success. Creates attraction to others.

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Gold... symbolizes the purity of the spiritual aspect of "All That Is". It is symbolic of spirituality & development in the realm of complete understanding, allowing one to both attain & maintain connection with the source of all being. The energy of gold can be used to balance the energy fields & to assist one in the elimination of ego conflicts & feelings of futility. It has been said to attract honors, wealth, & happiness, to provide composure, to stabilize the emotional system, to alleviate tension & stress. Amplify positive feelings and assists one in attuning to nature. "The Master Healer"...It is an excellent mineral for purification of the physical body.



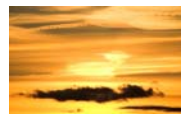
Silver... brings one "the Advantage" throughout life. It can be used to improve one's quality of speech & bring eloquence to conversations. It tends to bring an air of culture to one's presence & eliminate abrasive traits while promoting popularity. Silver is used extensively with gem stones because the metal is able to both attract & retain, unto itself, those qualities which are emitted by the stone. The silver provides a steadying influence for the jewel. It can draw forth negativity from the body while transferring the positive forces of the other mineral; hence, it performs as a balancing agent.



Sandalwood... is considered in alternative medicine to bring one closer with the divine. The essential oil, which is very expensive in its pure form, is used primarily for Ayurvedic purposes, & treating anxiety. It is believed to transform one's desires & maintain a person's alertness while in meditation. We purchase from Fair-Trade & mindful sources.



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CLEARING

It is important to clear all gems, crystals & stones. Research has shown precious “resources” from mother nature have the ability to retain energy & vibrations from that which it comes in contact with. Be mindful during the process of clearing... it is the **purpose** you have in mind that is important. **sincerity inc.** *clears & cleanses all jewellery prior to packaging yet we highly recommend participating in optimizing the process & follow the instructions below.*

CLEANING

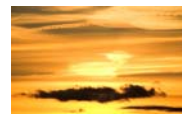
Calm your breathing as you begin the process... We recommend using tepid tap water. Allow the water to flow through the piece. Create intent to clear negativity & enhance positivity while using your fingertips in a downward motion with the soap lather from hands (use a gentle soap). Rinse gently, letting the stone linger in your hand. Place to dry naturally on a soft cotton cloth. For storage, place in sincerity's sea salt box packaging. Make sure to change the sea salt every few weeks when actively using the jewellery.

We hope you enjoy the qualities of each handmade treasure.

sincerity inc. recommends this process with all your jewellery.

sincerity in our offerings is the intention.

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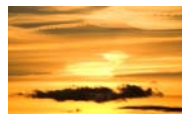
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Please be advised that all *sincerity inc.* reading materials are provided for informational & educational purposes only. Please consult your physician regarding potentials explored @ sincerity inc. We respect fully all symptoms &/or medical conditions. We aspire to “work” with established medical practices. Our “insights” aspire to provide awareness to which you are fully responsible for accepting... To peace, healing, & well being.

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