LeConnection

Designed for people who are characteristically over-enthusiastic and have unrealistic expectations of themselves, others and life in general or have a tendency to make hasty choices. Can also be useful for those who escape too often into their own fantasy world. Consider using this one as part of a journal and prayer session to see where you have parted company with reality!

Ingredients: Sage, Spruce

Affinity for: emotional balance; root chakra

Aromatic Considerations: delightful aroma; centering, grounding, emotionally balancing

Application: Apply on the back of the neck, or temples.

Resonance: spiritual and emotional

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