## LeMeditation

Targets decision making ability; communication with the Creator; pondering spiritual things and the breaking of negative thought patterns; a good oil for meditation

**Ingredients:** Frankincense, Myrtle, Sandalwood, Spruce, Myrrh, Rosewood

**Affinity for:** emotional and spiritual balance; root, throat, and crown chakras

**Aromatic Considerations:** Creates a spiritual environment conducive to prayer and meditation; diffuse when seeking inspiration

**Application:** Apply to slight bumps on both the right and left side of the forehead, crown, shoulders and the back of the neck.

**Resonance:** High spiritual range


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