## LeLettingGo

LeLettingGo aids us in the "letting go" of negative emotions that we are holding onto in the physical tissues of our bodies. Use LeLetting Go to aid in the release of anger, frustration, resentment, despair, grief, insecurity, or any other emotion that is not serving you well. This oil is beneficial when used for the rebellious spirit sometimes seen in teens and others of us from time to time. Regular use of this essential oil blend can help us develop feelings of trust, safety, and security.

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