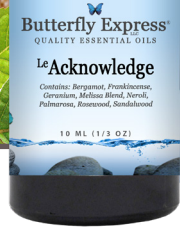


QUICK REFERENCE SHEET

LeAcknowledge

Essential Oil Blend

Bergamot, Frankincense Carterii, Geranium, Melissa Blend, Neroli, Palmarosa, Rosewood, Sandalwood



APPLICATION:

LeAcknowledge should be applied over the liver when the liver is toxic and the mind and emotions are sluggish or slow. Other particularly effective places for application are behind the ears, on the face, neck, thymus, or wrists. I especially like applying oils to the wrists because I frequently wave my wrists in front of my face for one reason or another.

AROMATIC CONSIDERATIONS:

This blend has a pleasant enough aroma to be worn as a perfume and is especially nice used in a bath when one is feeling overwhelmed or discouraged by life. The aroma of this blend can promote feelings of calmness, courage, and increased self-confidence.

AFFINITY FOR:

nervous system, liver, liver meridian, heart chakra, throat chakra, sacral chakra

EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

LeAcknowledge nourishes and strengthens the nervous system, helping to quiet feelings of fear and discouragement. Another benefit of this blend is in enabling us to see the "reality" of life or health situations. Accepting what will be or will not be in our lives can allow us to move forward with healing and peace instead of discouragement and despair. Recognizing what it is that we are feeling, and knowing that it is acceptable to feel that way for the moment, often allows us to move through that feeling and move on with our lives.

LeAcknowledge may also give us increased confidence in social situations and enhanced creativity in our attitudes and skills. One aspect of this blend concerns a better balance in attitudes and desires in sexual matters. LeAcknowledge is also one of the great oils for depression.

Because it balances the heart and sacral chakras, LeAcknowledge can help us recognize and accept the love and sympathy that people around us are trying to express. For those of us with very independent natures, it may help us with the ability to let others be of service to us. Increased balance in the throat chakra allows us to express our own feelings and needs and to express feelings of appreciation and gratitude for the services we receive.

Balance in these areas may also bring relief from feelings of frustration, self-pity, insecurity, hopelessness, inadequacy, and feeling that we are being overwhelmed by the responsibilities of our lives. This allows us to feel enthusiasm for new things and to expect to find joy and abundance in our lives.

LeAcknowledge, like LeBountiful, may change the way that we feel toward material possessions, making us both more appreciative of them and less focused on their acquisition.

PHYSICAL ASPECTS:

Because LeAcknowledge has a cleansing effect on the liver it may be useful for allergies and other mild immune system dysfunctions. Any ailment that has anger as an underlying emotional component, which many physical ailments do, would benefit from the use of LeAcknowledge. Kidney and bladder problems such as frequent infections and cystitis, with their emotional connection to fear and feelings of inadequacy, often respond favorably to this blend. The use of this essential oil blend may not only relieve the discomfort of the moment, but will also help lessen the likelihood and frequency of future attacks.

LeAcknowledge is an excellent oil when applied as a deodorant and is considered a mild hormone balancer.