

QUICK REFERENCE SHEET

LeAngel

Essential Oil Blend

Blue Tansy, Cedarwood, Cistus, Copaiba Balsam, Lavender Officinalis, Geranium, Orange Sweet Dark, Rose Absolute, Rose Geranium, Ylang Complete



APPLICATION:

LeAngel should be applied, diluted in a carrier oil, over the energy centers (chakras) or on the temples. It is very pleasant when diffused and can be used in a bath or worn as a perfume.

LeAngel is a simple, yet beautiful fragrance.

AROMATIC CONSIDERATIONS:

Use of this blend often brings memories of a time or place when one felt safe and loved. Often the person will wish to express these feelings or talk about a loved one from their past with whom they felt particularly loved, accepted, and safe.

AFFINITY FOR:

All of the energy centers (chakras), especially if the imbalance is the result of childhood abuse—absolutely amazing in this regard!

EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

LeAngel is specific for use in releasing traumatic memories connected to negative experiences of various kinds. It is particularly effective for feelings of insecurity, helplessness, and rage resulting from childhood abuse, both sexual and otherwise. Adults who were abused as children often feel confusion, anger at themselves, and misplaced guilt because “they let it happen.” LeAngel can bring them to a place of safety where they can acknowledge these feelings and sort through them. The releasing and processing of these memories has a cleansing effect on the stored anger that is often held in the liver meridian. LeAngel does not erase the memory of these events. It allows one to move through the anger, validate themselves, let go, and move forward rather than let past experiences dictate their actions and their decisions in the present.

LeAngel is helpful in the relief of anxiety and can protect us from the negative energy and unprocessed emotions of others. LeAngel is one of the best essential oil blends for stabilizing mood swings, especially in children.

PHYSICAL ASPECTS:

There are some behavior patterns and illnesses that are common to people who feel a lot of anger. This is true whether the roots of the anger lie in childhood abuse or in some other event or cause. Some of these physical symptoms are vascular headaches and migraines, high blood pressure, tension and stiffness in the neck and shoulders, muscle cramping, inflammation of the nerves, and distress in the gallbladder and liver. Because LeAngel helps to cleanse the liver, it can be of benefit in many of these ailments.