

QUICK REFERENCE SHEET

LeBeloved

Essential Oil Blend

Bergamot, Geranium, Lemon, Mandarin, Orange Sweet, Sandalwood, Ylang Complete



APPLICATION:

LeBeloved should be applied over the heart chakra using the palms of the hands. It can also be diffused.

AROMATIC CONSIDERATIONS:

The aroma of LeBeloved is like a breath of fresh air for our hearts and souls. When we feel out of sync with our loved ones or overwhelmed by our responsibilities to them, this oil helps bring us back to joy in what is most important in our lives.

AFFINITY FOR:

spiritual side of our natures, emotions, heart chakra

EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

LeBeloved profoundly affects the heart chakra and is a beautiful oil for relationships—both romantic and with family and friends. It opens our hearts and our spirits to recognize that we are loved more than we can comprehend. Understanding the great love that God has for us can help us to heal our emotional wounds. From our wholeness of heart, we can then see clearly and respond generously in just the right way.

LeBeloved is helpful in developing inner strength and fortitude. The oils in this blend are of benefit when we are feeling overwhelmed or must accept changes in the circumstances of our lives. LeBeloved has been of value with mood swings and panic attacks.

PHYSICAL ASPECTS:

The negative emotions found in dysfunctional and destructive relationships can manifest in a variety of ways, making this blend effective for a broad spectrum of physical complaints. This list may include bed-wetting, a tendency for cystitis and urinary tract infections, headaches, heart palpitations, menstrual cramps, and just about anything else. The important thing to pay attention to is the emotional drivers of physical pain.