

QUICK REFERENCE SHEET

LeBenediction

Essential Oil Blend



Angelica, Geranium, Hyssop, Katrafay, Lemon, Melissa Blend, Myrrh, Rose Absolute, Rose Geranium, Rosewood, Sandalwood, Spruce Picea, Ylang Complete



APPLICATION:

LeBenediction should be placed on shoulders, wrists, and thymus area and is also of great benefit when diffused into a room that is highly charged with energy.

AROMATIC CONSIDERATIONS:

The aroma of LeBenediction can increase the integrity of the auric field, strengthening our personal energy barriers. This blend is particularly useful for meditation and gospel study.

AFFINITY FOR:

energy system, respiratory system, endocrine system, liver, pineal gland, pituitary gland, biliary ducts, central vessel meridian, bladder meridian, throat chakra, crown chakra, emotional balance

! CAUTIONS:

Avoid exposing areas of skin where LeBenediction was applied to direct sunlight for 3 to 6 hours.

EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

LeBenediction is a favorite among massage and energy therapists. It strengthens one's own energy boundaries and protects against "energy drains" that can occur when working with other people's energy fields. This blend should be used at times when you are feeling particularly vulnerable and "energy sensitive" and easily drained by people and situations.

LeBenediction can help us speak up and express our needs clearly without blaming or whining, especially if we are sensitive to or over-awed by the person we are addressing. This blend can also temper our tendency to judge unkindly when we feel that a person has created the mess they are in and we are justified in leaving them alone to fix it.

LeBenediction also aids us in learning to acknowledge the role that blessings from above have played in our own successes and achievements. Gratitude to heaven is a very healing emotion; probably the best thing you can do to balance your own chakra centers. Try this blend any time you are feeling angry, stressed, or depressed.

LeBenediction is also very effective after an illness for returning energy levels to normal and getting us back on our feet both physically and emotionally.

PHYSICAL ASPECTS:

LeBenediction is often useful for tension headaches, heart palpitations, and high blood pressure where picking up on the energies of others is a contributing factor. LeBenediction makes an effective deodorant.

GENERAL INFORMATION:

Frequently utilized to create an energy "bubble barrier" which allows us to interact with others without compromising our "self." This is true whether we are being drained by others or are at a low point ourselves and having a draining effect on those around us.