

QUICK REFERENCE SHEET

LeConnection

Essential Oil Blend

Angelica, Bergamot, Cedarwood, Fir Balsam, Sage,
Spruce Picea, White Pepper, Ylang Complete



APPLICATION:

LeConnection is very nice applied to the back of the neck, on the temples, or just about any where that you can imagine.

AROMATIC CONSIDERATIONS:

LeConnection has a delightful aroma which is centering, grounding, and emotionally balancing. This is a good oil to diffuse or wear when life has become too crazy and overwhelming. This blend can assist us in rebuilding our confidence and faith in our ability to cope, even under these stressful circumstances.

AFFINITY FOR:

root/base chakra, solar plexus chakra,
emotional balance

EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

LeConnection is designed for people who are characteristically over-enthusiastic and have unrealistic expectations of themselves, of others, or of life in general. This blend is helpful in moderating a tendency to make hasty decisions and choices. It is also of benefit to those who escape too often into their own fantasy world.

The Spruce in this blend has an affinity for the solar plexus chakra. The solar plexus chakra connects us to divine energy and gives us balance and joy in our service to others. LeConnection is an excellent oil to use as part of a journal or prayer session. LeConnection can help us see where our perceptions have parted company with reality and truth. If we have been basing our decisions and behaviors on our misperceptions, this oil can help us make more appropriate decisions and behave in more appropriate ways.

PHYSICAL ASPECTS:

The Sage in this blend has an affinity for the pelvic area chakras and the organs contained in the pelvic region. This is an important thing to remember when trouble in these areas is connected to emotions and misperceptions.