

QUICK REFERENCE SHEET

LeGrace

Essential Oil Blend



Mandarin, Neroli, Sandalwood, Spruce Picea, Zanthoxylum



APPLICATION:

LeGrace has a lovely aroma. It is very nice worn as a perfume (perhaps it is a little too sweet for a man's cologne). It can be diffused, used as a massage oil, or added to a bath. I like to dilute it and apply it on my chest, directly over my heart.

AROMATIC CONSIDERATIONS:

LeGrace has a delicate, yet penetrating aroma which increases feelings of hope and self-confidence.

AFFINITY FOR:

nervous system, endocrine system, electrical system of the heart, pineal and pituitary glands, emotional balance, all 4 fire meridians, governing vessel meridians, central vessel meridians, solar plexus chakra, brow chakra, heart chakra, sacral chakra

EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

When we arrived on this mortal shore, each one of us inherited a packet of fears. Included in this package was the fear that we are somehow defective and less than we should be. We fear that we are not going to be able to accomplish the things in life that we were meant to accomplish. We are unable to truly love others. To love is to let someone come close enough to see that we are deficient in qualities that we believe everyone else has in abundance. This feeling of deficiency we think we see in ourselves is only a perception, but doesn't make it any less real in our minds. It becomes one of the core beliefs in our lives.

LeGrace is meant to help us connect with reality and God's view of our potential and who we are. This blend can open us to the love of others and to acceptance of ourselves.

This perception of defectiveness and deficiency in ourselves creates peaks and valleys in our emotions and in our productivity. For a while, we struggle on in the face of our fears. We are determined to learn what we need to learn and we are determined to win at the game of life somehow. This productivity and enthusiasm are then followed by a period of despair and inertia as our perceptions and fears get the upper hand. LeGrace, by removing our misperceptions and fears and helping us see ourselves more clearly, evens out these peaks and valleys and lets us settle into calm and dynamic productivity.

The aroma of LeGrace helps us find and move toward our place in the universe. This blend can bring us the assurance that we are right where we are supposed to be and all is right in our personal world. We can relax and enjoy our lives, while still accomplishing all that we need to and living to our full potential. We can begin to express and receive love without our fears getting in the way.

LeGrace is an excellent blend for the grief of losing, or separating from, a loved one. LeGrace should be used for depression and anxiety, especially when those states were triggered by grief or loss. LeHeartSong and LeGrace are excellent companion oils when working with grief issues of any sort.

PHYSICAL ASPECTS:

LeGrace, because it regulates the electrical impulses of the heart, has a regulatory effect on heartbeat, pulse, and blood pressure. This effect is particularly pronounced when the heart problems have an underlying emotional component of stress over feelings of inadequacy, or inability to do enough or be good enough in life or in a particular situation. LeGrace can be effective for heart arrhythmias, tachycardia, and high blood pressure.

GENERAL INFORMATION:

LeGrace can be used as a follow-up or companion oil to LeReconciliation. Having healed the grief of parting and distance from loved ones, we are ready to find our own way and become all that we were meant to become.