

## QUICK REFERENCE SHEET

# LeInner Peace

### Essential Oil Blend

Cinnamon Bark, Copaiba Balsam, Damiana, Frankincense Carterii, Lavender Officinalis, Palmarosa, Rosewood, Sandalwood, Spruce Picea, Ylang Complete



### APPLICATION:

One specific and effective way to apply LeInner Peace is across the forehead, moving from the right temple to the left temple. It can also be placed on the chest to cover the heart and the thymus. This blend is very good in the tub or as a perfume, if your mood is right.

### AROMATIC CONSIDERATIONS:

LeInner Peace helps to collect our thoughts and connect our heart and mind. This connection to ourselves creates a solid and balanced center from which we can connect to others.

### AFFINITY FOR:

emotional balance, pineal gland, pituitary gland, heart chakra, small intestine meridian

### EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

LeInner Peace can aid us in staying focused and clear, particularly about the direction of our lives. It promotes harmony between ourselves and others, and between ourselves and God. This blend helps us feel genuine compassion for others, and aids us in forming rewarding relationships.

Much like LeBenediction, LeInner Peace protects the energies of our bodies and minds from attack and depletion by the energies of others. Though protected energetically, LeInner Peace leaves us open, compassionate, and willing to be of service if we desire. It can also be helpful if we fear or hate being alone.

LeInner Peace can help us with acceptance of ourselves and others and with the calm acceptance of the changes that life brings to us all. For emotional work, use with LeSanctuary and LeMagi.

### PHYSICAL ASPECTS:

LeInner Peace affects the pineal and pituitary glands. The pineal gland regulates blood pressure, body temperature, motor function, sleep patterns, and any cyclical activity in the body. The pineal gland directly affects every other gland and organ in the body. It also regulates the cardiovascular system. The pituitary gland is considered a "master" gland by the body. It instructs the other glands how much of their particular hormone or enzyme to produce. A blend like LeInner Peace, which has an affinity for these two glands, can balance and heal the physical body on a multitude of levels.

### GENERAL INFORMATION:

LeInner Peace can enhance whatever state you are in. If you want to feel more gratitude or contentment, you must already be feeling some of those emotions—or at the very least, desiring with all your heart to feel them. You should use this blend with caution when angry or when caught up in negative emotions as this essential oil blend can act as an amplifier to those emotions. It may amplify negative emotions as well as positive ones. It is sometimes necessary to diffuse LeSanctuary or another of your favorite uplifting emotional blends for a little while before using LeInner Peace. This is one of my favorite blends for really deep emotional or spiritual work that includes introspection, journaling, and prayer!