

QUICK REFERENCE SHEET

LeKindred Spirit

Essential Oil Blend



Frankincense Carterii, Orange Sweet, Palmarosa, Rose Absolute, Rosemary Camphor, Rosewood, Sandalwood, Ylang II



APPLICATION:

LeKindred Spirit is a great oil for diffusing or wearing on the body.

AROMATIC CONSIDERATIONS:

The aroma of LeKindred Spirit can be both comforting and invigorating at the same time. It lets us know that, while our life up to now, has been good, the coming days—and changes—will be even better.

AFFINITY FOR:

lymphatic system, immune system, endocrine system, liver, skin, nerves, liver meridian, heart meridian, sacral chakra

EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

LeKindred Spirit helps us recognize that other people have needs and struggles similar to our own. This blend can help us recognize, with gladness, the talents and strengths to be found in those around us. It can also aid us in finding patience and a spirit of tolerance for their shortcomings. LeKindred Spirit is meant to help us feel a kinship of purpose with others.

The use of this blend should moderate tendencies on our part to expect more of others than we are willing or able to give ourselves. Learning to honor ourselves for our contributions, rather than berating ourselves for not having done more, is another emotional aspect of this blend.

LeKindred Spirit also addresses the fears we sometimes feel when circumstances in our lives are in states of change. In today's rapidly changing world, we need to be able to gracefully let go of old patterns and ways of doing things. LeKindred Spirit fosters within us feelings of enthusiasm and a willingness to embrace new things and make new friends.

If you are exhausting yourself resisting change and trying to keep things as they are—the children at home still needing you, the same job or way of doing things on the job, the same circle of friends—this blend can bring you comfort. You may even find yourself moving into changes with enthusiasm and joy.

Rosemary is a little bit of an unusual addition to an essential oil blend containing sweet, high frequency oils such as Sandalwood, Rose, Rosewood, Orange Sweet, and Ylang Ylang. Rosemary fosters inquisitiveness, and adds a unique layer to this blend. Rosemary sends our souls searching, in all directions, for light, understanding, and a new way of coping and becoming. The Frankincense adds a touch of caution—a connection between past and future, cause and effect.

LeKindred Spirit is a very nearly perfect example of synergy between single oils in a blend. No one single oil could possibly accommodate all the layers of this unique blend.

PHYSICAL ASPECTS:

LeKindred Spirit contains some of the very best essential oils for working with chronic illness. This blend is often effective for headaches, insomnia, memory difficulties, learning difficulties, mental fatigue, and indecisiveness. LeKindred Spirit raises low blood sugar levels and stabilizes blood sugar fluctuations.