

QUICK REFERENCE SHEET

LeLetting Go

Essential Oil Blend

Blue Tansy, Geranium, Hinoki, Lavender Officinalis,
Lemon, Sandalwood, Ylang Complete



APPLICATION:

LeLetting Go should be applied directly over the liver, on the bottom of the feet, or behind the ears. This blend is very nice in a bath or diffused.

AROMATIC CONSIDERATIONS:

LeLetting Go is a favorite blend of many people. By letting go of negative emotions, we can create feelings of tolerance and compassion towards the faults and foibles of the human race, including ourselves. Regular use of this essential oil blend can help us develop feelings of trust, safety, and security.

AFFINITY FOR:

emotions, digestive system, urinary tract

EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

LeLetting Go is literally what the name implies, an oil to aid us in the “letting go” of negative emotions that we are holding on to in the physical tissues of our bodies. You can use LeLetting Go to aid in the release of anger, frustration, resentment, despair, grief, insecurity, or any other emotion that is not serving you well. This blend is appropriate when your forward progress in emotional or physical healing seems to be halted. This oil is beneficial when used for the rebellious spirit sometimes seen in teens and others from time to time.

PHYSICAL ASPECTS:

Letting go of the emotional baggage that we don't need can have an energizing effect on the colon, kidneys, liver, and gallbladder in particular. The holding on to negativity from the past can be the root cause of constipation. Fear can cause the kidneys and the bladder to function below optimum levels. Clogging in the liver and gallbladder creates a multitude of physical problems.