

QUICK REFERENCE SHEET

LeMeditation

Essential Oil Blend

Frankincense Carterii, Howood, Myrrh, Myrtle, Rosewood, Sandalwood, Spruce Picea



APPLICATION:

LeMeditation should be applied to the slight bumps on both the right and left sides of the forehead, on the crown of the head, on the shoulders, and on the back of the neck.

AROMATIC CONSIDERATIONS:

LeMeditation creates a spiritual environment conducive to prayer and meditation; diffuse when seeking inspiration, reading scriptures, and seeking answers from above.

AFFINITY FOR:

emotional and spiritual balance, root chakra, brow chakra, throat chakra, crown chakra

EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

LeMeditation can help bring us to a state where we are more receptive of divine inspiration. This blend can aid us when meditating, pondering, or studying spiritual things. LeMeditation can help us discover and walk away from negative thought patterns. It will aid us in decision making by bringing us to a place where we can discern heavenly input. LeMeditation is useful for calming ourselves, finding compassion for others, and lifting ourselves out of depression. This blend can help us find the motivation to make any changes in our lives that we know need to be made.