

## QUICK REFERENCE SHEET

# LeWhispering Hope

## Essential Oil Blend



Chamomile Roman, Juniper Berry, Lemon, Melissa Blend, Myrrh, Spruce Picea, St. John's Wort, Ylang II



### APPLICATION:

LeWhispering Hope should be diluted and applied on the outer edges of the ears, on the chest, heart, temples, solar plexus, back of the neck, and wrists. It is also good in the bath, diluted and massaged over the feet or as a massage oil for the whole body. It would be a unique scent to wear as a perfume.

### AROMATIC CONSIDERATIONS:

The aroma of this blend promotes feelings of peace, security, confidence, and optimism.

### AFFINITY FOR:

emotions, gallbladder meridian

### EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

LeWhispering Hope should be used to stimulate feelings of hope and a sense of potential and achievement if one has become discouraged. This essential oil blend can help us turn around feelings of hopelessness and helplessness. This is one of the most effective blends for suicidal thoughts.

LeWhispering Hope is particularly helpful for feelings of frustration we may have at other peoples' choices and the impossibility of "stepping in and doing it right for them." LeWhispering Hope can help us find peace when it seems that all we can do is stand by and pray for them.

Whether you choose to use this oil for yourselves or others, be assured that the influence of this blend is very subtle. It very literally "whispers" its message of hope.

There are many uses for this oil during a woman's childbearing years. LeWhispering Hope can help when a young mother (or anyone else, really) is feeling stressed and overwhelmed. It helps to create a more positive attitude and a sense of optimism. This blend can help a young woman understand and move past feelings of ambivalence or non-acceptance of a pregnancy. LeWhispering Hope is useful during certain stages of labor and delivery.