QUICK REFERENCE SHEET

LeWisdom

Essential Oil Blend

Hinoki, Lemon, Neroli, Orange Sweet, Spruce Picea, Ylang Complete

EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

As we experience adversity and joy in this life, our fears, frustrations, annoyances, and irritabilities should mellow into wisdom. This blend can help us do that by moving us away from the negative patterns of our lives. It is of particular use for those who become distraught or discouraged because they continually pressure themselves to do more, be absolutely perfect, or to be ready for any future crisis situation that may happen.

This blend is often used in Inner Child work to establish a firm presence in the present time and situation. LeWisdom can help us express and deal with repressed emotions. LeWisdom is a wonderful oil for any grieving stages of our lives. It is one of the best blends for jet lag and fatigue.

APPLICATION:

LeWisdom should be diluted and applied in a counter clockwise direction over the center of the chest (thymus). To go counter clockwise you start over your heart (like pledging allegiance), moving upward toward the left shoulder, across to the right shoulder, and then back down and around again. It is as though the clock is sitting on your own chest, facing out for others to see.

AROMATIC CONSIDERATIONS:

The aroma of LeWisdom is uplifting, centering, and calming to the emotions.

AFFINITY FOR:

emotional balance and stability, gallbladder meridian, kidney meridian, triple warmer meridian, throat chakra, sacral chakra, crown chakra

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