

DECEMBER: COMPASSION – Cultivate Kindness

The essential oils and blends we are using in our workshop today are designed to brighten our spirits and yet deepen our connection to the unique, sacred aspects of the holiday season. As you move through the workshop – listen to the benefits your body, mind and spirit will receive as we cultivate kindness not just on the yoga mat, but in each interaction we experience throughout our day, week, month and year ahead. That we truly embody the ideas contained in the word. “Namaste.”

AROMATIC/DIFFUSE: HOLIDAY JOY BLEND

PHYSICAL: Contains oils of wild orange, nutmeg, pine, cassia, cinnamon bark and vanilla---the scents remind us of the holiday season.

This blend is a powerful combination of oils whose therapeutic properties have historically been used to avoid seasonal threats and emotional darkness.

Diffuse them to also help minimize the effects of airborne pathogens when gathering with others indoors for both “holiday scents” and to stay well over the holidays!

EMOTIONAL: The word “**Joy**” perfectly describes the aromatherapeutic effect of these mood-uplifting combination of oils.

Wild Orange, cinnamon, cassia and pine are all known to uplift the spirits.

Diffuse with friends and family---especially on a cold or dreary day, or when we find ourselves missing someone we love over the holidays.

Used in today’s workshop as a special way to put us in the holiday spirit!

INTERNAL/DRINKING: PEPPERMINT

PHYSICAL: Supports a respiratory function – chosen to help us breathe freely in our theme of COMPASSION.

When applied topically or used internally, can help calm occasional stomach upset and supports a healthy digestive function.

A dab on the tongue can help freshen our breath.

Tingly sensation when applied to our skin represents a cooling effect – GREAT for occasional headaches or any muscular tension.

Invigorating and stimulating to the mind –wakes us up – makes us more aware as we take a sip and inhale the vapors.

EMOTIONAL: “Oil of a Buoyant Heart.”

Lifts our spirits and soul – gives us a break if you are feeling hectic during the holidays. Helps us feel free to lighten up and move on so we can avoid getting caught up in our difficulties.

Allows us to see a bigger picture – increase our vision and tolerance for things that aren't to our liking.

Helps us “stomach” any concerns and gain the strength to face our emotional reality.

Used in our workshop today to help us awaken our compassion for others this season.

FRANKINCENSE

PHYSICAL: Powerful & precious oil – historically a holy oil used for anointing and sacred ceremonies.

Such an important oil to use, year-round for all areas of your well being.

One of the best oils to build and maintain a healthy immune system and function.

Promotes feelings of peace, relaxation, satisfaction and overall wellness regardless of whether you use it aromatically, topically or internally. It is so deeply calming.

Often used to enhance spiritual awareness as one of the highest vibrational oils.

EMOTIONAL: “The Oil of Truth”

“Use of frankincense helps us let go of lower vibrations, false truth, deception and lies....allowing us cleanse our spiritual darkness and move toward our inner light.” – Daniel McDonald

Used when we want to create a healthy attachment to our father – and fatherly love of the Divine.

Reminds us we are loved and protected with a gentle, loving spirit.

It is the ideal oil for those seeking spiritual awakening and evolution.

Whenever we have allowed ourselves to get weighed down by the past, Frankincense helps us to break free.

Used in our workshop today to encourage tranquility, insight and true compassion for others.

WHITE FIR

PHYSICAL: Energizing aroma that helps support a healthy respiratory system.

Supports the body's ability to repair and soothe restrictions in the joints, cartilage and musculature.

Effective to massage into skin for soothing comfort following a strenuous activity.

Aromatically, White Fir provide a feeling of grounding, anchoring, stabilizing and empowerment.

EMOTIONAL: “The Oil of Generational Healing”

Such a perfect oil choice as we gather with family over the holidays.

Helps us identify the patterns and traditions passed down thru the generations, such as anger, addiction, abuse of any kind, the need to be right, and more.

Gives us the protective strength of a tree, to make our own choices.

Think of the fir as a tall tree whose canopy surrounds and protects us.

Used in our workshop today to help us have compassion for our family through the generations, knowing they did the best they could with what they knew to be true.

THYME

PHYSICAL: Considered a heating or “warming oil” for the body – so sometimes we dilute it before applying, or use it internally.

Another oil to support the respiratory system, ...perfect for diffusing at indoor gatherings this time of year to ward off airborne pathogens and seasonal threats.

Excellent digestive aid for the stomach to support a healthy digestive tract and our immune system.

One of my favorite oils for cleaning household surfaces...drop a few drops on a wet cloth along with lemon...smells divine!

EMOTIONAL: “The Oil of Releasing & Forgiving”

Thyme is considered one of the most powerful oils to cleanse our emotional body.

It works on a deep level to address trapped & buried emotions that hold us in emotional bondage.

Offers us the self-confidence and freedom from fear.

Encourages our forgiveness and compassion for others by transforming hate & anger into love and forgiveness.

Used in today’s workshop to help us let go and cleanse ourselves of unwanted emotions so we can move into compassion and love.

WILD ORANGE

PHYSICAL: Powerful cleanser and purifying agent.

Protects against seasonal and environmental threats – as it is high in antioxidants

Uplifting to the mind and body when used aromatically, helping create a positive attitude.

Provides relief from stress and tension and what can often accompany those feelings such as occasional digestive discomfort or head tension.

EMOTIONAL: “Oil of Abundance.”

Helps encourage creative thinking with the realization that there is enough of everything we need in this life.

Allows us to recognize that fear or lack is what can hold us back from the abundance that awaits us!

No need to fear or feel scarcity – focus on JOY, fun, spontaneity and play in life.

If we let go and trust – the universe will provide!



Used in today's workshop to encourage joy, love and kindness toward ourselves and others during the holiday season. Namaste.

AT THE END OF THE WORKSHOP – REVIEW THE OILS USED:

We hope you noticed the support today's oils to move us to compassion. These blends and oils are so perfect to bring healthier living, indoors this time of year. They are also important oils for helping us let go of our old family "stuff" and awaken with compassion to love for the gift of life given to us.

- HOLIDAY JOY – lightens the mood and sets the holiday tone.
 - PEPPERMINT – brings buoyancy and joy into the season
 - FRANKINCENSE – connects us with the divine within us
 - WHITE FIR – helps support us like a strong tree against outside influence
 - THYME – cleanses our emotions so we can move toward love and compassion
 - WILD ORANGE – offers abundant, childlike wonder & energy this holiday season
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If you'd like to learn more about these and other essential oils & blends and how you can get your own doTERRA oils, please see the person who invited you to today's workshop or come see us afterward.

We would also like to invite you to join us to learn more at our FREE essential oil class happening _____ at _____.