

FEBRUARY – CONNECTION: Cultivate an Open Heart

Today's workshop uses oils designed to help us open the heart, forgive, let go and greet the world from a place of emotional & physical balance. February is the month of the heart where we open to a new view and move ahead with love and trust. The oils in this workshop are a wonderful combination of aromas...enjoy!

AROMATIC/DIFFUSE: YLANG YLANG

PHYSICAL: Helps equalize or balance key body functions such as our respiratory and circulatory systems.

Popular oil in perfumery.

Aphrodisiac qualities assist with sex drive and impotence as it helps with hormone balancing---allowing us to **connect** with others.

Helps promote restful sleep as it assists with anxious feelings and balancing our emotions.

Calming, lessening stress and tension – “cools down” agitation, helping the nervous system to bring itself into balance.

EMOTIONAL: “The Oil of the Inner Child”

Ylang ylang is known as a powerful remedy and connector to our heart.

It reconnects us to our childlike nature, innocence and our intuition.

Opens up our sexuality when fear or anxiousness has created a block.

Helps release past emotional trauma, in a natural, nurturing & gentle way.

Used in today's workshop to set the stage of a calming, approachable nature within so we can begin connecting from a place of balance.

INTERNAL/DRINKING: WILD ORANGE

PHYSICAL: Powerful cleanser and purifying agent for surfaces.

Protects against seasonal and environmental threats – as it is high in antioxidants and supportive to the immune system.

Uplifting aroma lifts the mind and therefore, the body as we take in a sip.

Taken internally or applied topically, this oil can provide relief from occasional digestive discomfort.

EMOTIONAL: “Oil of Abundance”

Helps reduce anxious feelings, and calm emotions.

Inspires creativity, a positive mood and brings joy & peace, happiness and FUN into your day.

Encourages creative thinking and fearlessness.

Used in today’s workshop to help us recognize that there is an abundance of love that surrounds us and when we tap into it – it can help lift us up.

FRANKINCENSE

PHYSICAL: Powerful and rare oil that is very diverse in its use on/in/around the body. The “one” oil you want if you can only have one!

Known historically as a holy oil used for anointing and sacred ceremonies when spiritual awareness is desired.

Distilled from frankincense tree resin harvested from a small region in the Middle East & Northern Africa.

Highly researched for its ability to help build and maintain a healthy immune system and function.

Known to support the rejuvenation of skin and other epithelial tissue.

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

Connects us to our spiritual selves creating a healthy attachment to our actual father or the father figure in our lives.

Reminds us we are loved and protected with a gentle, loving Divine spirit (God)

Helps release us to break free from our past, making it an ideal oil to use for those seeking spiritual awakening and evolution.

Used in today’s workshop to open our heart from a place of peace, love and support that comes from deep within us and connects us to our highest self.

AROMATOUCH BLEND

PHYSICAL: Blend includes: Basil/Marjoram/Lavender/Peppermint/Cypress/Grapefruit

Referred to by doTERRA as the Massage Blend.

Relaxes, calms and soothe muscles and joints – great choice to apply after a rigorous workout.

Promotes circulation in the tissue to which it is applied.

Oils in the blend support the healthy function of the respiratory system as well.

EMOTIONAL: “Oil of Relaxation”

Opens the heart and mind – relaxing as it provides comfort in times of grief or sorrow.

Calms and slows the body, therefore the mind as well as it releases tension.

When muscles release tension and we slow down, we reconnect with our heart and it opens, allowing us to move in harmony with our body.

Used in today’s workshop to connect with our spirit and ask where our path will lead.

GERANIUM

PHYSICAL: Helps support clear, healthy skin.

Used to balance emotions.

Assist with blood flow and circulation – a gentle oil used to calm nerves and lessen anxious feelings.

EMOTIONAL: “The Oil of Love and Trust”

Helps us restore our confidence in the goodness that surrounds us and in our world.

Assists our desire to establish trust when trust has been broken by others.

Reopens the heart –softening anger and helping heal emotional wounds.

Instills unconditional love and trust with those who are stuck in the mind so they can begin focusing on their heart.

Used in today’s workshop to help all of us connect with our true emotions.

BALANCE BLEND

PHYSICAL: Blend of Spruce, Frankincense, Blue Tansy, HoWood and Blue Chamomile

Designed to help us ground our emotional and physical body – to keep us centered or balanced about whatever challenges cross our life’s path.

Soothes and relaxes sore muscles and joints.

Assists the nervous system to remain healthy and balanced.

Harmonizing blend – connecting body, mind and spirit together and calming anxious feelings.

Frankincense in the blend is known to support cellular health and overall well being.

EMOTIONAL: “Oil of Grounding”

Calming tree and flower oils that brings tranquility to our spirit.

Helps us reconnect or settle into our “roots” – very important to help those who spend a lot of time thinking, speaking or in spiritual activity.

Good for those who tend to avoid long-term commitments to root down like a tree rather than finding themselves drifting on to the next thing, with the wind.

Applying it helps us stay present in the moment to achieve our longer term goals – as a tree grows slowly over time.

Used in today's workshop to help us take the emotions we experience through the layering of these oils, and reconnect them into our heart as a way of "grounding" ourselves at the close of this gathering.

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

We hope you noticed the connection created by today's oils – allowing you to calm yourself and then begin opening your heart and mind to connect with the world from a place of solid strength on a physical, emotional and spiritual level---opening you to the love that surrounds you!

- YLANG YLANG – to let go stress and open up to our playful spirit
- WILD ORANGE – to help us great creative and playful in today's practice
- FRANKINCENSE – to recognize it is safe to open up – that we are protected
- AROMATOUCH BLEND – to relax and soothe ourselves so we can return to joy
- GERANIUM – to balance our ability to love and trust to open the heart to others
- BALANCE BLEND – to ground us to settle into the root of our being

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 _____.