

## MAY: RENEW – Receive to Replenish

*Today's workshop and the essential oils we will be using are designed to help the body-mind-spirit to let go of toxins and toxic or negative thoughts, stress and tension, and to open up to receive oils that help us clear out or detoxify our being. As we let go, we will apply oils to replenish us physically and emotionally so we can end renewed, with a softer, cleaner and clearer sense of ourselves and our world.*

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### AROMATIC/DIFFUSE: BASIL & GRAPEFRUIT

*(1 drop Basil: 2-3 drops Grapefruit...grapefruit is described below for INTERNAL use)*

**PHYSICAL (BASIL):** Supports the respiratory system, digestive system, cardiovascular system and the muscles and bones.

Helps us focus while studying or learning or reading.

Cooling on the skin and effective in any massage blend for occasional sore muscles and joints.

May help support the adrenal system when there has been excessive fatigue or stress over a prolonged period.

**EMOTIONAL:** “Oil of Renewal”

Relaxes the mind and strengthens the heart.

Good choice for those feeling overwhelmed, fatigued or with low energy.

Helps rejuvenate or **renew** vitality after long periods of burnout and exhaustion---rebalancing us to achieve greater health and strength.

Used in today's workshop begin detoxifying our minds and organs and open up and release any blocks holding us back.

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### INTERNAL/DRINKING: GRAPEFRUIT

**PHYSICAL:** Detoxifies and cleanses the body to supports a healthy lymphatic system.

Taken internally throughout the day with 1-2 drops in water, supports a healthy metabolism and assists those trying to diet or lose weight.

Uplifting aroma helps lift our mood and let go of anxious feelings.

Powerful cleansing oil to use when trying to get the body to let go of “issues” stored in the tissues---from skin to internal to emotional.

### **EMOTIONAL: “Oil of Honoring the Body”**

Encourages self love and respect of our body’s true needs.

Releases deep-seated tension, frustration, irritability and moodiness.

Helps control stress-eating driven by anger and self-criticism.

Encourages us to tune into what our body honestly wants and let go of toxic thinking resulting in body abuse, strict regimens, eating disorders and other forms of addiction.

Used in today’s workshop as a powerful internal detoxifier, urging us to let it go, let it go...on all levels from the physical to the emotional to the spiritual.

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## **ROSEMARY**

**PHYSICAL:** Supports a healthy respiratory function to take in a deep breath.

Known as the Herb or Oil of “Remembrance”

Helps us let go of mental fatigue so we can improve our recall and memory.

Uplifting and exhilarating to awaken our minds to the spring season – especially if feeling a bit “foggy.”

Energizes the heart and encourages blood flow in the body and to the brain.

Helps us to open our conscious mind to take in our practice today.

### **EMOTIONAL: “Oil of Knowledge and Transition”**

Promotes deep thought to excavate our true knowledge to discover our own answers.

Supports a healthy ego – one that values itself and its purpose in this world.

Helps us know we CAN learn new information and experiences and that although we may not see it yet – there is a grand plan for us, our destiny!

Boosts our confidence and morale to have faith in our own potential.

Used in today's workshop to help us awaken on both a superficial and deeper level, to our true potential.

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## MYRRH

**PHYSICAL:** Historically significant oil with many uses.

Supports a healthy immune response and nervous system in the body.

Powerful cleansing properties for the mouth and throat (*included in OnGuard toothpaste too!*)

Soothes skin, promoting a youthful complexion, reducing the appearance of fine lines and wrinkles.

Promotes emotional balance and well being when tension is high or to bring peaceful feelings to your home or area.

**EMOTIONAL:** “The Oil of Mother Earth”

Nurtures any unsettled aspects of the relationship with your maternal mother (Mother's Day this month!) and with the Earth.

Renews a healthy attachment based on trust and safety vs fear or old wounds.

*“Strengthens the link between our crown chakra or “Heaven” and our base chakra or “Earth” ...providing a soothing, grounding influence so the soul can find a channel for earthly expression.” (Mojay)*

Provides this support in a calming, relaxed and supportive way.

Used in today's workshop to help you anchor and support all that is shifting around and in you, as well as anything that you are releasing.

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## ZENDOCRINE BLEND

**PHYSICAL:** Oils of: Tangerine, Rosemary, Juniper Berry, Geranium and Cilantro

Purifying and detoxifying blend for all the body's systems including circulatory, lymphatic, respiratory, digestive, endocrine and more.

Supports healthy cleansing and filtering functions of the primary organs of detoxification in the body: liver, kidneys, colon, gallbladder, lungs, skin.

Individual oils each have their own properties, but are purposely selected in this blend to accelerate the body's natural cleansing ability.

Provides powerful antioxidants.

**EMOTIONAL:** Oils cover emotions relating to: **Knowledge and Transition, Releasing control, “Night” or hidden emotion, Cheer & Creativity, and Love & Trust**

Combined...these oils move into our deepest emotional roots, help us welcome the transition to open up and let go of whatever no longer serves us, replacing this with love and trust!

Used in today's workshop to excavate and let go at the deepest levels. Clearing out, cleaning out and preparing for the new.

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## 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.

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 renewal and evolution through meditation and prayer.

Encourages tranquility, insight, spiritual self-discipline and compassion for others.

Used in today's workshop to provide reassurance and a calming conclusion to our practice. Helps us realize that releasing what we no longer need has made space for something beautiful to arrive in lives.

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

We hope you noticed the connection created by today's oils – purposely selected to help you rid yourself of toxicity in your body-mind-spirit and gain the strong support to bring in beautiful new thoughts, emotions and feelings.

- BASIL & GRAPEFRUIT – for support to renew and replenish ourselves
- GRAPEFRUIT – to cleanse and detoxify by getting things moving
- ROSEMARY – to help us remember and then release
- MYRRH – for its supportive, grounding properties
- ZENDOCRINE BLEND – to go deeper into our detoxification and let things go
- FRANKINCENSE – to bring a settling to the work we've done today and remind us that we are supported in our life's journey.

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 \_\_\_\_\_.