

OCTOBER – Release: Surrender and Receive

Today's workshop and the oils used were chosen to help us let go of unwanted or hidden emotion and welcome in a more uplifting and hopeful support for your body, mind and spirit. Allow ourselves to participate fully today. Surrender! Let go and RECEIVE the oils as they assist us to move in favorable new directions in our workshop and in our day. This can be an emotional workshop focusing on 4 oil blends referred to by doTERRA as the Mood Matrix blends. Please know that this workshop is a SAFE environment to feel whatever you feel throughout!

AROMATIC/DIFFUSE: 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.

Used aromatically to promote feelings of peace, relaxation and satisfaction.

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.

Allows us to come back within and focus our spiritual consciousness – ideal oil for meditation, contemplation, prayer and any spiritual quieting and practice.

Used in today's workshop to assist us begin letting go to receive the gifts of this time together.

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 find joy in releasing past challenges.

CITRUS BLISS BLEND – Invigorating Blend

PHYSICAL: Blend contains the oils of Wild Orange, Lemon, Grapefruit, Mandarin, Bergamot, Tangerine, Clementine and Vanilla---a combination of citrus fruits and a bit of vanilla to bind the “top notes” together

Provides uplifting and stress-reducing benefits of citrus oils.

Some of the oils are known to support a healthy lymphatic system – our body's primary method of disposing of excess fluids and toxins.

Helps to physically and emotionally cleanse and disinfect the body, surfaces....us!

EMOTIONAL: “Oil of Creativity”

Inhalation allows us to de-stress, soothe and sedate any nervous energy. Its role is to act as a “fire-starter” – reigniting our motivation & drive in an uplifting way. Reconnects and inspires us to creative, encouraging play and self-expression. Used in today’s workshop to help us release our burdens so we can rediscover our bliss!

ELEVATION BLEND – Joyful Blend

PHYSICAL: This blend contains the oils of Lavandin, Tangerine, Elemi, Lemon Myrtle, Melissa, Ylang Ylang, Osmanthus and Sandalwood--- a combination of uplifting flower and citrus oils to encourage JOY!

Excellent blend to reduce stressful feelings and low energy so we can increase our energy to elevate our mood.

Using this blend helps promotes feelings of confidence and self-worth.

EMOTIONAL: “Oil of Joy”

Designed to soothe the heart and help us let go of lower energy vibrations and lower vibration activities in our lives.

As we shift into higher vibration and consciousness, old habits and addictions lose their appeal.

This blend is like a ray of sunshine pouring into our lives, inspiring feelings of brightness, courage, happiness, humor, playfulness and fun!

Helps us to see that worry and fear are unproductive emotions.

Allows to begin recognizing that focusing on faith, hope and determination will support us to flow with life while remaining in peace and light.

Used in today’s workshop to encourage us to let go of those low vibrations and receive the highest support possible.

SERENITY BLEND – Calming Blend

PHYSICAL: This blend contains the oils of Lavender, Sweet Marjoram, Roman Chamomile, Ylang Ylang, Sandalwood and Vanilla Bean Extract.

Excellent blend for calming nervous energy or excited emotions in times of stress.

Supports us to reduce anxious feeling throughout the day, and especially as we wind down our day and practice to relax and unwind.

Promotes a restful sleep environment. Great for the bath or diffusing in the bedroom.

Remember that relaxation of the mind = relaxation of the body and each of its systems – digestive, circulatory, respiratory, muscular, etc.

EMOTIONAL: “Oil of Forgiveness”

Assists in calming feelings of hostility, fear, anger, jealousy, rage and resentment.

Encourages us to forgive others and offer compassion vs holding criticism and judgement in our expectations of “perfection”.

This blend helps us look in the mirror first, before blaming someone else---which comes from our own unhappiness, shame and life pain.

As we forgive ourselves and others – we connect with love, openness and receptivity.

We heal our heart so love can flow freely within us as we practice forgiveness.

Used in today’s workshop to find compassion for our self, so we can see this in others.

BALANCE BLEND – Grounding Blend

PHYSICAL: Blend contains the oils of Spruce, Frankincense, Blue Tansy, HoWood, Blue Chamomile in a Fractionated Coconut Oil base (one of the few doTERRA blends already diluted for use.)

Designed to help us ground our emotions and physical body – to keep our foundation balanced, no matter what we encounter in life.

Harmonizing blend – helping to bridge body, mind and spirit together.

Using this oil aromatically and topically helps lessen stressful and anxious feelings.

Creates a sense of calm and well being – promoting whole body relaxation.

Can be applied topically to soothes sore muscles & joints while promoting circulation.

EMOTIONAL: “Oil of Grounding”

Reconnect us to our roots/core self if we spend a lot of time thinking, speaking or in spiritual activity

For those who avoid long-term commitments & find themselves drifting with the wind.

Brings tranquility to our spirit in grounding us with its calming tree and flower oils.

Brings presence to the moment so we can achieve our longer term goals – as a tree grows slowly over time from a solid foundation.

Used in today’s workshop to help us ground ourselves in all that we have experienced today, letting go so we can receive a better version of ourselves.

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

We hope you noticed the flow created by today’s oils – opening, then inwardly focused. Opening outward, focusing inward. Creating a type of physical and emotional “flushing” to move out the old and bring in the new.

- FRANKINCENSE – to help us recognize where we begin in order to release what no longer serves us
- WILD ORANGE – uplifting to support us as we let go
- CITRUS BLISS – adds fuel to the fire of releasing the past
- ELEVATION – helps us see how some of our burdens are what is holding us back from joy
- SERENITY – brings peace of mind and calming to receive new insights
- BALANCE – grounds us in knowing that the next life steps are safe, and that we are supported in our decisions

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 _____.