

## SEPTEMBER – FOUNDATION: Journey Through the Lower Chakras

*Today's practice and the essential oils used support your effort to ground yourself and deeply connect with your physical body, emotions, and the earth. The result is an increased feeling of calm, peace and patience as we root ourselves into our lives this fall.*

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### AROMATIC/DIFFUSE: CLOVE

**PHYSICAL:** A spicy, heating oil with a solid, strong aroma.

Suggest that you dilute it when used topically.

When diffused it cleanses the air and acts as a powerful antioxidant to support the immune system as we come indoors.

Naturally repels insects such as moths that want to come indoors in cooler weather.

Stimulates the mind - wonderful to diffuse aromatically to signal the start of autumn.

**EMOTIONAL:** “The Oil of Boundaries”

Encourages us to stand up for ourselves and make our own decisions.

Helps us let go of the thought that others can influence our choices.

Using clove oil allows us to set appropriate boundaries and gives us courage to say “no” – gaining strength from the oil from doing so.

Used in today's workshop to awaken us with courage to choose the life we desire.

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### INTERNAL/DRINKING: CASSIA

**PHYSICAL:** Considered a “hot” oil that we dilute when applied topically.

Another spice oil focused in connecting us to our root chakra.

A great choice to support a healthy immune system during this time of year

Warm, uplifting aroma and tasty flavor in food and beverages.

Internally – it helps promote healthy cardiovascular system function – to maintain our good health and beating heart!



Helps ward off hunger cravings when taken internally.

**EMOTIONAL: “The Oil of Self Assurance”**

This powerful, spicy oil brings courage and confidence to the heart and soul.

Great remedy for the shy and timid—helping us to feel more self-assured and anchored in our emotions.

The strength of cassia oil aids those who are afraid to speak up for fear of feeling foolish.

Invites us to let go and “let your light shine” from your authentic self.

Used in today’s workshop to warm us up and shine through for the world to see!

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## **BALANCE 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.

The frankincense in this blend has extraordinary health benefits---one of which is to support cellular health and healthy inflammatory response in the body.

**EMOTIONAL: “Oil of Grounding.”**

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

Helpful for those who tend to avoid long-term commitments, finding themselves drifting with the wind.

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

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

Used in today's workshop to help us root ourselves and create a solid foundation for what is to come.

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## PEPPERMINT

**PHYSICAL:** Supports healthy respiratory function – chosen to help us breathe freely in our theme of foundation.

Assists in lowering body temperature temporarily.

Alleviates occasional stomach upset – relieves occasional gas and colic, relieves occasional acid indigestion.

Freshens breath.

Invigorating and stimulating to the mind –wakes us up – makes us more aware.

**EMOTIONAL:** “Oil of a Buoyant Heart.”

Diffusing/applying/ingesting this oil lifts our spirits and soul – gives us a break from our burdens by raising our vibration for awhile.

Helps us feel free to move on and avoid get entangled 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 today's workshop to help us take in, and digest, new experiences to add to our solid foundation.

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## CYPRESS

**PHYSICAL:** Invigorating scent that promotes energy and vitality.

Tree oil that assists us to secure our roots, our core of who we are, and therefore, our foundation.

Used topically to tone the skin, balancing fluids and supporting the cardiovascular and lymphatic systems.

Sometimes referred to as “baby Helichrysum” – as it can be used for similar issues topically, assisting the body to promote glowing and healthy skin.

**EMOTIONAL: “The Oil of Motion & Flow”**

Creates energetic flow by removing stagnation or energy that is stuck, and replaces it with flow and movement seen in trees swaying the breeze.

Helpful for those who are mentally or emotionally stuck, stiff, rigid, tense, over-striving or have perfectionist tendencies which often stem from fear and the need for control.

Encourages us to cast aside our worries and let go of control – to trust in life’s natural flow.

Used in today’s workshop to keep our body-mind-spirit at ease with the flow in our lives, and yet helping us stay firmly rooted in our truth.

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## VETIVER

**PHYSICAL:** Our final oil grounds us to our foundation today with its calming, relaxing, and grounding properties.

This oil is one of doTERRA’s Co-Impact Sourcing program oils – coming from Haiti.

Its earthy scent comes at the perfect time in our practice today, to help us shift our energies into a grounded, rooted base as we prepare for what lies ahead this season.

**EMOTIONAL: “The Oil of Centering and Descent”**

Vetiver roots or grounds our scattered emotional energies.

It brings us back down to earth to reconnect and harmonize our heart with our mind.

This oil challenges us to dive deep in self-discovery to identify the root or foundation of our emotional issues, and helps us begin to see that relief is possible if we continue our work.

Used in today’s workshop to assist us in continuing to excavate deep within ourselves to root into our true, sweet self.

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

We hope you noticed the support today's oils offered for your foundation. The layering of letting go or opening, and then stabilizing or fortifying. The strength created through grounding ourselves, and lightening up.

- CLOVE – to strengthen us and give us courage
  - CASSIA – to heat us up and help us express our true self
  - BALANCE – to solidify our base or foundation and become truly present
  - PEPPERMINT – to lighten things up a bit
  - CYPRESS – to help us go with the flow and let go of control
  - VETIVER – to help us ground down so we can rise up strong!
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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 \_\_\_\_\_.