

## FIND YOUR PASSION FOR YOGA & ESSENTIAL OILS!

Welcome and introductions

We want to help you understand more about the essential oils and a special blend that can help YOU reignite your PASSION for yoga, for life, for anything really.

- Do you ever feel like you've lost your zest for life? Your passion?
- Has life become predictable? Boring?
- Have you forgotten WHY you are even doing what you do anymore?
- Do you sometimes feel like you are just going through the motions because something is missing?

We want to introduce you to the essential oils and an amazingly aromatic and therapeutically powerful blend doTERRA offers called the PASSION blend or Invigorating blend.

This blend It comes from the HERB and GRASS and SPICE oils and was designed to help you:

- Dare to try something new like trying sky diving, or dancing, or karaoke!
- Discover a renewed JOY for the current blessings in your life
- Address negative emotions like feeling SOMBER, DISINTERESTED, BORED, DISCONTENTED, BITTER and ANGRY again!
- Help you feel EXCITED, DARING & PASSIONATE

### (work from Tear Pad notes)

1. What are Essential Oils?
2. Why use them in yoga?
3. Quality Matters!
4. How to use them in yoga and in life...aromatic, topical, internal

Today we are again featuring THIS BLEND...Passion!

We are going to “deconstruct” it so you understand just how powerful the doTERRA oils are to create a physical and emotional response in the body.

This could have been a GREAT Valentine's Day presentation – but PASSION is great ANY day...so here are the forms we're going to show you...

We're going to talk about 8 single oils that are in the PASSION INVIGORATING Blend

- Blend comes in a 5ml bottle
- Or diluted with Fractionated Coconut oil in a roller bottle
- Or you can buy most of the individual oils
- OR you can buy the blend already in a beautiful lotion for your body
- We'll tell you more about that later

**LET'S GET ON WITH THE OILS OF PASSION!**

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## CARDAMOM

**PHYSICAL:** doTERRA's Cardamom essential oil comes from Guatemala and is one of the Co-Impact Sourcing oils we use. Meaning, Wellness Advocates donate money monthly to a non-profit organization called Healing Hands. Healing Hands then helps fund a school, distillation and safe stoves in the mountain community where the cardamom grows and is harvested and distilled.

Helps open the respiratory system when applied to the chest & back, or diffused.

Can ease occasional indigestion when applied to the tummy, or taken internally.

Provides a cooling sensation to the skin.

Awakens the mind to improve mental clarity.

### **EMOTIONAL:** "Oil of Objectivity:"

Great oil to sooth anger and frustration---returning to balance and mental clarity.

A good choice to help you "digest" and break down problems to find solutions vs stew on them.

Helps us to stop blaming others and take personal responsibility for our own feelings.

Doing so, lets us feel more calm, cool and in control of ourselves.

Used in the **PASSION BLEND**, it seems to act as a calming and cooling contrast to the “hot” spicy oils...bringing balance and union to the blend.

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## CINNAMON BARK

**PHYSICAL:** Very “hot” essential oil that can be irritating to the skin – must be highly diluted to put on skin and use just 1 drop at most in a diffuser.

Used to promote cardiovascular system circulation. Include a drop in a carrier oil to create a warming massage blend for colder months.

Powerful oil to incorporate into a healthy immune system protocol—add 1 drop in a large spray bottle to clean surfaces, such as your yoga mat!

Long used as a flavoring agent in food and to assist the body in balancing sugar cravings and create a healthy metabolic function.

### **EMOTIONAL: “The Oil of Sexual Harmony”**

Cinnamon helps individuals accept their body and embrace their physical attractiveness by removing fears of rejection and nurturing healthy sexuality.

It is an excellent choice to rekindle sexual energy and to help those whose insecurities result in their trying to control others.

Cinnamon encourages us to be open and honest and vulnerable – allowing true intimacy.

It is suggested to anyone who wants to regain the “spice of life”!

**Included in the PASSION BLEND to help fire up or spice up your life in a more balanced flow of energies that will equally give, and take.**

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## GINGER

**PHYSICAL:** Ginger is a spice oil historically used to support a healthy digestive system.

A good oil to dilute before putting directly on the skin, and when diffusing: less is more!

May help reduce bloating, gas and occasional indigestion or nausea.

Makes a wonderful, natural tool to diffuse or apply for those who struggle with the motion of a car, boat or plane.

Delivers powerful anti-oxidant protection to help with seasonal threats.

**EMOTIONAL:** “Oil of Empowerment.”

Stimulating, powerful oil that encourages us to wake up and be truly present in our lives.

Tosses aside the feeling that we are powerless or a victim of circumstances.

Empowers us to take responsibility and new ACTION in our lives. To stop blaming others or situations—and helps us take the initiative to do things differently!

Creates a warrior-like mentality...that we can choose our own destiny.

**Included in the PASSION BLEND to empower us to stand up for ourselves so we will move into action!**

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## CLOVE

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

Suggest that you dilute it when used topically, and go light on the diffusing!

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 the PASSION BLEND to awaken us with courage to choose the life we desire, realizing it is up to us to determine our boundaries.**

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## SANDALWOOD

**PHYSICAL:** Historically used to enhance meditation and deepen spiritual connection.

Sedating, harmonizing and calming oil for grounding yet remaining uplifting to the spirit.

Promotes healthy-looking, smooth skin – reduces appearance of skin imperfections. Assists with maintaining a healthy cardiovascular system.

May provide relief from occasional low back pain concerns – particularly if there has been an overload to the nervous system.

**EMOTIONAL:** “Oil of Sacred Devotion”

Teaches us to have reverence and devotion for Spirit in our lives.

A great antidote for our materialistic culture which often leaves us feeling empty and frazzled.

Helps individuals realign their priorities away from material goods and attachment to fame, wealth and the need for acceptance.

Focuses us on true humility, devotion and love.

**Included in the PASSION BLEND to connect with our spirit and ask where our path will lead...what passions will we pursue?**

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## JASMINE

**PHYSICAL:** Very precious oil – known in India as the “queen of the night.”

Treasured, alluring aroma by women for centuries for its beautiful, aphrodisiac qualities.

Supports a healthy hormone balance in the body, and balances related mood swings.

Great choice to incorporate into any skincare regimen as it nourishes skin and scalp, and can reduce the appearance of blemishes.

Calming and soothing to the psyche to address feelings of anxiousness or sadness.

### **EMOTIONAL: “Oil of Sexual Purity & Balance”**

Powerful oil to use aromatically as an aphrodisiac oil.

Cleanses sexual energy to allow one to honor and respect oneself and others.

Brings forward unresolved sexual experiences, including trauma, fear, a fixation with sexuality.

Helps encourage safety in relationships and invites the purist of intentions to the sexual experience.

**Added to the PASSION BLEND for its intoxicating aroma and how it helps us balance our sexual energy and channel our passion into something healthy, intimate and accepting.**

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## **VANILLA ABSOLUTE**

Not offered as a single essential oil by doTERRA, but is used in blends to help the other oils meld together aromatically.

It is usually extracted by solvent extraction of a resinous substance obtained from fermented vanilla beans grown in Mexico and surrounding countries.

Used as a flavoring agent as well, but vanilla has many health-enhancing properties, including its role as an aphrodisiac essential oil.

Included in the PASSION BLEND for its enticing aroma and resulting impact to rekindle desire.

## DAMIANA

This essential oil is not available as a single oil from doTERRA.

It is primarily used in herb form for its ability to relax the digestive track and occasional monthly cycle cramping, as well as for its aphrodisiac qualities to calm nerves.

It serves as a balancing tonic for the lower chakra energies, hormones and emotions.

When damiana herb is used as a tea, it is said to help anyone feeling out of sorts, grumpy, angry or upset ---helping them return to a balanced, happier state of mind.

Perhaps this is included in the PASSION BLEND to help alleviate emotional tension or sadness, especially if these feelings arise related to sexuality.

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

We hope you've noticed how the oils included in the PASSION BLEND were designed to light a fire within! They were chosen to both relax and stimulate the mind, body and spirit. While there are several single oils in the blend with aphrodisiac qualities...so THAT kind of passion...this blend is a fantastic choice to stimulate your creative spirit, your true self, your fire for living! As a reminder, today we talked about these oils in the blend:

- CARDAMOM – to balance the fires of passion with a cooling influence
- CINNAMON BARK – to turn up the heat and spice up your life!
- GINGER – to empower us to take action toward our passions
- CLOVE – to anchor you to set appropriate boundaries around your passion
- SANDALWOOD – to discover where our spirit's path will lead
- JASMINE – to channel our passion into something healthy and alluring
- VANILLA ABSOLUTE – to aromatically blend the oils with an enticing aroma
- DAMIANA – to balance energies and stir passion