



Feelings Circle Oils

Essential Oil blends Inspired By Ancient Egyptian Cleansing Rituals

Many people find that they are unable to progress in life and achieve sought-after goals and dreams due to trauma from emotional and physical abuse. Unless these deep-seated emotional issues are faced and neutralized, they can undermine one's success, future, and life. This selection of oil blends has enabled numerous people to be liberated from emotional bondage and face life with new-found purpose, optimism and joy.

Emotional
cleansing and
spiritual renewal
through essential
oils.

Release past trauma.

Reconnect with
self.

Envision the
future.

Valor – Helps balance body energies, promoting courage and self-esteem. Begin by applying 3-5 drops to the bottom of the feet; hold both feet until you feel complete.

Harmony – Promotes physical and emotional healing with harmonic balance. Place one drop on each energy center from the Crown Chakra to the Feet Chakras; hold both hands on Crown Chakra.

3 Wise Men – May help to release deep-seated trauma encoded in the DNA through pineal stimulation. Place one drop on the Crown Chakra in a clockwise motion and behind the ears; hold the frontal/occipital areas of the head.

Present Time – Empowering fragrance which gives a feeling of being in the moment. One can only go forward and progress when in present time. One drop on Thymus in a circular motion, tap 3 times with pointer and middle fingers; place both hands on the upper chest.

Inner Child – Created for those who have been abused and misused and become disconnected from their inner child, or identity, causing confusion. May stimulate memory response and help one reconnect with one's identity, one of the first steps to finding emotional balance. One drop on naval, Heart Chakra, sternum, Throat Chakra, behind ears or temples; hold temples or where guided.

Release – May stimulate a sense of harmony and balance within the mind and body and help release anger and frustration, bringing about a sense of peace and emotional well-being. One drop on liver; hold Liver and Spleen Chakras.

Grounding – Helps stabilize and ground in order to deal logically with reality in a peaceful manner. One drop on brainstem, back of neck and sternum; hold the back of the neck.

Forgiveness – May help release negative memories. One drop clockwise on navel and Heart Chakra; hold the Solar Plexus Chakra.

Hope – Helps to reconnect with a feeling of strength and grounding, restoring hope for tomorrow and helping to go forward. May also help overcome severe dark thoughts. One drop on outer edge/rim of ears, forehead, cheeks and face, stroking face and cheeks; hold palms covering face and breathe.

Joy – Exotic, luxurious blend that produces an uplifting magnetic energy and brings joy to the heart. It exudes an alluring and irresistible fragrance, inspiring romance and togetherness. One drop on the Heart Center clockwise; hold the Heart Chakra.

SARA – Fragrance may enable one to relax into a mental state and be able to release the memory of trauma of sexual and/or ritual abuse as well as other physical and emotional related problems. One drop on energy centers, Crown Chakra to Sacral Chakra and the area(s) of abuse; hold the abdomen.

White Angelica – A combination of oils used to increase the aura around the body, bringing a delicate sense of strength and protection, and a feeling of wholeness in the realm of one's own spirituality. One drop on the Crown Chakra and shoulders; left hand brings in energy through the Transpersonal Chakra, right hand on the Crown Chakra.

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