



The Intuitive Connection

Inside this issue:

Services

2

Oil Spotlight: Emotional Aromatherapy



The holidays can bring wonderful emotions filled with love, connection and joy. However for some, the holidays can also be filled with emotions such as grief, anger, and loneliness. That's where this oil collection comes in. dōTERRA has created an emotional aromatherapy collection to help you through those emotionally challenging times, not just during the holidays, but all year round. Let's take a brief look at each oil and what it was designed to do.

- Console:** Combines the sweet, musky aroma of Frankincense, Patchouli, Ylang Ylang, Labdanum, Amyris, Sandalwood, Rose, and Osmanthus essential oils. Apply this essential oil blend to the heart when you're feeling sad, worried, or unsettled as a reminder to think optimistic thoughts. Console was designed to help promote feelings of comfort and hope—particularly in times of loss, sadness, or grief. The comforting scents of dōTERRA Console help promote positivity and dispel negative, hopeless feelings to help you close the door on sadness and take your first steps toward a more hopeful path.
- Forgive:** Combines the tree and herb essential oils of Black Spruce, Bergamot, Juniper Berry, Myrrh, Arbovitae, Nootka, Thyme and Citronella essential oils. Often, the process of overcoming difficult experiences, relationships, or feelings can prove to be a trying task, but living with emotions of hurt, anger, and sadness can also cause a splinter in your overall well-being that can fester with time. Forgive oil is formulated with specific, natural ingredients that, when combined, act as an aid to those seeking to leave their negative or hurt feelings behind to experience the peace and joy that accompanies true forgiveness. The fresh, woody aroma inspires a grounding atmosphere and complements positive affirmations of contentment, relief, and patience.
- Peace:** A gentle blend of the floral and mint oils Vetiver, Lavender, Ylang Ylang, Frankincense, Clary Sage, Marjoram, Labdanum, and Spearmint. When anxious, irritable, or fearful feelings arise, use the Peace Reassuring Blend to soothe away worry and encourage feelings of contentment and peace. dōTERRA Peace is a positive reminder that you don't have to be perfect to find peace. Slow down, take a deep breath of its aroma, and reconnect with the composed, collected you.
- Passion:** Filled with the rich, warm, and spicy oils of Ginger, Jasmine, Sandalwood, Ylang Ylang, Wild Orange, Lemon, Cardamom, Bergamot, Damiana, Magnolia, Tonka Bean and Vanilla Bean. From service projects to romantic date nights, dōTERRA Passion essential oil blend creates an engaging atmosphere that makes doing the things you love even more enjoyable! This oil blend is designed to remind you of your love for life, inspiring you to shake away the doldrums of disinterest and apathy and embrace something new.
- Cheer:** It's warm, sunny aroma includes: Wild Orange, Star Anise, Ginger, Bergamot, Ylang Ylang, Frankincense, Lemongrass, Tonka Bean, and Vanilla. When tensions rise or overwhelming feelings abound, using dōTERRA Cheer can help promote an uplifting and positive environment. Designed to help promote optimistic feelings while counteracting negative emotions that naturally occur in everyday life, this oil blend is

waiting to help replace negative feelings with a light, sunny disposition. This oil blend can brighten even the darkest days, and can be applied anytime you need an uplifting, energizing aromatic experience.

- ◆ **Motivate:** Peppermint, Wild Orange, Clementine, Lemon, Rosemary, Coriander, Basil, Spearmint, Lemongrass, Tonka Bean, Cardamom, Melissa, and Vanilla essential oils create a crisp, invigorating environment that's perfect for goal setting and getting things done. If you're experiencing stagnancy in your life, or have found yourself with little inspiration, minimal confidence, or greater pessimism, take time to make a change and propel your life in the direction of creativity and purpose. dōTERRA Motivate essential oil blend is formulated to inspire the senses, allowing you to tear down the demotivating road blocks that stand between you and your potential. Learning a new skill, working on a DIY, sticking with an exercise plan, or searching for a new career can feel scary and daunting. Thankfully, the hardest part of any task is getting started. Use this essential oil blend as you pursue your dreams, knowing every journey begins with the first step.

The Emotional Aromatherapy Collection is available in an undiluted form which can be used aromatically, such as in a diffuser, or topically. It is also available in a Touch form which combines the oils with fractionated coconut oil for easy on the go application.

Please note that if applying Cheer, Forgive, or Motivate topically, avoid direct sunlight or UV rays for at least 12 hours at the application sight.

If you'd like more information about the Emotional Aromatherapy Collection, please contact me by email at contact@trinityhealingconnection.com. If you'd like to purchase a product, visit the Trinity Healing Connection store. Click this link for the [Touch Oils](#) or this link for the [Undiluted Oils](#) and simply choose from the drop down menu. Supplies are limited, but I always order at the beginning of each month, so restocking a product is easy.



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