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# The Intuitive Connection

## Surviving the Holidays

The holidays can be joyous times filled with love, laughter, and family. Unfortunately, it can also be filled with stress, illness and sleepless nights. With the holidays right around the corner, I wanted to provide some information on how to survive the not-so-fun side that comes with them.



This article is going to focus on how to overcome stress, insomnia, illness and indigestion using stones/crystals or essential oils. Both are natural alternatives that work with your body to resolve the issue. Let's take a look at how each alternative works.

Stones/crystals, like us, are made up of atoms that are bouncing around, creating a unique vibration. Placing the stone/crystal near you allows your body (or the environment) to absorb the vibration when needed. The extra vibration gives your body the support and boost it needs to recover and heal from the issue.

Essential oils are extracted from the seeds, bark, roots, stems, flowers, and other parts of the plants. Since they are all natural, they are easy for your body to absorb and immediately use to resolve the issue you are experiencing. Plus, they can be used in 3 different ways: aromatically, topically, or ingested. Just one drop of an essential oil is equal to several teaspoons of the same plant in a dried herb form, so you don't need a lot for it to work.

Other things to note about essential oils, regardless of which application method you use, essential oils begin working quickly (within 20-30 seconds). Also, the oils do not build up in the system, therefore they can be reapplied as needed. The other really cool thing is that different oils can be combined and used together in a blend for multiple desired effects.

Please note not all essential oils are created equal. Make sure you are using a therapeutic grade, high-quality oil that is made from organic plants, and contains no artificial colors, fillers or preservatives. I personally recommend the doTERRA brand, which is tested using a strict Certified Pure Therapeutic Grade (CPTG) quality protocol. This means the oils are of the highest quality, are pure, and are safe to ingest. Also, if you have pets in the household, not all oils are safe for them, so research is needed before using the oils aromatically.

Let's take a look at the 4 issues mentioned previously, and the natural alternatives that can help you not only survive, but thrive during the holidays. The first issue is stress/anxiety. There are several stones/crystals that you can use to relieve stress. I'm going to list just a few of the more common ones you can easily find: Amethyst, Aquamarine, Black Tourmaline, Blue Tiger's Eye, Fluorite, Lapis Lazuli, Moonstone, Moss Agate, Peridot, Selenite and Smokey Quartz. You can wear them, or just place them in your environment for their stress-relieving vibrations to begin their work. Not only will they begin to make you feel more calm, but they will also make your overall environment is more calm too.

In addition, essential oils that are great for relieving stress, calming emotions and relieving tension are: Lavender, Wild Orange, Grounding blend (Balance) and Calming blend (Serenity). The oils can be applied topically to the bottoms of the feet or the back of the neck, or inhaled. Some suggested ways to inhale them are:

- Open the oil vial and breath it in
- Place a drop on your hands, rub your hands together, cup your hands, and place them near your nose and breathe in
- Put 1-3 drops on a paper towel, cotton ball, towel or pillow case, hold it close and breath in
- Apply 3-6 drops in a diffuser, which allows the oil to be dispersed throughout the room
- Apply a few drops to a cotton ball and attach to a ceiling fan or air vents to disperse throughout the room
- Mix oils in a glass spray bottle with water and mist over furniture, carpet, or linens

The next problem that comes up during the holidays is insomnia. Most of us are so busy trying to take care of everything that we forget to care for ourselves, which includes getting enough sleep. Or, when we try to sleep, we can't turn off our brains, so we lie awake for hours thinking of all the things that still need to get done. To get a restful nights sleep, try wearing and/or placing these stones near your bedside: Charoite, Chrysoprase, Hematite, Howlite, Lapis Lazuli, Lepidolite, and Sodalite.

Oils beneficial for helping you to fall asleep: Clary Sage, Cypress, Lavender, Marjoram, Roman Chamomile, Sandalwood, Wild Orange, Ylang ylang, Grounding blend (Balance) and Calming blend (Serenity). Diffuse, or apply to the bottoms of the feet and base of spine. Vetiver and Calming blend also assist you in turning off your brain so that you not only fall asleep, you stay asleep. Please note Vetiver is not the most pleasant smelling oil, so I recommend you only apply it to the bottoms of your feet.

Overeating is another common issue around the holidays. With all the tasty treats, it's difficult to avoid, so let's look at some stones that can help aid with digestion. Wearing Amber, Chrysocolla, Chrysoprase, Jasper, Moonstone, Obsidian or Topaz can aid your body's digestion process, making it easier to process all that consumed food. Fennel, Ginger, Lemongrass, Peppermint and Digestive Blend (Digestzen) oils can be used aromatically, topically, or taken internally to help alleviate nausea or indigestion. For these particular oils, when applying topically, it is recommended that you dilute them as there may be skin sensitivity. To dilute, take 1 tablespoon fractionated coconut oil and mix with 1-2 drops of essential oil. Then apply 1-2 drops of the dilution and massage over abdomen and lower back. When taking internally, add 1-2 drops to 16 ounces of water and drink. Please note that some oils will taste more pleasant than others. When in doubt, start with 1 drop or apply topically instead.

Finally, let's take a look at what can assist you with illness. I'm referring to colds, flu and germs. Not only is the holiday time the time of year when illness is going around, but many of us have extra guests or family around that bring unwanted germs with them. Fear not, there are stones/crystals that can help. I suggest wearing Fluorite, Labradorite, Moss Agate or Turquoise. All of them not only help to boost your immune system, but help your

body to fight off those nasty cold and flu viruses so you don't get sick. As far as oils, there are a few options to help keep you protected from germs, which are: Eucalyptus, Frankincense, Melaleuca, Peppermint, Rosemary, Protective blend (On Guard), and Respiratory blend (Breathe). Diffuse in the air to not only prevent the spread, but to kill those nasty little germs. You can also use the Protective blend as a household cleaner in common areas such as bathrooms and the kitchen. Eucalyptus and Respiratory blend should be applied either topically (dilute if skin sensitivity occurs) or aromatically. The other oils (Frankincense, Melaleuca, Peppermint, Rosemary, and Protective blend (On Guard)) can also be taken internally in a capsule form (Frankincense, Melaleuca and Protective blend), in water (Protective blend), or placed under the tongue (Frankincense, Rosemary and Protective blend). Regardless of which method you choose, the oils are able to penetrate the cells to kill viruses and bacteria.

If you need assistance in choosing the stone/crystal that's right for you, please contact me at 707-631-0052 or email me at [contact@trinityhealingconnection.com](mailto:contact@trinityhealingconnection.com). The second largest rock shop in the United States is within a 15 minute drive from my house, so I can easily get the perfect stone for you. I'm also proud to announce that because of the benefits that I've personally experienced using doTERRA, I've signed up as a Wellness Advocate. If you are interested in learning more about the oils for yourself, feel free to contact me. I've got a great group of people and resources that I have access to in order to determine the best oil for your situation. If you would like to place an order, you can order directly from my website at <https://www.mydoterra.com/staceyferrell>. Your order will be shipped to you directly. If you are in northern California, and see me on a regular basis, contact me directly and I can get you the oils you want, as well as save on shipping costs.

*Disclaimer: These statements have not been evaluated by the Food and Drug Administration. This product is not intended to treat, diagnose, cure, or prevent any disease.*

*From the Trinity Healing family to you and your family*

*Happy Holidays*



## Upcoming Events

### Wings of Wonder

Holiday Inn  
11269 Point East Dr  
Rancho Cordova, CA  
Saturday, December 3  
12:00-6:00

### New Earth Expo

Crowne Plaza  
5321 Date Avenue  
Sacramento, CA  
Sunday, December 11  
10:00-6:00

## Upcoming Workshops

### Beginning Animal Communication

Saturday, November 5  
9:00-11:30  
Cost \$60

### Advanced Animal Communication

Saturday, December 17  
9:00-11:30  
Cost \$60

### Beginning Wire Wrapping

Saturday, January 7  
9:00-10:30  
Cost \$55



*Trinity Healing*

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Services offered:

Animal Communication

Energy Healing

Custom Stone/Crystal Healing Jewelry

Educational Workshops

For your convenience, services can be scheduled in person or remotely.