



USING YOUNG LIVING™ OILS WITH MEDITATION, REIKI AND CONNECTION

CLEARING RECIPE

Lavender (calming) – 20 drops
Sage (clearing) – 15 drops
Grapefruit (uplifting) – 25 drops
Frankincense (spiritual awareness) – 5 drops

Put essential oils in a 2oz spray bottle first, then fill with purified water. Shake vigorously. Spray to test, then add more of whichever oil to your personal taste. Use to clear energy from rooms, yourself, etc. Keep a bottle in your purse or car, too!

REIKI AND MEDITATION RECIPE #1

Lavender (calming) – 10 drops
Frankincense (spiritual connection) – 10 drops
Stress Away (Relax, Receive) – 10 drops

Put essential oils in a 1oz capped bottle first, then add carrier oil. Mix well. To use, put in palms of hands while doing Reiki. For meditation, place on solar plexus, third eye and crown.

REIKI AND MEDITATION RECIPE #2

Lavender (calming) – 5 drops
Bergomot (grounding) – 4 drops
Cedarwood/Sandalwood (calming, emotional balance) – 3 drops
Patchouli (relaxes, reduces anxiety) – 8 drops
Frankincense (spiritual connection) – 3 drops

Put essential oils in a 1oz capped bottle first, then add carrier oil. Mix well. To use, put in palms of hands while doing Reiki. For meditation, place on solar plexus, third eye and crown.

YOUNG LIVING BLENDS

THESE SPECIAL BLENDS ALREADY HAVE CARRIER OIL, SO THEY ARE READY TO USE!

ABUNDANCE – Orange, Frankincense, Patchouli, Clove, Ginger, Myrrh, Cinnamon Bark, Spruce

Enhances law of attraction energies. Assists in creating harmony. Also has antiviral and antifungal properties

Diffuse or apply on heart chakra and root chakra.

BELIEVE – Idaho Balsam Fir, Coriander, Bergamot, Frankincense, Idaho Blue Spruce, Ylang Ylang, Geranium

Calms and grounds the spirit while stimulating the mind, allowing us to believe in our limitless potential.

Diffuse or apply on heart, third eye

BUILD YOUR DREAM – Lavender, Ylang Ylang, Blue Cypress, Sacred Frankincense, Hong Kuai, Melissa, Idaho Blue

Spruce, Balsam Fir, Royal Hawaiian Sandalwood, Coriander, Tangerine, Black Pepper, Bergamot, Frankincense, Juniper, Anise, Blue Tansy, Geranium, Blue Lotus

Helps us focus on our dreams and goals, inspires confidence and hope

Diffuse or apply on third eye, crown

DREAM CATCHER—Sandalwood, Tangerine, Ylang Ylang, Black Pepper, Bergamot, Juniper, Anise, Blue Tansy

Opens the third eye during meditation, opens the mind to enhance dreams, helps with visualization, can help with bad dreams, good for accessing the Akashic Records

Diffuse or apply on third eye and at temples prior to meditation, sleeping

ENVISION – Spruce, Geranium, Orange, Lavender, Sage, Rose

Creates support and balance of our goals and dreams, opens us up to bigger possibilities. This blend was structured specifically to expel negative emotions, elevate the mind, balance, empower and propel one forward to achieve their desired goals.

Diffuse, Dilute in water for a clearing spray, apply to crown and third eye

GATHERING – Lavender, Spruce, Geranium, Frankincense, Royal Hawaiian Sandalwood, Ylang Ylang, Vetiver, Cinnamon Bark, Rose

Connects heart and mind, opens third eye and enhances connection and communication with spirit, great to use with SHK and HSZSN in Reiki as it helps with fractured energy. Helps to focus, ground, connect, and keep clear.

Diffuse or apply to crown, third eye and heart

Make sure your intention is clear when using this oil, as whatever you intend, intentionally or subconsciously, will be amplified

HOPE – Melissa, Myrrh, Juniper, Spruce

Reconnects us with the feeling of strength and grounding. Promotes feelings of peace, security, hope and achievement

Diffuse, apply to heart, use during Reiki for emotional support

INSPIRATION—Cedarwood, Spruce, Myrtle, Coriander, Royal Hawaiian Sandalwood, Frankincense, Bergamot, Vetiver, Ylang Ylang, Geranium

Increases connection with spirit, diffuses negative thoughts, enhances spiritual awareness. Creates a space for prayer and inner awareness during meditation

Diffuse, apply to crown, third eye, base of neck

JOY – Bergamot, Ylang Ylang, Geranium, Lemon, Coriander, Tangerine, Jasmine, Roman Chamomile, Palmarosa, Rose

Promotes feelings of self love and confidence. Great to use during meditation and accessing the Akashic Records.

Diffuse, apply to heart, third eye, crown

MAGNIFY YOUR PURPOSE – Sacred Sandalwood, Sage, Coriander, Patchouli, Nutmeg, Bergamot, Cinnamon Bark, Ginger, Ylang Ylang, Geranium

Empowering, uplifting, helping us rise above our doubts. Great for accessing the Akashic Records when used in conjunction with Joy and Dream Catcher

Diffuse, apply to crown, third eye, heart and solar plexus

PEACE & CALMING – Tangerine, Orange, Ylang Ylang, Patchouli, Blue Tansy

Helps settle the nervous system and mind so a peaceful state can be reached during meditation and/or sleep.

Diffuse and/or apply to solar plexus.

RELEASE – Ylang Ylang, Olive, Lavandin, Geranium, Royal Hawaiian Sandalwood, Grapefruit, Tangerine, Spearmint, Lemon, Blue Cypress, Davana, Lime, Ocotea, Jasmine, Blue Tansy, Rose

Facilitates the ability to let go of anger and frustration. It also promotes harmony and balance when diffused.

STRESS AWAY - Copiaba, Lime, Vanilla, Ocotea, Lavender

Calming, uplifting, reduces stress. Great for healing work. Helps client to relax and receive. Also good for sleep.

Diffuse and/or apply to throat chakra

3 WISE MEN –Sandalwood, Juniper, Frankincense, Spruce, Myrrh

Opens the crown chakra, Helps with grounding, Helps release lower energies. Diffuse or apply on crown and solar plexus

VALOR – Spruce, Camphor, Blue Tansy, Frankincense, Geranium

Balances the electrical energies in the body, as well as the emotional centers. Diffuse and/or apply to base of skull and sacral chakras.

Source: Reference Guide for Essential Oils Android App and J.T. Baptista