



# Essential Oils for Emotions

## worksheet

### Joy

This beautiful blend produces a magnetic energy that supports joy to the heart, mind, and soul. It inspires romance and helps overcome feelings of grief and sadness.

### Harmony

This blend promotes physical and emotional support by creating a balance for the energy centers of the body. It brings us into harmony with all things, people and cycles of life. It's beneficial in reducing stress and amplifying well-being.

### Forgiveness

This blend helps support hurt feelings and negative emotions. It also supports the release negative memories, allowing you to move past emotional barriers and attain higher awareness, assisting you to forgive and let go.

### White Angelica

Supports a renewed sense of strength and protection, creating a feeling of wholeness. Its frequency neutralizes negative energy and gives a feeling of security.

### Sacred Mountain

Opens and releases emotional blocks, stimulates the limbic part of the brain, the center of emotions and memory. Fosters a sense of balance and grounding.

### Ylang Ylang

Balances male-female energies, enhances spirituality, combats anger, low self-esteem. Filters out negative energy, restores confidence and peace.

### Highest Potential

It elevates the mind as you gather your thoughts and mental energy to achieve your highest potential. this blend harmonizes several grounding, calming, inspiring, and empowering essential oils into one intoxicating blend