

# Great Day Protocol

**Valor** - Promotes a feeling of courage and self-esteem and helps to balance the body's energies. *Use this oil each morning on your wrists and cupped over your nose and inhaled as you set your intentions for the day, visualizing what you want to accomplish and seeing yourself completing it.*

**Harmony** - Helps to create a positive attitude, reduce stress, and repel feelings of discord and chaos. *Apply this oil over your solar plexus, the area just below your sternum and above your belly button while setting specific intentions to harmonize with those around you.*

**Joy** - A calming, uplifting aroma that is used to bring joy to the heart and mind. *Place a couple of drops in your hand, inhale through your nose, then rub over your chest (heart).*

**White Angelica** - Creates deeper feelings of security and protection by offsetting the negative energies that work to bring you down and invade your personal space. *Place a drop in your hands, rub your palms together, breathe in deep, then rub your hands over the crown of your head, down your neck, shoulders, and midsection, all the way to your toes as if you are putting up an imaginary shield.*

~Seed for the Sower~  
Nicole Switala