



USING OILS WITH INTENTION

Breathe, Apply, Affirm

<https://jacquemclaughlin.com>

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Create a “scent tent” with the oil of choice in your hands. Anoint yourself with this gift wherever your intuition guides you. Place your hands like a tent over your nose and inhale through the nose. Exhale slowly through your mouth. Repeat two more times and say your intention while you apply the oil wherever you please. Pick one oil each day. The following suggestions are just to get you started - you can choose other oils and any intention you like ~ creating a new habit takes 21 days!



Day 1: Lemon ~ Bring a little sunshine in your life! Lemon on the bottom of your feet, as it is sun sensitive.

“I am free to move forward with a zest for life!”



Day 2: Lavender ~ Feel protected from environmental energy elements! Place a few drops behind each ear.

“I receive & accept love all around me!”



Day 3: Frankincense ~ Feel anointed with Divine energy! Drop 1-2 drops on the crown of your head.

“I am empowered to see & feel my purpose!”



Day 4: Peppermint ~ Wake up & stay cool with amazing energy for the day! Drop 1-2 drops to the back of your neck & feel the breeze!

“I accept growth unfolding all around me!”



Day 5: Citrus Fresh ~ Enliven your surroundings! Put 8-20 drops in your diffuser or 2 drops in your glass of water.

“I love life & being alive with energy & love!”

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Day 6: Valor ~ Armor up with confidence & courage! Apply 3-6 drops to the bottom of your feet or back of your neck.

“I am free to love myself & others with confidence!”



Day 7: Raven ~ Breathe deeply! Apply 1-3 drops on your chest or back.

“I breathe in life with faith & joy!”



Day 8: DiGize ~ Comfort & support to move things through! Apply 1-3 drops to your lower belly.

“I see the reality of substance within me & allow it to move out of me!”



Day 9: Peace & Calming ~ Breathe in Peace, Breathe out Calm! Apply a few drops to your wrists.

“I connect with my inner strength!”



Day 10: PanAway ~ Warmth while colling on the spot! Apply a few drops on location where needed.

“I feel my energy & I nurture myself!”



Day 11: Thieves ~ Our protection for home & wellness! Apply a few drops to bottom of feet, diffuse 8-20 drops, or add 1 drop to your tea.

“I am clear & focused to live clean!”



Day 12: StressAway ~ The name says it all! Apply a couple drops, diffuse, or turn it into a roll-on and apply under your jaw.

“I am calm & free to be me!”

