

Shortt's Shorts on Young Living's **Valor** (Oil 1 in the feelings kit)

Valor – blend of Black Spruce, Blue Tansy,
Camphor, Frankincense and Geranium

Formulated to balance energy, infuse courage, confidence, self-esteem

Supports the nervous system, creates relaxation & empowerment

Releases aggression, defensiveness, fear of conflict, inability to cope,
losing a battle, withdrawn, persecuted, resignation

Apply 3-6 drops of Valor to the soles of your feet.

**Apply 3-6 drops to the palms of your hands,
swirl clockwise with your peace fingers,
rub hands together
breathe deeply**

Lie still for at least 3-5 min.

If applying to someone else, apply to bottom of feet and hold their left foot with your right hand and their right foot with your left hand.

Stand to the side of their feet. Hold 5 min.