

Shortt's Shorts on Young Living's Awaken

Awaken -blend of

Joy- promotes an open heart and feelings of joy

Forgiveness- move into the mental state to forgive others and yourself

Present Time- brings one mentally into present time

Dream Catcher- opens mind, enhances dreams

Harmony- spiritual and emotional balance

Formulated- help you become aware of limitless potential, stimulates creativity

Supports- balancing one's state of mind and emotions, awaken to our inner knowing - first step in making positive changes

Release- negative thoughts and memories

“Awaken helps balance one's state of mind and emotions through self-adjustment, by allowing a gentle change toward renewal and balance and make a transition in life, enabling a person to reach his or her highest potential” D. Gary Young

Apply Awaken on your hands and breathe deeply. Apply to your inner ankles and the crown of your head

before your morning meditation or before working with the feelings kit.

@sandishorttconsulting