

Shortt's Shorts on Young Living's Harmony (Oil 2 of the Feelings Kit)

Harmony -blend of Sandalwood,Lavender, YlangYlang, Frankincense, Orange,Angelica, Geranium,Hyssop, SpanishSage, Spruce, Coriander,Bergamot, Lemon,Jasmine,Palmarossa,Roman Chamomile,Rose

Formulated to promote physical and emotional healing – creates harmonic balance for chakras

Supports- alignment of the chakras, freeing the chakras from blockage, stress, feelings of discord. Allows positive mind, balances male & female energies, move forward successfully

Releases – feelings of being ignored, crushed, hostility, fear of punishment, beating self up, stubbornness,sarcasm

When we are in distress, the chakras get out of alignment.

When the heart chakra is blocked, often the chakras above and below it are affected

Apply Harmony – Allow 3-6 drops to fall into you hand, swirl clockwise with your peace fingers to activate the oil to your energy, then apply to your chakras.Tent your hands and breathe deeply 3 times. Lie still, feel the energy centres coming into alignment.

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