

Shortt's Shorts on Young Living's Valor *(last oil 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losing a battle, withdrawn, persecuted, resignation*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 to the palms of your hands,
swirl clockwise with your peace fingers,
rub hands together**

**Apply Valor to the soles of your feet
Apply one drop clockwise at the stem of your brain
Tent hands & breathe deeply 3 times**

Lie still for at least 3-5 min.