


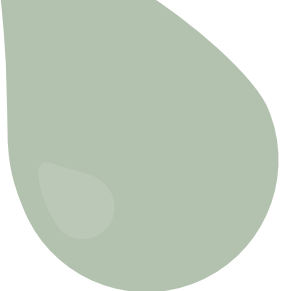


Life Essentials

Essential Oils and beyond

christine eilvig






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Disclaimer

There are so many rules and regulations in the area of health and wellness. This book is only a testament to my opinion and my own experiences. I'm sharing what I have found to be true for myself. Please view my words as art that you can draw inspiration from. As always, you are responsible for your own life.



Nature is pure genius

In many ways, I feel like congratulating you! I'm always excited and humble when the essential oils find their way to yet another loving soul. I stand in the presence of the beautiful growth and healing that is ready to finally land in your space. It may well be the answer to many prayers.

I know your journey has been wild, exhausting and, at times, intensely painful. You have gone through many choices and challenges. That's why it's a big deal when plant wisdom enters our arena. In many ways, it's a sacred moment.

You can use this book when you want to look up an oil for a specific challenge or a desire you have. I have written a succinct introduction taking you through what essential oils are, why they are magical and how you can incorporate them into your lifestyle.

My own journey with essential oils is filled with gratitude. The first time the oils found their way into my life was when I was longing for a natural remedy to transform my frequent headaches. I received a PastTense roller from doTERRA and the headaches soon disappeared from my life. Back

then, I had a lot of resistance to Network Marketing so I didn't dive deeper into the oils.

Life seems to operate in circles and we get endless invitations if we don't catch on the first time around. It was during a period of my life where I was longing for a change in my career when I finally woke up to the idea of doTERRA. The healing powers of plants is something I have been enchanted by for a very long time. As a new mom, I learned about Bach Flower Remedies. I also went to Findhorn in Scotland to educate myself about the world of plants. I was craving a change of scene and that's exactly what I got.

Nature is pure genius. We can always turn to the sacred wisdom of the plants when we need a little help. As I discovered, they lead us to wholeness, meaning and joy.

What are essential oils?


Essential oils are the essence of a plant: herbs, fruits, trees or flowers. These essences all vibrate at a very high frequency. Human cells are very similar to the cells of a plant. We can use the oils to create balance and to raise our own frequency. In short, the essential oils can assist our cells in

reaching homeostasis, which is just a fancy word for inner balance. An inner balance will always create balance in the outer world. It's that simple.

The use of aromatherapy has a long history. It has been known for centuries that we can access support and healing from nature. All of doTERRA's oils are pure and plant based. They do not contain any synthetics and they are not diluted. This means that we are able to use the oils therapeutically so they work as a tuning fork.

The oils can be used in many different ways. Most of them can be ingested directly, and you can also put them in water or a veggie capsule. I drink the oils I like the taste of and the stronger ones I camouflage in veggie caps.

You can also apply many of the oils directly on the skin. It's important to test the oil first with carrier oil on a small area of the skin. I like to use doTERRA's fractionated coconut oil although doTERRA has a range of 10 ml Touch Oils already diluted. These are my favorites because they are quick and easy to use. I also love to mix my own blends around certain themes or challenges.



Keep in mind that the citrus oils are photosensitive, which means you shouldn't wear them on your skin while out in the sun.

Lastly, you can inhale the oils either directly from your hands or using a diffuser. A diffuser is a small device where you add water and oils to circulate into the air. I diffuse most days and some nights depending on my needs, desires and mood. Some days I need grounding and peace; other days I need uplifting. The oils help me through impatience, sadness or anger and, at night, I always obtain a revitalising sleep.

The point is that there is an oil for every emotion and every physical imbalance. I love that. I love that I have a natural at-home pharmacy right at my fingertips that is able to assist me with all of life's challenges.

The correlation

We are rarely sick in my family. I have been immersed in the process of feeling and releasing emotions since I became a mother. I stumbled across Louise Hay's book: *You can heal your life*. The book was revolutionary. I suddenly understood how the physical, mental and energetic plane correlates. When we go against ourselves we end up creating negative choices,

and the energy from a negative choice needs to go somewhere. There is a consequence for every action.

A negative choice is like poison. The body will end up with everything we are not taking responsibility for mentally and energetically. Most repeat thoughts, feelings and actions that do not bring supporting or satisfying results, can lead to addiction and self-sabotage. In the end, we all have to feel. All physical imbalances are feelings we couldn't bear to feel so we parked them in our body somewhere.

My three children have all grown up understanding the correlation between the body, mind and spirit. When we don't suppress our emotions, we can stay in flow without physical imbalances.

Many are still primarily using the essential oils for treating symptoms. That's a good first step if the alternative is chemical medicine or an operation but in order to create real change we will have to act in new ways. It's great to transform a headache without chemicals and side effects. But at some point we have to ask ourselves: What are these headaches about? What is it that I don't want to feel and therefore store in my head?

Louise Hay taught me that our emotions are the connection between our body and our mind. Many have been brought up to ignore and set aside their feelings. We have to learn to feel and then let go. When we are able to do that, the energy won't show up as a physical imbalance.

The final step has to do with raising our consciousness. At this level, we have a deep connection with our essence and our design and we are no longer reacting to our emotions. Our thoughts and feelings don't drag us around in endless emotional waves. We are able to take responsibility and go from reaction to pro-action.

If you are experiencing a lot of physical symptoms at this time in your life, this is the perfect starting point on your journey with the essential oils. A physical challenge is a very concrete place to begin. There is an oil for almost anything.

How do we know if an oil or a supplement works? We can quickly end up concluding that something doesn't work if we are not aware of the correlation of things. When we become more aware, we approach things differently...

For example, I have a desire or a challenge. Often an emotion or something physical I would like to transform or attract. Is there an oil or a product for that? I try something I think will work. And then I look for CHANGES. Both desired and unwanted changes. Changes are a sign that the energy is working. You may experience dissonance. Maybe things become worse for a while. Maybe things are clearing up. The changes may even change over time.

When we experience change, the oils are working in our favour. With time, we will manifest our desire or transform the unwanted. If we don't experience any changes at all, we need to shake things up a little. Sometimes, it's because of our perspective...

Example: I would like to lose some weight. I try the blend Smart and Sassy.

Person A: Nothing happens. I become frustrated. That happens quite often. I try the blend Forgive. Now I get access to my anger. I feel guided to take up boxing. And then the weight melts away.

Person B: My cravings for sugar disappears including my pattern of overeating. I eat less. And I lose weight.

Example: I feel depressed. I try doTERRA's Lifelong Vitality supplement.

Person A: My mood is elevated and I'm experiencing a surplus of energy. The heavy clouds are lifted and I find my mojo again.

Person B: Lifelong Vitality gives me a deeper peace. I realise that I need a new job. I act on that. I land the perfect job and the depression leaves my life.

There are so many roads that lead to our desired outcomes and we each have our own road to travel. If we give up we stay where we are and, in time, we begin to degenerate.

Are we trying out an oil because we read about it and it sounds exciting yet the effect doesn't show? Then that just means that we need a different oil. Does that oil not work then? Yes, it works, but we just needed something else at this point in our life. Our blind spots are always keeping us away from our truth. That's why it's so smart to navigate through the emotions or something physical of our unwanted challenges or wanted desires. We have to adjust until we reach our goal.

I love that we can begin our transformation with the concrete things we are able to see and relate to. The oils will then assist us on the deeper journey of understanding what our imbalances and challenges are really about. Our blind spots suddenly become clear to us as our awareness and vibration is heightened. It's a process that will never cease to amaze me.

During the process, as we become wiser in transforming our physical challenges, we reach a clearer understanding of the correlation of things. As we take care of more of our needs and desires, we connect with our emotions on a deeper level. We become better at realising what goes on inside of us. It's yet another deep and beautiful process.

Every time we decide to try out an oil, we are feeling into a need or a want and, afterwards, we are practising the manifestation of our desire. It's a deeply healing process. For many, it's a chance to give ourselves the very things we were lacking from our childhood. Slowly, a loving and responsible adult shows up in our life.

There is also an oil for every emotion. If we use the oils to transform our heavier emotions and manifest the high vibrating ones, then we have

come a long way. The way I have experienced life, this is where most of our physical imbalances cease to exist.

Life is simple

So many of us have been taught to complicate things. As a result, it means we have resistance to ease, flow, wholeness and balance. Why do some people reach their goals before others? It's because they don't have as much resistance. Resistance always slows things down.

Why do we experience resistance? We end up in resistance when we go against our essence in order to fit in. If we navigate our lives based on pleasing others, we end up losing ourselves. In my world, a “no” is sacred and something we all need to honor. Whenever I feel doubt, I always ask myself: What would the true version of me do? Happiness enters our life when we begin to act from the voice we hear before our many fear-based stories pop up.

The road to a more simple and nurturing life is all about transforming and letting go of our resistance. DoTERRA's essential oils and many amazing

products are some of the fastest and most effective shortcuts I have come across. With the help of the essential oils, we enter a form of silent therapy softly guiding us through the phases of self-discovery.

The three phases of evolution

I have been working in the business of self-development for many years. During my own process as a mentor and teacher I understood that we go through three phases in order to experience real freedom:

Phase one: In this phase we don't have much awareness. We are not in a conversation of changing things and are repeating old patterns and karmic cycles on autopilot. The apple doesn't fall far from the tree, as they say. What we don't transform, we get to endlessly repeat. Most people are still at this stage as of now.

Phase two: In this stage, we begin our journey of self-development. We begin to transform what doesn't work. Some things get better but not everything loses its grip on us. Many are not able to transform the energy and their cells, so they stay stuck. They burn-out because their surround-

ings mirror all the things they are not able to transform. In this phase, we know a lot but it's not everything we are able to put into practice.

Phase three: In this phase, we have transformed almost all of our karmic baggage so we get to focus on our dharma. We only work if and when we feel like it. We are navigating after our yes's and no's and our life is based on fun, enjoyment and pleasure. As of now, only a few have reached this phase because it demands quite a lot of work to break free from our social and cultural upbringing. I see more and more land in this phase though and I'm sure this is where we are all headed.

My three children will only have to work if they want to. They were born into phase two and are now living from phase three. I helped them transform their karma as I transformed my own.

Cleansing and restoring

My guess would be that you are in phase two. Maybe you are in the beginning or middle of this phase yet you are probably at the end of phase two. That's where I attract most people. They have done a lot of work on

themselves and just need a few pieces of the puzzle in order to dive completely into phase three. A nurturing financial set-up without hustling is often the last thing on the list however it could also be something around health or relationships.

A foundation without any forms of lack is crucial. That's why I always recommend people to begin with the two supplements: DDR Prime and Lifelong Vitality. This combination provides transformation on a very deep level. The essential oil Copaiba is often next on my list of recommendations. Copaiba is an oil that brings out darkness into the light. It's amazing for all of our blind spots.

The journey of trying out doTERRA's many products is like learning a new language. In the beginning everything can seem overwhelming but it doesn't take that long to realise a completely new lifestyle.

I have created a community on Facebook for my team where help and support is always available. We gain experience by working with one oil at a time, slowly gathering an overview of the wisdom and effect the plants bring us. The most used oils are put together in different enrolment kits at a discounted price. This is where most choose to begin.

Ideally, we are able to make positive choices by being aware of feelings, flow and energetics. Yet it's nice to have our own at-home pharmacy available right at our fingertips. Back in the day, I would often (over) analyze my challenges. Now I just lower my tempo a little and turn to my oils, looking at what I need to adjust.

In my family, we use the essential oils as a natural alternative to most chemical medicine. We don't have to deal with side effects and we are able to open up to our emotions instead of numbing pain and resistance. Not a day goes by without all of us using several oils and products. Even my two teenagers are often reaching for an oil and they take their supplements without me having to remind them. My parents are also thriving with a little help from the plants.

Dissonance


There are so many myths around essential oils and allergy. Nothing comes out of the blue, and I don't view anything as a coincidence. There is always a cause, often one or more traumas, behind our symptoms. Many experts say that allergies stem from a compromised body. The organs are under pressure and the histamine levels are high because of a compromised digestion or a stressed nervous system.

If you are reacting to one or more oils in an undesired way, I always recommend taking a break where you support your body, especially your organs, in other ways. When the body has recovered a little most won't react to the oils with imbalances.

It can create different levels of noise when we go from one energy to another. I call that noise dissonance - like if you played two pieces of music on top of each other. We are not supposed to go deep into understanding our dissonance. It's always a clear sign of change and we just have to get through it to the best of our abilities. The noise settles as we adjust our thoughts, feelings and actions while acclimatising to the new energies. We need to stay strong in the eye of the storm by taking responsibility for our desires.

In the health industry, the noise is called detox symptoms. In spiritual circles, it's called dissonance and in homeopathy an understanding of things getting worse before they get better is the norm.

Nothing comes from nothing. When we understand the correlation of things we begin to operate in cause and effect. It's a beautiful journey



when we begin to understand what our imbalances and challenges are really about. There is always something meaningful to gain from the things that challenge us and if we don't do the work we will get the lesson again in another version.

It's recommended to start exploring in a small way by using one of the oils with a carrier oil. That way you can see how you react to the oils.

The doTERRA story

There are so many reasons to choose doTERRA. For one, the purity of the oils is one of the best worldwide. Most companies (97 %) dilute their oils heavily. DoTERRA goes a long way in sourcing the essential oils in parts of the world where the plants naturally grow. You can read more about *Co-impact Sourcing*, the quality stamp *CPTG Certified Pure Tested Grade* plus the charity foundation *Healing Hands* on www.doterra.com.

It took me some time to understand that the seven founders of doTERRA are deeply concerned about making the world a better place. That's really what drives them more than making a good profit. I love the thought of



uplifting the planet every time I use an oil. It gives me a feeling of co-creation and oneness. DoTERRA's tagline is: Pursue what's pure and that resonates beautifully with my own life philosophy.

How to get started

When you join doTERRA, first you have to decide if you want to become a Wholesale Customer or a Wellness Advocate.

As a customer there are no requirements or demands. You can buy when you want and how much you want. There is an offer of creating a monthly order and then receiving free products. You save 25 % just by signing up as a member and by placing monthly orders you can get up to 30 % back in points plus the postage returned in points.

In order to earn commission, you need to place a monthly order of a minimum of 100 PV. PV is doTERRA's currency and correlates to around one euro. On my team, all builders place an order of 150 PV. That way we get to build faster with less builders. I think from a minimalistic perspective and I don't like waste so I quickly realised that I wanted to create a culture around this streamlined organisation.

I continue to create videos, online meetings and other resources and there are so many oil conversations in my group on Facebook. At the beginning of the journey there are many details to wrap your head around regarding structure, pricing, compensation plan, etc. I happen to love strategy and it's something I'm good at so you will be in the best care with my leadership.

The road to success with doTERRA is very simple. 150 euro will get you: an online shop, website, customer service, storage, product development, branding, materials for sales and marketing, and my coaching and mentoring including a loving network of wise souls. If you have your own business, you can even deduct the products as a business expense. DoTERRA's products are hugely transforming so they are an easy sell in my experience.

The only way to fail with doTERRA is if we give up or resist adjusting when needed. Some become impatient and are not able to see things to fruition. Others can't handle immersing themselves in challenging situations so they withdraw from the task of acting in different ways. All of our imbalances will arise to the surface as we grow on the journey with

doTERRA so they will need to be transformed in order for us to create success.

A big part of my job as a mentor and team leader is holding the space for abundance and ease. If those are not energies that you have integrated into your life, the first part of your journey will be about mastering that. When we are able to see things clearly, it's not challenging for us to act on our desires.

I support my team in several ways. If my builders need it we have a conversation, but mainly we connect in online group settings where we work on the energetics behind blocks and imaginary glass ceilings. There's so much generosity and many resources on the team. Help and inspiration is always near. It's a very uplifting environment to be in.

My descriptions of the oils

I spent my first year with doTERRA experiencing and describing the many essential oils with my spiritual outlook on life. My focus is primarily on the emotional and energetic side. I will discuss physical issues once in

a while but only according to my own experience, which is quite small. We don't have to deal with much illness or disease in my little family of five because we are feeling and expressing our emotions and constantly making positive choices.

If you are challenged by something physical I would recommend that you, for example, google: doTERRA and headache. You will find so many good suggestions. As I'm very visual, I often choose pictures in my searches. There are also many great books and apps on essential oils. I link to my favorite ones in my group on Facebook.

The wisdom of the plants has been tried and channelled for generations handed over from generations. At some point, we lost the connection with plant medicine and nature and, as a culture, we were led towards chemical and synthetic medicine.

Most chemical medicine has roots in nature yet it has been altered in such a drastic way that the body is not able to decode the synthetic chemistry. This explains why we often experience side-effects.

As you go through the descriptions of the oils, my advice would be to feel into the ones that call you in deeper ways. You can also use this book as a reference as you learn what each oil stands for. Some oils will be our forever favorites that we constantly reach out for whereas other oils will come into our lives and leave again depending on our needs.

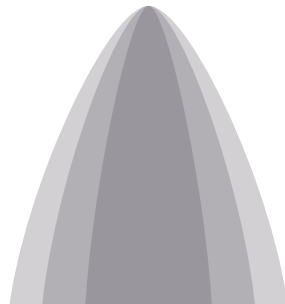


Single oils

Arborvitae

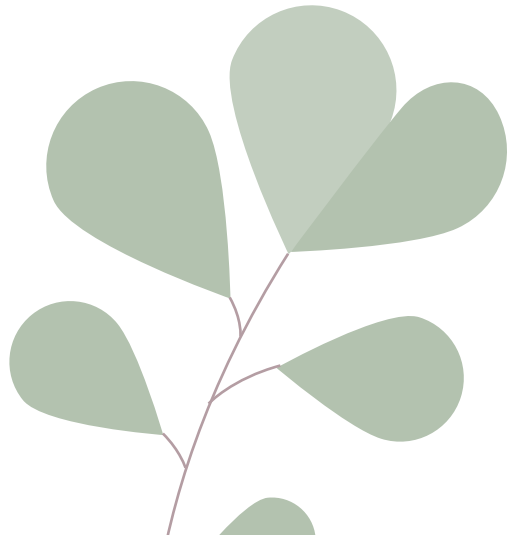
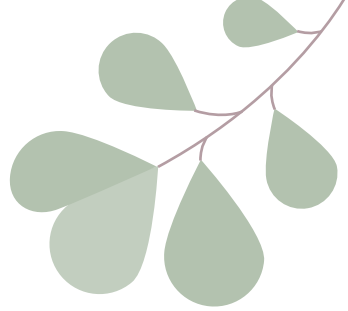
Arborvitae brings us in contact with unconditional support. We understand that we don't have to fight alone or turn to struggle. With that mindset, we often end up blocking all helping hands, including energetic and universal help. We are supported in letting go of control as we tune deeper into going with the flow of life. Arborvitae is a very grounding oil. We become able to relax and chill more. Fear and uncertainty are replaced by a deep trust. Assistance, guidance and support become our new normal. Asking for help is a vital part of being human. No one succeeds alone.

Arborvitae is a magical oil. Many don't like the smell, which is logical since a lot of people have resistance around letting help in. Most have been brought up with the saying that we have to provide before we can enjoy. We have been taught to create accounts in our head stating who received and gave what and when. Life is filled with stunning moments when we understand that we are worthy of unconditional support.



Basil

Basil helps us rejuvenate, by lifting us out of exhaustion, low energy and a permanent feeling of overwhelm. It's an oil that supports the heart and relaxes the brain, and is ideal for nervousness, fear and all forms of mental and spiritual burn-out. Basil supports the adrenals so the body is able to relax and recharge again. Negative patterns are transformed and positivity restored. The cells are vitalised so we are not reaching out for so many imbalanced uppers and downers. As we energise we become more alert and it's easier for us to make more positive choices.



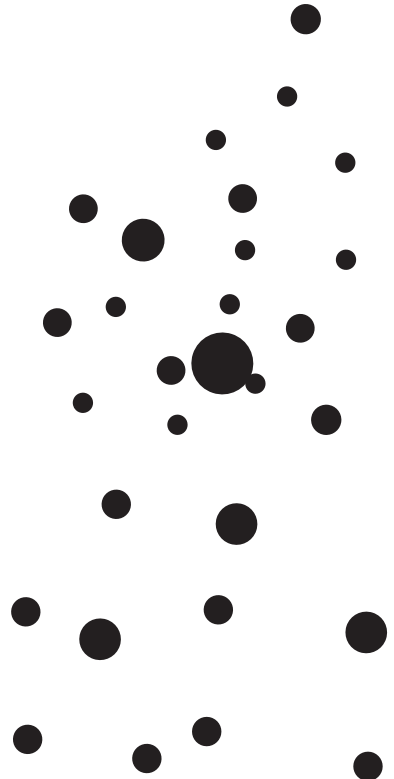
Bergamot

Bergamot aids us in loving and accepting ourselves on a much deeper level. Our self-confidence is restored and feelings of self-doubt, self-judgement and dislike are transformed. Bergamot brings optimism and hope. Stagnated emotions and limiting beliefs are released through our energetic system and the cells are energised. In being able to love ourselves unconditionally, we become confident and inspired to share ourselves with the world, which awakens the soul. With this oil we achieve our own sweet spot, and optimism makes room for lots of loving memories.



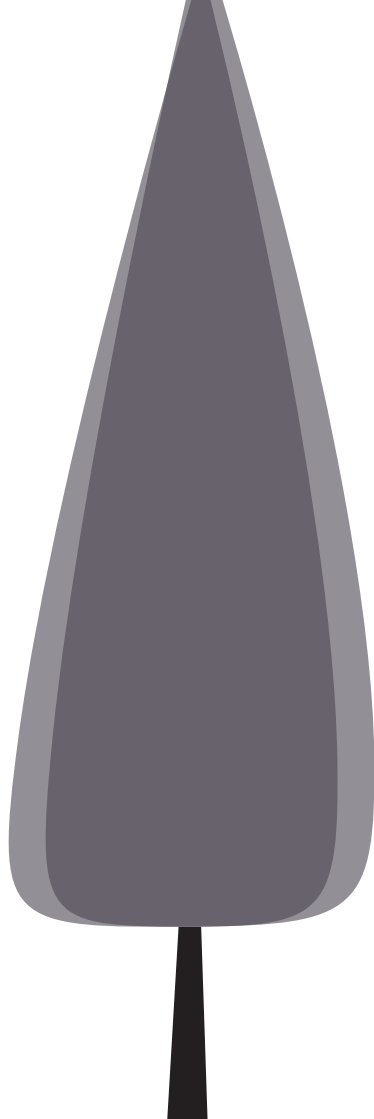
Black Pepper

Black Pepper connects us to the many masks we use to hide our essence. Many of us end up conforming in the name of love and it becomes very hard work playing a role on a daily basis. We can absorb the judgement on us from others and then suppress important aspects and emotions. The problem is that energy always need a direction so it will often show up as different forms of addiction. Black Pepper is therefore also ideal as a tool for weight loss, quitting smoking, etc. The numbing is replaced with acceptance, self-love and emotional authenticity.



Black Spruce

As with all oils from the wood family, Black Spruce is a deeply grounding and stabilising oil. It's perfect if we are going through trauma including crisis and shock. It enables us to keep calm and energised in the eye of the storm. Black Spruce helps us to honor the rhythms and needs of our body while our feet are planted solid on the ground. We are able to flow with nature's seasons and grow through the phases of our evolution. It resolves exhaustion and helps us recharge. Fear is transformed especially from our subconscious and the generations before us.



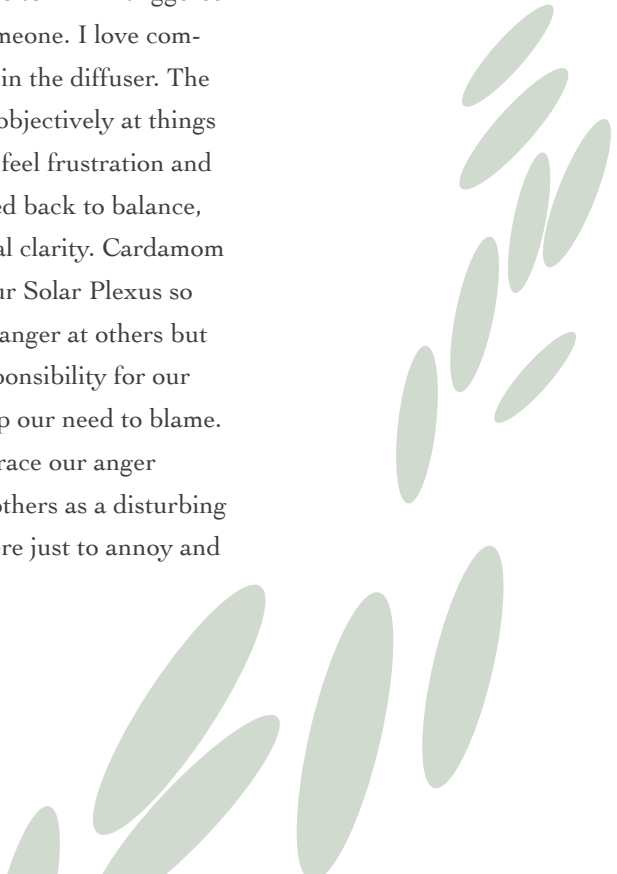
Blue Tansy

Blue Tansy inspires us to take the right action. It's ideal for those who struggle to get off the sofa and tend to procrastinate and stagnate. Of course, we can't really stagnate in a Universe based on constant movement so when it feels like we are stagnating we are repeating things that are not working for us. Blue Tansy helps us in following our inner knowing and we begin to act on our desires and passions even though our journey is filled with obstacles and limits. The big toe represents the brain, so apply some of the oil there. It's also an effective hydrating oil for the skin.



Cardamom

Cardamom is my “go to” if I’m triggered by something or someone. I love combining it with Lime in the diffuser. The oil helps us to look objectively at things especially when we feel frustration and anger. We are guided back to balance, tolerance and mental clarity. Cardamom brings balance to our Solar Plexus so we don’t direct our anger at others but are able to take responsibility for our own results and stop our need to blame. We are able to embrace our anger instead of viewing others as a disturbing element that are there just to annoy and irritate us.



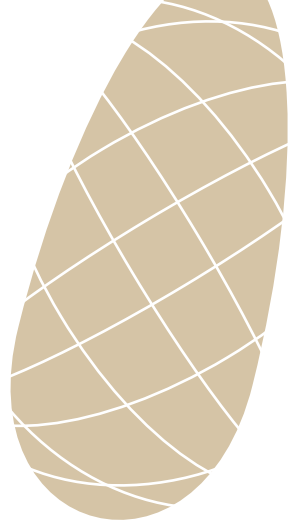
Cassia

Cassia is an uplifting oil for shy and reluctant types who are always trying to hide from the spotlight. It reminds us that our heart and soul are filled with joy and courage. It's important to understand that a lack of success is always a refined form of hiding. With Cassia, we achieve self-confidence and the urge to be seen because we begin to see the value of our talents and contributions. We are inspired to act even though we end up making mistakes. Slowly, we embrace our zone of genius and lead with it instead of viewing it as weird, worthless or unimportant to others.



Cedarwood

Cedarwood brings people together in creating community. As we open up to ourselves we are able to form relationships with others. We can be so used to handling everything ourselves that we are not naturally drawing on the strength and support of others. With Cedarwood, we can learn to be supported by others and gain the feeling of belonging. It's important to understand that no one can make it alone. It takes a village and we each have a part to play. Most of our traumas were created in a group setting so it makes sense that groups are where many go to heal their wounds.





Celery Seed


Celery Seed is a deeply cleansing and detoxing oil. If we expose our cells to a lot of physical, emotional and mental poison it's difficult for them to function in an optimal way. Cells can lose their natural ability to detox effortlessly and they will then become blocked.

Celery Seed shows us the way to a cleaner, healthier and more nurturing lifestyle. The nervous system and our digestive system receive massive benefits from this oil. Stagnation and sluggishness are replaced by a sustainable and vital flow. We are supported in

letting go of everything that is not uplifting us.


I love Celery Seed. I go through periods where I take four drops in a veggie cap usually together with Cilantro and Basil. It's essential to detox because we are constantly exposed to a variety of toxins in our everyday lives no matter how clean we are living.

I have been taught to view virus as a detox product from the cells so the body is detoxing extra heavily as we go through a cold, fever or influenza. The most intense collective times for detox



are February and October. At our house, we often avoid those intense detox processes and I believe it's because we support our bodies in a natural detox on a daily basis.



It's important to understand that radiation from 5G, mobiles, WIFI, etc. is also known to compromise the cells. I combine the essential oils with the Enagi crystals. They are very powerful and bring balance through growth exactly like the oils. The crystals create a deep peace and we are only presented with the amount of growth we are able to handle.



The Enagi crystals neutralise the negative effects of radiation and other toxins because the body (the water in the cells) is structured and constantly receives energy to reinstate structure. The point is not to protect against radiation as many are concerned about.

Contact me if you want a link so you can save 10 % on everything in the Enagi shop.

Celery Seed can also be used in a dressing with, for example, Lemon and olive oil.



Cilantro

Cilantro supports us in releasing control, negative patterns and worry. It enables us to achieve a deeper feeling of freedom and we are able to leave everything that doesn't match our essence. "What would the true version of me do?" becomes our new compass. Cilantro is excellent for people who are trying to control everything and everybody - people who are always meddling in everybody's business, correcting and "helping" without an invita-

tion and therefore often ending up with burn-out, disappointment and deep dissatisfaction. It's very liberating to let other people go.

Cilantro is also well known for being able to detox heavy metals from the body.



Cinnamon

Cinnamon supports our reproductive system, including organs and hormones in both men and women. We are supported in accepting our body and inspired to become physically active. The fear of rejection is transformed and sexual imbalances are healed. If we are in relationships with jealousy or control, we are assisted in making our relationships more nurturing. Cinnamon shows us honesty and vulnerability, making room for deep intimacy. Facades, pride and pretence disappear from our life. Any body shame is replaced by acceptance and feelings of being attractive.

I love Cinnamon in a coffee alternative made from barley and chicory blended with steamed oat milk.

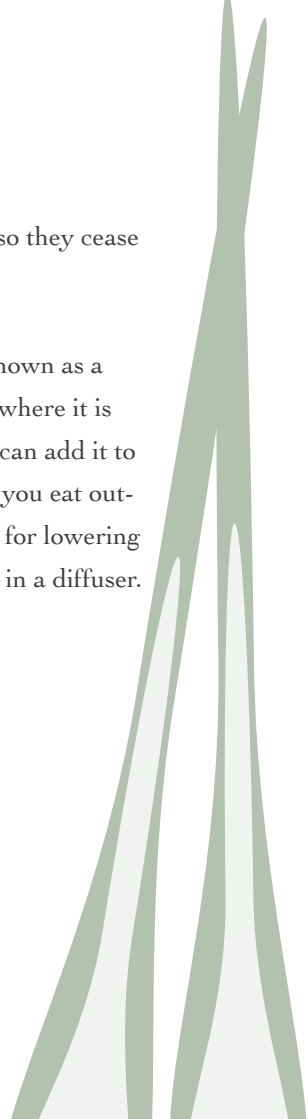


Citronella

Citronella helps to keep unwanted guests out, both on a physical and energetic level. It raises our awareness in terms of what we allow into our space and the unwanted we tolerate. Our boundaries become clearer. This is ideal for people who can have the tendency to let small irritations and judgements build over time. The small things quickly become big. Citronella helps us in releasing the feeling of being invaded and taken over. Over time, we are able to rise above the many encounters and

dramatic incidents so they cease to exist in our lives.

Citronella is well known as a mosquito repellent where it is very effective. You can add it to table candles when you eat outside. It is also great for lowering appetite when used in a diffuser.



Clary Sage

Clary Sage provides clarity and strengthens our vision and third eye. We are supported in changing our perspective so we connect with our truth. Darkness and illusions are transformed releasing our self-installed limits and glass ceilings. Clary Sage is beneficial during a crisis of meaning where we are trying to acclimatise towards a new identity as we steer through deep emptiness. Body, mind and spirit are adapting to new possibilities and experiences as we grow. Creativity and the imagination are boosted and we are supported in opening up more to our spiritual side.

Clary Sage is ideal for menopause. Not to be used during pregnancy until the final stages.



Clove

Clove supports and invites healthy boundaries. We are assisted in letting go of our victim mentality and can begin standing up for ourselves and the things we believe in. The stories of self-conceit and co-dependency are transformed. We land in deep integrity and are able to take responsibility. We understand that “No” is a complete sentence and it needs to be accepted and respected by everyone. Clove transforms pain, trauma and all forms of violations - including the violations we can throw at ourselves.

Clove is also great to put directly on a tooth if you experience tenderness or pain.

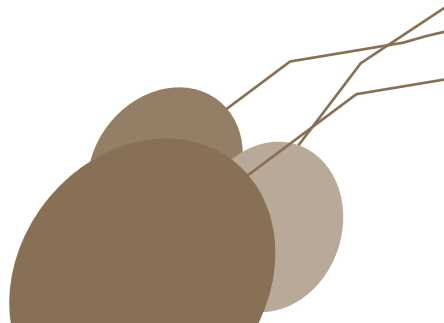


Copaiba

Copaiba lifts the veil on everything subconscious and hidden. The oil shines in the darkness to assist the removal of any emotional baggage, and is a great pain reliever. Stored emotional pain will always result in physical pain. Copaiba transforms guilt and shame, both representing old pain. At the bottom of all shame lies unworthiness and a lack of self-love, which is the ultimate pain. Copaiba supports us in healing our past so we connect with our magnificent greatness.

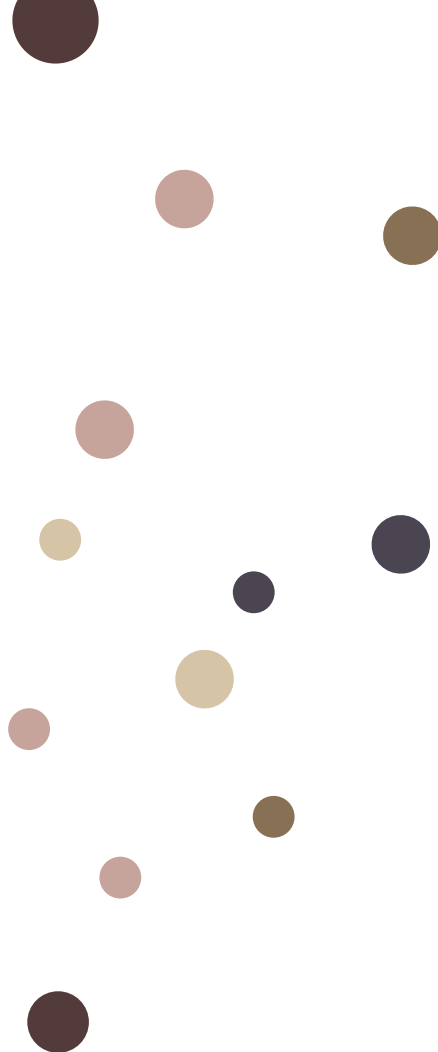
It's doTERRA's alternative to cannabis oil and provides a deep calmness to the nervous system.

Copaiba is one of my favorite oils. I take a few drops on my tongue every evening before bed and I reach for Copaiba every time my highly sensitive nervous system is reacting. A return to calmness always arrives within seconds.



Coriander

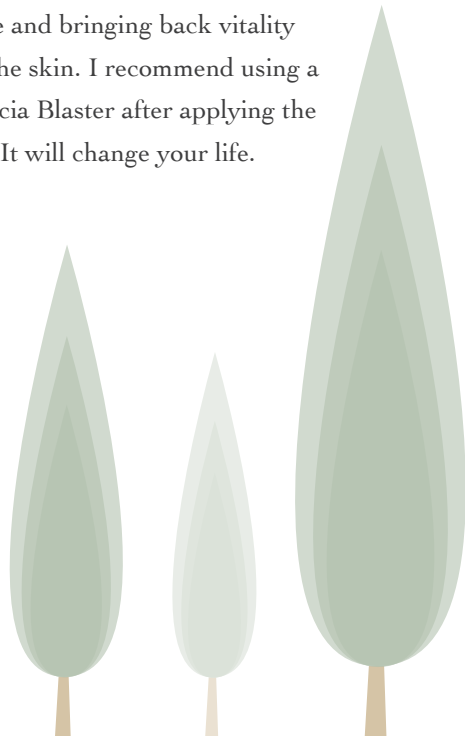
Coriander teaches us integrity. It's ideal for people who tend to ignore their own needs in order to please or save others. It's for those who are very much into being "right" and "correct" even though that may lead to negative choices and results. Coriander teaches us that the truth has many facets. We become aware that adaptation often involves us betraying and leaving ourselves. With this oil we are inspired to find our zone of genius and we are able to enjoy life from there. Courage arrives so that we dare to take a different direction than the people who surround us and we let others do the same.



Cypress

Cypress is amazing when we feel stuck and impatient. It supports us with movement and flow so we become more flexible. We are able to let go of the past, and our perfectionist tendencies begin to fade. The need for control always stems from fear and with that mindset we try to force things instead of letting them unfold in a natural way. Cypress aids us in setting our worries aside so we can leave the struggle feeling deeply confident. From there we are able to let our soul lead while the ego takes the back seat. Flowing with life lights us up and fills us with meaning and joy.

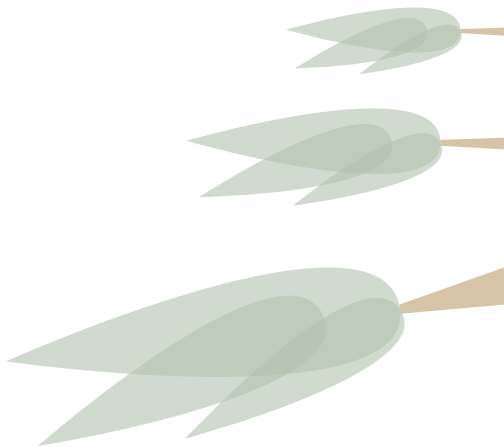
You can easily create your own body oil with Cypress, Grapefruit, Patchouli and a carrier oil. These are all great oils for body love and bringing back vitality to the skin. I recommend using a Fascia Blaster after applying the oil. It will change your life.



Douglas Fir

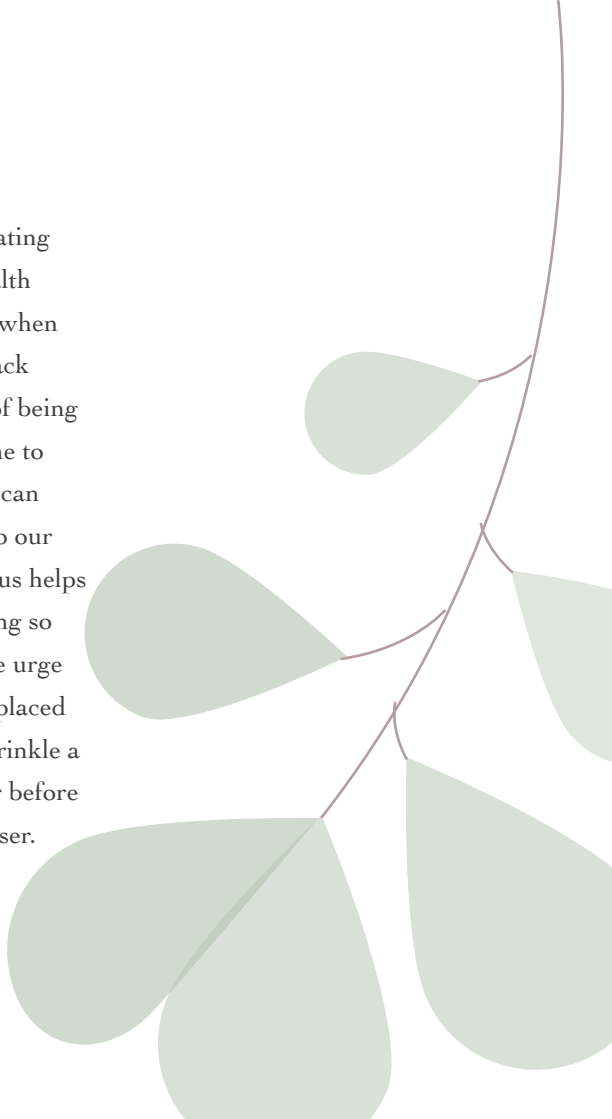
Douglas Fir supports us on our own unique journey so we are able to break free from generations of destructive traditions and patterns. We connect with our needs and values and understand that every generation brings a new beginning with freshness and positivity. Douglas Fir strengthens family bonds and creates nurturing family dynamics. We understand how much we can learn from the generations before us and how the past can show us what we want to fill our current moment with. Burden, heaviness and duty is replaced with a useful and loving wisdom.

I love Douglas Fir in the diffuser with Lime and Lemongrass. It's a blend called Clear the Clutter.



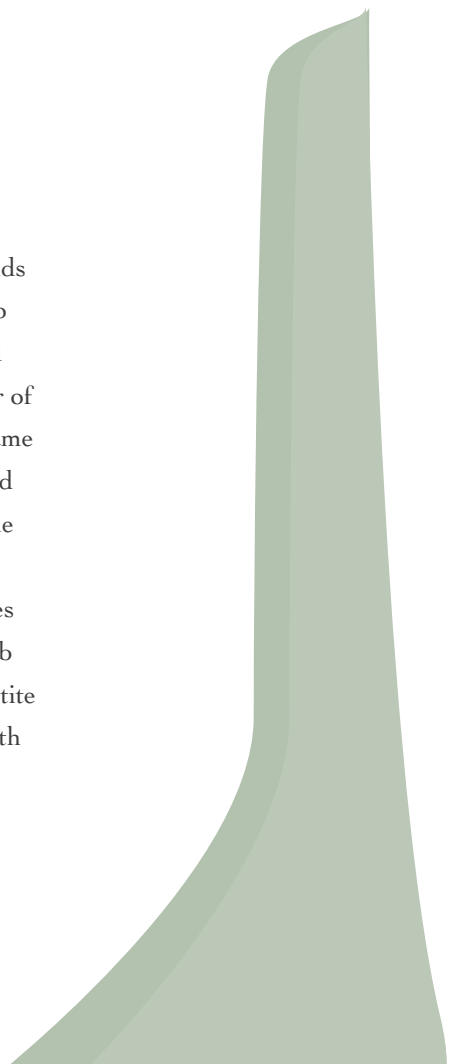
Eucalyptus

Eucalyptus is a cleansing oil creating an inner and outer feeling of health and wellness. It is ideal at times when we feel under the weather and lack vitality or if we have a mindset of being unworthy of wholeness. We come to understand that all of our needs can be met and that this is the way to our healing and wellbeing. Eucalyptus helps us take responsibility and in doing so we feel freer and more alive. The urge to collapse and waste away is replaced by upliftment and liberation. Sprinkle a few drops on the bathroom floor before taking a shower or use in a diffuser.



Fennel

Fennel supports us in being more responsible. It is ideal for types who are defeated by a life of heavy demands and therefore are seemingly unable to act in nurturing ways. We are guided away from our “shoulds” and the fear of other people’s opinions. Fear and shame are replaced with a more uplifting and supportive intuition where we become able to read the body’s many signals and needs. Fennel awakens our senses helping us to release the urge to numb ourselves. This creates a deeper appetite for life and we are able to connect with passion-filled choices that satisfy us.



Frankincense

Frankincense connects us with our own truth. It is known as the king of oils. Most people lie to themselves about their real needs, wants and desires. We lie to ourselves and to others. Frankincense provides us with new perspectives and it helps to release fears and tensions. Our awareness is heightened and we become more able to connect with our spiritual side. This creates enlightenment and evolution - maybe even transcendence. We are able to release all lies, low vibrations and darkness. Body, mind and spirit are lifted out of deception and blind spots.

Transforms all imbalances with the father aspect.

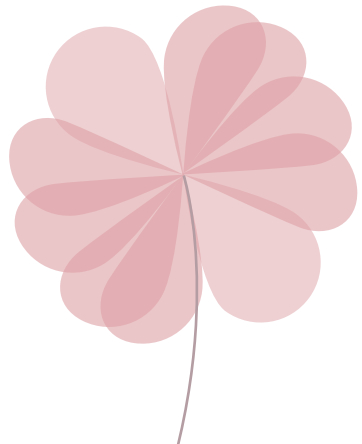
Frankincense is great for skin-care and you can easily create your own. I take a few drops on my tongue almost every morning. If I get the slightest hint of what could turn into a headache I take a drop of both Frankincense and Copaiba on my tongue. I may include PastTense on my neck and even inhale Lavender if it's a heavier feeling of tension that lingers a little.



Geranium

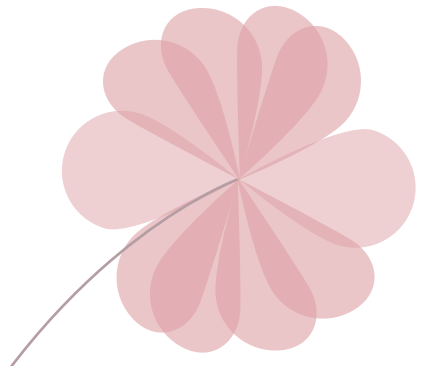
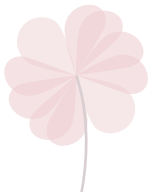
Geranium is the oil for unconditional love and trust. We are supported in re-establishing faith in the good in people and life in general. Trust issues and unloving situations are replaced by emotional honesty, intimacy and an open heart. Anger and grief are transformed, and our relationship with mother and

father is strengthened. Geranium is a gentle oil that is great at transforming early traumas. We become able to give ourselves everything we were lacking during our childhood. The mind is silenced a bit so we are able to connect with ourselves on a much deeper level.



Geranium was one of the few oils that really challenged me in the beginning of my journey with the essential oils. For months, I would put it on my heart because the scent was then further away from my nose. I have always felt a lack of trust in the system, so-called authorities and many adults. As an Indigo, I have a clear sense of people who lie. For so many years, my sensations ended up as an insecurity inside

of me. Now those feelings are replaced by a deep trust in the Universe. I understand that I can trust the hints I get, and Geranium smells amazing. That never ceases to amaze me. I have also learned that if we have resistance around an oil we have resistance around the things that oil stands for. As we work through our resistance, the scent will begin to feel uplifting to us.



Ginger

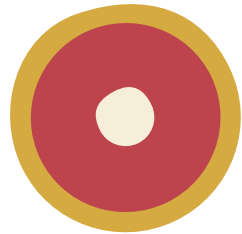
Ginger provides us with strength and power. We are inspired to engage with life and use our freedom of choice in nurturing ways. It transforms all areas where we play the victim as we are supported in taking 100 % responsibility. We no longer need to point the finger of blame.

Victims often end up with a feeling of being stuck because they are not able to use their creative power in supportive ways. Ginger helps us to be in integrity and gain understanding of our contribution in this Universe. Blind spots and feelings of inadequacy are replaced by a steady helping hand we can count on.



Grapefruit

Grapefruit shows us gently to honour and love our body. We begin to respect and appreciate our physical temple and we become aware of all the areas where we are not looking after ourselves in loving and nurturing ways. The point is to treat our body as a beloved child or pet. Grapefruit shows us how to connect with our real needs and how to act on them. We connect with the things we are really longing for. This is why Grapefruit is also known to lower cravings and all tendencies to numb the body. It is also a fantastic oil on the journey of healing body shame.



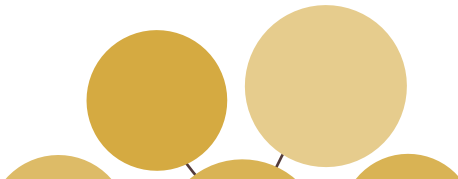
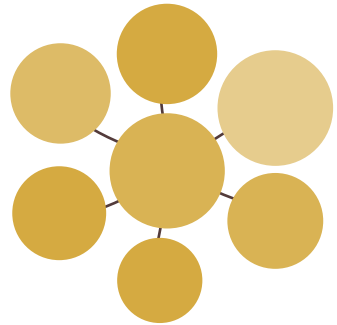
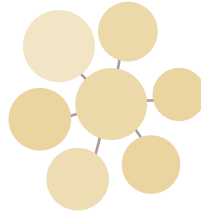
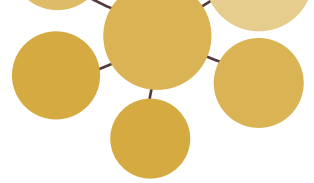
Green Mandarin

Green Mandarin is made from the green, unripe mandarin. It symbolises the beginning phase of the growth process. It's an oil inspiring us with potentials - uplifting like all the other citrus fruits that bring us in contact with the joy of the child and the simple things in life. Green Mandarin supports us in seeing beyond our limitations so we connect with the many possibilities for expansion. We become engaged in enjoying life and experience the feeling of being on our way. Our hearts are open and we find the courage and energy to go for our big dreams.



Helichrysum

Helichrysum heals mental, emotional and physical pain. It is known as “liquid bandage” because of its rapid transformation of cuts and wounds. By using Helichrysum, we end up feeling that life is on our side despite the many traumas we have picked up on our way. Our awareness is heightened and new hope is installed. The struggle with forgiveness is replaced by a deep gratitude for the many painful experiences and insights. We rise from the ashes knowing that life happens for us. Courage, strong will and determination become our new compass.



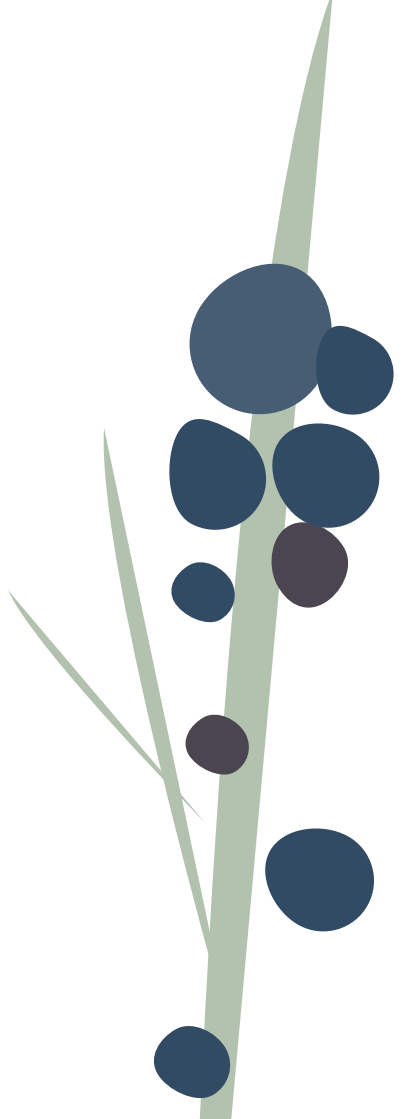
Jasmine

Jasmine supports us in creating a pure and healthy sexuality. It is also known for awakening slumbering passions. Sexual imbalances and traumas are healed. Intimacy is restored in our relationships and we are able to feel safe and nurtured in each other's company. Jasmine cleanses us so our intentions become pure and our innocence is restored. Our self-acceptance is reinstated so we are able to create relationships with presence and trust. This also goes for the relationship we create with ourselves. We are finally able to adore ourselves again and discover new levels of pleasure.



Juniper Berry

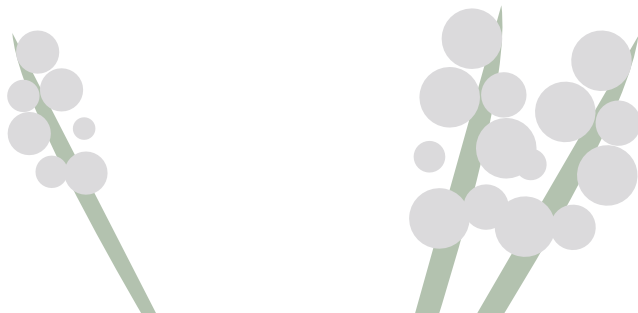
Juniper Berry supports us in being less fearful of darkness, including the darkness of the night, the darkness inside of us and the darkness on the planet. We understand that the gold is in the dark and that there are important insights in everything we fear and therefore avoid. We become ready and able to face our fears and dive into our shadows and the many parts of us that we closed off in our childhood because we became scared. Juniper Berry is ideal for nightmares and night terrors that are the body's way of transforming and healing unresolved issues.



Lavender

Lavender is a calming oil that is great for communication. We are inspired to convey our honest thoughts, emotions and needs. This also makes Lavender ideal for stress relief. Stress is always created from leaving ourselves and ignoring our truth. Lavender supports the feeling of being heard, seen and loved. It is great

for tension, which is also another form of blocked expression. Just inhale it directly from your hands or put it in your diffuser. Our fear is diminished and we gather the courage to let our negative choices go. Lavender is ideal for sleep, headaches, burns and itching.



Lemon

Lemon aids us in a greater ability to focus. Our mental capacity is supported and our concentration is boosted. We are able to concentrate on one step at a time. Confusion and heaviness are lifted making room for clarity. It soothes mentally challenged brains and creates mental flexibility. Lemon is great to use while studying and transmutes the feeling of being stupid. It's an uplifting oil creating happiness and energy. We are able to focus on the present moment and are supported in finishing projects. It's very detoxing. Try two drops in water every morning. It also removes everything sticky.



Lemongrass

Lemongrass is a deeply cleansing oil, and clears heavy and draining energy. We are supported in letting go of the old, the negative and the limited, and are able to proceed without dwelling in the past. It clears the stagnated parts of our home that mirrors parts of us, and is Feng shui for the mind, body, soul and surroundings. Lemongrass supports us in letting go if we tend to hoard and hold on to things. As we let go of our heavy baggage, we embrace a simpler and more minimalistic outlook. The decluttering makes room for clarity and ease. As we become more and more detached, our joy multiplies.



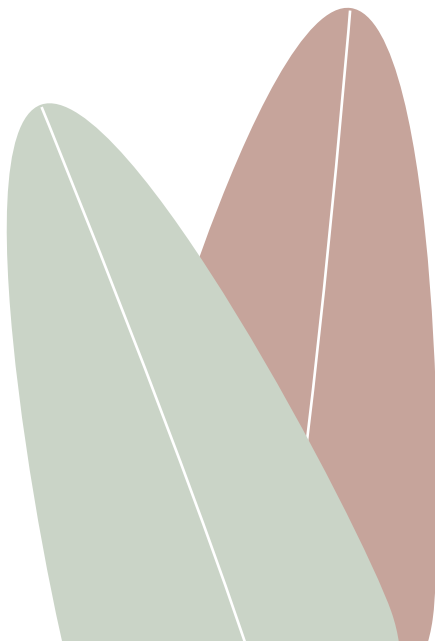
Lemon Eucalyptus

Lemon Eucalyptus is a protecting oil creating space and healthy boundaries. We lose contact with ourselves and our journey when we get lost in outside energies.

Lemon Eucalyptus is a powerful, energetic cleanser both in us and in our surroundings. When the energy is lifted, our mind, body and spirit is strengthened.

We become able to connect with our own needs, wants and desires instead of adjusting to the well-meant but harmful advice and

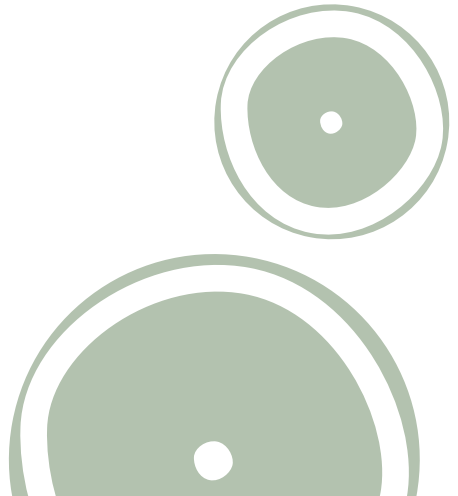
demands from our surroundings. It's ideal for space clearing and making room for the new. It also repels mosquitoes.



Lime

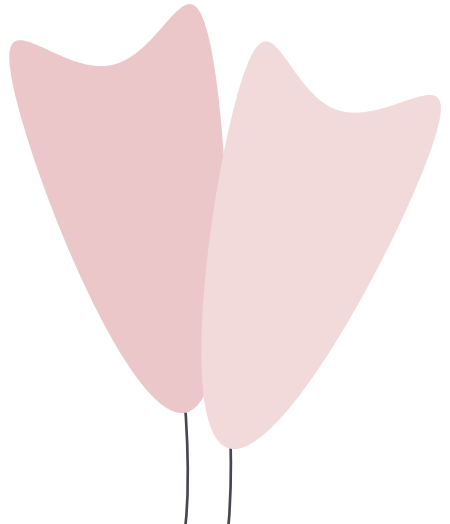
Lime brings us a love for life. It's an uplifting oil providing hope and bubbles of joy. We are inspired to appreciate life in all of its glory. The connection between the head and the heart is strengthened and we become able to feel and express our emotions. We are filled with a pleasant joie de vivre eradicating all despair. The heart is cleansed of sadness and grief making room for joyfulness, which is our collective life purpose.

Lime detoxes and revitalises our mind, body and soul. It is great for intellectual types who are numbing themselves with mental word plays.



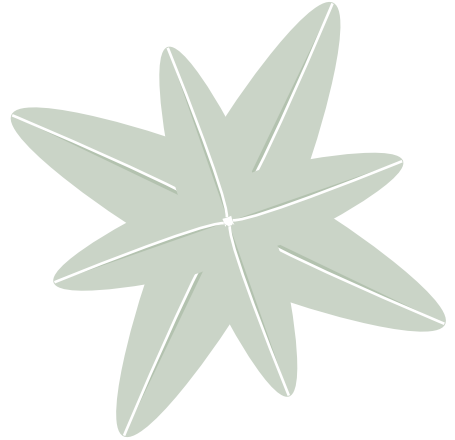
Magnolia

Magnolia teaches us connectedness and compassion. We begin to understand how we are all in the same boat with similar desires and needs, and that the “them” is the unresolved aspect of me and you. This oil provides a deep calmness transforming worry and anxiety. We feel compassion, love and harmony - also in the relationship we have with ourselves. Magnolia breaks down the many walls and layers of protection we can install around ourselves that make us feel alone and outside of the group. We are able to let go of our childhood traumas by re-parenting ourselves. It also enhances libido.



Marjoram

Marjoram supports us in forming nurturing relationships with people we can trust. If our trust has been broken we often form a wall around our hearts and we then begin to fear letting people in. Coldness, distance and withdrawal is replaced by trust and loving intimacy. When we feel safe and loved, we are able to share ourselves with others in a much more authentic way. Marjoram teaches us that we can only form nurturing bonds with others if we are connected to ourselves and navigate from the heart. It's ideal for people who are emotionally unavailable.



Melaleuca (Tea Tree)

Melaleuca reminds us to hold energetic boundaries. If we become drained, too many things are able to pass through our boundaries and we are saying yes and no to the wrong things. This oil is genius for all sorts of co-dependency and parasitic energies. Melaleuca supports us in letting go of the martyr and the saviour. Both archetypes will turn us into victimhood sooner than later. We begin to see the parts of us that are inviting the energetic vampires in and we find the

courage to break free from the life-sucking entanglement. It's also great for skin irritations and imbalances.

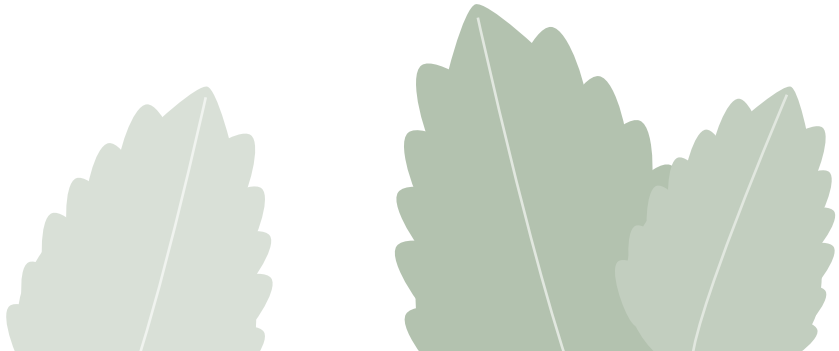
I always make sure to roll Melaleuca on my skin before I interact with other people - even if it's just on Zoom or social media. I feel so supported in staying in my own garden as I call it. And I'm far less drained from being out in the field. It's one of my favorite oils for sure.



Melissa

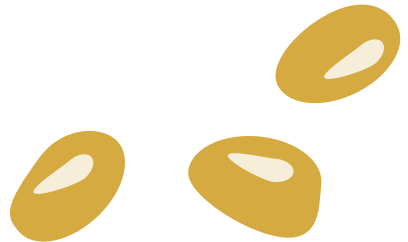
Melissa assists our soul with light, joy and truth. We come into contact with our essence and the reason why we chose to come to Earth this time around. We are supported in letting go of everything blocking our highest potential and we become able to hear our inner voice. Melissa

brings us into deep contact with our soul, and the people we come into contact with, and this introduces light to the planet in a way that can be felt on a cellular level. We get the individual light that only we bring. Everything else is filtered out. We are encouraged to shine bright in deep joy.



Myrrh

Myrrh brings healing to the mothering aspect - our relationship with our mother, our own role as a mother and Mother Earth. For a long time, we have had an imbalanced relationship with Gaia. It's something many of us have felt. We just haven't been able to adjust and act in balanced ways. Myrrh re-establishes the feeling of a present and loving mother. We experience safety and love and begin to look at Earth with loving eyes. As our mothering aspect is healed, we begin to open up to the curious creativity of our inner child. The belief and trust in goodness is re-installed.



Neroli

Neroli strengthens relationships and partnerships. It's an ideal oil for conflict and arguments because it gathers and stabilises the energy. We are able to leave the drama triangle as we grow together and separately. Blame, punishment, escape and drama are replaced by harmony and loving co-creation. Our relationships evolve from joint self-sabotage to nurturing growth and shared joy. Some relationships may fall away in order to make room for more supportive and enjoyable ones. We experience empathy and gratitude as intimacy is restored and heightened.



Oregano

Oregano assists the immune system. This oil cuts everything negative out of our life. Blocks and restrictions hindering growth are removed and we are inspired in being less attached to outcomes. Oregano is ideal for stubborn types - the ones who always know best - who are not willing to step outside of their own belief system. We are shown a greater humility and letting go also in regards to materialistic things. As we are able to cut the ties from everything negative and draining, we lighten the load and become a

lot more flexible and vital. Flexibility is very liberating.

Oregano is a hot oil so it is best ingested in veggie caps or used in a roller diluted with coconut oil. If you are serious about clearing out and letting go, I recommend four drops in a veggie cap for ten days straight. That will for sure put a spin on things. As always you will have to act on your desires but many have found the negative choices stand out and almost fall away with ease.



Patchouli

Patchouli shows us a more grounding and healthy relationship with our body. It's a great oil if you have the tendency to numb yourself and zone-out either physically, mentally or spiritually. We are supported in honoring our body and we begin to appreciate our physicality. Judgement, body shame, hatred and criticism towards the body are replaced by gratitude and self-love. Patchouli shows us physical power, balance and elegance. The body becomes an instrument and a channel for flow. We begin to view moderation as a good thing and vitality is restored.



Peppermint

Peppermint is an uplifting oil that brings us happiness and joy. It awakens the mind, body and spirit. We are inspired to flow with life in a nurturing alignment instead of holding on in an attempt to control everything. Those heavy and consuming waves of emotion that we can drag ourselves into are replaced with greater ease. We still feel the many emotions but they don't take us down into spiralling and bottomless rabbit holes. Pepper-

mint uplifts and mends the heart. We are revived and eased out of our heaviness so we get the courage and energy to face our emotional turmoil.

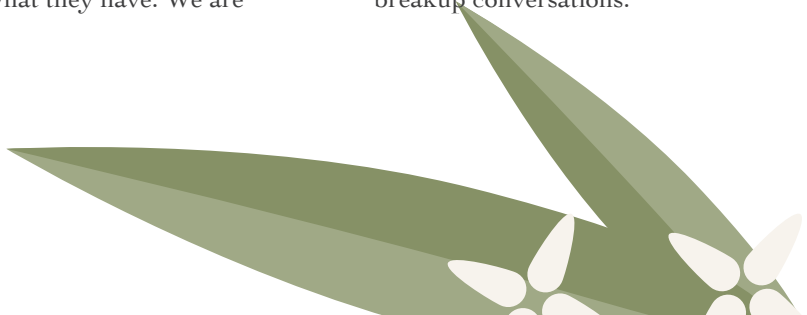
Peppermint is always in my handbag. It's great for headaches, nausea and tension. And it's a fantastic boost during the afternoon if you have to be alert and awake.

Petitgrain

Petitgrain brings healing and strength to our family line and the baggage we carry. We are supported in appreciating the history and wisdom running through our family and we end up with deep gratitude for everything the people before us went through so we find ourselves in a much healthier situation. Petitgrain heals complex family patterns and reminds us that everyone does the very best with what they have. We are

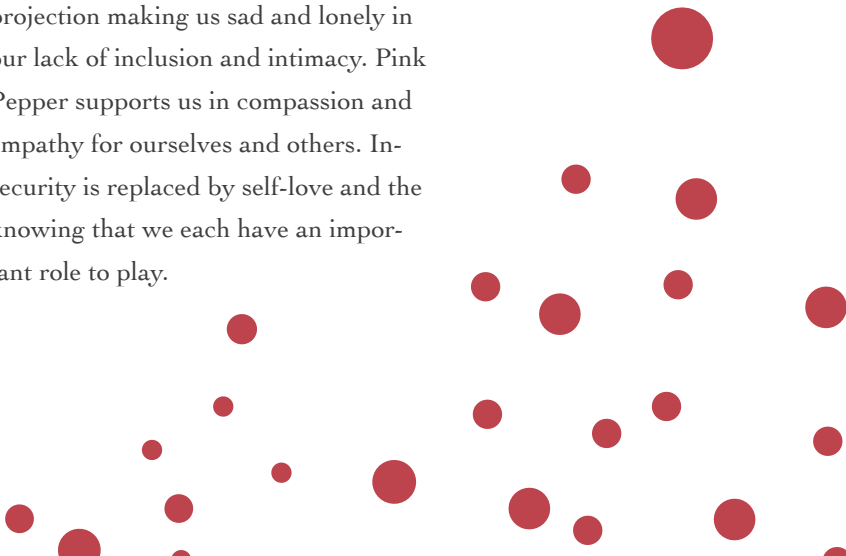
inspired to adjust and create our own traditions, ways and journeys. It ran in the family until it ran into us taking us from karma to dharma.

It is said to roll Petitgrain on the chest between the breasts. After a while, it becomes very clear which relationships to keep and which to let go of - both privately and in business. And this is even without the long and draining breakup conversations.



Pink Pepper

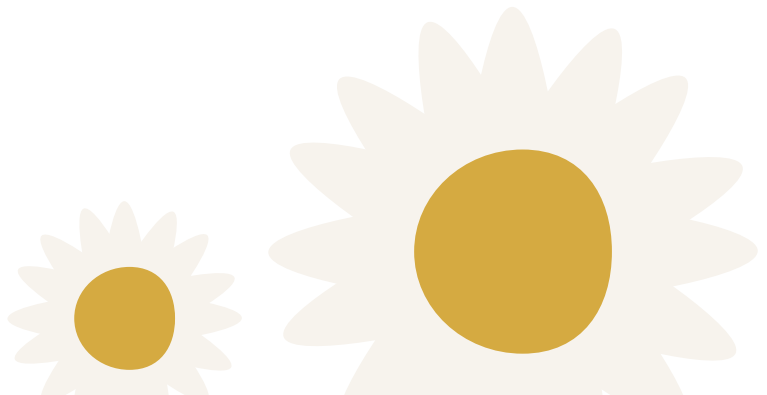
Pink Pepper teaches us equality in showing us all the places where we compare ourselves to others in the conclusion of being better or less than. We become aware of our own judgements and feelings of superiority or inferiority. When we dislike aspects of ourselves, it's easy to end up in judgement and projection making us sad and lonely in our lack of inclusion and intimacy. Pink Pepper supports us in compassion and empathy for ourselves and others. Insecurity is replaced by self-love and the knowing that we each have an important role to play.



Roman Chamomile

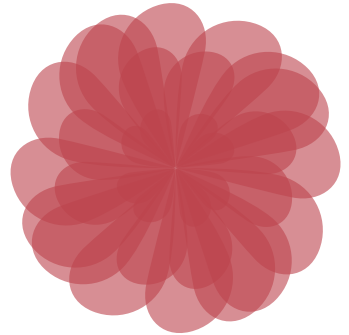
Roman Chamomile brings us in contact with our zone of genius and contribution to the world. Finding our purpose provides us with a deep peace because we and our life begin to have meaning. Noise, layers and clutter are slowly peeled away and we come in contact with the things that excite us - the things we are best at. Roman Chamomile shows us

the simple, brilliant aspects of us. It becomes illogical to spend time and energy on incompetence as we play with our talents and divine essence. Our ego takes the back seat as our soul leads us powerfully in our life's purpose.



Rose

Rose shows us what unconditional, divine love is all about with the highest vibration of all plants. We are invited to open and soften our hearts, finding our way back to wholeness, authenticity and purity. This inspires us to live in harmony with our heart and soul. Rose can be rolled over the heart where it will transform sorrow. Our ability to receive is strengthened and we begin to feel all the love around us. 10.000 roses are used for each 5 ml bottle of Rose making it the most extravagant of doTERRA's oils. It's fantastic for skin in need of a little tender care.



Rosemary

Rosemary provides us with a wise understanding of where we can seek knowledge outside of the mind. In asking new and deeper questions, our answers will provide us with deeper insights that we are able to act upon. Our mindset is then expanded including our rules of what is possible for us. Rosemary

brings support in challenging periods of change and growth. We connect with a greater power outside of us, grounding confidence and clarity. We become less confused and open to new experiences. Rosemary can also be a great healer of learning disabilities and sluggish minds.



Sandalwood

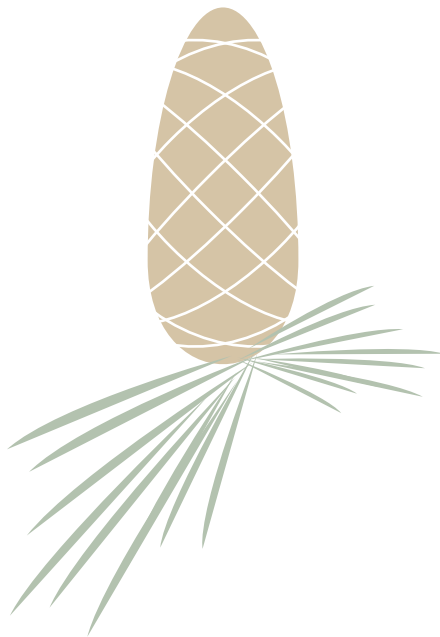
Sandalwood strengthens our relationship with the divine in calming our heart and mind. It's a great oil for meditation or relaxation. We are reminded of our true needs and priorities. Higher levels of consciousness are experienced because the ego is silenced. We are able to see through our limiting beliefs. Sandalwood teaches us humility so we can release the endless hunt for materialism and constant recognition from the outside.

DoTERRA has two types of Sandalwood: Hawaiian supports the higher chakras while Indian is more grounding and supports the lower chakras.



Siberian Fir

Siberian Fir brings healing to the generational memory in our cells. We are able to extract wisdom and meaning from our experiences including the harder lessons. Feeling into our heritage, we can begin to sort out what will in time become our legacy. Siberian Fir assists us in going with the flow of life instead of insisting on the past. We succeed in replacing our grief and heavy baggage with practical wisdom of great benefit to us and the people after us. The past then becomes meaningful and useful while our present and future are filled with lots of supportive and relevant moments.



Spearmint

Spearmint inspires us to feel confident in our communication. We feel clear in what is in our hearts and we are supported in getting it across with ease. Unclear communication is a refined way of staying hidden. So is stage fright and the fear of public speaking.

Spearmint teaches us to stand with confidence in the spotlight and courageously share our view of the world with others. When we shine bright with power, people will automatically be drawn to us. All that is needed for us to create success is to show up

authentically, sharing our needs, fears and ideas without filter.

My sister has been challenged by expressing her truth to other people. After some time, with one drop of Spearmint on her toothbrush, words began to flood out of her on a wild scale. She is now able to express her feelings in the moment even if the subject is sensitive or filled with potential conflict. She is even vocal on social media with her so-called controversial opinions, and she is inspiring many people.

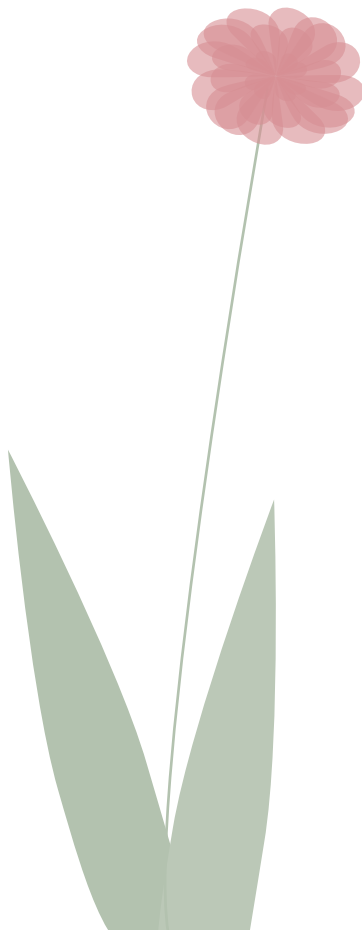


Spikenard

Spikenard teaches us gratitude.

We come to appreciate our life and everything in it. Blame and bitterness are replaced by an understanding and acceptance of how things are. When we see the deeper meaning behind everything, we are able to adjust towards making better choices.

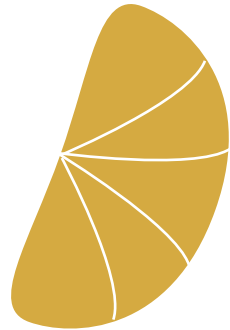
Spikenard shows us that everything is feedback and that all signs should fill us with gratitude so we finally understand how to navigate. The feeling of being unlucky or victimised falls away and instead we are filled with deep gratitude, clarity and peace. Appreciation is a form of prayer.



Tangerine

Tangerine reminds us of all the joy that can be found in spontaneity creating flow, joy and creativity. This oil is ideal for people with martyr tendencies weighed down by burden and duty - the type that can't stop working hard because things have become too serious and "important".

Tangerine speaks to the imbalanced adult part of us in reminding us of the childlike qualities of free flow. We understand the importance of including fun and playfulness in our everyday lives. Abundance is created through creativity so it's a painful energy to block. Tangerine restores our sense of pleasure.



Thyme

Thyme is a very effective oil in transforming negative emotions, and supports us in healing heavy and unresolved issues. Anger and hatred cause a wall to rise around our heart. As we are able to let go of our dense emotions, our heart will open and we find ourselves in tolerance and patience.

Thyme helps us to forgive and let go so we are able to release our emotional chains. Holding on to anger and hatred correlates to

drinking poison while believing that it will affect the people we hate. At some point, we can replace forgiveness with gratitude for people's role in assisting us to wholeness.

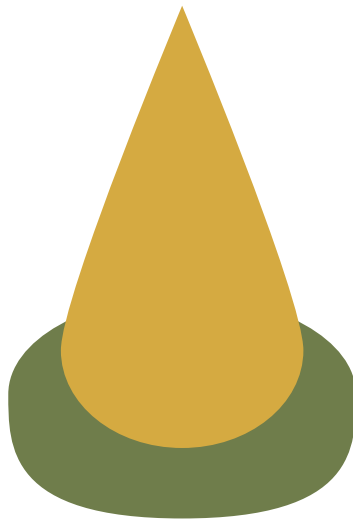
Thyme is effective in preventing snoring. It can be used on the big toe, which represents the brain. According to Louise Hay, snoring represents a stubborn refusal to let go of old patterns.



Turmeric

Turmeric restores the mind, body and soul. We are able to retrieve the lost part of ourselves. This oil is very healing for people who have a fear of dying, which really represents a fear of living to the fullest. It is highly beneficial in times where we lose faith in our own abilities. Turmeric provides relief during periods of change. Our faith in other people and life in general is restored. We are lifted out of wrong-doings, unfairness, judgement, repression and taking sides. The grounding and confidence provide us with power, faith and courage, mending all damaged parts of us.

Physically, Turmeric is recommended for inflammation, which according to Louise Hay represents fear, seeing red and burning up from the inside. Turmeric removes the “fire” caused by these trapped and unresolved emotions.



Vetiver

Vetiver brings focus and grounding. Sometimes we spread ourselves so thin that we end up with a split energy in terms of our priorities. We have nothing more to give, and lose ourselves in the burn-out.

Vetiver is a great companion when we want to raise our self-awareness. It supports us in connecting with our thoughts and feelings so we begin to understand the root of our emotional challenges. The urge to avoid pain is also transformed. Our pain disappears because we are able to release it instead of numbing it. We have to feel things in order to heal them.



Wild Orange

Wild Orange is an uplifting oil and teaches us abundance. We are supported in the understanding of the fact that there is enough of everything for everybody. Abundance is like the sun; it is always there even if we decide to hide it with our own grey clouds.

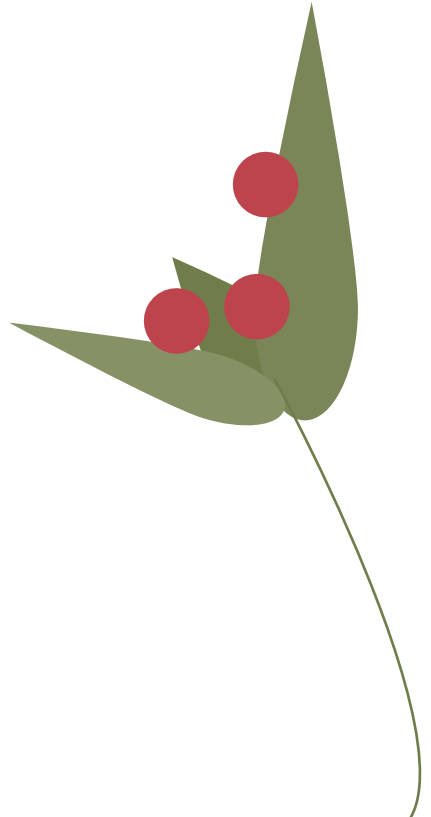
Wild Orange transforms all feelings of lack, struggle and trying to make ends meet. We are inspired to play more and find increased creativity and spontaneity. We learn to give and receive without taking account, and let go of hoarding. Wild Orange inspires resourceful ideas and solutions that are easy for us to act upon.



Wintergreen

Wintergreen shows us how to surrender. Not as in giving up but understanding the wisdom of letting go. I call it leaving the stage for a while in order for things to play out. This oil is ideal for stubborn types who don't respond well to coaching. It's for people with a strong ego who believe they are supposed to do everything by themselves, ending up as a burnt-out martyr. Wintergreen teaches us to let go of negativity and pain. We understand that not everything is our job. We are not to carry things others won't carry for themselves. The silent struggle is replaced by a loving power.

Note that Wintergreen, and the blend Deep Blue, has a safety cap meaning that it is not to be ingested.





Yarrow Pom

Yarrow Pom creates a feeling of energetic safety so we are able to let go of worry and fear. Our energetic system is harmonised bringing us strength and vitalisation. We are supported in filtering all negative and draining energies, and feel protected and rejuvenated. Yarrow Pom makes us more receptive to light as we are releasing dark energies. Trauma and crisis can weaken our boundaries and our system, making us feel weak and scattered. Yarrow Pom enables us to connect more and love deeper. Being able to relax does wonders for our ability to allow and receive. I use Yarrow Pom as a

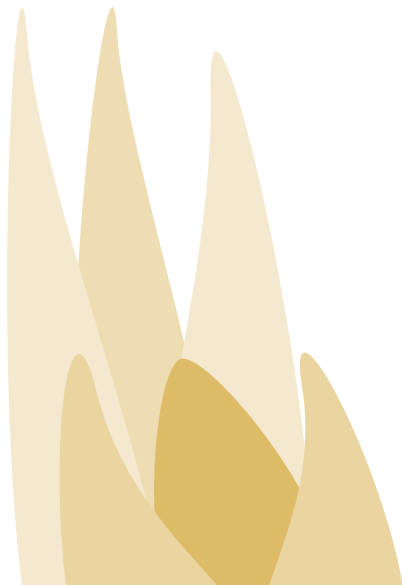
hydrating serum every evening. That has really transformed my very dry skin. Two drops on the tongue morning and evening also raises the metabolism and lowers inflammation, which can be an aid in weight loss and tightening of the skin.

Yarrow Pom also comes in an excellent Body Serum. Here the oil is combined with different delicious oils including coffee extract. It is vitalising and creates a more youthful look. I apply the Body Serum before Fascia Blasting every other afternoon or evening.

Ylang Ylang

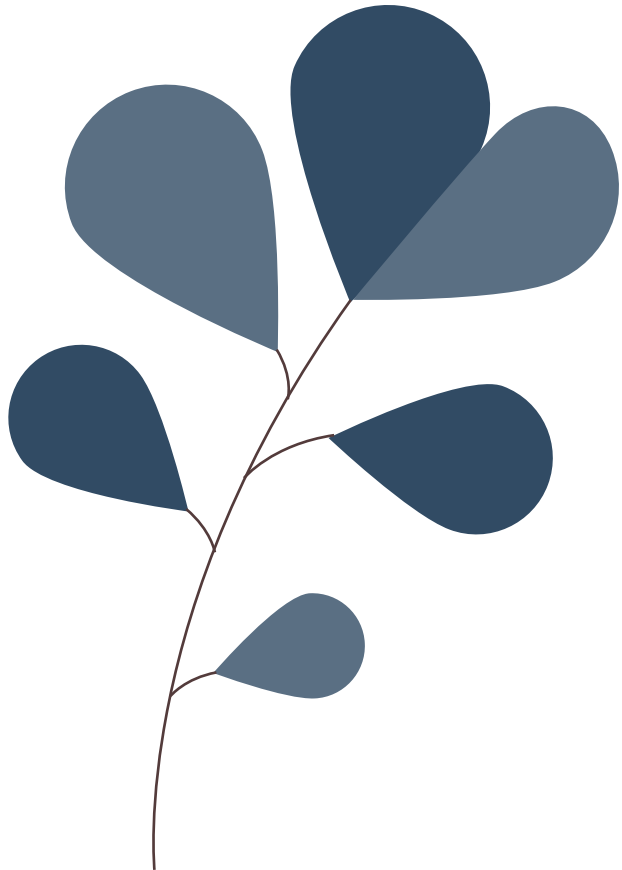
Ylang Ylang supports the heart and our inner child. Most people listen more to their mind and the ego, and yet our heart and soul speak through our intuition. Life is meant to be an advanced form of play. Ylang Ylang supports us in approaching life, as most children do, in a light and playful way. We are able to release emotional traumas in the journey towards healing and wholeness. When we make room for our emotions they are able to bubble up and out. This creates space for more joy and excitement so our lives are filled with those qualities.

Here is one of my favorite diffuser blends: Wild Orange, Bergamot and Ylang Ylang. It is called Golden Hour, which is also one of my treasured times of the day.





Oil blends



Adaptiv

Contains: Wild Orange, Lavender, Copaiba, Spearmint, Neroli and Sweetgum.

Adaptiv helps us to adapt to stressful situations. We are able to calm down and relax. Our fear, worry and need to control are replaced by a nurturing peace. We understand what lies on our table and what is absolutely not our business. Trust, safety and freedom begin to flow through our cells. Adaptiv teaches us to adapt during periods of change while still keeping true to ourselves. From our new calm state, we become aware of the things that created our stress in

the first place and we can begin to adjust. Negative choices are replaced by positive ones.

I got my first Adaptiv in September 2019. Back then, I didn't experience any significant effect from using the oil. I now see that this was because I didn't experience stress. In spring 2020 the blend helped me so much. I went through massive stress on behalf of our world during the so-called pandemic. Several times I found myself entangled in the drama triangle as I starred in my old, well known role in trying to play the savior. I went through an enormous loss of control remind-

ing me of the turbulence I went through during the beginning of my self-help journey.

Adaptiv slowly landed me back in a calm state. My Indigo with “Tourette’s” could let the many outbursts go and I accepted that it’s not my job to save everyone. At first, I thought that people didn’t see what was going on. Now I understand that everyone has made up their mind and taken a stand. They just don’t see the same thing I see. I was reminded that I see many things before the majority. My perspective becomes gibberish

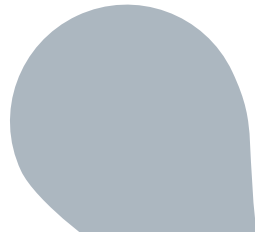
and stressful for most because it doesn’t feel logical and therefore true. They are looking for physical proof. It’s very stressful to report news from the front-line and share things that are premature in their essence for the people who we are in communication with.

Adaptiv has shown me how to stand strong in sharing my truth. What others do, that is not up to me. I have to accept the tempo of others and not stress about it even though it often seems very slow to me. It’s the old lesson repeated until learned.

Air (Breathe)

Contains: Laurel, Eucalyptus, Peppermint, Melaleuca, Lemon, Cardamom and Ravintsara.

Air assists us in letting go of grief and pain as our lungs are supported. The lungs are the place where we store our grief and it is also where we feel excitement. We can't do both at the same time. With lots of stored grief we don't have room for much excitement. Air also supports our breathing. We are able to take life in as we breathe in and we are able to let go of the things we no longer need as we breathe out. Even the moment between breaths is important, symbolising the pause and our ability to relax. With every deep breath we are able to release deep emotions.



Align

Contains: Bergamot, Coriander, Marjoram, Peppermint, Geranium, Basil, Rose and Jasmine.

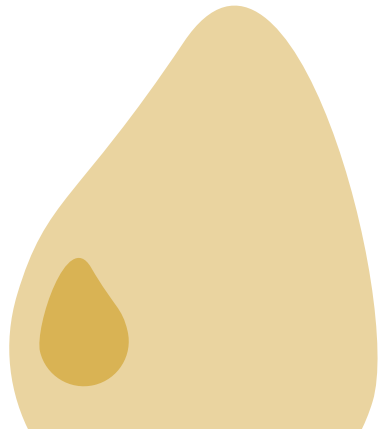
Align is part of the Yoga Collection. It's a blend designed to create centering and alignment. Like a tuning fork, heaviness is lifted and we are brought in closer contact to our soul. We become aware of our negative choices and are able to see new possibilities and options. Align reminds us of our heart's whisper and as we move in that direction we live from our essence in deep integrity. Confusion and a lack of flow are replaced by clarity, peace and a sense of direction. When we accept our stand-point, it's much easier to act. Alignment should always come before action.



Anchor

Contains: Lavender, Cedarwood, Frankincense, Cinnamon, Sandalwood, Black Pepper and Patchouli.

Anchor is part of the Yoga Collection. It is a blend designed to create grounding. It acts as an anchor helping us to land deeply within ourselves. We are inspired to take the first step and find the courage to do so. Anchor provides a steady and supportive hand providing us with peace in moments where we feel unsafe or unstable. Our fear is replaced by clarity and calmness supporting us in becoming our own greatest cheerleader. As our intuition is strengthened we are able to see solutions instead of the challenges that we are not able to handle.



Arise

Contains: Lemon, Grapefruit, Siberian Fir, Osmanthus and Melissa.

Arise is part of the Yoga Collection. It is a blend designed to lift our mood and raise our consciousness bringing us enlightenment and a deeper intuition. We are lifted to new heights uniting our mind, body and spirit. As we are reminded of the divinity we

all possess, the connection to our higher power is strengthened.

Arise shows us how to replace burden and duty with joy and enthusiasm, which is our true life purpose. This blend is ideal for people who tend to carry things that are not theirs to carry. It's for those who often end up postponing joy and pleasure.



I LOVE Arise. Just smelling it straight out of the bottle is magic and very uplifting. It's also divine in the diffuser.

Anchor, Align and Arise are all part of the Yoga Collection designed by my American upline Elena Brower. The kit is created to open the heart, lift the mood and ensure a deeper connection with the body. I use it in the diffuser, and it is ideal when practising yoga.

Elena gave me The Yoga Collection when I met her at a workshop for the first time in Copenhagen. For days I would sit and inhale Arise while I waited in


deep anticipation for my very first order to arrive. The moment before the moment. Those moments are filled with magic and stored in our hearts for eternity.



AromaTouch

Contains: Cypress, Peppermint, Marjoram, Basil, Grapefruit and Lavender.

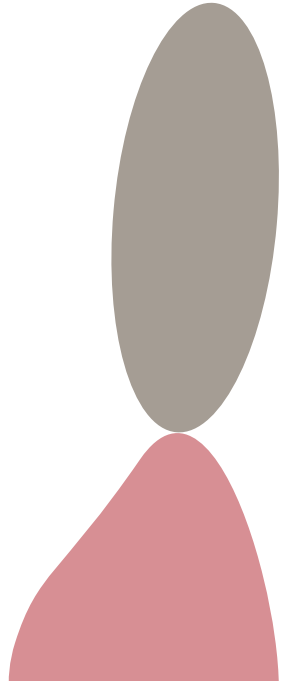
AromaTouch is a message in a bottle. This is the oil for relaxation. We are able to replace stiffness from body, mind and spirit with flexibility and flow. As the stiffness leaves our system, we give our heart room to open again. AromaTouch shows us how to improve circulation and flow in the body but also in our lives in general. We are able to relax, open up and glide in harmony with the universe. Tension is stressful and sometimes even painful and it takes our focus away from all the things we want to create and enjoy. Comfort is our natural state and the soul wants balance.



Balance

Contains: Spruce, Ho Wood, Frankincense, Blue Tansy, Blue Chamomile and Osmanthus.

Balance is a grounding blend with different tree notes. Trees are able to live in the now. They are stable and never rush so we can borrow that wisdom. We are able to connect in a deeper way with our lower body, our roots and the planet. This is a great antidote for people who tend to be in their head too much or spend excessive time and energy on their endless visions. Balance teaches us to act more than we speak so we don't end up numbing ourselves or becoming absent-minded. As we ground more we are able to manifest tangible results from an inner power in a balanced way.



Beautiful

Contains: Lime, Osmanthus, Bergamot and Frankincense.

Beautiful is an uplifting blend. We are supported in areas of confidence, self-acceptance, self-respect and self-love. When our hearts are closed we feel unworthy and we will begin to dislike parts of ourselves. Beautiful mends hearts and we begin to love again. We are able to remove our focus from outside influences with demands and judgements and turn our focus inwards. As we find our value from the inside we begin to shine more, making us feel our true

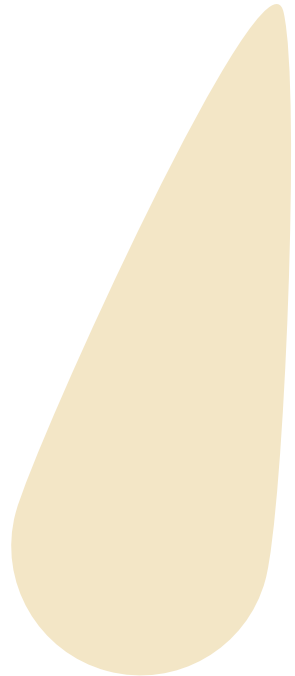
beauty. This blend is amazing for teen girls (and others) who feel “ugly” or struggle with a low self-worth. Beautiful comes in a delicious Body Mist. It is ideal after a shower and also wonderful on hair.

My oldest daughter Elvira has struggled with feelings of not being beautiful enough. It is hard to understand because she looks like a goddess. But feelings are feelings. The other day she came into my room asking: “Is it okay to use Beautiful if you are feeling pretty?” So cute. I really love those oils.

Brave

Contains: Wild Orange, Amyris, Osmanthus and Cinnamon.

Brave is a blend from the Kids Collection created to provide us with courage. We are supported in confronting the inappropriate conclusions we have created about ourselves from having negative experiences. Brave provides us with the audacity and strength to act on challenging tasks. We gain confidence in our own abilities and we find the backbone to communicate our authentic thoughts and feelings. This blend is ideal for feelings and experiences of being an outsider including bullying and exclusion. The Kids Collection is designed for kids but is also great for sensitive souls.



Calmer

Contains: Lavender, Cananga, Buddha Wood and Roman Chamomile.

Calmer is a blend from the Kids Collection created to provide our nervous system with rest and deep calmness. This blend is ideal for worry, feelings of lacking control, overwhelm and too much stimuli. We come in contact with the things that are meaningful to us, which calms the brain and provides a nurturing stillness. The world gets to hustle on while we take a break from everything and land in the feeling of “all is well in my world”. Calmer is amazing on the soles of the feet before bedtime creating deep sleep. The Kids Collection is designed for kids but is also great for sensitive souls.



Cheer

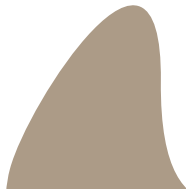
Contains: Wild Orange, Clove, Star Anise, Lemon, Nutmeg, Vanilla, Ginger and Cinnamon.

Cheer is an uplifting blend created to transform heaviness and gloomy thoughts and emotions so that we end up feeling hopeful.

Everything begins with hope because hope clears the way for new possibilities. Life is not supposed to be a cycle of permanent suffering and pure survival where one bad thing leads to another. Cheer reminds us to smile

inside and out. We feel resourceful thoughts taking us back to meaning and joy. Understanding that life is supposed to be fun, we become aware of the fact that we are on a detour if joy doesn't play a central role in our life.

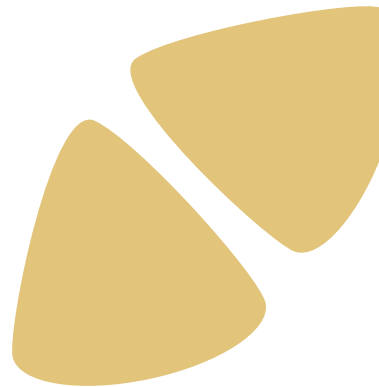
My son Villads loves Cheer. That blend has lifted him out of many melancholic moments, dissatisfaction and blue feelings on a rainy day.



Citrus Bliss

Contains: Wild Orange, Lemon, Grapefruit, Mandarin, Bergamot, Tangerine, Clementine and Vanilla.

Citrus Bliss connects us with creativity. You may not feel creative but, in all honesty, we are all creative individuals and we are all created through creativity. Inhibited expression is part of being in the flow. If we are wounded it takes a lot of courage to share ourselves with the world for fear of attracting judgement, evaluations and assessments. Citrus Bliss supports us with motivation and drive. We regain our spark if we have lost our magic and creative power. Abundance and spontaneity replace feelings of discouragement, limits and insecurity.



ClaryCalm

Contains: Clary Sage, Lavender, Bergamot, Roman Chamomile, Ylang Ylang, Cedarwood, Geranium, Fennel, Carrot Seed, Palmarosa and Vitex.


ClaryCalm is a blend that opens us up to vulnerability and openness. We become softer and more receptive. This blend supports emotional intimacy creating more warmth in our relationships including the relationship with ourselves. The mothering aspect awakens and we are filled with a lot more empathy. ClaryCalm strengthens our reproductive organs including our hormones. It is ideal during menopause and it also relieves physical and emotional pain or discomfort during menstruation. Not to be used during pregnancy until the end.



Console

Contains: Frankincense, Patchouli, Ylang Ylang, Labdanum, Amyris, Sandalwood, Rose and Osmanthus.

Console is a unifying blend bringing relief and comfort when we are tormented with sadness, grief, loss and pain. It is very soothing at funerals and amazing for every form of sadness, even undefined grief. Console provides us with a deep stillness in times when we find ourselves feeling shattered. As we are able to feel our pain we can let it circulate up and out. Finding the courage to embrace stillness and emptiness is essential in every healing process. Sadness is one of the basic feelings. It is very important that we are able to feel our grief without being paralysed.



DDR Prime

Contains: Frankincense, Wild Orange, Litsea, Thyme, Clove, Summer Savory, Niaouli and Lemongrass.

DDR Prime is the blend for transformation. In letting go of what no longer works, we are able to create room for the new. This is the essence of transformation. DDR Prime supports broken cells in either being escorted out of the body or being repaired. The body is then able to return to balance, authenticity and vitality. Baggage and toxins are detoxed in a deep way. Negative family patterns are transformed in the DNA. We and our cells begin to

understand that transformation is possible. The transformation begins to show itself as we take new and innovative routes. I really love DDR Prime. I take two softgels every day. The blend provides me with a feeling of supporting my cells in a deep way. It's like everything that isn't needed is sorted and escorted out on a cell level but also in my life in general. I'm supported in being the one that life continuously guides me to become. My husband and the kids all take DDR Prime every day and they are also in a continuous cycle of growth.

Deep Blue

Contains: Wintergreen, Camphor, Peppermint, Ylang Ylang, Helichrysum, Blue Tansy, Blue Chamomile and Osmanthus.

Deep Blue is a blend designed to show us how to let go of our pain. We experience pain because we pressure ourselves too much and we become pressured by pain. This blend helps us to feel the painful emotions we try to keep locked inside. We are

able to let go of the pain as we transform our emotions. There is always a story and a roadmap behind our pain and Deep Blue works as a loving guide. It is also a perfect blend for newbies in bodywork and awareness. We are gently taken by the hand in our self-development without having to know or express much.



I have been challenged a lot by the martyr and savior role resulting in so much tension in my neck, shoulders and head. My tension has lessened as I have learned to stop carrying other's burdens or my own with a smile. I'm no longer biting my tongue and hiding my truth.

I can still experience a feeling of losing control and that feeling goes straight to my head and neck. DoTERRA has a lotion called Deep Blue Rub and it saves me every time. The blend also contains Blue Tansy, which inspires us to take inspired action. That way I'm able to let go of all the patterns I would have

stored in my head and neck area.

Deep Blue transforms our physical pain but we also begin to understand why we experience the pain in the first place so we are able to course-correct and make new choices.

Elevation

Contains: Lavandin, Tangerine, Lavender, Amyris, Clary Sage, Sandalwood, Ylang Ylang, Ho Wood, Osmanthus, Lemon and Melissa.

Elevation is an uplifting blend designed to create joy. Despair, heaviness and a lack of hope are replaced by optimistic vibes lifting the body, mind and spirit. We are able to let go of our lower vibrations as we connect with our heart. From this place it is a lot easier to transform negative habits, making it easier to steer away from negative choices. Elevation brings us a deeper awareness so that we gain useful

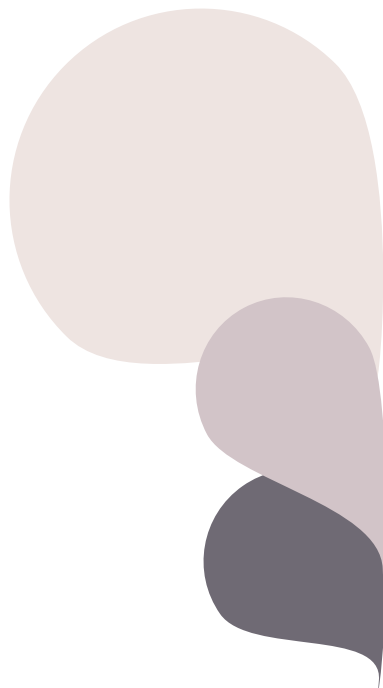
insights. We reconnect with the playful side of us regaining hope and meaning. Positivity, light and creativity are restored bringing flow and abundance.

The way I see it is that we are here to experience deeper and deeper levels of joy. We are here to create and feel joy through our physical body in physical surroundings. Joy is one of the highest vibrations, meaning that living in joy demands higher levels of consciousness. At some point, we need to let go of our conditioning and find the courage to follow the steps our heart wants us to take.

Forgive

Contains: Spruce, Bergamot, Juniper Berry, Myrrh, Arbovitae, Nootka, Thyme and Citronella.

Forgive is a blend designed to transmute anger, bitterness and cynicism. We are supported in feeling our real needs and to understand how to honor our boundaries. We return to mercy and spaciousness and also to the relationship with ourselves. Forgive teaches us forgiveness, understanding, tolerance and empathy. Even though anger is one of the basic feelings, it is always related to resistance and something we are not willing to feel. Anger sets us directly in the drama triangle as it is connected to blame. It's very liberating to release all forms of anger.



HD Clear

Contains: Black Cumin, Ho Wood, Melaleuca, Litsea, Eucalyptus and Geranium.

HD Clear is a blend designed to assist us in looking past our imperfections. It is ideal for people, especially the passive aggressive ones, who tend to encapsulate their anger, guilt and self-judgement. When we hold our emotions inside they will still exist in our life experience on a subconscious level. This means that we are able to feel the imbalances but we are not able to understand why or how. We will explode or implode over things without understanding the real root of our outbursts and then

turn to blaming our surroundings or experiences. HD Clear helps us to feel worthy again. On a physical level, HD Clear was created to transform acne and skin impurities. The blend contains Black Cumin, which aids challenged skin. According to Louise Hay, pimples are small outbursts of encapsulated anger and acne is about self-hatred and a lack of self-acceptance. Teenagers, who tend to keep their emotions inside, will be nurtured deeply by this blend. The HD collection also contains an amazing face wash and a nurturing lotion. Purify is a great supplement for skin challenges.

Hope

Contains: Bergamot, Ylang Ylang, Frankincense and Vanilla.

Hope is a blend designed to provide light in the darkness. We are able to go from deep despair to hope as we slowly see the light at the end of the tunnel. Hope helps us to transform all feelings of being unloved, unworthy, abandoned, lonely and shameful. Trauma and pain are released and we realise that we are so much more than our story. We consist of pure light. All shades of darkness are learned and we are able to release our darkness anytime. Hearts can be healed,

minds can be transformed, and bodies and lives can be rebuilt.

My spiritual journey began with the knowledge that the world is one giant mirror. I understood that the world is as we are. I travelled the world and came across Debbie Ford and her Shadow Work. She was big on teaching that we contain everything - both light and darkness.

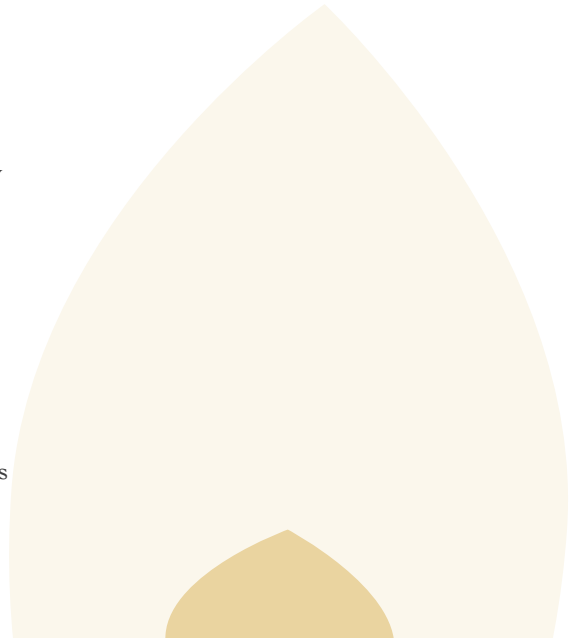
I noticed back then that something around the Shadow Work felt heavy to me. I had a clear intuition that all darkness is

learned. Darkness is not part of our essence and the many dark and heavy shades can be transformed and released.

Today, I understand that our essence is pure light. All darkness is trauma and baggage. If the darkness is inside of us we will see it in others and we will manifest physical examples of it. Our darkness can even evolve to energetic entities, which in many ways can make us cultivate the darkness.

The Hope blend smells divine. The full purchase price of each doTERRA Hope bottle is donated to doTERRA's Healing Hands

Foundation. Profits are also donated to this Foundation from sales of DoTERRA's hand lotion with Rose.



InTune

Contains: Amyris, Patchouli, Frankincense, Lime, Ylang Ylang, Sandalwood and Roman Chamomile.

Intune is a blend designed to bring us into contact with the now. When the mind is silenced, we are able to ground in an intense presence where we achieve the capacity to handle one idea at a time. This is a great blend for people who tend to lose themselves in mind spin and therefore are not acting on the next, logical step. Intune assists us in connecting with the physical aspects of ourselves like our body and our surroundings. As we accept our standpoint, we are able to take responsibility and act from there. It's ideal for types who tend to postpone things and stagnate.




Motivate

Contains: Peppermint, Clementine, Coriander, Basil, Yuzu, Melissa, Rosemary and Vanilla.

Motivate is a blend designed to provide encouragement, motivation and inspired action. We are assisted with the intent and the ability to act on our intuitive impulses. As we stand strong, we are able to tackle obstacles, limits and challenges. This blend is ideal when we postpone things or wander at the most crucial times. Motivate is ideal for heavier tasks that we are not ready to finish. We are motivated to begin and, from there, the flow is established and the heaviness

vanishes. The urge to complain is transformed and we seize hold of our drive.



Motivate is such a great blend. It really does provide motivation, which can be much needed at times. I would recommend that you take notice when you tend to reach for the blend. When we are not naturally inspired and in need of motivation, there is often something we can adjust

in order to work in more aligned ways with our design. Ideally, we should love the tasks we are choosing for ourselves so much that we don't need any motivation. But once in a while we can benefit greatly from a boost of motivation.

On Guard

Contains: Wild Orange, Clove, Cinnamon, Eucalyptus and Rosemary.

On Guard is a blend created to provide healthy boundaries and protection from certain personalities as well as bacteria, fungus, parasites and virus. This blend is known to boost the immune system. We are supported in standing strong and saying yes or no to the right things for us. On Guard is great for any forms of co-dependency. As we are able to avoid the negative choices, we spare the body so it doesn't have to handle the destructive

and draining consequences of the negativity. We are shielded from outside threats and strengthened from the inside and out.

On Guard challenged me wildly in the beginning of my doTERRA journey. I had painful blisters in my mouth from using the toothpaste and the smell was really getting to me. Back then I thought: Why would you put On Guard in anything? Now I'm thinking: We need to have On Guard in everything!

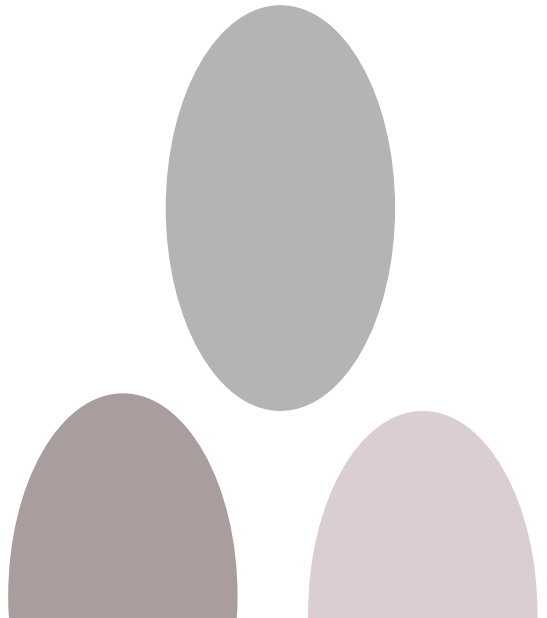
It is the easiest, smartest and most simple way of strengthen-

ing the immune system and to, once and for all, install healthy boundaries.

DoTERRA carries a whole line of On Guard: toothpaste, laundry detergent, cleaning concentrate, mouth wash, hand soap, hand sanitiser and softgels. We now create our own dishwasher soap and chemical-free cleaning supplies. It's quick and easy. Even stubborn stains are removed from the laundry. Our teeth have never been cleaner or whiter. Many of my customers

are now being praised when they visit their dentist.

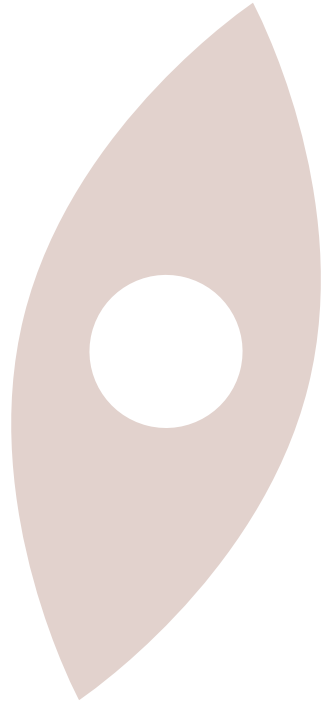
As you can imagine, the On Guard line has become a big part of our life. DoTERRA even makes drops with On Guard and they provide me with instant joy.



Passion

Contains: Cardamom, Cinnamon,
Ginger, Clove, Sandalwood, Jasmine,
Vanilla and Damiana.

Passion is an uplifting blend teaching us to LIVE life to the fullest. We connect with the euphoria of life, which is the whole point of being here. Creativity, spontaneity and imagination is boosted while the urge for duties and boring routines is lowered. Passion provides us with the courage and the desire to move outside of the comfort zone where all new learning and growth resides. The heavy vibration of seriousness and obligation is replaced by enthusiasm, fun and excitement. Pleasure will be an important focal point in our life bringing vitality and aliveness back.



PastTense

Contains: Wintergreen, Lavender, Peppermint, Frankincense, Cilantro, Marjoram, Roman Chamomile, Basil and Rosemary.

PastTense is a blend created to support us in releasing stress plus emotional and physical pressure. The body is able to relax and can let go of tension. Our fear behind the pressure, stress and pain is transformed in a way that we allow. Balance is re-established as our traumas are released. Our energy system is strengthened and we become aware of the patterns behind our urge to struggle, burn out and reach pain

and exhaustion. It is so important to understand what is making us tense-up in order for us to make new and more nurturing choices without pain.

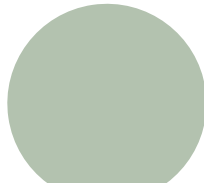
I use PastTense as soon as I experience a slight tension in the back of my head. If the tension turns into a headache, I also take a few drops of Frankincense and Copaiba on my tongue and then sometimes inhale some Lavender.

PastTense was my introduction to doTERRA's oils. I got a PastTense through my sister's hair salon years ago so that blend

will forever feel special to me. It was that same blend I recommended to my upline Maj Larsen on the certification evening of my Spiritual Mentor Education because she had a headache. The same Maj who, a few years later, patiently kept nudging me for six months about joining her on the oil adventure.

After some initial no's from me, we ended up together at a workshop with Elena Brower in May 2019 where I suddenly felt a big

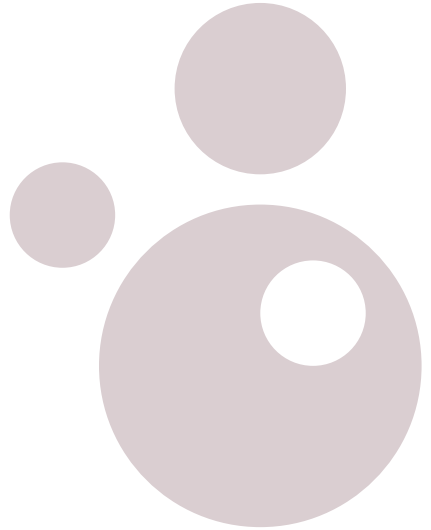
whole body “yes” and I haven't looked back since. I almost can't bear the thought of life without doTERRA and all the magic that landed when I said yes to the journey of becoming an oil baroness.



Peace

Contains: Vetiver, Lavender, Ylang Ylang, Frankincense, Clary Sage, Marjoram, Labdanum and Spearmint.

Peace is a blend designed to provide a deep inner and outer peace, which is something most lack. Many live with a constant pressure and stress both from the inside and the outside. Peace inspires us to let go of all control and the many invitations to experience noise, struggle and drama. We arrive in a place of emptiness and silence, understanding that world peace begins with us. The tendency to force and push leaves our system, and we understand why we felt forced to do so through our disconnection and overwhelm. Peace shows us how to connect, feel safe and experience silent tranquility.



Purify

Contains: Lemon, Siberian Fir, Citronella, Lime, Melaleuca and Cilantro.

Purify is a blend created to provide purification and detoxification. We are supported in letting go of the emotions that function as poison to us. This blend revitalises our energy system by detoxifying all negative influences. It's ideal for people who feel trapped and stagnated by negativity. Purify is also very effective as a space clearer for rooms or places with stagnant energy where it cleans both odors and energies. In order to grow and manifest new things, we have to let go of the old that is blocking alignment and flow. The universe fills in empty space so it's important to make room.



Rescuer

Contains: Copaiba, Lavender, Spearmint and Zanthoxylum.

Rescuer is a blend from the Kids Collection created to provide relief from pain, which for children is often in the form of growing pains, bruises and bumps. This blend will ease tenderness after a long day at the playground or the trampoline. Rescuer eases anxiety, fear and worry, and digests any unprocessed emotions. We understand that all pain is really emotions we weren't aware of or emotions that are so overwhelming that we try to avoid them. The Kids Collection is designed for kids but is also great for sensitive souls.



Salubelle (Immortelle)

Contains: Frankincense, Sandalwood, Lavender, Myrrh, Helichrysum and Rose.

Salubelle is a blend created to provide spiritual insight. The combination of high vibration and grounding notes unites heaven and earth, and we are inspired to new heights of awareness.

The result is an inner peace and awakening of body, mind and soul. We are assisted in letting go of darkness, negativity and limiting beliefs. Salubelle brings positivity, hope, love and grati-

tude. As we let go of burdens and disconnectedness, we find grace and stillness. This blend is ideal for people who are going through a dark night of the soul where we experience a crisis of meaning.

Salubelle is also known as Nature's Botox. It is perfect to roll over the fine lines of the face every night. I mix Salubelle with organic Jojoba oil to create a nourishing serum. This blend is also very effective for scars and stretchmarks.

Serenity

Contains: Lavender, Cedarwood, Ho Wood, Ylang Ylang, Marjoram, Roman Chamomile, Vetiver, Vanilla and Sandalwood.

Serenity is a blend created to provide calmness and a great night's sleep. We are supported in letting go of stress, over-responsibility, nervousness and overwhelm. This blend will make us aware of the underlying causes of our unrest when we can't seem to relax because we are overloaded with thoughts or emotions. A constant pressure, burdens and too much heavy lifting will disturb our ability to

chill. Serenity brings us back to ourselves and, from there, we become aware of our imbalances so we can adjust and recharge providing peace and reflection.

Serenity also comes as softgels. I take one every night before bedtime. I love to add two drops of Serenity and four drops of Wild Orange to the diffuser. You can also mix ten drops of Serenity with some water in a spray bottle. This creates a soothing room spray, which is also delicious to spray over your bedding.

Smart & Sassy (Slim & Sassy)

Contains: Grapefruit, Lemon, Peppermint, Ginger and Cinnamon.

Smart and Sassy is a blend created to strengthen the feeling of inner beauty and then creating beauty on the outside. If we are struggling with weight, we will become conscious of the underlying feelings behind our struggle. We understand that we can't hustle or force our way to a sustainable weight loss and we begin to understand and connect

with our real needs, longings and passions. Smart and Sassy helps us to transform feelings of self-judgement and low self-esteem. The more we are able to appreciate our body the more it reaches its ideal weight.

Smart and Sassy also comes as softgels. I take one every morning. That way I don't feel like I need to eat something constantly. I crave less sugar and I also tend to eat smaller portions.



Steady

Contains: Amyris, Balsam Fir, Coriander and Magnolia.

Steady is a blend from the Kids Collection created to provide grounding at times where we are outside of our comfort zone looking for inner and outer peace. This is a great blend for all kinds of fear, worry and nervousness. Stress and overwhelm is transformed so we feel more balanced. We understand that all is well and this makes us release our urge to control the fear of the unknown. We find a safe haven in the middle of the storm and, from

there, we are able to stand strong in ourselves. The Kids Collection is designed for kids but is also great for sensitive souls.

I love to apply Steady before shopping with my girls who can shop for hours without dropping. It's also a lifesaver for visiting big cities or busy places where I tend to pick up on everyone's energies. My oldest daughter Elvira uses Steady before presentations at school.

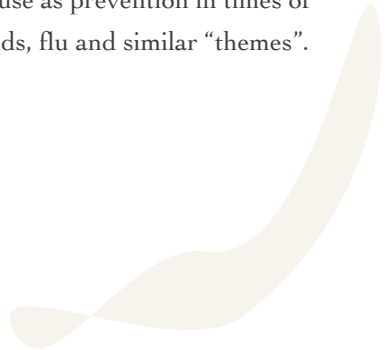
Stronger

Contains: Cedarwood, Litsea, Frankincense and Rose.

Stronger is a blend from the Kids Collection created to protect and ease the body both physically and emotionally. We are supported in creating effective and wholesome boundaries so we are not blending with the imbalances of the people around us. Our own truth stands out and we are able to connect with it more deeply. Stronger will rejuvenate and vitalize us from the inside and out. As we stand tall in our truth, we become stronger and

we are not open to negative outside influences. The Kids Collection is designed for kids but is also great for sensitive souls.

Stronger is known to boost the immune system. It's great to roll over the chest, along the spine or on the soles of the feet at times where we feel a little under the weather. It is also a great blend to use as prevention in times of colds, flu and similar "themes".



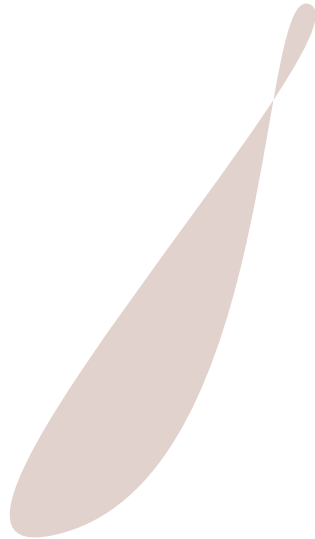
Tamer

Contains: Spearmint, Japanese Peppermint, Ginger, Parsley Seed and Black Pepper.

Tamer is a blend from the Kids Collection designed to create integration. We are supported in integrating our thoughts, emotions and experiences. This blend is ideal for all kinds of challenges with our digestion, which essentially is all about us not being able to digest life properly making us store too many unprocessed emotions in our body. Tamer teaches us how to process our emotions so we can let go of the ones that are not needed.

We are able to act and recreate the flow. The Kids Collection is designed for kids but is also great for sensitive souls.

Tamer is the children's version of ZenGest (DigestZen).



TerraShield

Contains: Ylang Ylang, Tamanu, Nootka, Cedarwood, Catnip, Lemon Eucalyptus, Litsea, Vanilla and Arborvitae.

TerraShield is a blend designed to provide a protective shield. It was originally created to protect against insects but this blend can be used for so much more than that. We are supported in staying calm even if we are under verbal or energetic attack. Animals, children and empaths can be very challenged by the fact that they have difficulty in distinguishing between their own and other

people's emotions. They tend to blend with the surrounding energies. This can be draining and it is a result of poor boundaries. TerraShield shows us how to be self-contained.

TerraShield comes as an oil and as a spray. It is also great for dogs so they won't attract ticks and other insects. You can also create a roller with TerraShield, Citronella and Lemon Eucalyptus. This will work as a mosquito repellent. Lavender is soothing if you experience itching.

Thinker

Contains: Vetiver, Peppermint, Clementine and Rosemary.

Thinker is a blend from the Kids Collection created with the brain in mind to provide focus and concentration. Most people are overstimulated and suffer from the many daily distractions they encounter, constantly making it difficult to centre their attention.

Thinker helps us to prioritize and make room for the things that matter most to us. We are also supported in going from one activity to the next, adapting to life's many changes. Information overload is replaced by mental clarity and attention. The Kids Collection is designed for kids but is also great for sensitive souls.



I use Thinker if I need to collect my thoughts and focus my attention on more demanding tasks. Thinker is great for working with numbers and to-do lists whereas InTune, for example, is perfect for channelling and teaching. My youngest daughter Bella has Thinker in her schoolbag and takes it out when she is faced with challenging or boring homework. It is also a great blend if you are tired in the afternoon but still have things to accomplish. More often, this is when I go for a nap and let my brain rest and recharge.



Whisper

Contains: Patchouli, Bergamot, Sandalwood, Rose, Vanilla, Jasmine, Cinnamon, Vetiver, Labdanum, Cocoa and Ylang Ylang.

Whisper is created to strengthen imbalanced or blocked feminine energy both in males and females. If we are too masculine, Whisper helps to balance and connect us with a deep, nurturing softness. This blend will also transform hardness and resistance towards women and the feminine in general.

Whisper heals and transforms our relationships to the women before and after us. Intimacy

is restored and our hard shell is slowly broken down so we are able to receive and allow in greater amounts. Our sensuality and sexuality are awakened and heightened.

Whisper is amazing as a clean perfume. It's my favorite.

Zendocrine

Contains: Tangerine, Rosemary, Geranium, Juniper Berry and Cilantro.

Zendocrine is a blend designed to create vitality and change by cleansing the organs and the many systems in the body. It is ideal for periods of change and growth. We are lifted out of self-sabotaging and destructive patterns as we clear the way for new and more nurturing ways of living. Zendocrine is great for times where we are working

on changing our habits. We are awakened and vitalized. New perspectives re-emerge and the flow is re-established. We become ready for new adventures and able to transition our old beliefs and habits.

Zendocrine comes as an oil and as softgels. My oldest daughter Elvira takes them after an intense night. I also take them at times where I feel the urge to show my organs some extra love.



ZenGest (DigestZen)

Contains: Anise, Peppermint, Ginger, Caraway, Coriander, Tarragon and Fennel.

ZenGest is a blend created to support us in digestion. This includes the physical digestion, energetic digestion and assimilation of life in general. It is an amazing blend for over-stimulation and overwhelm and therefore also ideal for the highly sensitive and everyone on the autism spectrum. ZenGest creates space for the new and we are able to take a lot more in and manage more. It's also a great blend if we feel overfed or under-nurtured because

our lives are filled with too much unnecessary noise. We regain the appetite for our real longings and are able to digest them.

ZenGest is amazing for nausea, stomach cramps, constipation, diarrhea and motion sickness.

I really love ZenGest. I always have it in my bag with PastTense if I'm going out and I reach for it often when I'm at home too. As a highly sensitive soul, I'm often overstimulated and it's so amazing to have something that can ease that feeling within seconds.



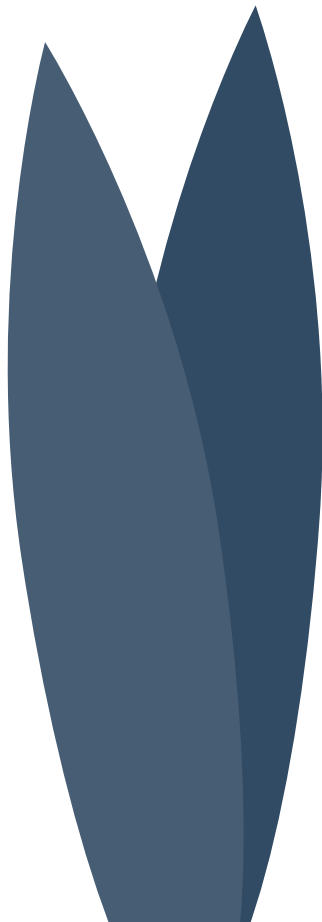
Special oils

Some oils appear in the shop for a limited time only. DoTERRA calls them LTOs (Limited Time Offers). I have chosen to include some of them here, mindful of the fact that it can be very annoying to read about the perfect oil when you are not able to buy it in the shop. Consider this as a warning if you continue to read...

Blue Lotus

Blue Lotus was used by the Egyptians to reach high levels of consciousness. This oil will support us in sacred union, meaning we become aware of oneness and the correlation of things. Blue Lotus is known to awaken the third eye and the pineal gland, which has been suppressed for centuries with the purpose of avoiding awakenings and clairvoyance. As our third eye opens, we are able to discern truth from lies and we see things clearly. A very calming oil creating a nurturing sleep, it is great for meditation and stillness. Blue Lotus is also used as an aphrodisiac.

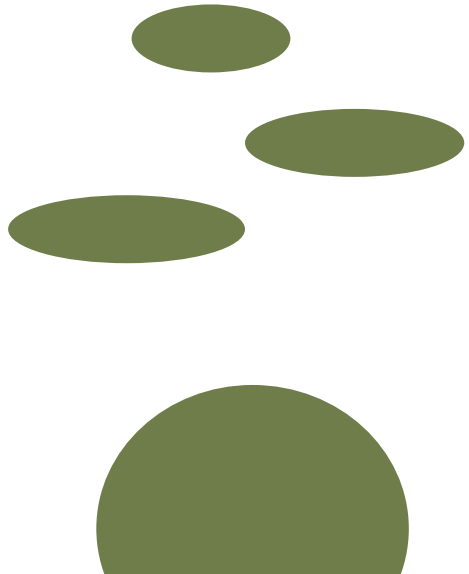
I love to apply Blue Lotus on my third eye. It supports my ability to channel enormously. I really enjoy the scent too.



Hinoki

Hinoki brings relaxation and calm energies. We experience a feeling of peace and order, which is often the feeling you get as you walk through a Japanese garden. Over-stimulation and stress are lowered and we are supported in letting go of clutter and disharmony.

Hinoki helps us achieve an energetic flow that reaches out to the physical realm. We are able to act in a much more balanced way. The turbulence of life affects us less. The addiction to busyness is replaced by the wisdom and respect for the timing of things. We begin to honor the depths of slowing down to speed up.



Kumquat

Kumquat shows us how to align with our authentic presence. In order to do that we have to understand our design and our essence by honouring our yeses and noes. This oil is ideal for people who are overly judgemental and keep things locked inside while they pull off a smiling facade at the same time. Kumquat teaches us to lead from the inside instead of being pulled from our outside surroundings. As we begin to approve of ourselves, we become less obsessed with the recognition from others. The suppressed is expressed through our authentic self.



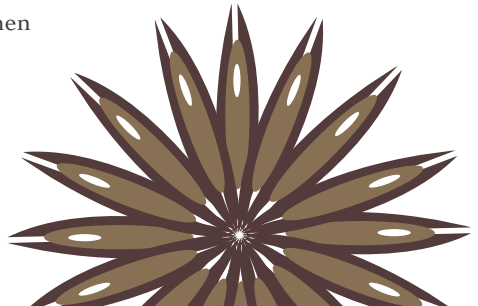
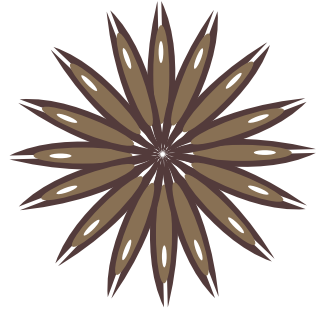
Red Mandarin

Red Mandarin provides us with the perspective of a child. We connect with a mild innocence and the deep wonders of life. Children are more carefree and they don't approach things with the heavy seriousness held by many adults. They flow more with life and adjust to life's many twists and turns. Red Mandarin is an amazing oil for burnt-out parents and, in many ways, we are all re-parenting ourselves. This oil is ideal for overwhelm, burdens, burn-out, stress and discouragement. We are inspired to focus on the sweetness of life, the magic of the now and simple joys.



Star Anise

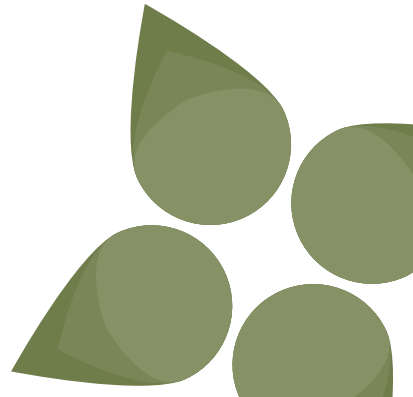
Star Anise empowers us with a divine femininity. We are guided towards wholeness and our heart's whisper. It is uplifting, balancing, warm and comforting. This oil transforms the tendency to withdraw or hold ourselves back. We are nurtured from the inside out and then supported in shining bright. Star Anise shows us how to feel confident, powerful and worthy. Our inner fire is ignited and we are guided towards expansion and new directions. We thrive and become strong as we dance through life feeling fluid and solid at the same time. We become regenerated and then re-awakened.



Amavi

Contains: Buddha Wood, Balsam Fir Wood, Black Pepper, Hinoki, Patchouli and Cocoa Extract.

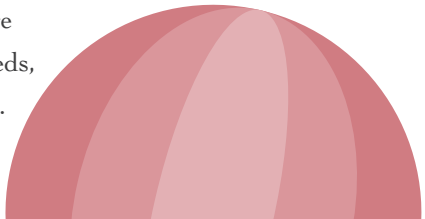
Amavi balances and grounds the masculine in both men and women, like a Kung Fu Panda vibe. We are able to stay strong in the midst of turbulence, understanding how to be powerful without becoming dominant or egotistical. It enables us to act in smarter ways without forcing or pushing too hard. Amavi transforms all the places in us where men or the masculine are a challenge. From the balanced masculine energy, we are able to act on the right things in the most optimal way without exhaustion while gaining impressive results - stable, strong and confident.



Holiday Joy

Contains: Siberian Fir, Wild Orange, Clove, Cinnamon, Cassia, Douglas Fir, Nutmeg and Vanilla.

Holiday Joy is a true Christmas blend designed to bring connectedness and celebration. We are supported in coming together as a family in joyful co-creation. Our past Christmas memories will determine how we receive and react to this blend. Over-giving and neglecting ourselves always lead to resentment, bitterness, stress and a lack of joy. Holiday Joy inspires peace, intimacy and cosy union, and we come in contact with everything that needs transformation and healing. As we are able to honor our boundaries and needs, we thrive through the holiday season.



Holiday Peace

Contains: Siberian Fir, Grapefruit, Douglas Fir, Himalayan Fir, Frankincense and Vetiver.

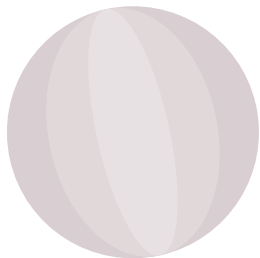
Holiday Peace is a Christmas blend designed to support the hibernating phase with lots of introspection. We are shown the many gifts of winter where we really get the chance to go inwards. Winter is a season for doing inventory, enjoying our

harvest and pondering how we want to spend our next year.

If our harvest is low, we get a chance to learn and adjust.

Holiday Joy brings healing to the generations before and after us. We are able to solve things that couldn't be solved before us.

Issues can be released and we have the opportunity to rebuild with lots of power in a peaceful way filled with restoration.



Our return to wholeness

You now know more about essential oils than most people. It can be an overwhelming journey in the beginning, but the simplicity is absorbed pretty fast in the cells and the oils slowly become a natural part of your lifestyle. Nature's got it and the body speaks the language of the plants.

Again and again, I find that the essential oils have a unifying effect for most people as we return to wholeness. Of course, we have to be ready for the inner and outer integrity that the universe offers - the shortcuts, the ease, the (self)love, the vitality, the freedom, the meaning and the joy.

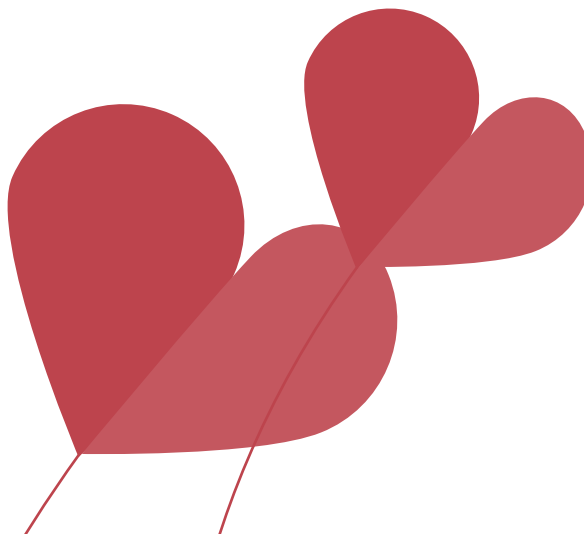
How long it takes you to return to wholeness and what you do with it is entirely up to you. This is something I really love - that there are so many roads to happiness and success with doTERRA. Our job is to open up and decide what we want from our journey.

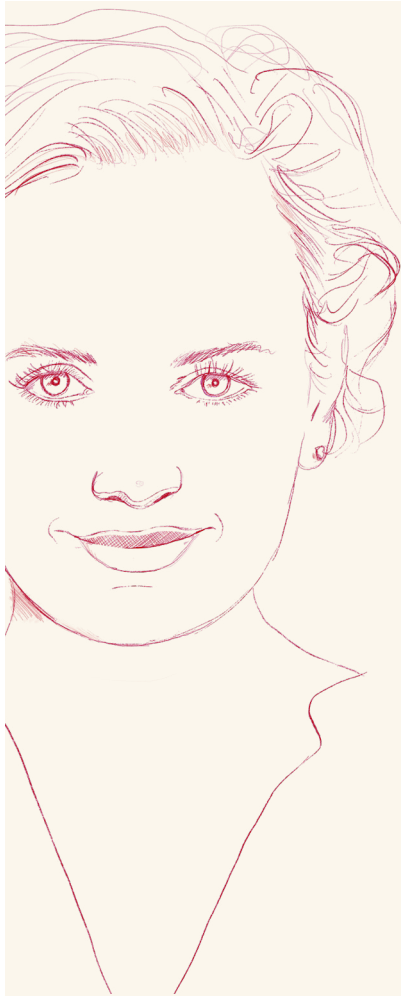
We have become so separated by toxins and negative choices, making us lose our connection to spirit and our source. By connecting with nature, we can go full circle back to where we were thousands of years

ago. Love, light and life will become our focal point. As we combine a higher consciousness with the wisdom of the plants, we enter a deeply healing relationship that provides everything we need and long for.

I would love to be a lighthouse on your journey. The essential oils and the many opportunities of the network has become one of my heart's callings. For years, I dreamed about serving on a massive scale in an easy way. Your dream probably looks different. The point is that whatever your dream is, it's now closer than ever.

Love C.





Christine Eilvig is an author, oil baroness and spiritual advisor. She currently lives in Denmark with her husband and their three children. Christine has the ability to put the complicated into words that are easy to follow so life flows much easier, as a form of holy and nurturing play.

Life Essentials functions as a reference book with descriptions of the different essential oils and it also provides a short introduction to the aromatherapy. Essential oils have the ability to transform the cells from within. With the help of the oils, we experience a form of silent therapy where we are able to feel and express our emotions. The body, mind and spirit will regain balance. Wholeness, meaning and joy become our new compass.

See more here: www.christineeilvig.com