

Gary's Great Day PROTOCOL



VALOR

Apply a few drops in the palm of your left hand. Gently rub your palms together in a clockwise motion. Bring your oiled palms to your nose, and inhale with a scent tent. Breathe in 6 times or more. Think about your intention for the day.

Place another drop on the inside of your wrists. Hold your wrists together for a moment. As you hold the pulse points of your wrists together, breathe in the oil. Take a moment to be still while affirming your intentions for the day.



HARMONY

Place a drop on your left palm. Rub your palms together in a clockwise motion, inhaling the blend.

Place a few drops on your solar plexus, just below your sternum and above your belly button. This is your third chakra, or your "will" energy center.

As you inhale the aroma, use the affirmation, "I am surrounded by love. All is well."



JOY

Place a drop of Joy into your left palm. Rub your hands together, and slowly inhale the scent.

Place your hands on your heart.

If you are looking to become more open-hearted, use these moments to let this blend infuse into your heart.



WHITE ANGELICA

Place a drop of White Angelica in your left palm. Rub your palms together, and deeply inhale.

Gently brush your palms over the crown of your head, down your neck, shoulders, chest, torso, and all the way down your legs to your feet.

Image this blend encasing your entire body, like a guardian shield.

Cup your hands and breathe in several times.

Revisit your intention for your day.

TheConfidentMom.com 

GREAT DAY ROLL-ON



5 drops Valor
5 drops Harmony
5 drops Joy
5 drops White Angelica

Add oil drops to a 10ml roller bottle.
Top off with V-6.
Use throughout the day and when you're on the go.