

Virtual ENERGY CIRCLE

Creating Vibrant Wellness: September 18, 2017

During this Virtual Energy Circle, our theme is creating vibrant wellness. You can accelerate your results by doing some prep before the session. This is your chance to customize your experience to get the most benefit.

NEW MOON IN VIRGO

We'll be working with our energy a couple of days before a New Moon in Virgo. New moons are a terrific time to set new intentions in your life, start new things and break old patterns. With Virgo's influence, you'll want to pay attention to any old or painful wounds, particularly emotional ones that might be showing up as physical illness. Virgo is an amazing healer, but you have to be willing to put yourself first. Can you do that?

It might be in the form of self-care if that's not something you've made a priority. It will be important to spend time processing your emotions from that deep wound. If what you've been doing hasn't been working, then this is a perfect opportunity to find a new path. And don't forget to be gentle with yourself.

Virgo is also a fan of organization and details. So, after our session, get organized by writing down exactly what changes you plan to make. Make them do-able daily activities that you can consistently perform over the next 30 days. You'll have a chance to course-correct at the full moon on October 5th.

The "big change" theme from the total solar eclipse on August 21st continues to support any change you want to make in your life. So, this is a great chance to make small changes that can have big impact for you. It's not about an "extreme makeover," but about finding a few small changes you can make, consistently, that address your deeper wound.

ENERGY BALANCING

We're going to dip into some subtle energy work you may or may not have used before. I love these particular techniques when working with emotions and deeper patterns that can lead to physical issues. We'll be working with three things to shift energy and support healing for things that block vibrant wellness.

Radiant Circuits	Infinity Pattern	Diamond Pattern
Our Radiant Circuits support all of our other energy systems. They are super responsive to thoughts and emotions and can activate our inner healers by tuning into your deepest wisdom. They are exactly how they sound - - energy circuits that can travel anywhere in and around the body to support radiant emotions and vibrant wellness. They are our most direct route to joy and emotional healing.	Our bodies absolutely love Figure 8s, that infinity loop. We'll be using them to make a huge difference in your wellness if you practice consistently over time. They are great connectors. Just like Radiant Circuits, they travel between energy systems connecting them and communicating wellbeing. Figure 8s, or infinity loops, process info between physical, emotional and spiritual levels.	So, this is an interesting one to me. Donna Eden actually did a Diamond Inlay technique at a workshop I attended many years ago. While that is a more extensive session, what stuck with me was how important the diamond pattern is to our bodies. I'll be using a simplified technique that encourages the diamond shape as a tool for balancing energy and creating new patterns.

ESSENTIAL OILS



There are so many essential oils that support and promote wellness. I'm going to suggest a few that promote radiant health, but that can also be used in multiple other ways around your home and in your life. Do a little online research to find out all the ways these oils are useful. You should already have Lemon if you attended the last Energy Circle.

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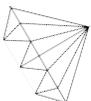
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People always ask which essential oil company to buy from. No company carries every essential oil, so it depends on what you need. Do your research. Find out how they source their products and test them to ensure purity and safety. Also, get your money's worth by making sure any single oil you purchase is undiluted, therapeutic grade oil – meaning it just contains one pure type of therapeutic-grade essential oil and is not mixed with carrier oils.

I use doTERRA more and more, although it's not the only company I buy essential oils from. It is one of the few companies that are really dedicated to creating high-quality, therapeutic grade oils they routinely test for purity. Because of that, I don't have to think about what I'm buying from them. Plus, they are super committed to empowering and giving back to communities globally. I can help you get a better price if you want try out doTERRA.

Lemon Essential Oil	Lavender Essential Oil	Peppermint Essential Oil
Lemon essential oil is probably one of the most versatile. If you want to cleanse – your body, your emotions your environment – Lemon can help. It aids in digestion, supports internal cleansing, purifies air and surfaces, and uplifts your mood.	Lavender essential oil is also a truly versatile oil. Not only does it lead to calm and relaxation (which is a great stress reducer), but it also promotes peaceful sleep and reduces anxious feelings. On top of all that, it's a great skin soother – bites, dry skin, etc.	When I'm feeling under the weather, I alternate between diffusing Lemon & Peppermint with doTERRA's On Guard I flip back and forth until I'm better. Peppermint promotes clear breathing and alleviates an occasional stomach upset. Plus, it repels bugs 😊
<p>Apply to skin: Try diluting one or two or a mixture of the essential oils with a carrier oil, such as fractionated coconut, almond or apricot and applying directly to the skin. A few cautions: Lemon can make your skin more sensitive to sun, so be careful if you will be out in the sun that day. Peppermint can be irritating when applied "neat," or directly to the skin without diluting it. Start with just a little bit placed on less sensitive skin to see how you react. Lavender can be applied neat, but always make sure you sensitivity test it first on a small area.</p> <p>Diffuse in the air: If you have a diffuser, it's time to pull it out and use it. Follow the instructions on your diffuser and add one of the essential oils. Try different ones out to see how they make you feel. Try mixing them together. I love Lemon and Peppermint together. We'll talk about ways to use all of these in our session.</p>		

CRYSTALS & STONES



Just like essential oils, one crystal or stone can serve many purposes. It's really about the intention you set. When it comes to healing, there are lots of choices in the crystal world. But, for this session, I'm suggesting a few great all-around healing stones that also have many other uses. You don't need all of these, or even big stones. Read the descriptions I've included and pick one that resonates with you. Don't worry! It will be exactly what you need right now.

Amethyst	Clear Quartz	Rose Quartz
Amethyst is much more than just a beautiful purple crystal. It's really an all-purpose stone. It encourages cell repair, a healthy immune system, and even protects your balanced energy as you move through our world. It calms and soothes, making it a great stress reducer when paired with the properties of healing essential oils.	This is one of my go-to crystals. What I love about Clear Quartz is that it's so versatile, affordable and available. I've even heard it called the "master healer." And with good reason. It supports healing on any level, from physical to emotional to soul and even past-life. Where does your issue begin? That's where you set intention.	I love, love, love Rose Quartz! If there is any chance that your healing needs have an emotional or heart-centered component, Rose Quartz is there to help you heal at every single level. Especially when there is a broken heart, abandoned inner child or just a deep wound at your heart center. It's time for a little extra love and light.

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LIMITING MINDSETS & AFFIRMATIONS



This is just my personal philosophy. I'm not a doctor. I believe that almost every physical illness also has an energetic or emotional component to it. Sometimes we just don't seem to heal unless we address that invisible cause that manifests as physical symptoms. I'm a huge fan of Gratitude as a healing tool. When you are truly grateful, you are filled with light and love. It's hard for illness to take hold in that environment. And really easy for vibrant wellness to flourish. So let's practice some gratitude.

Write down at least 5 things you are grateful for in your life. Make at least one of them about your current health.

Example: I am grateful for friends and family who laugh with me.

1. I am grateful...
2. I am grateful...
3. I am grateful...
4. I am grateful...
5. I am grateful...

Write down 5 things you "see" yourself doing if you feel truly radiant and vibrant. (Write them in present tense)

Example: I run 5 miles and feel so alive I could run 5 more.

- 1.
- 2.
- 3.
- 4.
- 5.

Write an affirmation that speaks positively about your health and wellness.

There are some examples listed below. Or, create your own.

My affirmation:

My body knows exactly how to support healing and I'm grateful it is doing it right this moment.

I listen to my body and gratefully do exactly what it needs for vibrant health.

I am grateful my body is vibrant and strong and knows exactly what I need to be healthy.

Gratitude flows through my body healing me at the deepest levels.

I deserve to heal and am grateful it's easy for my body to support healing.

I wake up refreshed and alive every morning after a great night's sleep.

Every cell in my body is healthy and vibrant.

I am pain free and full of energy.

I give myself permission to have vibrant and radiant health.

Miracles and magic surround me everywhere I go.

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SUPER-CHARGE YOUR SESSION

Here are some ideas to super-charge your results after our Energy Circle. Choose 1 or 2 to practice consistently over the next month. You'll have a chance to course-correct in about 2 weeks at the Full Moon, when things that are working or not working can be illuminated.

- Download the audio recording of the energy session and listen to it several times this week as you balance your energy. Include your essential oils, stones and affirmations if you can.
- Place your stone of choice (Amethyst, Crystal Quartz or Rose Quartz) in the health section of your home according to Feng Shui (It's the middle left section if you are standing at your front door and looking into your home – look up "Bagua" image online if you're still not sure where it is). Sit with your stone as you say your health affirmation.
- Wear your chosen stone (Amethyst, Crystal Quartz or Rose Quartz) as a beaded bracelet or necklace or place a small stone in your wallet or purse.
- Apply or diffuse one of the essential oils and say your affirmation out loud to yourself, setting an intention to release your fears around wellness and allow the possibility of your affirmation to be true, even for just this moment.
- Post your affirmation somewhere you'll see it each day (bathroom mirror, refrigerator, lock screen on your phone, screen saver on your computer) and take a moment when you see it to say your affirmation to yourself.