

## Essential Oils For Various Emotions

The cells of our bodies are all participants in a very sophisticated communication network. Interleukins, interferons, and lymphokines are types of messenger cells whose communications manage our immune systems. Interleukin 2 has been identified as the messenger cells that our bodies use to instruct the immune system on how to recognize cancer cells and other enemies of our physical well being. Without sufficient and well-functioning interleukin 2 cells, our phagocytes, B-cells, and T-cells, which would normally attack and kill abnormal cells like cancers, will misjudge them as friendly and allow them to live and multiply.

Interleukin 2 levels are reduced with overproduction of cortisol, a necessary steroid hormone that regulates many bodily functions. Having the right amount of cortisol is healthy, but too much can lead to sickness and even death.

A variety of emotional and spiritual factors have been shown to result in the overproduction of cortisol and the reduction of interleukin 2. These emotions include chronic anger, fear, anxiety, bitterness, and resentment. Negative attitudes such as lack of forgiveness, desire for revenge, repressed rage, a poor self image, inability to deal with a significant loss or trauma, and unrelieved stress around any issue can set up conditions favorable to the growth of cancer cells.

With a properly functioning immune system, it is impossible for cancer to take hold and grow. We have been given a certain amount of control over our immune systems by how we think, feel, and live. The molecular and cellular activities in our bodies may be chemical in nature, but much of the control of that chemistry is ultimately in the spiritual nature of our lifestyles.

Because of the ability of essential oils to help us release emotions, they can be of great assistance in getting to whatever emotional or spiritual roots our diseases and discomforts have. Do essential oils change our personalities or even our emotions? Of course not. But they seem to mitigate some of the power of these emotions and give us a little extra space in which to look more realistically or more creatively at our lives. Solutions seem to present themselves in the pause provided by the aroma of the oil. I can't explain it to you. I can only say that I have experienced it myself and seen it in others.

### *ABILITY TO LET GO*

<sup>Le</sup>Believe, <sup>Le</sup>Letting Go, <sup>Le</sup>QuietEssence, <sup>Le</sup>Synopsis, <sup>Le</sup>Tranquility, coriander, lemon, peppermint, pine

### *ABANDONMENT (FEAR OF)*

<sup>Le</sup>Faith, lavender

### *ABUNDANCE*

<sup>Le</sup>Acknowledge, <sup>Le</sup>Bountiful, <sup>Le</sup>Unity, cardamom, myrrh, patchouli

### *ABUSE (ALL/ANY)*

<sup>Le</sup>Angel, <sup>Le</sup>Beloved

### *ACCEPTANCE (OF LOVE)*

<sup>Le</sup>AgeLess, <sup>Le</sup>Angel, <sup>Le</sup>Believe, <sup>Le</sup>Beloved, <sup>Le</sup>Faith, <sup>Le</sup>Grace, <sup>Le</sup>Trust, chamomile Roman, melissa, pine, rose

### *ACCEPTANCE (OF SELF)*

<sup>Le</sup>Cherish, <sup>Le</sup>Believe, <sup>Le</sup>Beloved, <sup>Le</sup>Faith, <sup>Le</sup>Inner Peace, <sup>Le</sup>Letting Go, cypress, helichrysum, peppermint, petitgrain

### *ACCEPTANCE (OF CHANGE)*

<sup>Le</sup>Cherish, <sup>Le</sup>Believe, <sup>Le</sup>Beloved, <sup>Le</sup>Faith, <sup>Le</sup>Inner Peace, <sup>Le</sup>Tranquility, geranium, grapefruit, helichrysum, lemon

### *ALERTNESS*

<sup>Le</sup>Crystal Clear, <sup>Le</sup>IQ, bergamot, black pepper, cinnamon, coriander, eucalyptus, grapefruit, juniper berry, lavender, lime, peppermint, petitgrain, pine, rosemary, thyme

## *ALONE (FEAR OF BEING)*

<sup>Lc</sup>GoodNite, <sup>Lc</sup>Inner Peace, <sup>Lc</sup>Magi, <sup>Lc</sup>Whispering Hope

## *ANGER*

<sup>Lc</sup>Angel, <sup>Lc</sup>Cherish, <sup>Lc</sup>CinnamonBear, <sup>Lc</sup>Expressions, <sup>Lc</sup>Insight, <sup>Lc</sup>Letting Go, <sup>Lc</sup>LivN, <sup>Lc</sup>QuietEssence, <sup>Lc</sup>Revitalize, <sup>Lc</sup>Tranquility, <sup>Lc</sup>Trust, <sup>Lc</sup>Turmoil, <sup>Lc</sup>Unity, <sup>Lc</sup>Wisdom

## *ANXIETY*

<sup>Lc</sup>Angel, <sup>Lc</sup>Assurance, <sup>Lc</sup>Cherish, <sup>Lc</sup>EZ Traveler, <sup>Lc</sup>GoodNite, <sup>Lc</sup>Grace, <sup>Lc</sup>HeartSong, <sup>Lc</sup>Sego Lily, <sup>Lc</sup>Solitude, <sup>Lc</sup>Tranquility, <sup>Lc</sup>Trust, <sup>Lc</sup>Vision

## *APATHY*

<sup>Lc</sup>Assurance, <sup>Lc</sup>Believe, <sup>Lc</sup>IQ, <sup>Lc</sup>Vision

## *APPRECIATION*

<sup>Lc</sup>Connection, <sup>Lc</sup>Moonlight, <sup>Lc</sup>Reconciliation, <sup>Lc</sup>Sego Lily (feeling appreciated), <sup>Lc</sup>Trust, <sup>Lc</sup>Unity

## *ARROGANCE*

<sup>Lc</sup>Discernment, <sup>Lc</sup>Letting Go, <sup>Lc</sup>Reconciliation, <sup>Lc</sup>Trust, <sup>Lc</sup>Vision

## *ASSERTION*

<sup>Lc</sup>Millenia, <sup>Lc</sup>Vitality, basil, bergamot, black pepper, cedarwood, coriander, cypress, fennel, frankincense, ginger, jasmine, lime, litsea cubeba, patchouli, ylang ylang

## *AWARENESS (SELF)*

<sup>Lc</sup>Sanctuary, grapefruit, jasmine, helichrysum, lavender, lemon, rosemary

## *AWARENESS (SPIRITUAL)*

<sup>Lc</sup>Believe, <sup>Lc</sup>Grace, <sup>Lc</sup>Inner Peace, <sup>Lc</sup>Reconciliation, <sup>Lc</sup>Sanctuary, <sup>Lc</sup>Vision, chamomile Roman, frankincense, juniper berry, neroli, palo santo, rose

## *BABY BLUES*

<sup>Lc</sup>Baby Me, <sup>Lc</sup>HeartSong, <sup>Lc</sup>Reconciliation

## *BALANCED (EMOTIONALLY)*

<sup>Lc</sup>AboutFace, <sup>Lc</sup>Believe, <sup>Lc</sup>Connection, <sup>Lc</sup>Grace, <sup>Lc</sup>HeartSong, <sup>Lc</sup>Reconciliation, <sup>Lc</sup>Tranquility, <sup>Lc</sup>Unity, cedarwood, lavender, lemon, mandarin, orange sweet, rose, sandalwood

## *BENEVOLENCE*

<sup>Lc</sup>Bountiful, <sup>Lc</sup>Grateful Heart, <sup>Lc</sup>Reconciliation, benzoin, cinnamon, lavender, patchouli

## *BONDING*

<sup>Lc</sup>Baby Me, <sup>Lc</sup>Cherish, <sup>Lc</sup>Moonlight

## *CALMING (GENERAL)*

<sup>Lc</sup>Believe, <sup>Lc</sup>EZ Traveler, <sup>Lc</sup>Grace, <sup>Lc</sup>GoodNite, <sup>Lc</sup>HeartSong, <sup>Lc</sup>Insight, <sup>Lc</sup>Meditation, <sup>Lc</sup>Paine, <sup>Lc</sup>Tranquility, lavender, melissa, melissa blend

## *CALMNESS*

<sup>Lc</sup>Assurance, <sup>Lc</sup>Believe, <sup>Lc</sup>GoodNite, <sup>Lc</sup>QuietEssence, <sup>Lc</sup>Sanctuary, <sup>Lc</sup>Sego Lily, <sup>Lc</sup>Tomorrow, <sup>Lc</sup>Unity, chamomile German, chamomile Roman, clary sage, frankincense, helichrysum, lemon, mandarin, marjoram, neroli, rose, ylang ylang

## *CELLULAR MEMORY*

<sup>Lc</sup>AboutFace, <sup>Lc</sup>Insight, <sup>Lc</sup>Letting Go, <sup>Lc</sup>Grace

### *CHANGES (GOING THROUGH)*

<sup>Le</sup>AgeLess, <sup>Le</sup>Millenia, <sup>Le</sup>Tomorrow, cedarwood, cypress, lemon, rosemary

### *CLARITY*

<sup>Le</sup>Meditation, <sup>Le</sup>Millenia, <sup>Le</sup>Unity, basil, fennel, grapefruit, lavender, lemon, rosemary

### *CLARITY (OF THOUGHT)*

<sup>Le</sup>Crystal Clear, <sup>Le</sup>LivN, basil, clove, lemon, rosemary, petitgrain, violet leaf

### *CO-DEPENDENCY*

<sup>Le</sup>Reconciliation, <sup>Le</sup>Trust, sandalwood

### *COMFORTING*

<sup>Le</sup>Baby Me, <sup>Le</sup>Believe, <sup>Le</sup>GoodNite, <sup>Le</sup>Grace, <sup>Le</sup>Inner Peace, <sup>Le</sup>Magi, <sup>Le</sup>Sanctuary, cedarwood, chamomile Roman, cypress, frankincense, geranium, lavender, marjoram, melissa, rose, sandalwood

### *COMMUNICATION*

<sup>Le</sup>Cherish, <sup>Le</sup>Connection, <sup>Le</sup>Grateful Heart, <sup>Le</sup>Reconciliation, <sup>Le</sup>Trust, <sup>Le</sup>Unity, chamomile German, geranium, grapefruit, lemon, peppermint

### *COMPASSIONATE*

<sup>Le</sup>Cherish, <sup>Le</sup>Believe, <sup>Le</sup>Meditation, <sup>Le</sup>Trust, <sup>Le</sup>Unity, chamomile German, chamomile Roman, cypress, lavender, melissa, neroli, pine, rose

### *COMPETENCE*

<sup>Le</sup>Baby Me, <sup>Le</sup>Millenia

### *CONCENTRATION*

<sup>Le</sup>Crystal Clear, <sup>Le</sup>Focus, <sup>Le</sup>IQ, <sup>Le</sup>WakeUp, cedarwood, eucalyptus, lemon, peppermint, rosemary, thyme, violet leaf

### *CONFIDENCE*

<sup>Le</sup>Beloved, <sup>Le</sup>Breezey, <sup>Le</sup>Exhilaration, <sup>Le</sup>Grace, <sup>Le</sup>Key to My Heart, <sup>Le</sup>Millenia, <sup>Le</sup>Tranquility, <sup>Le</sup>Whispering Hope, <sup>Le</sup>Wisdom, bergamot, cedarwood, clary sage, coriander, cypress, fennel, ginger, grapefruit, jasmine, marjoram, pine, petitgrain, spanish sage, rose, rosemary, ylang ylang

### *CONFLICT (FEAR OF CONFLICT)*

<sup>Le</sup>EZ Traveler, <sup>Le</sup>Millenia, goldenrod

### *CONFUSION*

<sup>Le</sup>Crystal Clear, <sup>Le</sup>Focus, <sup>Le</sup>IQ, <sup>Le</sup>LivN, <sup>Le</sup>Reflections, benzoin, cinnamon, clove, ginger, lavender, marjoram, rosemary, violet leaf

### *CONSOLING*

<sup>Le</sup>Believe, <sup>Le</sup>Millenia, <sup>Le</sup>Sanctuary, benzoin, chamomile Roman, cypress, geranium, melissa, melissa blend, rose

### *CONTENTMENT*

<sup>Le</sup>Believe, <sup>Le</sup>Sanctuary, <sup>Le</sup>Tranquility, bergamot, chamomile Roman, clove, cypress, lavender, neroli, orange sweet, patchouli, rose, sandalwood, ylang ylang

### *COOPERATION*

<sup>Le</sup>Believe, <sup>Le</sup>Beloved, <sup>Le</sup>Unity, chamomile Roman, grapefruit, jasmine, rose, ylang ylang

### *COPING (INABILITY TO)*

<sup>Le</sup>Beloved, <sup>Le</sup>EZ Traveler, <sup>Le</sup>Grace, <sup>Le</sup>Millenia, <sup>Le</sup>QuietEssence

## **COURAGE**

<sup>Le</sup>Cherish, <sup>Le</sup>Exhilaration, <sup>Le</sup>EZ Traveler, <sup>Le</sup>Millenia, frankincense, cedarwood, marjoram, orange sweet, thyme

## **DECISIVENESS**

<sup>Le</sup>Connection, <sup>Le</sup>Energy, <sup>Le</sup>Millenia, <sup>Le</sup>Vision, <sup>Le</sup>WakeUp, basil, cedarwood, patchouli, peppermint, thyme

## **DEPENDENCE (FEAR OF)**

<sup>Le</sup>Bountiful, <sup>Le</sup>Reconciliation, <sup>Le</sup>Trust, peppermint

## **DEPRESSION**

<sup>Le</sup>Acknowledge, <sup>Le</sup>Baby Me, <sup>Le</sup>Believe, <sup>Le</sup>Beloved, <sup>Le</sup>Cherish, <sup>Le</sup>Grace, <sup>Le</sup>Grateful Heart, <sup>Le</sup>HeartSong, <sup>Le</sup>Letting Go, <sup>Le</sup>Meditation, <sup>Le</sup>MyGraine, <sup>Le</sup>Sego Lily, <sup>Le</sup>Solitude, <sup>Le</sup>Tranquility, <sup>Le</sup>Turmoil, <sup>Le</sup>Unity, bergamot, chamomile Roman, frankincense, geranium, lavender, lemon, mandarin, marjoram, neroli, orange sweet, ravensara, rose, rosewood, sandalwood, ylang ylang

## **DREAMS**

<sup>Le</sup>Dreams, <sup>Le</sup>Exhilaration, <sup>Le</sup>GoodNite, cedarwood, helichrysum

## **EMOTIONAL BAGGAGE (RELEASING)**

<sup>Le</sup>AboutFace, <sup>Le</sup>Believe, <sup>Le</sup>Cherish, <sup>Le</sup>Inner Peace, <sup>Le</sup>Letting Go, <sup>Le</sup>Reconciliation, <sup>Le</sup>Reflections, <sup>Le</sup>Tomorrow, <sup>Le</sup>Trust, <sup>Le</sup>UnDone, <sup>Le</sup>Unity, <sup>Le</sup>Vision, <sup>Le</sup>Whispering Hope, <sup>Le</sup>Wisdom

## **EMPATHETIC**

<sup>Le</sup>Grateful Heart, <sup>Le</sup>Reconciliation, <sup>Le</sup>Unity, chamomile Roman, lavender, melissa, melissa blend

## **ENERGIZING**

<sup>Le</sup>Bountiful, <sup>Le</sup>Energy, <sup>Le</sup>LivN, <sup>Le</sup>Revitalize, <sup>Le</sup>Vitality, <sup>Le</sup>WakeUp, basil, cinnamon, eucalyptus, grapefruit, helichrysum, orange sweet, pine, peppermint, rosemary, thyme

## **ENERGY WORK**

<sup>Le</sup>Benediction, <sup>Le</sup>Magi

## **ENERGY PROTECTION**

<sup>Le</sup>Benediction, <sup>Le</sup>Grace

## **ENTHUSIASM**

<sup>Le</sup>Millenia, <sup>Le</sup>Vitality, <sup>Le</sup>WakeUp, coriander, geranium, grapefruit, jasmine, lemon, melissa, melissa blend, orange sweet, ylang ylang

## **EXHAUSTION (PHYSICAL)**

<sup>Le</sup>Aspire, <sup>Le</sup>Energy, <sup>Le</sup>EndoRelief, <sup>Le</sup>Intention, <sup>Le</sup>WakeUp

## **EXPRESSING NEEDS**

<sup>Le</sup>Benediction, <sup>Le</sup>Millenia

## **FAITH**

<sup>Le</sup>Believe, <sup>Le</sup>Discernment, <sup>Le</sup>Faith, <sup>Le</sup>Sanctuary, chamomile Roman, coriander, frankincense, juniper berry, neroli, spikenard

## **FEAR**

<sup>Le</sup>AboutFace (fear of death), <sup>Le</sup>Assurance, <sup>Le</sup>Faith (abandonment, poverty), <sup>Le</sup>Magi, <sup>Le</sup>Wisdom

## **FLEXIBILITY**

<sup>Le</sup>Insight, <sup>Le</sup>Millenia, <sup>Le</sup>Tomorrow, clary sage, geranium, lavender, lemon, myrtle, ylang ylang

## **FORGIVING**

<sup>Le</sup>Believe, <sup>Le</sup>Trust, <sup>Le</sup>Grace, <sup>Le</sup>QuietEssence, <sup>Le</sup>Reconciliation, <sup>Le</sup>Tomorrow, chamomile Roman, neroli, pine, rose, spikenard

## *FORTITUDE*

<sup>Le</sup>Beloved, <sup>Le</sup>EZ Traveler, <sup>Le</sup>Millenia, cedarwood, frankincense, rosemary, thyme

## *FRUSTRATION*

<sup>Le</sup>Acknowledge, <sup>Le</sup>CinnamonBear, <sup>Le</sup>Discernment, <sup>Le</sup>Letting Go, <sup>Le</sup>LivN, <sup>Le</sup>QuietEssence, <sup>Le</sup>Tranquility, <sup>Le</sup>Wisdom

## *FUTURE (LOOKING FORWARD TO WITH JOY)*

<sup>Le</sup>AboutFace, <sup>Le</sup>Expressions, <sup>Le</sup>Faith, <sup>Le</sup>Kadence, <sup>Le</sup>Millenia, <sup>Le</sup>QuietEssence, <sup>Le</sup>Reflections, <sup>Le</sup>Tomorrow, <sup>Le</sup>Trust, <sup>Le</sup>Vision, <sup>Le</sup>Vitality, <sup>Le</sup>WakeUp, <sup>Le</sup>Whispering Hope, osmanthus

## *GENEROSITY*

<sup>Le</sup>Believe, <sup>Le</sup>Bountiful, <sup>Le</sup>Reconciliation, <sup>Le</sup>Trust, benzoin, cinnamon, geranium, grapefruit, lavender, melissa, melissa blend, nutmeg, sandalwood

## *GRATITUDE*

<sup>Le</sup>Benediction, <sup>Le</sup>Faith, <sup>Le</sup>Grateful Heart, <sup>Le</sup>QuietEssence

## *GRIEF*

<sup>Le</sup>AboutFace, <sup>Le</sup>Baby Me, <sup>Le</sup>Believe, <sup>Le</sup>Benediction, <sup>Le</sup>Grace, <sup>Le</sup>HeartSong, <sup>Le</sup>Letting Go, <sup>Le</sup>Magi, <sup>Le</sup>Millenia, <sup>Le</sup>Reconciliation, <sup>Le</sup>Sanctuary, <sup>Le</sup>Synopsis, <sup>Le</sup>Trust, <sup>Le</sup>Turmoil, <sup>Le</sup>Whispering Hope, <sup>Le</sup>Wisdom, anthopogon, chamomile Roman, clementine, lavender, orange sweet, palmarosa, rose, rose geranium

## *HEALING (DESIRE TO)*

<sup>Le</sup>AboutFace, <sup>Le</sup>Faith, <sup>Le</sup>Grace, <sup>Le</sup>Millenia, <sup>Le</sup>Patches, <sup>Le</sup>QuietEssence, <sup>Le</sup>Reconciliation, <sup>Le</sup>Reflections

## *HUMILITY*

<sup>Le</sup>Faith, <sup>Le</sup>Trust, <sup>Le</sup>Unity, chamomile Roman, chamomile German, juniper berry, melissa, melissa blend, neroli, pine

## *INDEPENDENCE*

<sup>Le</sup>Letting Go, <sup>Le</sup>Millenia, <sup>Le</sup>WakeUp, clary sage, geranium, grapefruit, lemon, peppermint

## *INNER STRENGTH*

<sup>Le</sup>Believe, <sup>Le</sup>Beloved, <sup>Le</sup>EZ Traveler, <sup>Le</sup>Grace, <sup>Le</sup>Millenia, <sup>Le</sup>Patches, <sup>Le</sup>QuietEssence, <sup>Le</sup>Tranquility, <sup>Le</sup>Unity, <sup>Le</sup>Vision, chamomile Roman, geranium, helichrysum, melissa

## *INTUITION*

<sup>Le</sup>Believe, <sup>Le</sup>Insight, <sup>Le</sup>Magi, <sup>Le</sup>QuietEssence, <sup>Le</sup>Sanctuary, <sup>Le</sup>Vision, jasmine, neroli

## *IRRITABILITY*

<sup>Le</sup>Benediction, <sup>Le</sup>Connection, <sup>Le</sup>Expressions, <sup>Le</sup>Inner Peace, <sup>Le</sup>Insight, <sup>Le</sup>Letting Go, <sup>Le</sup>Millenia, <sup>Le</sup>Moonlight, <sup>Le</sup>Reconciliation, <sup>Le</sup>Tranquility, <sup>Le</sup>Unity, <sup>Le</sup>Wisdom, <sup>Le</sup>Woman Wise

## *JEALOUSY*

<sup>Le</sup>Grace, <sup>Le</sup>Kadence, <sup>Le</sup>Letting Go, <sup>Le</sup>Reconcillation, <sup>Le</sup>Synopsis, <sup>Le</sup>Trust, <sup>Le</sup>Unity

## *JOY*

<sup>Le</sup>AgeLess, <sup>Le</sup>Cherish, <sup>Le</sup>Kadence, <sup>Le</sup>Tomorrow, <sup>Le</sup>Unity, <sup>Le</sup>Whispering Hope, bergamot, chamomile Roman, frankincense, grapefruit, helichrysum, jasmine, lemon, neroli, orange sweet, rose, sandalwood, ylang ylang

## *JOURNALING*

<sup>Le</sup>Connection, <sup>Le</sup>Meditation

## *JUDGING, JUDGEMENTAL*

<sup>Le</sup>Grace, <sup>Le</sup>Kadence, <sup>Le</sup>Letting Go, <sup>Le</sup>Reconciliation, <sup>Le</sup>Synopsis, <sup>Le</sup>Trust, <sup>Le</sup>Unity

## *LEADERSHIP*

<sup>Le</sup>Discernment, <sup>Le</sup>IQ, <sup>Le</sup>Tomorrow, <sup>Le</sup>Unity

## *LIMBIC SYSTEM*

<sup>Le</sup>Discernment, <sup>Le</sup>Millenia

## *LONELINESS*

<sup>Le</sup>Believe, <sup>Le</sup>Benediction, <sup>Le</sup>Cherish, <sup>Le</sup>Grace, <sup>Le</sup>GoodNite, <sup>Le</sup>Key to my Heart, <sup>Le</sup>Magi, <sup>Le</sup>Reconciliation

## *LOVE ONESELF*

<sup>Le</sup>Cherish, <sup>Le</sup>Believe

## *LOVED (FEELING)*

<sup>Le</sup>Angel, <sup>Le</sup>Grace, <sup>Le</sup>Reflections, <sup>Le</sup>Sego Lily

## *MEDITATION*

<sup>Le</sup>Cherish, <sup>Le</sup>Connection, <sup>Le</sup>Dreams, <sup>Le</sup>Meditation

## *MEMORIES (TRAUMATIC)*

<sup>Le</sup>Angel, <sup>Le</sup>Grace, <sup>Le</sup>Reconciliation

## *MEMORY (IMPROVE)*

<sup>Le</sup>Crystal Clear, <sup>Le</sup>IQ, <sup>Le</sup>WakeUp, coriander, lemon, rosemary, peppermint

## *MOOD*

<sup>Le</sup>Beloved, <sup>Le</sup>Bountiful, <sup>Le</sup>Everlasting, <sup>Le</sup>Kindred Spirit, <sup>Le</sup>TendaCare

## *MOOD SWINGS*

<sup>Le</sup>Angel, <sup>Le</sup>Balance, <sup>Le</sup>Beloved, <sup>Le</sup>Bountiful, <sup>Le</sup>HeartSong, <sup>Le</sup>Tomorrow, <sup>Le</sup>Woman Wise

## *MOTIVATING*

<sup>Le</sup>Assurance, <sup>Le</sup>Believe, <sup>Le</sup>Intention, <sup>Le</sup>Meditation, bergamot, black pepper, clove, coriander, cypress, grapefruit, lavender, lemon, pine, rosemary

## *NEGATIVE EMOTIONS (CELLULAR LEVEL)*

<sup>Le</sup>AboutFace, <sup>Le</sup>Believe, <sup>Le</sup>Discernment, <sup>Le</sup>Everlasting, <sup>Le</sup>Focus (patterns), <sup>Le</sup>Letting Go, <sup>Le</sup>Reconciliation, <sup>Le</sup>UnDone

## *NIGHTMARES*

<sup>Le</sup>Dreams, <sup>Le</sup>GoodNite

## *NON-ACCEPTANCE OF A PREGNANCY*

<sup>Le</sup>Whispering Hope

## *OPTIMISM*

<sup>Le</sup>Believe, <sup>Le</sup>Cherish, <sup>Le</sup>Energy, <sup>Le</sup>Everlasting, <sup>Le</sup>Millenia, <sup>Le</sup>Whispering Hope, coriander, jasmine, petitgrain

## *ORGANIZED*

<sup>Le</sup>Connection, <sup>Le</sup>Insight, <sup>Le</sup>Millenia, <sup>Le</sup>Turmoil, cedarwood, chamomile German, lemon, peppermint

## *OVERWHELMED*

<sup>Le</sup>Grace, <sup>Le</sup>QuietEssence, <sup>Le</sup>Whispering Hope

## *QUARRELSOME*

<sup>Le</sup>Cherish, <sup>Le</sup>Synopsis, <sup>Le</sup>Unity

## *PARENT/CHILD RELATIONSHIPS*

<sup>Le</sup>Baby Me, <sup>Le</sup>Reconciliation

## *PATIENCE*

<sup>Le</sup>Kindred Spirit, <sup>Le</sup>Tranquility, <sup>Le</sup>Unity, chamomile German, cypress, helichrysum, pine, rose

## *PEACE (IN THE HOME OR OFFICE)*

<sup>Le</sup>QuietEssence, <sup>Le</sup>Unity

## *PEACEFUL*

<sup>Le</sup>Believe, <sup>Le</sup>GoodNite, <sup>Le</sup>QuietEssence, <sup>Le</sup>Reconciliation, <sup>Le</sup>Sanctuary, <sup>Le</sup>Sego Lily, <sup>Le</sup>Solitude, <sup>Le</sup>Tranquility, <sup>Le</sup>Trust, <sup>Le</sup>Unity, <sup>Le</sup>Whispering Hope, chamomile German, chamomile Roman, mandarin, melissa, neroli, sandalwood

## *PERSPECTIVE*

<sup>Le</sup>Bountiful, <sup>Le</sup>Discernment, <sup>Le</sup>Expressions, <sup>Le</sup>Faith, <sup>Le</sup>Grateful Heart, <sup>Le</sup>Holiday Spirit, <sup>Le</sup>Letting Go, <sup>Le</sup>Millenia, <sup>Le</sup>Tranquility, <sup>Le</sup>Vision, neroli

## *PREGNANCY (NON-ACCEPTANCE OF)*

<sup>Le</sup>Whispering Hope

## *PRIDE*

<sup>Le</sup>AboutFace, <sup>Le</sup>Discernment, <sup>Le</sup>Letting Go, <sup>Le</sup>Reconciliation, <sup>Le</sup>Unity

## *PROBLEM SOLVING*

<sup>Le</sup>Exhilaration

## *PROCRASTINATION*

<sup>Le</sup>Assurance, <sup>Le</sup>Acknowledge, <sup>Le</sup>Believe

## *REBELLION*

<sup>Le</sup>Letting Go, <sup>Le</sup>Tranquility, birch

## *REGRET*

<sup>Le</sup>Cherish, <sup>Le</sup>HeartSong, <sup>Le</sup>Reflections, <sup>Le</sup>Synopsis, rue

## *RELATIONSHIPS*

<sup>Le</sup>Beloved, <sup>Le</sup>CinnamonBear, <sup>Le</sup>Expressions, <sup>Le</sup>Grace, <sup>Le</sup>Holiday Spirit, <sup>Le</sup>Moonlight (romantic), <sup>Le</sup>Reconciliation, anthopogon

## *RELAXATION*

<sup>Le</sup>Baby Me, <sup>Le</sup>Dreams, <sup>Le</sup>Everlasting, <sup>Le</sup>Expressions, <sup>Le</sup>Grateful Heart, <sup>Le</sup>Sunburst, <sup>Le</sup>HeartSong, <sup>Le</sup>Inner Peace, <sup>Le</sup>Insight, <sup>Le</sup>Letting Go, <sup>Le</sup>Sanctuary, <sup>Le</sup>Sego Lily, <sup>Le</sup>Solitude, <sup>Le</sup>Tranquility, <sup>Le</sup>Unity, <sup>Le</sup>Whispering Hope

## *RELEASE EMOTIONS*

<sup>Le</sup>Believe, <sup>Le</sup>Letting Go, <sup>Le</sup>Reconciliation

## *RESENTMENT*

<sup>Le</sup>Grace, <sup>Le</sup>Letting Go, <sup>Le</sup>LiteN, <sup>Le</sup>LivN, <sup>Le</sup>Reconciliation, anthopogon, goldenrod

## *SAFE*

<sup>Le</sup>Angel, <sup>Le</sup>Letting Go, <sup>Le</sup>Sanctuary

## *SECURITY*

<sup>Le</sup>Bountiful, <sup>Le</sup>Holiday Spirit, <sup>Le</sup>Letting Go, <sup>Le</sup>Reconciliation, <sup>Le</sup>Whispering Hope

## *SELF CONFIDENCE*

<sup>Le</sup>Assurance, <sup>Le</sup>CinnamonBear, <sup>Le</sup>Faith, <sup>Le</sup>Grace, <sup>Le</sup>Millenia, <sup>Le</sup>Vision

### *SELF-ESTEEM*

<sup>Le</sup>Believe, <sup>Le</sup>Magi, <sup>Le</sup>Sanctuary, <sup>Le</sup>Inner Peace, bergamot, cedarwood, geranium, jasmine, rose, sandalwood, ylang ylang, vetiver

### *SELF-FORGIVENESS*

<sup>Le</sup>Believe, <sup>Le</sup>Letting Go, <sup>Le</sup>Solitude, chamomile Roman, frankincense, geranium

### *SELF-WORTH*

<sup>Le</sup>Believe, <sup>Le</sup>Beloved, <sup>Le</sup>Breezey, <sup>Le</sup>Millenia, <sup>Le</sup>Faith, <sup>Le</sup>Vision, juniper berry, mandarin, orange sweet, patchouli, rose

### *SERENITY*

<sup>Le</sup>Believe, <sup>Le</sup>Grace, <sup>Le</sup>Letting Go, <sup>Le</sup>Solitude, chamomile Roman, sandalwood

### *SOOTHING*

<sup>Le</sup>Baby Me, <sup>Le</sup>Believe, <sup>Le</sup>Inner Peace, <sup>Le</sup>Magi, <sup>Le</sup>Sanctuary, <sup>Le</sup>Solitude, <sup>Le</sup>Tranquility, <sup>Le</sup>Unity, <sup>Le</sup>Whispering Hope, chamomile German, chamomile Roman, jasmine, patchouli

### *STAMINA*

<sup>Le</sup>LiteN, <sup>Le</sup>LivN, <sup>Le</sup>Revitalize, <sup>Le</sup>Vitality, <sup>Le</sup>WakeUp, black pepper, cinnamon

### *STUBBORNESS*

<sup>Le</sup>Letting Go, <sup>Le</sup>Reconciliation, <sup>Le</sup>Unity, <sup>Le</sup>Vision

### *STUDYING*

<sup>Le</sup>Crystal Clear, <sup>Le</sup>Focus, <sup>Le</sup>IQ, laurel, peppermint, rosemary

### *IF RESTLESS, EASILY DISTRACTED*

frankincense, geranium

### *FORGETS WHAT WAS READ*

lemon, pine, rosemary

### *SYMPATHETIC*

<sup>Le</sup>Believe, <sup>Le</sup>Grace, <sup>Le</sup>Reconciliation, <sup>Le</sup>Trust, <sup>Le</sup>Unity, geranium, mandarin, orange sweet, rose, rosewood

### *TENACITY*

<sup>Le</sup>Believe, <sup>Le</sup>Millenia, pine

### *TENDERNESS*

<sup>Le</sup>Believe, <sup>Le</sup>Grateful Heart, <sup>Le</sup>Unity, benzoin, mandarin, rose

### *THANKFULNESS*

<sup>Le</sup>Cherish, <sup>Le</sup>Bountiful, <sup>Le</sup>Grace, <sup>Le</sup>Grateful Heart

### *TOLERANT*

<sup>Le</sup>Believe, <sup>Le</sup>Grace <sup>Le</sup>Grateful Heart, <sup>Le</sup>Letting Go, <sup>Le</sup>Reconciliation, <sup>Le</sup>Trust, clary sage, frankincense, lavender, marjoram, peppermint, thyme

### *TRAUMA*

<sup>Le</sup>Assurance, <sup>Le</sup>HeartSong, <sup>Le</sup>Key to My Heart, <sup>Le</sup>Letting Go, <sup>Le</sup>LifeForce, <sup>Le</sup>Millenia, <sup>Le</sup>Revitalize, <sup>Le</sup>Sanctuary, <sup>Le</sup>Trust, <sup>Le</sup>Turmoil, <sup>Le</sup>Whispering Hope

### *TRAUMATIC MEMORIES*

<sup>Le</sup>Angel, <sup>Le</sup>Cherish, <sup>Le</sup>Grace, <sup>Le</sup>Reconciliation

## *TRUST*

<sup>Le</sup>Believe, <sup>Le</sup>Beloved, <sup>Le</sup>Letting Go, <sup>Le</sup>Trust, <sup>Le</sup>Turmoil, <sup>Le</sup>Sanctuary, basil, cypress, lavender

## *UNDERSTANDING*

<sup>Le</sup>Believe, <sup>Le</sup>Cherish, <sup>Le</sup>Grace, <sup>Le</sup>QuietEssence, <sup>Le</sup>Reconciliation, <sup>Le</sup>Tranquility, <sup>Le</sup>Unity, chamomile German, chamomile Roman, cypress, neroli, pine

## *UPLIFTING*

<sup>Le</sup>Cherish, <sup>Le</sup>HeartSong, <sup>Le</sup>Millenia, <sup>Le</sup>Sanctuary, <sup>Le</sup>Tomorrow, clary sage, grapefruit, jasmine, juniper berry, mandarin, orange sweet, petitgrain, ylang ylang

## *VITALITY*

<sup>Le</sup>Intention, <sup>Le</sup>LiteN, <sup>Le</sup>LivN, <sup>Le</sup>Revitalize, <sup>Le</sup>Vitality, juniper berry, peppermint

## *VICTIM (CONSCIOUSNESS)*

<sup>Le</sup>Cherish, <sup>Le</sup>Focus, <sup>Le</sup>Grace, <sup>Le</sup>Reconciliation

## *WILLPOWER*

<sup>Le</sup>EZ Traveler, <sup>Le</sup>Vision, cypress

## *WISDOM*

<sup>Le</sup>Grace, <sup>Le</sup>Reconciliation, <sup>Le</sup>Reflections, <sup>Le</sup>Sanctuary, <sup>Le</sup>Tomorrow, <sup>Le</sup>Wisdom, frankincense, rose, cypress, sandalwood

## *WORRY*

<sup>Le</sup>Believe, <sup>Le</sup>Bountiful, <sup>Le</sup>EZ Traveler, <sup>Le</sup>Faith, <sup>Le</sup>Kadence, <sup>Le</sup>QuietEssence

