

Emotions and Metaphysical Kinesiology™

MIND, BODY, SOUL WELLBEING BALANCING OILS

Storage: Keep out of direct sunlight and store in a cool, dry place. | **Best Before:** Use within two years from date of purchase for optimal quality.
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ABUNDANCE BALANCING OIL

DESERVING | SUCCESS | PROSPERITY

Emotions: Attract, Blocked, Defeated, Deserve, Grateful, Luck, Prosperity, Restricted, Scarcity, Success.

Affirmation: "My life is filled with abundance and success. Money flows and my dreams come true."

Clears: Fear of success | Money blocks | Always struggling to make ends meet | Obsession with what you spend money on | Splurging when you can't afford it | Feeling guilty spending money | Dependent on others | Lack mentality and feeling you never have enough | Believe that you are undeserving of abundance | Restricting self or feeling restricted in life

Brings: Focusing on love and not lack | Feeling worthy and deserving | Openness to receiving from the universe | Alignment to the energy of wealth and abundance | Finding solutions, opening doorways and achieving progress | Gratitude for your life | Attracting positive energy | Flow of money and achieving financial security | Successful and optimistic mindset in business and life

Connections: Financial stress | Debt | Bad luck | Constant bills | Struggle manifesting | Money troubles | Scarcity generational patterns | Afraid to take risks | **Crystal:** Citrine | **Essential Oils:** Ginger, Juniper, Lavender, May Chang, Orange, Spruce

BALANCE & FLOW BALANCING OIL

FREE | SPACE | FLOW

Emotions: Balance, Centred, Exhausted, Flow, Focused, Free, Overwhelm, Space, Stressed, Struggle.

Affirmation: "I respect me and allow flow in my life feeling centred and balanced."

Clears: Constant and persistent stress | Feeling overwhelmed, flustered and rattled | Pushing yourself too much and taking too much on | Mental and physical exhaustion | Over-burdened, inner struggle and suffocated | Inability to cope and feeling stuck in a cycle | Lack of flow in life | Trying to get everything perfect | Struggling to keep up with self/others | Putting everyone or everything else first | Creating unrealistic to-do lists

Brings: Clear-headedness | Space for self | A centred state | Slow down | Rest and restore | Comfortable saying 'no' | Put self first | Self-aware and self-respect | Feeling free and light | Focusing on the things that truly matter | Work/life balance with an ability to go with the flow

Connections: Stress | Overwhelm | Exhaustion | Rundown | Kidney/adrenal aches & pains | Constant colds | Always on the go and rushing around | In fight, fight or freeze mode

Crystal: Apatite | **Essential Oils:** Geranium, Green Tea, Lemon, Nerolina, Spruce

CRYSTAL CLEAR HEAD BALANCING OIL

CALM | CONTENT | SIMPLICITY

Emotions: Clarity, Content, Critical, Pressure, Pure, Scattered, Simple, Stuck, Thinking, Troubled.

Affirmation: "My head is light and clear and I surrender my thoughts to the universe."

Clears: Pressure, burdened and mind overwhelm | Scattered and feeling out of control in the mind | Suffering from headaches or migraines | Blocked, limited and being stuck in the head | Excessive mental chatter and unnecessary deep thoughts | Self-critical thinking | Self-sabotage | Focusing on everyone but yourself | Being too hard on yourself and putting yourself under undue pressure | Frustration that you can't get things done | Being overly outward focused and worrying too much about what others think of you

Brings: Calm, clear and centred | Settled in self | Light fresh perspective | Greater focus on self | Free and pure mind | Reprogrammed mind and mental patterns | Feelings of peace, harmony and contentment within | Sunny disposition | Simplicity surrounds

Connections: Headaches | Migraines | Neck & shoulder pain | Over-thinking | Eye strain | Head congestion

Crystal: Selenite | **Essential Oils:** Cardamon, Elemi, Lavender, Peppermint, Ravensara

HEART CONNECTION BALANCING OIL

LOVE | PURPOSE | CONNECTION

Emotions: Alone, Bliss, Grief, Guilt, Hurt, Love, Purpose, Rejected, Self-acceptance, Worthy

Affirmation: "I am connected to my beautiful heart feeling worthy with love shining through me."

Clears: Feeling disconnected from your heart, physical body, emotional self and others | Withdrawing and isolating self from others and life | Buried anger, grief and guilt | Constant feelings of sadness, betrayal and hurt | Broken-hearted | Full of regret | Lacking self-love and feeling alone | Feeling rejected, unlovable and unworthy | Feel like you don't fit it and struggle to connect with others | Focusing too much on the past or future

Brings: Activation of the heart | Connection to all parts of your being and with the outside world | Being present in the now | Worthy of feeling the joy of being alive | Forgiveness, self-acceptance and self-assurance | Zest for life and worthy of nurturing self | Honouring your journey and allowing it to flow freely with gratitude | Finding your true Soul purpose | Emotional healing and secure energy in the heart

Connections: Grief | Past hurt | Loneliness | Heart pain or feel your heart just hurts | Tightness in the chest | Circulation or blood issues | Middle back, shoulder, arm pain

Crystal: Emerald | **Essential Oils:** Cinnamon, Lime, Marjoram, Pine, Rose

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MIND-BODY ENERGY BALANCING OIL

INSPIRED | MOTIVATED | VITALITY

Emotions: Agitated, Depleted, Drive, Inspired, Motivated, Rundown, Sluggish, Stagnant, Strength, Vitality.

Affirmation: I put me first feeling an abundance of nurturing energy fuel my being.

Clears: Feeling rundown, depleted, lacking energy and flat | Feeling unsupported and over it | On the go, taking on too many responsibilities and running yourself into the ground | Experiencing fluctuating energy levels | Being drained by yourself or those around you | Incapable of nurturing yourself | Inability to accept support from others | Procrastinating and unproductive | Stagnant, weary, irritated energy | Losing your power to other people or circumstances

Brings: Energetic, refreshed and invigorated | Ability to be on top of daily activities | Steady and balanced mind-body energy | Free and strong in your body | Nurturing yourself and your needs | Igniting your inner fire | Movement, change and productivity | Dynamic, focused and revitalised energy | Spontaneous inspiration | Focused, motivated and achieving things | Sustained strength and movement in self

Connections: Fatigue, lethargy and tiredness | Foggy headed | Congested | Sluggish & exhausted | Flat energy | Unmotivated | Empty tank | Sleep deprived

Crystal: Clear Quartz | **Essential Oils:** Ginger, Nutmeg, Sage, Spearmint, Thyme

MIND CHILL BALANCING OIL

BREATHE | PRESENT | CONFIDENT

Emotions: Anxious, Assured, Breathe, Change, Doubt, Helpless, Limited, Peace, Trust, Worry.

Affirmation: I am in the present moment feeling positive, secure and confident.

Clears: An anxious, worried and insecure mindset | Over-emotional, panicky, nervous energy, unable to focus on one thing at a time | Obsessive thinking and analysing every detail | Stuck in limiting beliefs & fearful/afraid of every possible scenario | Draining self by focusing on the negative | Helpless feelings of being lost and a failure | Buying into fear and overly focused on the future | Not trusting of yourself or those around you | Doubting your ability and second-guessing yourself | Paranoid, heavy, clouded feelings

Brings: Present in the now | A clear, free, light mindset | A happy and positive disposition | Confidence in self and direction | Rational thinking processes | Reassurance and courage to step forward | Trusting in self and others | Peaceful, open and secure thinking | Restored stable emotional state | Chilled in the mind

Connections: Anxiety | Over-thinking | Nervousness | Panic attacks | Heart palpitations | Rapid breathing | Racing heart | Tight chest | Feeling tense, wound up and edgy

Crystal: Amethyst | **Essential Oils:** Basil, Cedarwood, Frankincense, Grapefruit, Jasmine

SWITCH-OFF & SLEEP BALANCING OIL

STILLNESS | SAFE | SETTLED

Emotions: Burdened, Calm, Distracted, Letting go, Over-active, Restless, Safe, Settled, Silence, Uncertain

Affirmation: I am still in mind body and soul feeling deep peace and tranquillity.

Clears: Over-thinking everything and constantly dissecting information | Worried, scared, uncertain and doubting self | Feeling over-tired, burdened, pushed, rushed or threatened | Unresolved feelings and festering annoyances | Restlessness with an over-active mind | Replaying the past and anxious about the future | Struggling to switch-off the chaos in the mind | Resenting others that appear more calm and in control | Feeling helpless and trapped in a cycle |

Brings: Feeling relaxed, calm, content and settled within | Finding inner peace and serenity | Feeling comfortable and assured within self | Being safe, secure and in control | Present, grounded and connected to the physical body | Stillness energy surrounds the mind and body | Mind is able to switch off, rest and be silent | Letting go of the day with ease | Peaceful soothing sleep

Connections: Sleep issues | Insomnia | Waking up during the night | Restlessness | Can't get comfortable | Tiredness | Over-thinking | Fear & anxiety | Thinking about tomorrow

Crystal: Howlite | **Essential Oils:** Chamomile Roman, Douglas Fir, Laurel Leaf, Lavender, Yarrow

UPLIFT YOUR SOUL BALANCING OIL

JOY | LIGHT-HEARTED | STRENGTH

Emotions: Cheerful, Connected, Hopeless, Light, Lonely, Joy, Motivated, Positive, Sad, Trapped.

Affirmation: I am a pillar of strength, love and joy which radiates through my being.

Clears: Feeling dark, heavy, sad and lonely | Disconnection, detachment and isolation from self and others | Avoiding social interactions | Belief that you are not good enough, hopeless, worthless | Self-loathing and engaging in negative self-talk | Stuck in a rut | Living in the past or focusing on past events | Persistent and obsessive comparisons of self to others

Brings: Connection to self, others and life | Light, cheerful, positive disposition | Joyful energy | Motivated and uplifted to keep moving forward | Drive and vitality to live your life | Living in the present moment | Hopeful and optimistic about life and your future | Full acceptance of self, seeing your potential | Strength and independence

Connections: Depression | Negative thoughts | Emotional eating | Obsession with social media | Loneliness | Avoid people, interaction & social situations | Relying on drugs, alcohol or sedatives | Tired all the time | Can't be bothered mentality

Crystal: Amber | **Essential Oils:** Bergamot, Clary Sage, Grapefruit, Lavender, Patchouli