

Oils for the Course

If you are not familiar with essential oils, this course will be an exposure to the wonderful world of these plant allies. Oils are a wonderful addition to any self-care practice. These are the oils that we will be using and learning about. There are some charts and suggestions of how to use these oils with acupressure. You are welcome to use any oils that you have or that you prefer in addition or instead of these. Or if you want to only buy one oil or none at all, that will be fine.

Bergamot, FCF	10ml	\$14.80	all
Blue Tansy 15% Jojoba	10ml	18.45	Wood
Coriander Seed	10ml	17.20	Earth
Cypress	10ml	13.70	Metal
Geranium Rose	10ml	16.00	Earth
Jasmine Absolute 15% jojoba	5ml	21.25	Fire
Laurel	10ml	17.50	Wood
May Chang	10ml	12.70	Fire
Myrrh CO2	5ml	19.70	Water
Saro	10ml	14.30	Metal
Black Spruce 25%	10ml	16.00	Water

\$181.60 plus shipping and tax

I will purchase this bundle for you and will offer you \$10 off and will have it drop shipped to your home. Let me know if you want this option. \$10 off if you purchase as a bundle equals \$171.60 plus shipping and tax.

Alternatively, you could just buy one oil per element plus Bergamot. I recommend Laurel, Coriander Seed, Jasmine, Myrrh, Cypress. Or you could just use Bergamot on all the points or any oil that resonates deeply with you. Buy a non-photo sensitizing or FCF Bergamot

If you don't want the full bundle, you can order the oils for yourself anywhere, although I do recommend <https://www.monara.org/oils> as a good value and source for high quality oils. You have to buy the Black Spruce on the Blue Dolphin site: https://www.bluedolphineo.com/store/c1/Featured_Products.html

There is much you can do with the course, Navigate Change, Tools for Uncertain Times, even if you do not purchase or have on hand any oils. But I recommend that you add the use of essential oils into your tool kit for navigating change. Oils represent a powerful plant ally and have subtle but strong effects on the flow of qi or vital energy. They will deepen and enhance your inner work.

You can use them in many ways: on certain acupuncture points to enhance their resonance, to anoint yourself on throat wrist, face and feel moved with the aroma and essence, diffuse them in the room, add them to your bath or to massage oil.

These oils will be purchased from Monara Essential Oils and are all safe for topical use except Black Spruce which will be purchased from Blue Dolphin Oils.

The study of oils is a vast field and this will be a wonderful introduction to their use, application, and potential. Consider deepening your knowledge with further study with my amazing teacher, Tiffany Carole Pollard and her online course, Healing Oil Collective.

Use this link to join her course. https://master-healer.teachable.com/p/healing-oil-collective-3?affcode=110280_jnydhszf