



# Medicine Goddess

The Medicine Goddess Soul Power custom blend is designed to help you strengthen your intuition, access your inner wisdom, and trust yourself with the insights you receive so you can serve and help others with excitement and ease.

After connecting with your soul's frequency, I created your custom blend which contains essential oils that will enhance your Soul Power energy while helping release what is not longer needed.

I only use pure therapeutic grade essential oils from trusted sources and organic carrier oils. The crystals in this blend are a special combination of Clear Quartz and/or Amethyst.

## **This blend will help increase, enhance, and awaken:**

- Develop true knowledge and intellect that comes from within Expand
- your mind to receive new information and experiences while trusting in a higher intelligence
- Ask more soul-searching questions to receive additional guidance and information
- Feelings of renewal and rejuvenation while helping you cope with the stress of life in a more positive way
- Increase one's natural energy, promotes balance, health, and strength
- Courage to take clear action towards fulfilling your life's purpose and following your intuition - Become a Pioneer
- Connect with unknown aspects of yourself and deeper knowledge and wisdom from within
- Experience greater wholeness by addressing hidden fears you have been avoiding so you can tap into your true power
- Cultivate healthy traditions and embrace positive family connections





### **This blend will help clear, heal, release:**

- Heal burnt out, exhaustion, and mentally drained
- Reduce anxious feelings, nervousness, feeling blue
- Break negative ancestral patterns, negative loops, and negative family relationships/traditions
- Release feelings of powerlessness, being defeated, stuck, and not being present
- Heal the need to blame, justify, and the “why me” mentality
- Aid with restless sleep and see fear as a powerful teacher that will provide you with great insight as you serve others
- Release confusion, lack of self-trust, resistance
- Heal difficulty in adjusting, accepting change, and transitioning
- Release blocks to deeper understanding

### **Directions:**

Apply on your wrists, low back, back of the neck and base of the skull, and on your heart center as needed.

### **Affirmations:**

I am able to create healing and happiness." "I allow the healing I need to occur. "I allow my body to become an environment for health and healing." "I am able to process and release all emotions."

