

# STILL

*my favorite blend for the 3am wake-up*

Three in the morning has a quality all its own. The house has gone completely quiet, the kind of quiet that seems to have weight to it, and you are lying there wide awake with no idea how you got that way.

It takes your mind a few seconds to catch up and hand you the reason. And whatever it hands you is almost always something that felt ordinary in the daylight, something you would have shrugged at, and here in the dark it has grown teeth.

Nothing about it is going to be settled before morning, and some part of you knows that already. But knowing a thing and believing it at 3am are two different animals.

This is the bottle I keep for that. Everything in it is slow. Nothing in it sparkles. Its entire job is to not wake you any further than you already are.

## IN YOUR BOTTLE • 10 ML ROLLER

**3 to 10** clear quartz chips

② Frankincense

① Cypress

① Lavender

Top with jojoba or fractionated coconut oil

**4 DROPS • 2%**

## Why each one is in there

**Clear quartz.** The clean-slate stone. It's what people reach for when their head is cluttered and they can't tell where to start, which is most of what 3am is. It also strengthens whatever you put it with, so everything else in this bottle works a little harder for you.

**Frankincense.** Two drops, more than anything else in here. Of everything I own, this is the one that slows me down the most. Warm and clean with a bit of spice, and it settles over the top of the whole blend.

**Lavender.** One drop. At 3am familiar is most of what you are after, and lavender is the smell you already know without having to place it.

**Cypress.** One drop of something green and dry. Frankincense left on its own can sit heavy, and cypress opens it back up so the whole thing stays easy to breathe.

## What it smells like

Warm resin first. Then something soft behind it. Then a thin green line running underneath the whole thing. It is a quiet smell, and you would not notice it from across the room, which is exactly right, because it was never meant for the room.

## Why I made this one

I used to get up. That was my mistake for years. I would wake at 3, decide I was finished sleeping, and go downstairs, and then my whole day started at 3 in the morning and fell over by four in the afternoon.

So I made this to give myself a reason to stay put. It is not really about the smell. It is about having something to do in the dark that does not involve standing up.

## Your 10-Second Ritual

**ROLL** it on your wrists and over your heart. You don't have to sit up.

**BREATHE** in slow. Just the one. You aren't trying to accomplish anything.

**SET** your intention. Use one of mine, or use your own.

*Nothing is wrong right now. Not in this room, not in this minute.*

*This can wait for daylight, and so can I.*

*I am warm, I am safe, and I can close my eyes again.*

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**Please read.** Not every essential oil is safe for everyone. If you are pregnant, nursing, taking medications, living with a health condition or allergies, or using oils on a child, talk to a health professional before use.

Avoid contact with your eyes, inner ears, and sensitive areas. Skin sensitivity is possible.

MOMENT BY MOMENT

# STILL

*for the 3am wake-up*

IN YOUR BOTTLE · 10 ml roller · 4 drops · 2%

- 3 to 10 clear quartz chips
- 2 drops frankincense
- 1 drop lavender
- 1 drop cypress
- Top with jojoba or fractionated coconut oil

ROLL · BREATHE · SET · 10 seconds

**Roll** it on your wrists and over your heart.  
You don't have to sit up.

**Breathe** in slow. Just the one. You aren't  
trying to accomplish anything.

**Set** your intention: *"Nothing is wrong  
right now. Not in this room, not in  
this minute."*

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For general wellness and ritual only. Not intended to diagnose, treat, or cure. Always check with a medical professional before using essential oils.

Hart●Circle