

Let *Hope* anchor your soul, refuse to sink

- **Bergamot** - promotes Self-Acceptance, Confidence, Hope, and the ability to *Be Courageous*
- **Ylang Ylang** - assists in releasing emotional trauma while reminding us to be playful while healing. Oil of INNER CHILD
- **Frankincense** - inspires a new perspective, feeling protected and supported especially when abandoned. Oil of TRUTH
- **Vanilla** - magnifies goodness and promotes optimism, joy, and confidence. It brings back your "SPARK" when you have lost hope.



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Affirmation

I create my own HAPPINESS ~ I am filled with
GRATITUDE and TRUST my Journey is working FOR
ME. I choose JOY. I AM *Hopeful*

Crystals: Carry in your pocket or close to your heart.

- **Rose Quartz** - promotes self-love and assists in self-acceptance. Rose Quartz reminds us of the value of being loved and loving again freely.
- **Amazonite** - known as the stone for Hope and Courage. Amazonite is thought to soothe the heart and throat chakras practices. In the Amazon, warriors used Amazonite for healing the wounded. The owner finds truth in all matters. It inspires confidence.

One breath, One moment, One day at a time.

This blend of essential oils brings light into the darkest places. *Hōpe* oil brings encouragement that a brighter day will come and hearts can heal.

Pause, there is *Hōpe*