

susan seale

*Are you an empath?
Are you sensitive to the energies of others?
Do you become exhausted by negative events or news?*

**Use this anointing ritual for a month.
Feel the changes.**

*You will experience a shift in your mood, your confidence
and your resilience.*



I have studied the effects of essential oils on our mood, memory, health and energy. I recommend incorporating them into powerful daily rituals. This is one of the most powerful ways I know of to support you in your life.

www.susanseale.com

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The Great Day Protocol presented here was created by the founder of Young Living Essential Oils

Have these essential oils prepared to anoint yourself for the day.
To order these specific oils, contact me or [ORDER HERE](#)

If you want to amplify the effects, look into your own eyes in your mirror as you do this.

(1)Valor (2)Harmony (3)Joy (4)White Angelica

or substitute from the starter kit oils

(1)peppermint (2)frankincense (3) lemon (4) northern lights black spruce

1. set your intention
what will you accomplish?
how do you wish to feel?

Place a drop in your hand
Rub on back of neck
Inhale from wrists
Be still & affirm your intentions for the day



2. harmonize
Set a specific intention to harmonize with
coworkers, customers, family or friends.

Inhale a drop in your hands
Rub on solar plexus

"Let my will harmonize + align to the greater good for all I connect with today"



3. your heart's desire

A drop in your palms
Rub your hands together + inhale
Place your hands over your heart
Visualize + sense your heart's desire



4. Attract peace
Deflect negative energy

A drop in your palms + rub together

Inhale deeply + brush the crown of your head, down your neck, shoulders, chest, arms, torso, legs to your feet

Imagine this blend encasing your entire body

Visualize your intention for the day

