

WonderSpirit Coaching

in the Art and Soul of living Well.

Coaching enhanced with Aromatic Oils

By Anne Wondra, CWC



Soul and wellness Coach Consultations

I hear and see you and your situation with fresh ears and eyes. I bring insight and perspective to help you gain a better understanding and clarity; and you feel better, more confident, and peaceful; that some *pieces* have been connected.

Therapeutic-Grade Essential Oils

Oil is a substance that allows machines to work better; it reduces friction, resistance; it allows flow; it allows greater work and strength than without it. Oils of another kind have been used in healing and blessing and *aromatherapy*.

Therapeutic-grade essential oils are derived from plants, and have been used for centuries in healing (Nature's medicine) and in ritual. They are sacred substances. These oils have been found in—and often stolen from—the tombs of pharaohs and kings. In some traditions, oils are still used to anoint the sick and those who have died. They have long been used in ceremony, recognition of a sacred source; an aromatic reminder of *life energy* and *healing, inspired presence* in their use. Today, anointing oils are still used in places of worship and in everyday households—whenever one calls on divine presence and power for healing, help, strength, courage, purpose, *grace*. The oils I use are *Young Living* therapeutic-grade essential 100% pure, natural, and organic oils; they are distilled in a process that retains their maximum potency, purity and bioactivity; and they are free of chemicals, pesticides, and heavy metals.

I am a woman of spirit; I honor who I am and the work I do as *sacred*, and recognize *grace* in our exchanges. Inspiration, insight, creativity, intuition, compassion, love, humor, happiness, appreciation and gratitude...all elements of earth and spirit intertwined.

Including Oils in our Consultations; What to Expect

We have a conversation. To help start it, I provide one or more self-discovery, reflection, and intention tools. This is your time to honor what your spirit needs. When we have our conversation, it will be about you and what you need now. Somewhere in the conversation, you will choose one of the oils, or I may suggest one for you. There may be several you'll want to smell before you decide. In the end, you'll receive a potent, powerful, precious, aromatic healing oil drop to take with you so it can continue its sacred work long after our conversation.

Anne Wondra
Soul and wellness coach, community educator, muse

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Essential Oils

You choose, or I will be happy to suggest one for you.

To use and experience: Inhale the aroma deliciously and deeply, or apply topically.

Single Oils and Blends

- **Abundance** – When diffused creates harmonic energy around oneself.
 - **Application** – Diffuse; wear on wrists, behind the ears, on the neck and face.
- **Believe** – Has a steadying, balancing effect on emotions; can also provide feelings of strength and faith; it is grounding and empowering.
 - **Application** – Inhale; diffuse; apply to forehead, temples, over the heart
- **Clarity** - Promotes a clear mind and alertness. It contains stimulating oils including peppermint and rosemary, which have been used for many years to promote mental sharpness. Clarity can also be used to help restore mental alertness or wakefulness when experiencing fatigue or drowsiness.
 - **Application** – Diffuse; Rub on temples, wrists, and neck.
- **Common Sense** – A combination of frankincense, ylang ylang, ocotea, and other oils. Use to help improve decision making, relieve stress, and focus your mind.
 - **Application** – Inhale, Diffuse; Rub on temples, wrists, or neck.
- **Envision** – Stimulates creativity and resourcefulness; helps awaken and renew the drive to overcome fear and begin experiencing new, more rewarding dimensions.
 - **Application** – Diffuse; apply on wrists or temples.
- **Frankincense** – Stimulating and elevating to the mind, frankincense is useful for visualizing, improving one's spiritual connection, and centering; also has comforting properties that help focus the mind and overcome stress and despair.
 - **Application** – Inhale; diffuse to enrich prayer and meditation; massage several drops on the temples or back of the neck for stress relief.
- **Highest Potential** – An exotic blend designed to increase capacity to achieve one's highest potential. It combines the uplifting and inspirational qualities of Australian Blue with the power of Gathering to help bring greater unity of purpose. Jasmine is added to enhance self-confidence, while ylang ylang calms, soothes, and harmonizes.
 - **Application** – Inhale or diffuse; apply topically.
- **Inner Child** – A blend that may stimulate memory response and help re-connect with your inner self or own identity; may help with finding emotional balance, healing. The oils in this blend are very calming to the nerves and emotions when diffused.
 - **Application** – Inhale or diffuse; apply topically around navel, on chest, temples, nose.

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- **Into the Future** – A blend formulated to foster feelings of determination and a pioneering spirit, helping one leave the past behind so that one can move forward. Rather than accepting mediocrity because of fear of the unknown, using this blend will enhance enjoyment of challenges leading to success.
 - **Application** – Diffuse; apply over the heart, on wrists, or neck.
- **Joy** – Uplifting overtones create magnetic energy and bring joy to the heart. Promotes feelings of love, self-love, and confidence.
 - **Application** – Inhale; rub over heart, neck, thymus, heart chakras, temples across brow, and wrists.
- **Lavender** – Calming and soothing; often used for relaxation; offers balancing properties that boost stamina and energy; often used to cleanse minor cuts, bruises, and skin irritations.
 - **Application** – Inhale; massage into back of neck or bottom of feet for calming; rub a drop on palm and smooth over pillow to aid with sleep; apply to affected area to relieve itching, soothe skin, minor burns, chapped skin.
- **Magnify your Purpose** - A specially crafted blend that stimulates creativity, desire, focus, and motivation. It helps foster a positive attitude, encouraging one to rise above adversity, seize the initiative, overcome procrastination and self-pity, and magnify one's life's purpose.
 - Application - Diffuse; apply on wrists or temples
- **Peace and Calming** – Promotes relaxation and a deep sense of peace, helping to calm tensions and uplift spirits.
 - **Application** – Diffuse; Rub on temples and the stomach to help soothe the mind and alleviate stress and anxiety; wear behind the ears or on the wrists for calming.
- **Release** - Combines uplifting, calming oils that stimulate a sense of peace and emotional well-being, which in turn facilitate the ability to release anger and frustration. Release promotes harmony and balance in the mind and body.
 - **Application** – Inhale or diffuse; Apply over the liver either directly or with a compress. Apply to the bottoms of feet and behind the ears.
- **Stress-Away** – Calms and reduces tension, induces relaxation, works to reduce nervous tension; anti-inflammation properties; warm sweet uplifting aroma
 - **Application** – Inhale; roll on the body where needed—wrists, neck, arms, temples.
- **Valor** – An empowering combination to increase feelings of strength, courage, and self-esteem in the face of adversity.
 - **Application** – Drop onto the wrists to ease anxiety and yield confidence; massage on the temples or back of neck to help ward off negative energy; massage onto neck, chest, and shoulders to release tension; drop onto hands and deeply inhale to ease stage fright and other phobias.

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Meet your coach, guide, resource

Anne Wondra

Like many of you, I hold multiple roles. One of them is a Young Living Essential Oils distributor. If you're interested in learning more, I'm happy to share more. You can also follow the web link at the bottom of this page.

In addition, I am a life coach, soul coach, muse, mentor, workshop leader, wellness coach, everyday goddess, and business owner. I am the founder and president of WonderSpirit Resources, Inc. and WonderSpirit Coaching. I dance with the sacred and the secular, the personal and the professional.

I have a passion to empower, to make life easier and more rewarding. If you're on a self-discovery or personal path-finding journey, a re-defining and clarifying of who you are and why you're here, I'm a go-to person.

My background: I hold a master's certification in business and human resource management, a bachelor of science in religious studies and education, and a certification in wellness coaching. I have worked in human resources and wellness administration, corporate training, paralegal work, and youth ministry. On the personal side, I grew up on a farm and love animals. Nature has always been my teacher. I also grew up catholic and have six wonderful brothers and a beautiful sister. I enjoy and share this life with my husband Michael Robichaud and our furry feline family; I love art and art fairs, beaches and beauty, laughter, and mystery and romance stories; and I'm a vegetarian and humane society volunteer. I bring all of that and *the muse* to my work.

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