

## Life Coaching enhanced with empowering Essential Oils (or without if you prefer)

By Anne Wondra

### Life Coach Consultations

As a coach, 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 leave you feeling better, more confident, and peaceful; that some pieces have been connected.

### Therapeutic-Grade Essential Oils

Oil is a substance that allows machines to work smoothly, like the oil in your car engine. Essential oils are the life blood substance of plants, and have been used for centuries in healing (Nature's medicine). Oils were (and are) used in ceremony as well, a recognition of Divine energy and presence in their substance and use. One cannot work with plants and farm the land and not acknowledge a sacred source. Anointing with oils is performed in places of worship and in everyday households—whenever one calls on divine presence for healing, strength, courage, purpose, *grace*. The *Young Living* therapeutic-grade essential oils I use are 100% pure, natural, and organic; they are distilled in a process that retains maximum purity and bioactivity; and they are free of chemicals, pesticides, and heavy metals.

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.

### Essential Oil Suggestions

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.

#### Oils

- **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.
- **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.
- **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.

For more about these and other healing, empowering, and wonderful oils, please visit [www.youngliving.org/annewondra](http://www.youngliving.org/annewondra) on the web. Or just ask me.

## Meet the Coach

Anne Wondra

Like many of you, I hold multiple roles. One of them is the Director of the Kindred Spirit Center. If you're interested in being a member, I'm your go-to person.

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

I have a passion to empower, to make life easier and more rewarding, to celebrate your feminine spirit. 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 your 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 Mapping 360*. I have worked in human resources and wellness administration, corporate training, paralegal work, and youth ministry. I bring all of that and more to my work.