

# CHEER

## *Cheerfulness*

This blend of citrus and spices was formulated to assist those who are in need of cheerfulness. It is especially helpful for individuals who feel heavyhearted or who have been weighed down by many challenges in life. Encountering repeated trials over an extended period of time can have crippling effects, and may even create an expectation of permanent suffering with no hope of relief.

Cheer encourages individuals who are overcome by feelings of hopelessness and helplessness. It helps restore one's hope when they have been stretched beyond the limits of their endurance. This blend inspires faith that life will work out for the best despite difficulties and setbacks. Cheer reminds individuals there is so much more to life than the hardship they are experiencing, and to determinedly hold on until they regain the hope and joy they feel they've lost.

**INGREDIENTS:** Wild Orange, Clove, Star Anise, Lemon, Nutmeg, Vanilla, Ginger, and Cinnamon

**NEGATIVE EMOTIONS:** Weighed down, hopeless, joyless, heavyhearted, depleted, helpless

**POSITIVE PROPERTIES:** Hopeful, comforted, believing, cheerful, uplifted, joyful, determined, restored

**SUGGESTED USES:**

**Aromatic:** Inhale from bottle or diffuse.

**Topical:** Dilute 1-3 drops with carrier oil and apply over heart, on forehead, or wrists.