DEEP BLUE

Surrendering Pain

Deep Blue is generally used for physical pain, but it can also assist individuals who are resisting or avoiding the emotions that underlie their physical pain. It offers strength to face emotional wounds, allowing the wounds to surface for transformation and healing. This blend can teach individuals how to be the observer of their painful experiences rather than over-identifying with them. When individuals suffer from intense emotional or physical pain, it is common for them to act irrationally or lose their head. Deep Blue can support the mind in staying cool and collected, regardless of the emotional turmoil or physical pain one may be in. In this way, they maintain mental clarity in the face of danger or pain.

At its core, Deep Blue teaches individuals acceptance and tolerance of their pain. It reveals the possibility that pain is not cruel or bad but is simply a teacher. Instead of resisting pain, one may embrace the lessons it has to offer. As individuals let go of resistance, pain lessens and often dissipates altogether. By understanding the nature of pain, this blend encourages an assimilation of all life's experiences.

INGREDIENTS: Wintergreen, Camphor, Peppermint, Ylang Ylang, Helichrysum, Blue Tansy, Blue Chamomile, and Osmanthus

NEGATIVE EMOTIONS: Resisting pain, avoiding emotional issues, panicked, fearful, wounded, unhealed

POSITIVE PROPERTIES: Strengthened, accepting, soothed, serene, healing, healed

SUGGESTED USES:

Aromatic: Inhale from bottle or diffuse.

Topical: Dilute 1-3 drops with carrier oil and massage wherever emotional or physical pain is experienced.