

# Blissful Nurturing

## *Nurturing Body, Soul & Mind*

### **BLISSFUL VIBRATIONAL ESSENCES**

*(Healing the world 1 drop at a time)*

- 🔥 Vibrational Essences capture the healing gifts of Nature. They are safe for everyone including babies, pets, the elderly and infirm.
- 🔥 They work on an emotional, spiritual, physical, magickal and mental level.
- 🔥 Vibrational Essences are wonderful for helping you to re-connect with your intuition and imagination
- 🔥 They work gently to help with anxiety, stress, self-confidence, creativity, cleansing and protection.

The ARVIGO Techniques of Maya Abdominal Therapy ®  
Reiki - Vibrational Essences - Crystal & Chakra Healing  
Indian Head Massage - Reflexology Relaxation Foot Massage  
Nourishing Body Pampering Products

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### **Designing Your Own Blissful Body Spray or Homeopathic Drops**

Designing your own essence combination is very satisfying and lots of fun. It is a lot like baking a cake – there are the basic rules and ingredients; then the rest is up to your imagination, most of the time the cake turns out, occasionally it is isn't quite what you expected. However that is half the fun of experimenting.

#### Important Information

All individual essences are safe to be used by people of all ages and abilities

If you choose to use essential oils in your *body spray*, please be aware of the following precautions:

- 💧 The essence combination cannot be taken internally
- 💧 It must be kept out of the reach of children
- 💧 Is not be sprayed on or around the eyes
- 💧 If spraying on clothes or linen – please be aware essential oils can stain
- 💧 Should not be used by pregnant women during the first two trimesters or on babies
- 💧 There is a blending guide provided for the essential oils, as some essential oils just don't go together and you want your body spray to have a beautiful aroma, not the scent of sweaty socks

*The drops and body spray base is made up of a mixture of colloidal silver and purified water.* Colloidal silver acts a natural preservative, however it doesn't like direct sunlight and it cannot be refrigerated, so please ensure your spray or drops are stored in a cool, dark environment away from magnetic fields to maintain the integrity of the product

#### *How can I use my body spray or drops?*

This is the really exciting part as there are so many different ways to use your essences. You can use the body spray as a body perfume to add a spark to your day; you can add your essences to candles, atomisers, oil burners, shampoo, the bath, craft paints, truck wash, cleaning products, consecrate your ritual tools etc. You are only limited by your imagination.

#### Cost

All prices below are based on a selection of 5 essences & 2 essential oils.

30ml bottle (with dropper)                      \$20.00

50ml spray mist                                      \$25.00

Postage (in Australia) up to 4 bottles        \$ 10.00

Delivery outside Australia cost will be calculated at the time of order

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### **Creating Your Own Blissful Body Spray or Homeopathic Drops**

1. Select your bottle (30ml – drops, 50ml – body spray)
2. Select your desired essences from the selection guide, or if you prefer shuffle the essence cards and choose 5 cards, or choose one of the suggested recipes. If you are making a body spray select your essential oils from the blending list
3. Select your clear quartz crystal (optional)
4. Once you have all your supplies, find a seat and make yourself comfortable
5. Now the fun starts, add 7 drops of each stock essence into you bottle
6. For body sprays add no more than 1 drop of essential oil for every ml of fluid i.e. 50 drops 50ml spray bottle – 50 drops  
(Note: I normally use 1 drop for every 5mls for a subtle scent)
7. For those that are using crystals, program crystal then place in the bottle  
(To program your crystal, simply sit quietly with it and attune to it's energy. When you are ready simply state "I program this crystal for \_\_\_\_\_ (your purpose)"
8. Top up the 30ml or 50ml bottle with the colloidal silver mixture
9. Place the lid firmly on the bottle and mix well, sit quietly with your bottle to connect with your combination essence and allow it to attune itself to your energy. If you so desire, you can infuse the potion with words, affirmations or grab a paint pen and draw some symbols that are meaningful to you and the outcomes you wish to achieve.
10. Put your label on the bottle
11. Write your name, date and ingredients on the swing tag and attach it to your bottle

**CONGRATULATIONS!!**

***You have created your own unique blissful combination essence xo***

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### Blissful Vibrational Essence Selection List

Essence	Attributes
Air	Mental Clarity, Peace of Mind, Change & Flow, Reasoning Ability, Circular Breathing, Knowing, Trusting, Feathers & Chimes, Incense
Amber	Grounding, Revitalising, Chakra Cleansing, Patience, Happiness, Spontaneous, Anti-depressant, Healing, Trusting
Amethyst Crystal Ball	Protection, Embraces Change, Psychic Abilities, Spiritual Growth, Intuition, Healing, Justice, Contentment, Clears old Beliefs
Amethyst Merkabah	As Above-So Below, Balancing, Grounding, Perseverance, Reflects Negativity, Psychic Awareness, Energy Conductor, Brings in Love, Boosts Moon Energy
Arcturian	Love, Unity, Oneness, Compassion, Light, Divine Protection, Hugs, Open Heart, Removes Darkness
Bladderwrack	Protection, Money, Moon Magick, Water Element, Ancestral Spirits, Spells, Goddess Workings, Attract Customers, Metabolism
Borage	Cooling, Anti-depressant, Courage, Uplifting, Psychic Powers, Internal Cleanser, Forgiveness, Restore Harmony, Business Spells
Cassia Fistula	Joy, Purifying, Brings in the Light, Deep Healing, Heals Souls Wounds, Centering, Success, Prosperity, Blessings
Chamomile	Calming, Sedative, Relieves Anxiety, Anti-inflammatory, Cleansing, Money, Purification, Love, Removes Curses
Citrine	Clears Negativity, Joy, Self-confidence, Attracts Abundance, Optimism, Decisive, Healing Energies, Self-cleanses, Protection
Clear Quartz	Raises Energy, Manifesting, Master Healer, Meditation, Channeling, Programming, Dispels Negativity, Psychic Vision, Clarity
Copper	Combats Lethargy, Stabilises, Balances, Healing, Luck, Love, Protection, Money, Directs Energy
Creation Day	Creativity, Goddess Energy, Harmony, Mutual Respect, Honouring the Earth, Past Life Wounds, Power, Living Consciously, Manifesting
Dandelion	Liver Tonic, Digestion, Blood Purifier, Divination, Wishes, Calling Spirits, Sleep Protection, Dispels Negativity, Cleansing
Dragon's Blood Resin	Purification, Astral Projection, Space Clearing, Good Karma, Mental Science, Plant of Attraction, Promotes Fertility, Clears Blocked Chi, Magic
Earth	Grounding, Stability, Nurturing, Security, Nourishing, Sacred Truth, Ideas Incubator, Fertility, Success in Business
Fairy Magick	Earth Guardians, Earth Magick, Family, Heart Healing, Visualising, Manifesting, Intuition, Fun & Joy, Messages

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### Blissful Vibrational Essence Selection List

Essence	Attributes
Fire	Purifying, Warmth, Circulation, Intuition, Creativity, Passion, Cleansing, Ideas & Projects, New Beginnings
Forest Grass Tree	Family, Safe Community, Unity, Protection, Calm, Rainbows, Empowering, Courage, Fatherhood
Full Bellied Goddess	Fertility, Mental Tonic, Alleviates Fears, Heals Old Grief, Energising, Nurturing, Motherhood, Regenerating, Love
Full Moon	Inner Restoration, Innate Wisdom, Realisation of Self, Self-empowerment, Creativity, Boost Identity, Being the Magick, Ebb & Flow of Tides, 13 Clan Mothers
Golden Calcite	Inner Peace, Alleviates Fear, Grounding, Centering, Increases Energy, Happiness, Anti-depressant, Mental Stability, Removes Phobias
Golden Dragon	Transmutation, Strength, Courage, Cleansing, Warrior, Unconditional Love, Truth, Celtic Wisdom, Justice
Hematite	Self-Esteem, Masculine Balance, Harmony, Mental Focus, Circulation, Strength, Repels Negativity, Logical Thinking, Auric Protection
I am the Violet Flame	Acceptance, Integration, Divine Violet Flame, Cosmic Power, Shining Light, Sacredness, Spirituality, Ascension, Clears Chi
Indian Hopi Sage	Relieves Worries, Opens the Mind, Regulates Menses, Harmonising, Longevity, Wisdom, Protection, Wishes, Clears Negativity
Inner Goddess	Self-expression, Acceptance of Love, Self-confidence, Abundance, Yin/Yang Balance, Transmutes Anger, Deep Inner Healing, Strength, Friendship
Inner Serenity	Courage, Calming, Auric Shield, Aligns Chakras, Letting Go, Imagination, Creativity, Inner Peace, Serenity
Koru	Healing Pain, Transmutation, Wisdom, Understanding, Portal Key, Creation, Movement, Sacred Geometry, Cycle of Life
Kundalini	Raises Kundalini, Psychic Gifts, Spiritual Growth, Clears Blockages, Ascension, Highest Vibrations, Restores Energy, Activates Chakras, No Limits
Moonstone	New Beginnings, Promotes Empathy, Balances Yin/Yang, Emotional Healing, Fertility, Intuition, Abundance, Honouring Menses, Psychic Abilities
Mugwort	Purifying, Circulation, Nerve Tonic, Strength, Psychic Powers, Prophetic Dreams, Astral Projection, Tonic for the Soul, Protects Children
Mullein	Heals old Wounds, Relieves Insomnia, Courage, Protection, Health, Love, Divination, Exorcism, Soothes the Nerves
New Moon	Letting Go, Re-birth, Transformation, Integrity, Authentic Power, Honesty, Unconditional Love, Wonderment, Deep Contemplation

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### Blissful Vibrational Essence Selection List

Essence	Attributes
Passionflower	Relaxing, Calming, Reduces Stress, Peace, Sleep, Friendship, Love, Purity, Heightens Libido
Pearl	Personal Integrity, Spiritual Guidance, Divine Feminine, Transition, Transformation, Embracing Change, Personal Growth, Emotional Balance, Clears the Mind
Persephone	Prosperity, Health, Happiness, Harmony, Teamwork, Co-operation, Embracing Change, Strong Community, Innocence
Poseidon Temple	Highest Vibrations, Dolphin Energy, Master Crystal Skull, Light & Wisdom, Pyramids, Temple of Healing, Sacred Geometry, Knowledge, Communication
Rainbow Opal	Inspiration, Emotional Soother, Chakra Balancing, Imagination, Creativity, Cosmic Wisdom, Rainbows, Mystical Visions, Personal Power
Rainbows of Venus	Goddess Venus, Transformation, Global Peace, Stability, Universal Love, Peace, Joy, We are all One, Fertility
Rhodonite	Love, Nurturing, Mediator, Heart Chakra, Altruism, Humanity, Generosity of Spirit, Empowering, Emotional Healer
Rosemary	Relieves Headaches, Nerve Tonic, Protection, Love, Lust, Mental Powers, Sleep, Youthfulness, Purification
Rue	Mental Powers, Exorcism, Love, Protection, Restorative, Relieves Pain, Prosperity, Repels Negativity, Queen of Herbs
Sapphires (mixed)	Auric Shield, Meditation, Dreams, Tonic, Healing Trauma, Prosperity, Kundalini, Intuition, Spiritual Growth
Shamanic Wisdom	Soul Retrieval, Trauma 1 <sup>st</sup> Aid, Focus, Shamanic Wisdom, Auric Shield, Astral Travel, Journey Work, Soul Purpose, Grounding
Smoky Quartz	Letting Go, Grounding, Relieves Stress, Transformation, Survival Instincts, Goal Setting, Creativity, Co-operation, Dissolves Negativity
Unicorn	7 <sup>th</sup> Dimension, Master Healer, Heals Soul Wounds, Clears all Karma, Pure White Light, Magick, Divine Energy, Pursuit of Dreams, Purification
Universal Harmony	Removes Entities, Clears Infected DNA, Heals Soul Wounds, Clears Karma, Divine Light, Universal Love, Harmony, Aligns Chakras, Compassion
Waning Moon	Letting Go, Unconditional Love, Surrendering, Flow, Soul Serenity, Contemplation, Infinite Possibilities, Nurturing Ideas, Light & Shadow
Water	Sacred of Life, Portal to Stars, Moderation, Humbleness, Purity of Thought = Purity of Action, King Arthur, Lady of the Lake, 3 <sup>rd</sup> Eye
Waxing Moon	Manifesting Peace, Compassion, Spiritual Growth, Attaining Goals, Abundance, Mind Body Soul, Divine Plan, Unconditional Love, Birthing Ideas
Whitsunday Bottle Tree	Freshness, Vitality, Youthfulness, Well-loved, Balanced Emotions, Peace, Serenity, Wisdom, Sacredness

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### Essential Oil Blending Guide

Blending Chart	Chamomile	Clary Sage	Eucalyptus	Frankincense	Jasmine	Lavender	Lemon Myrtle	Lime	Neroli	Palmarosa	Patchouli	Peppermint	Pink Lotus	Rose	Sandalwood	Ylang Ylang	Top	Middle	Base
Chamomile Roman																			
Clary Sage																			
Eucalyptus																			
Frankincense																			
Jasmine																			
Lavender																			
Lemon Myrtle																			
Lime																			
Neroli																			
Palmarosa																			
Patchouli																			
Peppermint																			
Pink Lotus																			
Rose																			
Sandalwood																			
Ylang Ylang																			

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### **Blissful Vibrational Essence Combination Ideas**

#### *Calming*

Combine Golden Calcite, Rhodonite, Whitsunday Bottle Tree, Chamomile & Passiflora essences  
(Body Spray - scented with Sandalwood & Rose Otto essential oils)

#### *Self-Love*

Blend together Rosemary, Dragon's Blood Resin, Pearl, Arcturian & Rhodonite vibrational essences  
(Body Spray - scented with Rose Otto & Lime essential oils)

#### *Money Drawing*

Mix together Citrine, Bladderwrack, Copper, Fairy Magick, Rainbow Opal vibrational essences  
(Body Spray - scented with Patchouli & Neroli essential oils)

#### *Cleansing & Protection*

Combine Dragon's Blood Resin, Indian Hopi Sage, Mugwort, Smoky Quartz & Fire vibrational essences  
(Body Spray – can be left unscented, or if you prefer add Lavender & Frankincense essential oils)

#### *Ritual Preparation*

Blend Mugwort, Rosemary, Shamanic Wisdom, Amethyst Crystal ball & Water vibrational essences  
(Body Spray - scented with Peppermint & Eucalyptus essential oils)

#### *Developing Psychic Powers*

Blend Amethyst Merkabah, Poseidon Temple & Pyramid, Golden Dragon, Dandelion & Mugwort vibrational essences  
(This combination is best taken internally)

#### *Calling in the Elements*

Combine Earth, Air, Fire, Water & New Moon vibrational essences  
(Body Spray - scented with Sandalwood & Rose Otto essential oils)

### **How to Order your Blissful Vibrational Essence Combination**

Ordering your Blissful Body Spray or Homeopathic Drops is very simple, either:

Call me on 0417 783 361 or

Email [felicity@blissfulnurturing.com](mailto:felicity@blissfulnurturing.com) with your contact details and I will give you a call and discuss your requirements ☺

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