

BELLA ROSE HEALING HANDS

CONNECT WITH
THE ELEMENTAL
FORCES OF
CREATION



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Thank you for your interest in developing your connection with the Elemental Forces of Creation and downloading your complimentary Connect with the Elemental Forces of Creation e-book to help you do just that. I am very grateful and appreciative.

Connecting with the Elemental Forces of Creation: Earth, Air, Water, Fire, and Spirit is easy to do. I have gotten to know the five Elemental Forces of Creation intimately and have been working with them closely on many levels to bring my goals, dreams and heart's desires into manifestation in the physical realm. I work with them daily asking for their guidance and wisdom, as well as, insight on specific questions.

I created *Connect with the Elemental Forces of Creation* e-book to introduce you to the five Elemental Forces of Creation so you can begin to discover the magick, mystery, and wisdom of working with them. You will develop your relationship with each of them, individually and collectively as a unified force.

To get you started, I included a brief description and suggested ways to connect to each element using tools such as crystals, essential oils, affirmations, and reflection questions related to each element.

Crystals are a great conduit of energy. Everything is energy and energy is everywhere. Crystals have the phenomenal ability to transform, absorb, amplify, and transmit energy.

Essential oils are the concentrated plant essences containing the chemical components and fragrance of the plant, derived from particular parts of the plant including the leaves, roots, buds, bark, resin, flower petals, seeds, or fruit. Essential oils are in a sense a representation of the spirit or soul of the plant and can be considered the plant's life force.

Affirmations are positive statements aimed to affect the conscious and subconscious mind. They assist in rewiring the brain and creating positive changes that affect our behavior, thinking patterns, and environment. I have provided several affirmations in each section, along with space for you to create your own.

I hope you find this e-book helpful in connecting with the magick, mystery, and wisdom of the five Elemental Forces of Creation and enjoy working with them as much as I do.

With Love and Gratitude

Isabella Rose



Element EARTH (PHYSICAL Realm)

Earth represents all physical matter in our lives. This includes your body, home, working environment, finances, and land.

It is your responsibility to mindfully and respectfully create, take care, and manage these things in your life. It is where we find the tools, resources, and building blocks to build a solid foundation and build our dreams, goals, and heart's desires into structure and form.

Ways to connect with element Earth:

Spend time outdoors in nature. Spending time outdoors is a great way to connect with the Earth element. Go for a walk; sit outside in a chair or on the ground or at the base of a tree, by the ocean or other body of water. Even a hug a tree if you would like. Be aware of your surroundings. What do you see? Hear? Smell? Feel? Can you taste anything? ENJOY BEING PRESENT IN THE MOMENT!

Bring the outdoors inside.

Bringing the outdoors inside to your home or office space helps you stay connected to earth and create sacred space for you during your daily activities especially on the days that make it difficult to go outside.

Open the windows, let fresh air in, this also helps circulate stagnant energy and provides a natural source of ventilation.

Liven up the room by placing an indoor plant in the room. This also helps with air quality. Plants absorb carbon dioxide and keep oxygen flowing, help purify the air by removing toxins, help prevent illness, ease tension and lower stress, and help to create a relaxed and happy ambiance.

Brighten the ambiance of a room by placing flowers on your desk or table. Flowers can help boost your mood, reduce stress, help make you feel better faster and even help boost your memory and concentration.

Give Thanks

Gratitude is an amazing and simple concept yet oftentimes gets overlooked. There are many benefits to having a “gratitude” attitude. Gratitude makes us feel happier, improves our relationships (and also shows good manners), improves physical and emotional health, and helps lift our spirits even in the toughest times by reminding us of the positive things we have to be grateful for. Below are several ways you can incorporate gratitude into your daily routine.

- Say a simple “thank you” each morning when you wake up.
- Give thanks throughout the day for the things you receive.
- Tell or show someone you are thankful for & appreciate them
- Keep a Gratitude journal and write at least 3 things you are grateful for each evening before going to sleep.

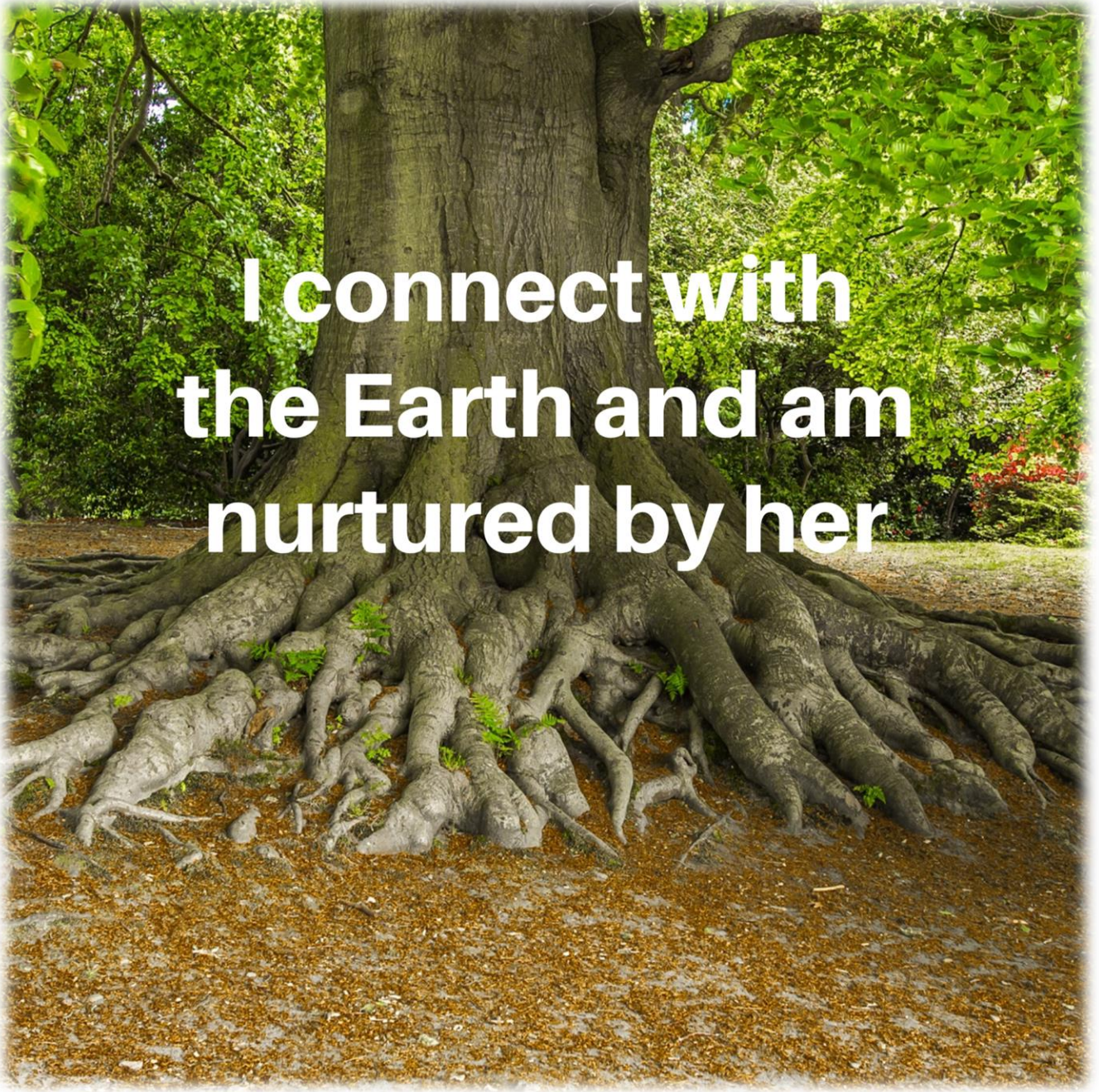
Create a vision board

Create a vision board of the things you wish to manifest and bring into the physical realm. Thumb through magazines and/or catalogs and without thinking tear out pictures, words, and phrases, anything that draws your attention and catches your eye. After you have done that glue the pictures and phrases on a piece of paper, poster board, card stock or anything you have on hand and if you feel like being more creative you can draw, paint, add embellishments, ribbons, and whatever else your creative muse is drawn to. When you are finished, display it in a place where you can see it every day.

Crystals:

Using crystals and stones associated with the Earth element is great for grounding your energy, centering and stabilizing your energy, protecting your energy field, attracting money and success, improving fertility, and growing plants.

Crystals that correspond to the Earth element: Agate, Moss Agate, Calcite, Diamond, Emerald, Jasper, Jet, Malachite, Onyx, and Black Tourmaline.



**I connect with
the Earth and am
nurtured by her**

Reflection Questions:

Take some for yourself in nature. Sit, feel, and touch the ground beneath you, connecting you to element Earth. Be in the present moment. Close your eyes and feel the earth beneath you. As you begin to relax, feel yourself begin to sink deeper into the earth imaging roots growing out of the base of your body seated, legs and feet. As you connect deeper and deeper with Earth, your roots grow bigger and bigger and stronger and stronger, anchoring you down into the center of Mother Earth. Feel her essence nurturing your being and draw her love and nourishment up through your roots, back up through your feet, your legs, body, out through arms, back down your arms into your body, filling your chest, heart and throat, all the way up to the top of your head then out the top connecting you with the Ethers then back down anchoring you back down into the center of the Earth.

Ask Earth to reveal her essence to you, or for any guidance, wisdom, or any message she has for you. Then just sit, wait, and listen to what she reveals to you. Once you have received your message, write it in the space provided. Just write. No filters. Once you have completed this, please remember to thank Earth for your time spent together and her message to you.

Notes, Message, and Reflections from Earth:

Connecting to Your Personal Earth Realm:

Place one hand on your heart and one hand on your belly and connect with your physical body and the sacred container it is. Thank your body for it all does for you. Ask your body to reveal to you the ways in which you can more deeply honor yourself, your life and honor the element Earth in your life.

What is your body telling you? Do you feel any tension, aches, or pains? Do you need to slow down? More rest? Are you hungry?

Do you need to adjust or balance the physical matter in your life, body, foundations, or finances in any way?

Are you grounded and taking solid steps towards your life desires?

Do you need to take more time for more being (quiet and reflection) and less doing in your life?

How in tune do you feel with the element of Earth in your life?



Element WATER (EMOTIONAL Realm)

Our adult body is made up of 50-65% of water; babies up to 75%. Water is where we begin life and grow inside the warm, loving comfort of our mother's womb. Water is the fluid that keeps things supple, alive, and growing. It helps sustain life by giving us the nourishment we need to grow and blossom, without it we would dry out, becoming hard and brittle like the ground without rain or a flower and plant without water. You need the flow of emotions and feelings to keep your life supple and growing.

The element of water is where the essence of love flows in the heart and soul. The clearer your emotions are, the more room there is for love to grow. It is here where you learn to love yourself fully, nurture, and heal your inner child and tend to your relationships with others. The emotional realm is where we learn to respond rather than react to life and the world around us.

Ways to Connect with element Water:

Spend time outdoors at a body of water

Play, splash, swim, go boating, have fun, or spend quiet time in solitude people watching, writing or drawing at the beach, lake, river, or other body of water. Whichever you choose, ENJOY EACH AND EVERY MOMENT OF IT!

Take a Shower

As you stand in the shower visualize all negative emotions including the feeling of a lack of something, going down the drain, and the love & nurturing of the water energizing you with clean, clear, and current loving energy. VISUALIZE ALL THE GOOD THINGS YOU DESIRE SHOWERING DOWN UPON AND AROUND YOU!

Soak in the tub

Feel the warm water soothe and comfort you, melting away all your stress and tension, drawing out any negativity and toxins. See the symbolism of it being released down the drain when you unplug the drain.

For added relaxation, light a candle, play your favorite music, add some Himalayan Sea salt or Epsom salts, and a few drops of your favorite essential oils or crystals. Grab your journal to write your emotions & feelings down in it too.

Crystals:

Using crystals and stones associated with the Water element is great for healing, making peace with yourself and others, making new friends, expanding universal love, and promoting self-love.

Crystals and stones that correspond to water are Aquamarine, Azurite, Chrysocolla, Coral, Mother of Pearl, Lapis lazuli, Sapphire, Selenite, and Sodalite.

Crystals specifically to promote LOVE use pink or green crystals & stones such as Rose quartz, pink tourmaline, emerald, chrysocolla.

Essential Oils: Jasmine, Rose, Ylang-Ylang. (Please refer to Disclaimer and Essential Oils Precautions on page 45)

Affirmations:

I am worthy of love and am open to receive love from myself and others

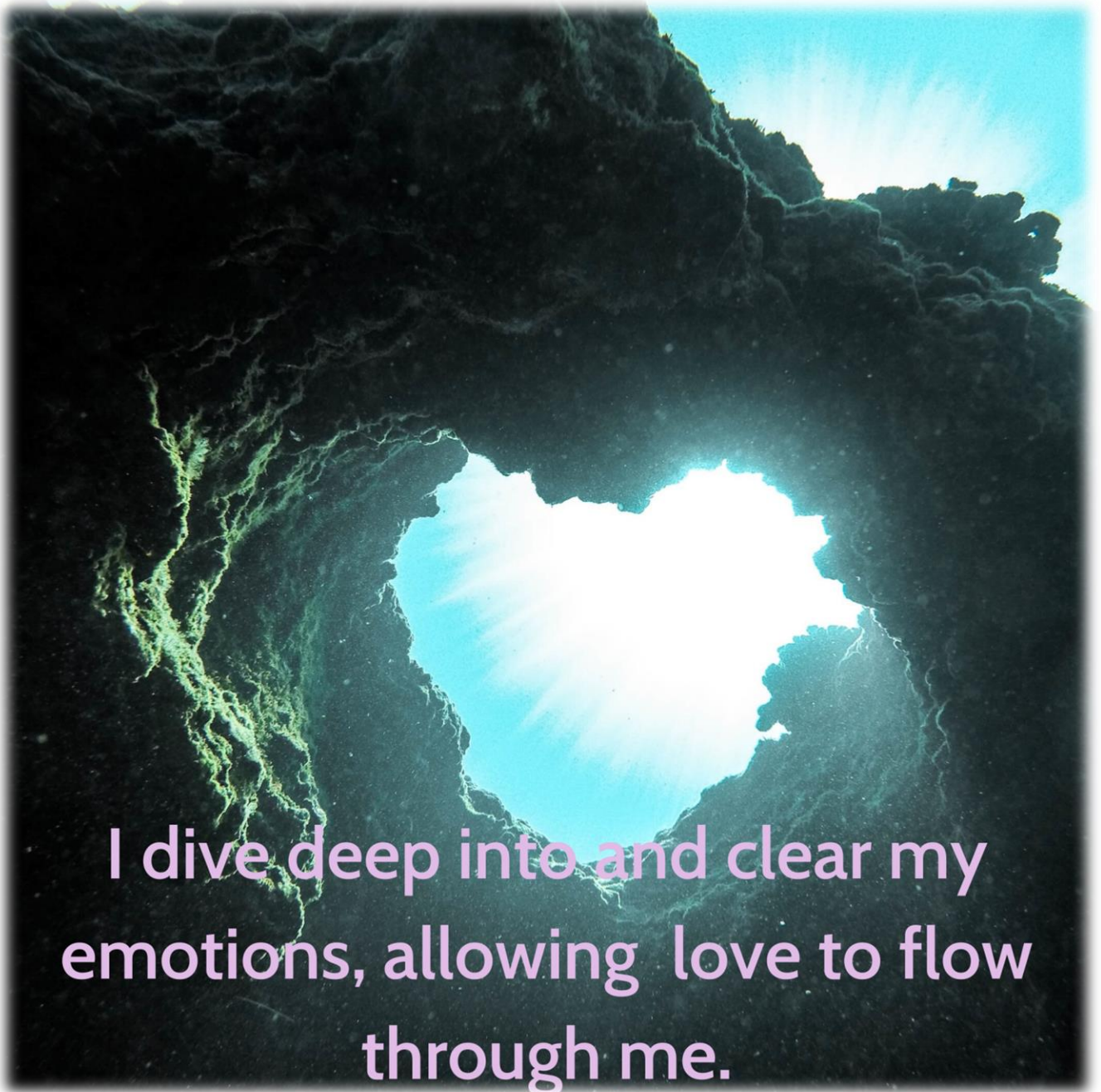
I embrace the constant cycle of change

I am aware of my emotions and their effect on me, my life, and the world around me.

I am flexible and go with the ebb and flow of life.

I open with clarity and love to share my truth and integrity with the world.

Write your own affirmations in the space provided below:



I dive deep into and clear my emotions, allowing love to flow through me.

Reflection Questions:

Take time to connect with water by either sitting in nature or soaking in the tub and connect to the element of Water. Bring your awareness to the present water and gaze at the water. Relax and close your eyes. Feel (or visualize) your feet as you stand in the water. The gentleness of the waves washing around your feet, you feel the mist of the ocean as it touches your face and taste the ocean salt on your lips. You the smell the fresh scent of the ocean air all around you.

As you are in this space of connectedness with water, ask Water to reveal her essence to you, ask her what you need to know and for her to share her wisdom with you. Then wait and listen for her response.

Once you receive your message, write down the message below. Just write. No filters. When finished, please remember to thank Water for your time together and her message to you.

Notes, Messages & Reflections with Water:

Connecting to Your Personal Water Realm:

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Bella Rose Healing Hands

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Place one hand on your heart and one hand on your belly and connect with the watery realm of your emotions and feelings. Honor their sacredness. Thank your emotions for all they do for you. What are you feeling in this present moment? Are there any areas of your life where you need to feel more deeply?

Are there ways in which you need to adjust or balance the water in your life, such as going with the flow, or honoring your intuition?

Do you need to clear any emotional baggage by clearing up past relationships, etc.?

Are your emotions balanced?

How do you create space for your feelings?

What is your relationship like with yourself?

How in tune do you feel with Water and the emotional realm in your life?



(Mental Realm)

is the invisible realm. It represents the mental realm: the things we cannot see. Air and sound set the vibrational tone of your life. The thoughts you have, the language you use, how integrated your left and right brain are, as well as how you work with prayer, intention and meditation are part of the Air realm. It is where we hold our belief systems, thoughts and energetic cords connecting us to ourselves and others. It is where we see ourselves and our life from a higher perspective, like that of a bird and Divinity. teaches us to fly and prepares us to soar high into our dreams and heart's desires.

Ways to Connect to Element Air:

Light incense

Send your prayers & intentions up into the Universe by speaking them out loud as you light the incense. Release your expectation of outcome on how your prayers will be answered and be sure to remain open to receive the answers to your prayers. OUR PRAYERS ARE ALWAYS HEARD AND ANSWERED!

Cloudscape

Spend some time outdoors or look out your window and look up at the clouds. What shapes do you see? Are there any patterns? Designs? Are they fluffy? How do you they make you feel? Is the Sun shining through them?

Look at the night sky

Take note of the moon, stars, constellations, and clouds

Birdwatch

Where is the bird? On the ground, in the air, in the tree? Notice its patterns. Observe how it navigates the air or water with its wings and legs.

Ring Bells or Chimes

Bells and chimes connect us to the element air through vibration and sound. They clear and move the energy in the room and your energy field bringing balance into our environment and activating favorable energy. In the Feng Shui tradition, bells and chimes are also believed to also bring good fortune to the environment.

Feng Shui literally means "wind and water", two fundamental elements of life. The sound of bells and chimes brings the energy of good Chi into our awareness. Their gentle sound corrects the negative effects of harsh noises and negative energy. The healing tones of the bells and chimes release blockages in our bodies, minds, and spirits bringing a sense of healing and peace into our lives. The sound of chimes reminds us at physical and mental levels to be calm and be well.

Crystals:

Using crystals and stones of the Air element is great for enhancing your intellectual abilities, developing inspiration, improving memory, improving communication, expanding awareness and bringing up new possibilities.

Crystals and stones that correspond with element Air: Aventurine, Opal, Tiger's Eye, Mica, Topaz, and Turquoise.

Essential Oils: Lavender, Lemongrass, Peppermint. (Please refer to Disclaimer and Essential Oils Precautions on page 45)

Affirmations:

~I have strength in my heart, clarity in my mind and peace in my soul

~ I believe in myself and my ability to make my dreams come true

~I am the creator/creatix of my present moment & future. I choose happiness, peace & love in this moment.

~ I am open to loving, mutually supportive, trusting and respectful relationships.

~I am free to be myself at all times.

~With lightness, humor, and playfulness I raise my vibration in the world.

I soar with ease and grace
into my life's desires



Reflection Questions:

Take time in nature or open your window to let fresh air in and/or look out your window to feel and connect to element Air. Allow your awareness to come into the present moment and merge with Air. Ask air to reveal its essence to you, ask Air what you need to know and to share its wisdom with you. Then wait and listen for your response. Once you have received your response, write it down in the space below. Just write. No filters. Once you are finished, please remember to thank air for your time together and the message and wisdom shared with you.

Connecting to Your Personal Air Realm:

Place one hand on your heart and one hand on your belly and connect with your breath. Ask air to reveal to you ways you can more deeply honor the element Air in your life.

Are you working with the mental and Air realms effectively?

What visions do you hold for your life?

Are you using prayer, meditation, and/or intention to consciously create and set the tone of your life?

Do you feel a sense of freedom in your life? Why or why not? Where do you need to allow yourself more freedom?

How balanced is the exchange of giving and receiving in your life?



ELEMENT
Fire




Element FIRE (Action Realm)

Fire is the action realm. It is the source of heat, our passions, sensuality, sexuality and creativity. Fire's powerful dynamic teaches us how to transform our passions, claim our person power, shine our light brightly into the world and to live the life we desire. Fire teaches us the mysteries of transformation, changing forms allowing the old parts of ourselves to die and rebirth into the new. Similar to the Phoenix, the old parts of ourselves die and we rise up from the ashes into a newer, brighter version of ourselves.

Fire can also be a volatile realm which many people express their fear of a fire getting out of control and may fear their life getting consumed by the fire and growing out of control or fearing their emotions will erupt like a volcano if they express them. Learning to work with fire takes skill, and one that requires focus, determination and conscious training, similar to that of the archetypal Warrior energy. Balance is key to working with fire; learning when to take action by fueling the fire and when to rest and recharge.

Fire teaches to live a dynamic powerful and passionate life. Working effectively with the element Fire, requires you to honor the sacred teaching, wisdom and tools of Fire and find ways to merge these gifts, messages and wisdom from the other realms with your everyday awareness. Like the light from a lighthouse, Fire illuminates and guides us on our path. It encourages us to take action, shine bright.

Ways to connect to Fire:

-  Light a candle, sit by fire observing its flame(s) or feel the warm of the Sunshine on your body
-  Drink a hot/warm beverage or eat spicy food
-  Display your goals or create & display an action board



**I TRANSFORM AND
EMPOWER MY LIFE
BY TAKING INSPIRED
ACTION**

Reflection Questions:

Take time in nature, sit by a fire or light a candle(s). Allow your awareness to come into the present moment. Take a nice deep breath into your belly and let it out with a nice big sigh letting go of all worries, stress and tension. Take another deep breath in and let out releasing all worries of the future. Now gaze into or visualize the flame of the fire, observe how it dances and flickers. Ask Fire to reveal its essence to you, for any messages, guidance and wisdom you need to know. Then just wait, listen and receive. Once you have received your message, write your message from Fire below. Just write. No filters. When finished, please remember to thank element Fire for your time together and the message and wisdom shared with you.

Notes, Messages and Reflections with element Fire:

Connecting With Your Personal Fire Realm:

Place one hand on your heart and one hand on your belly and connect with your life force. Honor its sacredness. Thank it for all it does for you to fire you up and keep you and your passions alive. Ask it to reveal to you ways you can more deeply honor the element Fire in your life. Record your answers below:

Are you passionate about your life? Or do you feel yourself burning out? Do you need to adjust or balance Fire in your life in any way?

How are your vitality, sexuality, creativity, and sensuality?

How easily do you handle the process of transformation?

Are you in tune with Fire in your life?

Are you taking powerful and inspired action towards your dreams, goals and desires?

How do you show up for yourself and the world?



Element SPIRIT (the SPIRITUAL REALM)

SPIRIT is *As Above, So Below, As Within, So Without, As the Universe, So the Soul*. SPIRIT is the SOURCE of ALL THAT IS: LOVE and your connection to the Divine, to God/Goddess and the Universe, to Consciousness. Spirit is the spark that is you, the essence of the true being of who you are at the core. The connection to Spirit is where all creation lives. Your intuition is your inner guidance and connection to Spirit guiding you on your path in bringing your own True, authentic self and expression fully into the world. Spirit is the invisible thread that connects us all, every being, every particle, everything that exists. It is the rich source of the infinite that flows and connects us all and brings things into being including our experiences.

SPIRIT wishes for you to see yourself as they do, perfect just as you are right in this moment. See the beauty and grace in and around yourself and each moment. You are a Divine Being of the Universe; show yourself, Spirit and the world, the same compassion, respect, kindness and love as you do others. Ask Spirit to help you build a trusted relationship with yourself and with them. Spirit works under Divine Order, honoring our free will and free choice so they cannot help unless we ask. **OPEN THE LINES OF COMMUNICATION! ASK, LISTEN, TRUST, BELIEVE and BE OPEN TO RECEIVE ALL THAT HEAVEN IS SENDING YOU!** *Once you do, everything falls into place perfectly and most likely better than you could ever imagine!*

Ways to connect to Spirit:

Pray

Say your prayers out loud then be present in the moment and wait to receive your answer(s).

Ask for a CLEAR sign that you will understand

I AM ONE WITH SPIRIT



Reflection Questions:

Place one hand on your heart and one hand on your belly and connect to your inner spark and soul essence connecting you with Spirit and the Universal flow of all that is. Imagine yourself surrounded by an iridescent, sparkly glow coming down from the sky down through the center of your head, through your crown chakra, third eye, throat, continuing down to your heart chakra, solar plexus, sacral chakra down through your root chakras and out down to the center of the Earth, anchoring you into that love and light. Allow your consciousness to feel your connection with and energy of Spirit. Ask Spirit to reveal its essence to you, and to share with you any messages or guidance you need to know. Wait and listen for the answer. Once you have received your message, write it in the space below. Just write. No filters. When finished, please remember to thank Spirit for your time spent together and for the message, wisdom and guidance you received.

Notes, Messages and Reflections with element Spirit:

Connecting to Your Personal Spirit Realm:

Place one hand on your heart and one hand on your belly and connect with the spark of Spirit that is you, to your heart, to your soul's true essence. Honor that spark and yourself as sacred. There is no one else in this world that is the same as you. Ask your Spirit to reveal to you ways in which you can more deeply honor yourself and the uniqueness in your life and your connection to Spirit.

How well do you create in life? What do you create?

Are there ways in which you can now choose to create your life more powerfully?

How in tune do you feel with your life essence? Your heart? Your soul?



The Elemental Unified Field

“Consciousness comes first; it is the ground of all being. Everything else, including matter, is a possibility of consciousness. And consciousness chooses out of these possibilities all the events we experience.”

~Amit Goswami, Ph.D.

The five Elemental Forces of Creation want to guide, heal and work together with us to co-create our best and highest potential. Surrender your fears, problems and concerns into the Universe. Share your dreams and heart's desires as the Universe is co-creating with you to bring you to your highest and best potential.

Everything is energy. Energy vibrates at different energy frequencies which is how we communicate with the Universe. Where we focus our attention is what we get in return; therefore, if we focus on the negative such as lack, obstacles, struggles, anger we will get more negative experiences back. The same goes for positivity if we focus on the positive, abundance, prosperity, love, peace and give thanks for what we do have the Universe gives us more positive experiences and things to be thankful for.

Ways to Connect to Elemental Forces of Creation as a Unified Field:

Use the Universal Laws of Attraction.

Remember like attracts like; be it positive or negative. THINK POSITIVE and focus on the things you do want rather than the things you do not.

Use the power of belief.

Visualize and feel your dreams, desires and desired outcomes as already taken place then have TRUST, FAITH AND BELIEVE THAT THEY ARE!

ASK FOR HELP!

The Universe, Spirit, Angels, Guides, God/Goddess, Your Source of Higher Power are all standing by waiting to assist you. Since they work according to Divine

Will/Order, they cannot interfere with our free will and free choice. All you have to do is ask for their assistance and they will be right there to help.

Crystals: any of the ones mentioned above or any crystal or stone you feel drawn to or use a combination of crystals and stone, perhaps even create a crystal grid.

Essential Oils: any of the essential oils listed above or choose your favorite essential oil. Experiment and create a blend of your own. (Please refer to Disclaimer and Essential Oils Precautions on page 45)

Affirmations:

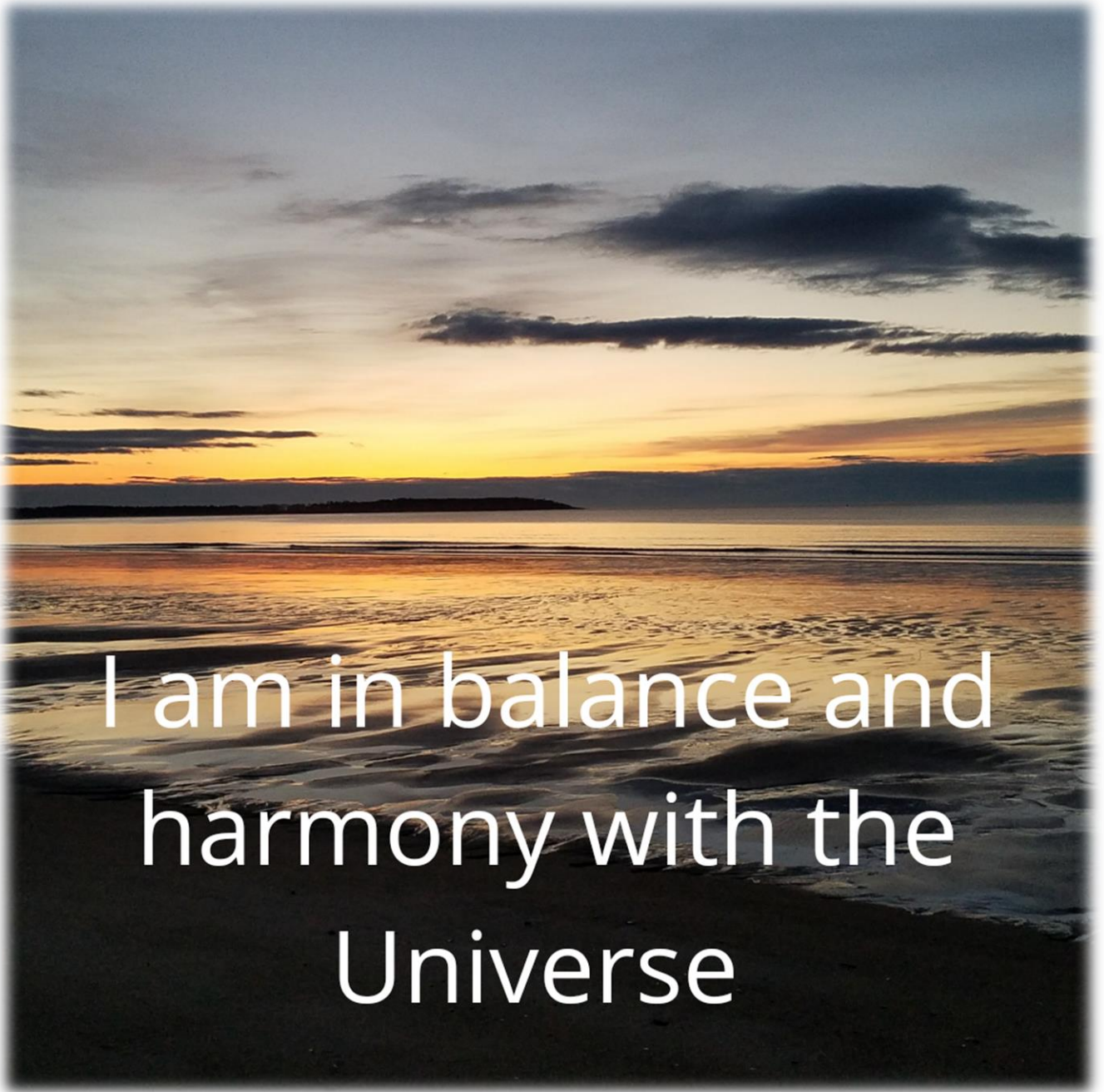
~ I am worthy! I accept all good things into my life graciously. All my needs are met abundantly for me now and always.

~ I act in and radiate Universal Love in all that I do.

~I open my heart and my mind to receive the power of the Universe which I use for my higher good and the higher good of others.

~My body, mind and spirit are in complete alignment with the Universe. I am always in the flow.

Write your own affirmations in the space provided below:



Overall Reflection Questions:

What did you notice about how the elements felt in comparison to one another?

Were some elements easier to connect with than others? If so, which ones?

With which elements do you feel you need the most work?

Did you hear their responses equally, or were there some elements that were more difficult to connect with and hear?

As you continue to grow and develop your intimate relationship with the Elemental Forces of Creation, keep an open mind and bring your awareness to the moments and messages all around you. Tune in, listen, and receive the messages being sent to you. They will guide you on your journey and assist you in co-creating the life you desire.

In your work with bringing your awareness to and developing your intimate relationship with the elements they will continue to reveal the mysteries, wisdom and power that lies within them and within you. Your journey begins with understanding the element's fundamental teaching and learning to embody and integrate it into your own practices.

Please remember personal responsibility with working with the powers and wisdom of the elements. It is essential that the elements and their energies only be used for the best and highest good of all. They are never to be used to bring harm to anyone or anything. Your intention is vital to what you are creating and bringing forth into your life as well as the energy you bring to the collective. It is time for us to claim our sovereignty, our personal power and work in co-creation with the Elemental Forces of Creation to be the co-creators of our experiences and our lives and bring those desired outcomes into form. As Tony Robbins says, "Life doesn't happen to you, it happens for you."



Isabella Rose is passionate about the healing arts and finds them very rewarding. She touches people's lives and the world around her through her creativity, writing and healing practices. She encourages and inspires others' own creativity by touching upon their emotions, desires and dreams held deep in their heart. In turn, they are able to move towards healing and achieving their full potential. She surrounds herself and others in positive energy. She builds community by bringing like-minded people together in her interactive, hands-on workshops and ensures everyone feels safe, comfortable and included.

Isabella has a diverse and extensive background in various alternative healing modalities including Angel Energy Healing, Reiki, Aromatherapy, Warrior Goddess Training, and Brain tap Technology. She also is also a certified Angel Messenger and Oracle Reader and certified Natural Rhythms Elemental Forces of Creation Oracle reader. She has completed her Bachelors of Holistic Health Science degree at Quantum University and has begun the coursework for her Masters in Natural Medicine. As a holistic health practitioner, she specializes in empowerment and recovery, combining different healing and creative art modalities for a unique experience tailored to the individual needs of her clients and students.

Isabella is an inspirational writer and contributing author to the best-selling 365 Book series, contributing to *365 Moments of Grace*, *365 Life Shifts: Pivotal Moments That Changed Everything*, *Goodness Abounds: 365 True Stories of Loving Kindness*, and *365 Soulful Messages: The Right Guidance at the Right Time*. She is featured in the best-selling book, *Soul-Hearted Living: A Year of Sacred Reflections & Affirmations for Women* by Dr. Debra Reble and a co-author to the upcoming book *Calling All Earth Angels and Healers*. She is a guest contributor to DandiSoul and has appeared on the Global Transformation Summit as an expert speaker on Angels and Angel Energy Healing.

Isabella lives in New England in a small town near Plymouth, Massachusetts where she finds much inspiration for her writing and creative arts. She enjoys

spending time in nature and with loved ones. Isabella is an advocate for those who feel they have no voice. She loves helping others, and volunteering for nonprofit organizations close to her heart. Connect with Isabella online at www.bellarosehealinghands.com for more information, inspiration and healthful tips.

Disclaimer:

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Essential Oil SAFETY PRECAUTIONS:

- ~ Keep out of reach of children and pets
- ~Avoid contact with sensitive areas such as the eyes, mucous membranes, and genitals.
- ~Some essential oils and essential oil brands cannot be consumed internally. Please check the package labeling before consuming internally.
- ~If discomfort or irritation occurs, stop using the essential oil right away and contact your doctor.
- ~If pregnant consult your doctor prior to use.
- ~Consult pediatrician before use with children.
- ~ Never apply essential oils directly to the skin. Dilute in a base ingredient such as a carrier oil (like olive, coconut, grapeseed, jojoba, apricot kernel, sunflower and other oils), bath salts, honey, aloe vera gel, plant butters such as shea butter or cocoa butter, etc.

~ Use essential oils sparingly and follow proper dilutions when using them. If they are applied undiluted, you may end up with mild to severe chemical burns. Remember, when it comes to essential oils, less is more.

~ Some essential oils are photo toxic. (sun sensitivity). These essential oils are mainly citrus oils such as bergamot, sweet orange, wild orange, grapefruit, mandarin orange, lime and other citrus oils. If using an essential oil that causes sun sensitivity, avoid sun exposure, use it in the night time or use it in essential oil products that won't stay on your skin.

~ Keep away from flame, heat and ignition sources including candles, gas cooker stove tops, matches and open fires.

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