

Connect To Your Inner Guidance

Sounds

Solfeggio: 741 Awakens intuition

Binaural: Theta - 4-8 hz - Inspiration, intuition, & dream recall.

Gamma: 30-100 hz - Spiritual awakening, heightened consciousness, love & harmony.

Mantra: OM

Scent

Incense :

Lotus - Promotes inner peace & outer harmony. Great for meditation and opening the minds eye.

Frankincense & Myrrh - Helps create a sacred space , purification & spirituality.

Oils:

Lavender - Clarity, enlightenment & calming.

Neroli - Very transformative EO. Helps promote self-love, Self-acceptance & inner peace.

Blend: 3 drops Lavender - 3 Drops Cedarwood - 2 drops Patchouli (great for meditation)

Connecting to your inner guide

- 1. Go to a quiet place/area**
- 2. Light incense & oil(s)**
- 3. Turn on the Binaural beat or solfeggio tone of your choice**
- 4. Set a timer for the time you're comfortable with. (10 , 15, 20 or 30 min)**
- 5. Close your eyes, inhale through your nose count to three, exhale via your mouth - count to three.**

you can also say OM during meditation