



Step into Your Radiance!

Included in the Heart & Soul Kit are four medicinal grade aromatherapy blends: Harmonious Hum to support balanced decision making, Purity to release negativity and worries, Stillness to assist you in reaching a place of deep connectedness where creativity and insights blossom, Inspired Action to move forward with an aliveness and full expression of your Self. Also included are affirmations for each blend and suggested reflex or meridian points for application.

These are hand crafted from medicinal grade essential oils blended with Rice Bran Oil. They are then infused with specific color and sound vibrations and placed in a field of clear intent and crystal energy. Powerful synergy bringing out the best in all things.

It is my desire to live and express an empowered, dynamic perspective full of passion and joy. It is my mission to provide support for others who also seek to awaken their essence to live their peace, their love, their joy & their unique flavor of brilliance. May we all find that which we seek.

*In Love & Joy,
Suzanne*

Awakening Essence
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Products, Sessions, Workshops, Trainings



The best part of life

is not just surviving,

but thriving ... with

passion and compassion,

humor and style,

generosity and kindness

- Maya Angelou



***Is it time for You to become
your Powerful, Dynamic, Radiant Self?***

This holistically blended Heart & Soul Kit helps you create a strong, clear, clean foundation upon which to grow your fully expressive life in the most powerful way possible.

You may notice any or all of these shifts:

- New ways of interacting with Self and others
- Ability to maintain your sparkle amongst the turmoil
- Increased self awareness leading to self trust
- Ability to stand in your strength & wisdom
- Increased clarity, focus & courage
- A more balanced, creative life

This kit can be used in several ways:

- When you become lost in the turmoil and need to re-center or when you're at an event and need to remain focused and on task
- Intuitively by what you are drawn to in any given moment
- As a part of your Self Care to maintain your free flow of energy

As an aid for a specific purpose:

- Harmonious Hum when decision making becomes a struggle
- Purity when you need to mentally detox or your past resurfaces
- Stillness during your meditations or when you get blown off course
- Inspired Action during your planning time

Each blend has suggested ways to use them to affect the associated meridian or reflex point. That said, follow your intuition; you may want to wear them all at one time, rotate through them or use the one you are drawn to in that moment.

Harmonious Hum

How do you make decisions? Logically? Emotionally? Is there a battle to see who will win — the *desire* or the *should*?

By acknowledging the wisdom of both the head and heart, you bring in healthier decision making, an increased ability to nurture yourself, as well as the ability to see and experience your inner beauty.

Are you getting caught up in a situation? Feeling toxic in your body, mind, emotions or home life?

Let go of negative energy, mental harassment and past or future worries so you have a clear mind, increased awareness, interest and curiosity to experience what is true in THIS moment.

Is it difficult to access your skills and talents? Do you engage in continual mental chatter?

Connect within — ground in the here and now and at the same time open to your creativity and insights. This is best used for those already on their path, as it will uncover and shed outdated beliefs, as well as lighting up your purpose.

Do you now seek passionate involvement rather than self protection? Are you beginning to listen to your hearts inspiration?

Developing your creativity and intuition allows you to move outside the box of your rational mind and into the world of possibilities. It allows you to see beyond what is & into the realm of what can be. It is the driving force behind inspired action.

Purity

Stillness

Inspired Action