



The Consciousness Aspects of Your Breasts *The 8 Secrets to Optimal Breast Health*

**The thoughts you have about your breasts
become an energy transmission to them.**

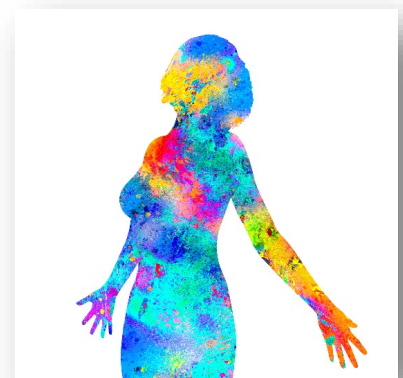
Here are some questions to reflect on for each of the consciousness aspects of your breasts.

Acceptance | Acceptance is about fully accepting yourself before others will fully accept you.

- *Am I fully accepting of myself?*
- *Am I looking to others to accept me before I can accept myself?*
- *What am I not accepting about myself?*
- *What am I not accepting about others – that may show me where I don't accept myself?*

Neediness | This is often a victim consciousness.

- *Do I need to be needed?*
- *Am I overly needy?*
- *Am I over-mothering?*
- *If so, what is it I need when I do that?*
- *Am I stuck in victim consciousness?*
- *Do I need others to bring me “up” (lift me up)?*
- *Do I always need to have the attention of others?*



Nourishment | Nourishment needs to be addressed on all four levels – physical, mental, spiritual, and emotional.

- *Am I nourishing myself physically with food and movement?*
- *Am I having fun?*
- *Am I doing things for myself?*
- *Am I doing things for others?*
- *Am I getting enough rest and sleep?*
- *Do I get outside into nature?*
- *Am I creating space in my day for nourishment – on all levels?*

Nurturing | As women we will go out of our way to nurture the world before we nurture ourselves. We must nurture ourselves first so that we fill our cup. Then we can nurture others without being depleted.

- *Am I nurturing others despite being depleted?*
- *Do I nurture myself?*
- *Am I 'sacrificing' my own needs to nurture others?*
- *Am I able to receive nurturing from others?*
- *Do I tell others in my life how to nurture me so they can do that for me?*
- *Do I stop and receive help from others instead of always giving and giving?*
- *Who am I nurturing?*
- *What am I receiving?*
- *What am I giving?*

Resentment | Resentment is one of the vibrations that cancer resonates with. It's important to excavate this and clear it away.

- *Create a timeline for your relationships (similar to the breast timeline) to identify any resentments you are still holding onto*

Respect | If you don't own your self-worth, others won't respect you. outwardly they might, but on a deeper level they aren't energetically respecting you.

- *How do others treat you?*
- *How do you treat yourself?*
- *Do you see others as better than you? Are there some who you feel this way about in particular?*
- *How do you hide yourself? How do you hide your breasts?*
- *Do you think you need to be more like someone else or different than you are?*
- *Do you speak up for yourself?*

Sensuality | Your breasts are energetic antennas. They are extremely sensual. Sensuality is about using and enjoying your senses – seeing, smelling, tasting, hearing, and touching.

- *How in tune you are with your senses?*
- *Do you notice smells, textures, sounds?*
- *What is your favorite sense? How do you indulge in that to bring you pleasure?*
- *Which sense(s) do you ignore or downplay?*
- *How do you experience pleasure in your everyday life?*
- *How do you feel about the 5 senses when it comes to your breasts? Do you enjoy seeing them? Touching them?*
- *How do you feel about the 5 senses when it comes to someone else and your breasts?*

Sexuality | The breasts hold the consciousness of sexuality – not your reproductive organs.

- *Am I honoring myself by knowing what I like, sexually?*
- *Do I know my sexual boundaries? Do I respect them?*
- *Does my partner respect my sexual boundaries?*
- *Do I know my partner's sexual boundaries? Do I honor and respect them?*

Essential Oils to Balance and Raise the Vibrational Energies of Your Breasts

When there is imbalance either emotionally, mentally or spiritually, our breasts can be affected physically. Using these oils can help create BALANCE.

Learn how to use these oils to balance and raise the vibrational energies of your breasts! Call my office to set your doTERRA Consult.

PLEASE NOTE: Do not massage any of these oils into your breasts other than Myrrh. Diffuse these oils or place on the bottoms of your feet.

Bergamot	Acceptance	Bergamot is the oil of confidence
Spikenard	Neediness	Spikenard is the oil of gratitude
Geranium	Nourishment	Geranium is the oil of an open heart
Myrrh	Nurturing	Myrrh is the Mother oil (the goddess and nurturing)
Thyme	Resentment	Thyme is deeply cleansing and purifying
Slim and Sassy	Respect	Slim and Sassy is a blend that helps you respect your body and own yourself
Balance	Sensuality	Balance is a tree blend that will help ground you, which gives you freedom in your senses
Cinnamon	Sexuality	Cinnamon a sexual healing oil



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