



Deeper Emotional Support: When Fear Runs Deep



Console® (Comforting Blend)

- **Emotional theme:** Grief, loss of independence, or fear of decline.
- **Suggested use:** Diffuse or apply over the heart when you need emotional reassurance and nurturing.



Forgive® (Renewing Blend)

- **Emotional theme:** Releasing resentment — even toward your changing body or capabilities.
- **Use:** Apply over the solar plexus or heart area in moments of frustration or self-judgment.



Balance® (Grounding Blend)

- **Emotional benefits:** Creates a sense of calm and stability, helping with anxiousness tied to feeling unsafe or unsteady
- **Suggested use:** Diffuse in the room or apply to the bottoms of feet



Mindful Grounding Practice

Affirmation:

"I am grounded, supported, and strong. I trust my body and take each step with confidence."

Simple ritual:

1. Apply **Balance®** to the soles of your feet.
2. Apply **Console® Touch** over the heart and **Forgive® Touch** over the solar plexus.
3. Place your hands over your heart, inhale deeply, and repeat your affirmation.
4. Stand firmly or walk slowly, mindfully, feeling each step and the support beneath you.

Tip: Perform this practice in the morning to set the tone for your day, or anytime you feel anxious, uncertain, or unsteady.



Acupuncture Center of Ridgecrest

Linda Lyman, L.Ac.
Licensed Acupuncturist