

In Loving Memory of
Jeanne McTigue

January 5, 1925 - July 7, 2025

She believed
deeply in sharing
what heals, what
supports, and
what brings
peace to others.



A Gentle Ritual for Reflection

1. Apply **Console and Forgive** to your heart and wrist pulse points.
2. Inhale slowly, allowing the aroma to steady your breath.
3. Sit in a quiet space. Let the stillness surround you.
4. Diffuse a sacred oil — **Frankincense, Patchouli, Ylang Ylang, or Sandalwood.**
5. Reflect with this journaling prompt: “What emotion or memory is asking to be acknowledged or released today?”

We are grateful for the **love, memories and connection**
that unite us, even in this time of loss.