

a little book of  
**RITUALS**



Gina Garris & Janet Bergin  
[www.empoweryouroils.com](http://www.empoweryouroils.com)

## Empower You

What does ritual mean to you? What is your definition of ritual? Ritual to me is bringing sacredness and devotion to a “thing,” bringing presence and intention to what you do.

Presence and intention are that which makes the mundane magical. We encourage you to use your own language around ritual, devotion, intention, prayer, smells, Magic, spirit. The language and words that move my soul to allow me to connect to God. That's Gina's language. What's yours?

Part of customizing rituals is knowing yourSelf. Knowing your words and your language. Knowing what moves you and what takes you to still. Knowing what gets you stuck and what triggers you. Know thyself.

So as we move forward we will keep reminding you to hone in on what your language is.

Where the heart and mind go, energy and magic follow.

—Gina and Janet

The Oil of Empowerment  
Empower You Oils episode 004

# Empower Lavender – Empower You

The mantra: "I AM!"

The practice:  
Breath!

Put one drop of dōTERRA Lavender Essential Oil  
in left hand. Activate by rubbing hands together.

Breath in and silently repeat,  
"I AM", exhale and silently repeat "I AM".

This links us to our Divine and True Self.

If you choose....or want to work on deeper healing  
you can add other words such as:

I AM:  
Enough  
Beautiful  
Wonderful  
Happy  
Awesome  
Joyful  
Magical  
Slim & Sassy  
Empowered  
Juicy  
Alive  
Vibrant

The Oil of Communication  
Empower You Oils episode 001

# *Empower Lemon - Empower You*

The mantra:

Use what feels best for you.

"I am calm, I am confident, I am joyful, I am focus.

Spirit, Clear me of all slimy energy....

Not my Circus, Not my Monkey!"

The practice:

One drop of dōTERRA Lemon Essential Oil

in belly button, one drop in left hand.

Activate by rubbing hands together.

Cord cutting for 1 minute.

(Hands wide spread facing your body, move arms and hands quickly alternating up and down in front of torso. Using pinky finger side of hands like knives cutting the air.

Repeat your mantra either out loud or silently while moving hands.

# Empower Peppermint – Empower You

Empower the oil so it is unique to YOU!

The mantra:

“I am alive.”

“I am drinking joy.”

“I have a buoyant heart.”

The practice

Put a drop of dōTERRA Peppermint Essential Oil  
in your drink (water or tea).

Take a few deep breaths before drinking.  
Silently repeat your mantra.

This links us to our Divine and True Self.

## *Empower Lime – Empower You*

Lime makes me HAPPY!! The color, the smell, all of it!  
It takes me directly to manifestation, prosperity and green energy! When you need HAPPY – USE LIME!  
When you are frustrated – USE LIME!

We recommend placing 1-2 drops of dōTERRA Lime Essential Oil on your RIGHT hand, about 1 inch below where the ring finger extends...just below the pad and upper line of your hand... gently rub it in, close your eyes, takes some deep breaths and ask yourself these questions – and then LISTEN for the answer.....

What's going on RIGHT NOW?

- What is the trigger?
- Will I choose to let it go or let it grow?
- Will I manifest now?

# About Empower Your Oils

Empower Your Oils is a podcast about essential oils bringing play and magic together with a saucy twist. Each Friday, we come to the table with a drink made with dōTERRA Essential Oils and talk about the benefits of a different essential oil each week and end with a self care ritual using that oil. We would love for you to join us!

Gina Garris is a lover of LOVE. She has infused her life with sharing love as a woman, healer, teacher, and mentor. Gina naturally creates a sacred space of awareness, acceptance, and appreciation of all aspects of you and encourages you to do the same. She weaves in magic and ritual in all aspects of her life, including a sacred pooping ritual. Who does that, right? Gina loves crab-cheese wantons, donut holes, and long love-making sessions. She enjoys white-cake for breakfast and oddly, doesn't care for anything chocolate. Believe it! She's afraid of the dark so she's a twinkle light junkie. She also thrives on facilitating sexuality and sacredness conversations, inviting more playfulness into a seemingly uptight world. You can find her at [ginagarris.com](http://ginagarris.com)



Janet Bergin is a Brand Specialist and the SHE-E-O of Empower Your Awesomeness. In addition to her enthusiasm about essential oils, she helps women bring joy and life to their businesses. Janet loves making imperfect pottery, spending time with friends, laughter, and cocktails. She is a yoga enthusiast and can actually do a headstand...she is obsessed with personality quizzes, loves watching movies at the theater WITH popcorn, making art and has a passion for advocating for women. You can find her and all her awesomeness at [empoweryourawesomeness.com](http://empoweryourawesomeness.com)

To purchase dōTERRA Essential Oils and learn how to earn free products click here:  
[www.empoweryouroils.com/essentialoils](http://www.empoweryouroils.com/essentialoils)

We are not doctors, scientists, rocket scientists or even bartenders. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. Please use wisdom and consider all safety information from a competent reference book regarding essential oil use. There are some oils that should never be taken internally and alcohol doesn't change that. Some oils should not be applied directly to the skin, without a carrier oil. Ensure the oils you are using are of the highest standards of quality. Essential oils can be much more potent than herbs, so a little goes a long way. Use caution when using essential oils for babies and children as they have highly sensitive skin and require less oil. If you are pregnant or nursing, consult a licensed health care professional before applying essential oils. As always, drink responsibly and don't drive. If you happen to drink too much, try the hair of the dog or a shot of water with 2 drops ginger and 1 drop each of lavender and lemon.

#### Resources:

[Doterra.com](http://Doterra.com)

Emotions & Essential Oils: A Modern Resource for Healing Emotional Reference Guide by [enlightenhealing.com/deo](http://enlightenhealing.com/deo)

Modern Essentials Usage Guide: A Quick Guide to the Therapeutic Use of Essential Oils, [aromatools.com](http://aromatools.com)



[playwithus@empoweryouroils.com](mailto:playwithus@empoweryouroils.com)  
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