



The Ascension Coach
BE THE LIGHT

How to use the Equilibrium bottle

- When handling the bottle always use the left hand which is connected with the right side of the brain
- Remove the cap
- Place the middle finger of the left hand over the open top
- Support the bottle underneath with the left thumb, resting the first and third fingers on the shoulders of the bottle
- Shake the bottle vigorously until an emulsion is formed
- Shake some of the emulsion into your hand and apply to the body
- Apply the oil in a band all around the body, not just on the front or to the back
- The equilibrium oils are applied to the area of the body as indicated by the colour. This may be either to the area relating to the colour in the base fraction, the upper fraction or to both or anywhere you intuitively feel to apply it. At the end of the session, confirmation of where to apply the oil will be provided.
- The greater guide is within and the responsibility of where to apply the equilibrium oil lies with the individual
- The bottles may be applied to the body morning and night and more frequently during intense periods, as or when, guided by your intuition
- It is recommended to finish the bottle before going on to the next