

Twin Flame Signature Blend Recipe

If you have met your twin flame you know the journey can be exhilarating, liberating, confusing and painful. And at times it is as if you feel the array of emotions all at once- not one at a time but the entire onslaught. Here's the good news- your twin flame journey can be enhanced with essential oils and the ride can be a bit smoother.

“There's an oil for that.”

Essential oils can serve as the “heavy lifters” for our Twin Flame journey, helping us process and stay balanced.

- Frankincense
- Angelica
- Jasmine
- Geranium
- Lemongrass

Keep reading to find out how each of these oils can be incorporated into your Twin Flame journey. Depending on the situation you may have met your twin flame but the other twin is not fully awakened. Or you may both be aware, but real life beckons and a physical, earthly relationship may not be in the cards, so to speak. Perhaps you have met your twin flame, merged, reunited and now you are separated for any number of reasons- sometimes even by choice. It doesn't matter really; the journey never ends and from this lifetime, the journey continues celestially.



Want clarity on your twin flame connection?
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Common experiences upon meeting/journeying with your Twin Flame:

- Spiritual Awakening
- Enhanced Intuition/Telepathy
- Communication Difficulties
- Heart Palpitations/Heartache and Heart Swell/Heart Love
- Increased Confidence/Self-worth and Self-doubt and Confusion
- Sexual Energy that Transcends the Physical Body

- A Feeling of Being Home

Spiritual Awakening- Frankincense

A spiritual awakening (Kundalini Rising) happens when you meet your Twin Flame. Because the meeting raises your vibration and opens up your crown chakra, allowing you to receive Divine energy, the awakening begins. The crown chakra is your center of spirituality and enlightenment. A wonderful essential oil to use to keep your crown chakra balanced is frankincense. Frankincense increases spiritual awareness. Place a drop on the top of the head.

Intuition/Telepathy- Angelica

If you consider yourself intuitive or clairvoyant, clairsentient or use any of the clair senses regularly, you will likely experience an increase in your intuitive gifts. If you have never tapped into your intuitive gifts before you may begin to have new experiences that involve the clair senses. You may see auras, sense feelings in others, hear messages from the spirit world and other “paranormal” or metaphysical happenings. Mostly, you will likely have an intuitive or telepathic connection with your Twin Flame. The third eye chakra is the center for intuitive thinking and an essential oil that will keep your third eye focused and enhance intuition is angelica. Angelica is considered the “oil of the angels.” Place a drop in the middle of your forehead.

Communication Difficulties- Jasmine

While Twin Flames often communicate telepathically, through meditation or lucid dreaming, sometimes verbal communication stops. This usually occurs during the runner-chaser phase when the runner shuts off all communication. This can be very painful to endure for both parties. The throat chakra is the center for communication, thoughts and emotions. An essential oil that helps keep communication flowing in an honest and open manner is jasmine. Jasmine promotes powerful, inspirational relationships. Place a drop on your throat, near your adam’s apple.

Heart Effects- Geranium

You may feel heart palpitations or even heartache- the heartache may be literal or emotional- and this is often due to the overwhelming feelings that flood when twin flames go through the runner-chaser phase. This happens when “real life” calls and one twin flame is not ready or has additional work to

do that is separate from the twin flame, such as resolving issues in an existing relationship with someone else. The flip side is a feeling of heart swell and a feeling of unconditional love, both giving and receiving, that is indescribable. The heart chakra is the center for giving and receiving love and healing from sadness. Keeping the heart chakra balanced is important and the essential oil associated with love and joy is geranium. Place a drop over your heart.

Seat of the Soul- Lemongrass

Meeting, merging, running, chasing and reuniting with your Twin Flame can cause extreme feelings of confidence and self-worth along with self-doubt and confusion. This is because of the highs and lows that come with this intensely spiritual and emotional journey. The solar plexis chakra is considered the seat of the soul and is the center for personal power, self-worth and confidence. An essential oil that will help keep the solar plexis balanced is lemongrass. Lemongrass supports the digestive system and promotes psychic awareness. Place a drop on your abdomen.

Sexual Energy- Jasmine

If you are in physical contact with your Twin Flame you know that the sexual energy between Twin Flame lovers is like nothing ever experienced before. This is the physical body's reaction to twins who are merging souls. The energy felt is both tantric and divine and like no other. If either twin has sexual abuse issues those wounds will emerge and be healed. The sacral chakra is the center of sexuality, creativity and emotions. An essential oil that helps to keep the sacral chakra balanced is jasmine. Place a drop below your belly button in the middle of your pelvis.

Coming Home- Frankincense

Many people describe meeting their Twin Flame as a homecoming for the soul. It feels right and familiar. Often Twin Flames feel that they know one another already- likely from a past life, as Twin Flames have usually soul traveled before. Being home and feeling safe are feelings connected to our root chakra. The root chakra reminds us to stay grounded and in the present moment. Frankincense can also be used to help keep the root chakra balanced. Frankincense is a tree oil so think of a tree's roots going deep into the ground. Place a drop on your root chakra.

To apply essential oils, place a drop of the recommended essential oil on the specific chakra. Set your intentions beforehand and drop the oils onto you as

if you are anointing yourself. The oils are divine and treating them in that vein adds to the effect.

If you are new to essential oils be sure to test each oil for sensitivity. If you are sensitive, dilute the essential oil in a carrier oil such as olive, jojoba, sweet almond or coconut oil.



Twin Flame Signature Blend

You can also create this Signature Blend that incorporates these pure essential oils in a carrier base of sweet almond oil or carrier oil of your choice. This blend helps balance the chakras while you hold the intention for your own spiritual expansion along the twin flame journey.

Use a 10 ml roll-on bottle, add 6 drops Frankincense and 3 drops each of Angelica, Jasmine, Geranium and Lemongrass. Carry this with you and anoint yourself for grounding, insight or awakening anytime of the day. You can add quartz or rose quartz chips to the bottle and if you are Reiki attuned, you can Reiki charge the blend as well. Fill the bottle near to the top with your favorite carrier oil.

Sending Light,

DeeAnna

