

Balance

Focus on what's right and balance out your perspective.

We spend so much time focusing on what's not working in our lives instead of on what **is** working . Doing this exercise for a few minutes will balance your perspective and move you into a new way of seeing. Try this exercise for 30 days, just 3 minutes per day, and watch your perspective elevate to joy and love.

Find a comfortable seat.

1. Close your eyes. Take a deep breath in. Hold the breath at the top of the inhale for a moment. Exhale. Repeat 2 more times.
2. Give yourself a hug. Wrap your arms around yourself. With your eyes closed, turn your gaze upward and visualize LIGHT pouring through the top of your head and radiating throughout your body. Breathe gently, continue for a duration of 2 minutes.
3. Grab a pen and paper and turn your focus on what's right in your world. Move in closer to what's working. Put pen to paper and jot down all of the things that arise for you, as you contemplate this, that are working in your life right now.

Enhance this exercise with dōTERRA's grounding oil blend BALANCE.

Grab a handmade-with-love Balance Roller in The 889 Shop to take with you on the go.

1. Roll the oil behind your ears, down the back of your neck and up behind your other ear.
2. Rub it in with your hands. Place your hands in front of your nose and inhale and exhale deeply three times.

We LOVE rolling the Balance Oil on our feet in the mornings before the day gets going. It is a grounding blend that keeps you connected to yourself as your energy starts to pour out in many different directions. You can also place the oil on the perfume points of your wrists for long lasting balancing aromatherapy.