



I Feel Better Balm	Emotional and Energetic Properties
Confidence	<ul style="list-style-type: none"> <li>- promotes strong self image</li> <li>- increases strength and endurance</li> <li>- supports confidence in difficult times</li> <li>- releases any strong thoughts and emotions that overwhelm the mind</li> <li>- invites us to stand strong and steady in who we are with a clear mind making it possible to step into the true flow of life and all the possibilities it holds</li> <li>- use with Harmony when interacting with people who intimidate us</li> </ul> <p>works well with Calm, Harmony, Peace (or Steady)</p>
Harmony	<ul style="list-style-type: none"> <li>- calms and nourishes the heart</li> <li>- restores a sense of wellbeing and compassion</li> <li>- increases our ability for self love and nurturing</li> <li>- invites a feeling of safety and security</li> <li>- warms a soul grown cold due to hurt restoring the trust and making it possible to love again</li> <li>- helpful for those who are self restrained and emotionally inhibited</li> <li>- helpful for those who find it difficult to be vulnerable due to lack of confidence in themselves</li> <li>- helpful for those afraid of being absorbed and losing their self identity</li> </ul> <p>works well with Confidence, Peace (or Steady), Release</p>
Protected	<ul style="list-style-type: none"> <li>- designed for those who are energetically affected by others (most everyone)</li> <li>- promotes overall energetic protection</li> <li>- protects against negative energy outside of ourselves</li> <li>- encourages the release of absorbed, stagnant negative energy within our energy field thus easing fatigue, low energy, depression, weakness, and fear of interaction with people and places</li> <li>- reduces irritation and aggressive behavior</li> <li>- encourages acceptance and inner unity</li> <li>- strongly suggested when going into public places and gatherings</li> </ul> <p>works well with Confidence, Harmony, Peace (or Steady)</p>
Peace	<ul style="list-style-type: none"> <li>- emotionally healing on all levels</li> <li>- quiets and focuses the mind</li> <li>- deeply nourishing</li> <li>- heals old emotional wounds</li> <li>- emotionally balancing and calming</li> <li>- reduces tension and depression</li> <li>- uplifting</li> <li>- exudes happy, outward energy in a grounded way</li> </ul> <p>WARNING - not to be used with medication; use steady instead</p> <p>works well with any</p>





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Steady	<ul style="list-style-type: none"> <li>- emotionally uplifting and stabilizing</li> <li>- supports transformation</li> <li>- helps broaden our perspective making us less reactive</li> <li>- encourages emotional healing on all levels</li> <li>- supports focused attention and tranquility</li> <li>- grounding yet expansive</li> <li>- cleansing therefore reducing tension and negative emotion leaving one in a grounded, happy state</li> <li>- use when Peace is not applicable due to medications</li> </ul> <p>works well with any</p>
Release	<ul style="list-style-type: none"> <li>- releases chronic trauma</li> <li>- helps heal old emotional wounds</li> <li>- gently releases emotional trauma in a supported, confident, strengthening way</li> <li>- addresses emotions that accompany trauma leaving the person grounded and connected with their authentic self</li> </ul> <p>works well with Confidence, Harmony, Peace (or Steady)</p>
Soothe	<ul style="list-style-type: none"> <li>- helpful for acute trauma (shock, grief, fights, accidents)</li> <li>- gently releases the intense, cycling thoughts and emotions that accompany a recent traumatic event leaving one feeling safe, emotionally restored, and with a more peaceful heart</li> <li>- pairing with Harmony is strongly suggested if in committed relationship</li> </ul> <p>works well with Calm, Harmony, Release, Peace (or Steady)</p>
Calm	in formulation
Trust	in formulation
Parenting	in formulation

