Into the Future Essential Oil Moves us Forward Gently and Willingly!

By Nan Martin

Into The Future Essential Oil is an excellent blend for moving forward into the future and leaving the past behind. It seems like we all can use some letting go on some level, including our animals!

This uplifting oil also helps us with visualization and meditation about the future. It releases fear of the unknown or things we just don’t have control over.

Are you a person that knows your own potential but is afraid of going after it? If you answered yes, then this oil will be great for you. It will help you get to the root of the reason why you are blocked and support you in releasing it! So you can move forward with tenacity and excitement!

This is why this oil is so effective in healing and emotional work. When I was going through some very difficult transitions, this oil became my best friend. And I still use it often, because it seems as though I am always going through some sort of change!

I have also used it for horses that have come from non-ideal situations or homes, or just don’t seem that excited to go to work. I always combine with an oil like Clarity so they can see clearly why they need to move forward and embrace their job no matter what it is.

This is a fun and easy reference guide for Into the Future Oil Blend. It will tell you how to use your oil blend and what to use it for. It will also provide you with some fun tips and testimonials!

As I receive new tips and testimonials they will be added to the page, so check back frequently!

Into the Future Essential Oil Blend™

What is in Into the Future Essential Oil Blend? There are nine different oils in Into the Future oil blend. They are listed below along with a brief description of each oil.

• Frankincense Essential Oil (Boswellia carteri) has anti-depressant, anti-infectious and immune stimulating properties. The high sesquiterpenes level stimulates and oxygenates the limbic system of the brain which elevates our mood and helps us relax (overcome stress).

• Ylang Ylang Essential Oil (Cananga odorata) has antidepressant, antispasmodic and sedative properties. It balances the male and female energies of the body.
• **Clary Sage Essential Oil** *(Salvia sclarea)* has anti-convulsive, anti-fungal, sedative, soothing and nerve tonic properties. It is balancing to the hormones, and enhances the dream state.

• **Cedarwood Essential Oil** *(Cedras atlantica)* has anti-infectious, anti-fungal and sedative properties. It stimulates the pineal gland which releases melatonin. It is calming and purifying.

• **Jasmine Absolute** *(Jasminum officinale)* has antidepressant and antispasmodic properties. It is emotionally uplifting.

• **Orange Essential Oil** *(Citrus sinensis)* is elevating to the mind and body and brings joy and peace. A 1995 Mie University study documented the ability of citrus fragrances to combat depression and boost immunity.

• **Idaho Tansy Essential Oil** *(Tanacetum vulgare)* has antiviral, antibacterial, anti-infectious and anti-inflammatory properties. It is supportive to the immune system.

• **Juniper Essential Oil** *(Juniperus osteosperma)* has antiseptic, cleanser, detoxifier, diuretic and antispasmodic properties. It is a detoxifier and a cleanser.

• **White Fir Essential Oil** *(Abies concolor)* has analgesic, antiseptic, sedative and tonic properties. It is very grounding and anchoring. It relaxes the body, while stimulating the mind.

**Carrier Oil: Sweet Almond Oil**

**Do you want more information about the individual oil?** Just click on the name of the oil to find out other interesting information such as:

• What Part of the Plant is Used?

• What is an ORAC Value?

• What is the ORAC of the Oil?

• What are the Plant Properties and Uses?

• Where is the Name derived from?
• The Most Interesting Historical Reference?

• And more!

What are the Documented Uses for Into the Future Essential Oil? Alzheimer’s Disease, anxiety, awareness (of ones potential), change and transitions, choices about the future, confidence, criticism, discouragement, disappointment, fear of future and unknown, fear of failure and letting go, forgiveness, moving forward, letting go of old beliefs and paradigms, releasing the past, self expression, stuck, opens and increases oxygen to the pineal gland, increases oxygen to the pituitary gland, labor fear, potential, spiritual balancing and worry.

What Body Systems are Affected? Nervous System

What is the Aromatic Affect on the Mind? Lifts the spirit and stabilizes emotions.

What is the Spiritual Influence? Into the Future asks us to release old ideas and beliefs that no longer serve us. It also helps us let go of memories and incidents from the past that hold us back and don’t allow us to move forward.

Whether it is shame, self criticism or fear of failure that is holding us back, this oil will help us to release it with faith, courage and love.

This is great for transitions for this reason. It helps us look forward and embrace the next adventure or new challenge in our life rather than worrying about it all the time. Worrying and stressing doesn’t do us any good and it usually shuts us down physically and emotionally!

What Chakra is Affected? Opens the root, solar plexus and heart chakras.

How do I use it?

Use NEAT (undiluted) then,

• Apply several drops (2-4) to wrists, behind the ears, neck and feet

• Apply to chakras/vitaflex points

• Directly inhale, or

• Diffuse

Good oil for the First Aid Kit? No

Can this oil be used for Animals? Yes, I love using this oil! See the introduction for some suggestions.

Note about animals: Certain oils can be very toxic to cats. cats. Citrus products and oils in particular that are not of therapeutic grade! Please consult your vet if you are not sure about applying any essential oil to your pet.
**What are the Safety Precautions?** Into The Future essential oil does not have any known contraindications. Non-irritating and non-toxic.

**Tips and Testimonials from an Essential Oil User**

Diffuse or place in bath water to lift the spirit and relax about the future!


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