



# Indy Essentials Moon Focus Set

Pure Essential Oils for Change & Growth through the lunar cycle

**This Moon Focus Set includes four separate 5 ml Pure Essential Oils for use at specific times during each of the four major phases of the lunar cycle.**

*New Moon - Waxing Moon - Full Moon - Waning Moon*

It has been created to offer you the support of the miraculous compounds found in each one of these essential oils specific to the particular influence of the moon on your energy at that time of the lunar cycle.

Your Moon Focus Set contains 5 ml each of the following Pure Essential Oils.

New Moon - Patchouli - Pogostemon cablin  
Waxing Moon - Lavender - Lavandura augustifolia  
Full Moon - Peppermint - Mentha piperita  
Waning Moon - Frankincense - Boswellia serrata

Your set also contains 12 ml of Golden Organic Jojoba Oil to use as a carrier oil.



## A word about the moon

Technically speaking the New and Full Moon occur in just an instant in time, though, as any one in the habit of looking up knows, the Full Moon can be perceived as being full by the naked eye for between 2-3 days. While the New and Full Moons are just with us for that instant the effects of these phases can be felt energetically and appear visible to us for up to 3 days.

Waxing and Waning moons last longer. These periods of the moons lunar cycle as it transitions from a New Moon to a Full Moon and back to a New moon remain with us the longest during the moons cycle.

Whilst it is not important to know ahead of time the 'exact instant' of each phase of the moon, it is good to have an awareness of the phase of the moon especially when you are

being mindful of making change, breaking non serving habits or creating beauty and abundance in your life.

You can easily see the current phase of the moon online through numerous websites , we like to use [timeanddate.com](http://timeanddate.com) when the need arises but there are many apps and so on that you can download to use as part of your focussed commitment to yourself.

## Moon Phases & Full Moon Times

The Moon orbits the Earth approximately once a month, we call this the Lunar cycle. It actually takes a little less than a month for the Moon to complete its orbit of the Earth, in the region of 29½ days to be more precise which is why the days of the month on which the different lunar phases occur varies throughout the year.

As the Moon travels around the earth, the angle at which we view it in relation to the suns light changes. What this means is the illuminated proportion of the Moon visible from Earth changes as it orbits us and this is what causes us to see the different phases of the moon.

Just one last thing before we delve into how and when to use your oils , the moon phase is the same throughout the world at any given time. So if it is full moon in Miami, its full moon in Mombassa; if it's waxing in Berlin, it's waxing in Bombay!

What does differ though is the time the moon is visible and how it is viewed, people in the Northern Hemisphere see the opposite from people in the Southern Hemisphere, as if it were flipped or upside down.

## Your Moon Focus Set Schedule

29 Days of focussed change with determination, satisfaction and joy starts with each New Moon ..... Use the Oils in these sets in the manner prescribed and in conjunction with the suggested affirmations that accompany each of the moons phases. Be mindful , be determined you are receiving the benefit of not only the moons abundant energy but also the high vibration and natural compounds of your Essential Oils.

## Your Essential Oils

Essential Oils are powerful and potent gifts that are most effective when treated with care and respect. We advise anybody new to Essential Oils and Aromatherapy practices in general to verse themselves on the benefits and uses of Essential Oils to ensure safe and beneficial use.

Overtime and with experience and knowledge, individuals develop their own practices for how they use Essential Oils and for what purposes. These methods vary greatly and can be found debated in various aromatherapy literature and medical journals. That said, we recommend blending your essential oils with a suitable carrier oil. We use our own Golden Organic Jojoba but other oils such as coconut, almond and even olive are also used safely and effectively.

To Blend, a general rule of thumb that we use is to add one - two drop(s) to 5 ml of carrier oil. We have included 12 ml of our preferred carrier oil, Golden Organic Jojoba for you to try. If you like our Jojoba we have larger quantities available to buy at our website.

To Diffuse , 3-5 drops , depending on personal choice for between 100-300ml of water. Use in living areas , office space and especially the bedroom. Most diffusers allow you to set for long periods, do this if you can to really enjoy the benefits while you sleep.

To inhale, drop a few drops of essential oil (blended if and as necessary in your carrier oil) and rub vigorously between your hands then cup over your nose and mouth and inhale deeply. This is a mindful and rejuvenating process that we use as required to great effect.

You can also just remove the cap and inhale directly from the bottle.

To bathe, add your essential oil to your carrier oil and pour into your hot bath water. We do not recommend using essential oils undiluted ... trust us when we say that you do not want a beautiful globule of peppermint resting itself on any sensitive areas as you recline enjoying the moment ...

**Always remember to take care when using oils in the bath as they will make the surfaces slippery.**

# New Moon

## Pure Patchouli Essential Oil

### Pogostemon cablin

#### **NEW MOON** **The Start of the Lunar Cycle**

(Focus on the influence of the New Moon the day before , the day of and the day after the New Moon cycle.)

The New Moon is a Re-birth, a new beginning, a fresh start. It is a great opportunity to define what we desire and provides a moment in that time that allows us to cut the cords that no longer serve us and focus on the words, deeds and actions that do. This is the creation of manifestation.

Your Oil for the New Moon is the wonderful **Patchouli**. Patchouli helps plant new seeds and is both an aphrodisiac, and a digester of toxic materials. Perfect for officially cutting the cord to any blocks or stagnation as you start afresh for the New Moon!

#### **How to Use**

Combine with your favourite carrier oil and apply to the lower chakras.

Diffuse daily and throughout the night around the home and bedroom to bring relaxed focus and to keep your intentions clear.

#### **Affirmations for the New Moon**

Select those affirmations relevant to Your New Beginnings... Select those that Resonate with you .... Select those that connect with you. You are an intuitive creature you can heal yourself, you can create for yourself , you can be all you want to be. Make this New Moon your edge of becoming.

I am who I am

I am making a fresh start with this New Moon

I am setting clear intentions and cleansing myself of all that does not serve me.

I am leaving behind my behaviours that I know do not serve me.

I am leaving behind the behaviours of others that do not serve me.

I see my goals clearly.

I feel joy as if my goals are already manifested.

I release what no longer serves me.

I am open to my highest good.

I invite clarity into life.

I break free of limitations.

I attract new, healthy relationships and habits into my life.

I send loving intentions to the universe. For what I share, I shall receive.

I am on the edge of becoming.

I am ready to grow into my true self.

I am open to the sacred nature of life.

I am ready to manifest order and function in my life.

I am worthy.

I send gratitude to every cell in my body.

I manifest all I need with ease.

I am accountable for what I want.

I honour my own process.

I am aligned with the universe.

I am stepping into my path of self-discovery.

I am open to the truth.

I am full of endless potential.

I remove clutter from my path to find my way.

I invite wealth, order, and prosperity into my life.

I intend to make my wishes come true.

# Waxing Moon

## Pure Lavender Essential Oil

### Lavendula augustifolia

#### WAXING MOON

#### **Be Patient , Regenerate and Strengthen. Faith in self.**

(Focus on the influence of the Waxing moon for around 11-12 days as it passes through its Crescent and First Quarter ( Half Moon ) and on through its gibbous phases to a Full Moon)

This is a phase of regeneration when your body is able to absorb most efficiently and with ease. It is a time to fortify, strengthen, and replenish your body, your soul, your energetic field, and your resources.

Your oil for the Waxing Moon is **Lavender**. Lavender supplies patience as we fortify during this phase. Sometimes our outer worlds don't catch up as quickly as we want, and this oil helps infuse the trust of Divine Timing into any type of preparation work.

#### **How to Use**

Combine with your favourite carrier oil and lather yourself generously, paying special attention to your ankles and hips.

Diffuse Lavender to bring you into the present moment and back to the patience that is needed during this phase.

#### **Affirmations for the Waxing Moon**

Select those affirmations aligned with your regeneration and support in all things. Select those that resonate with you.

You are an intuitive creature you can heal yourself,  
you can create for yourself , you can be all you want to be.

I am who I am.

I live in abundant health and energy.

My energy is boundless.

Each choice I make brings me balance and harmony.

My motivation will take me to my goals.

I take steps towards my passions, goals and happiness each and everyday.

I attract the motivation and support I need.

I am always supported.

My patience is always rewarded.

My dawn always comes and I am patient in the dark.

# Full Moon

## Pure Peppermint Essential Oil

### Mentha piperita

#### FULL MOON

**The Middle of the Lunar Cycle , get Excited! Listen to your body**

(Focus on the influence of the Full Moon the day before , the day of and the day after the Full Moon)

This part of the cycle is an exciting and energetic time for experiencing amplified feelings and experiences. This is a time for absolute self love, to ground ourselves and to open the heart chakra fully. Reflect with great excitement on the changes you have wanted the goals you have set, celebrate the patience and the learnings from your mindful creation.

This is a time to listen to your body. What is sore, what is uncomfortable and act on it!

For the Full Moon we recommend **Peppermint**. Peppermint's antiseptic and uplifting properties facilitate any physical or energetic cleaning out to create an environment for emotional and spiritual growth.

Create a space for you somewhere if you can so you can just 'let go' yell kick scream laugh to tears whatever comes out and whatever it takes , reconnect with yourself and love yourself.

#### How to Use

Try hand diffusing peppermint. Simply rub some diluted peppermint between your palms , inhale and apply to your energetic field by wafting around your body.

Diffuse around the home and bedroom daily during this phase.

If you are able to get a massage with your Peppermint Essential Oil during this time\*  
DO NOT SAY NO.

If you are able to have a bath with some Peppermint Essential Oil during this time\*  
DO IT

The Full Moon is the phase of the lunar cycle most closely connected with successful manifestation, so make the most of this period. You should be feeling more energised than ever! Also, you should have strong abilities to both experience gratitude and give love.

#### Affirmations for the Full Moon

Select those affirmations that excite you... Select those that make you smile when you think about the creation You are an intuitive creature you can heal yourself, you can create for yourself , you can be all you want to be.

I am who I am

I grow more beautiful and loving each day.

It is okay to say I am beautiful, safe and loved.

I accept myself just the way I am.

I am passionate about my life.

I have the power to change my story and I am ready for the next chapter.

I am not jealous of the success of others, everyday I am closer aligned to my own success.

I invite abundance and prosperity into my life. My soul steps forward guiding me through this journey.

I release what no longer serves me and open up to receive my highest good

I am strong enough to be myself. I have the right to be true to myself. I completely trust my intuition. The universe trusts me, and I trust the universe.

I will not transfer negative energy, I will transform it.

When I need help, I know how to ask for it. I choose not to grow alone.

I openly accept that my intuition is my spiritual guidance and allow life to flow through me freely.

I constantly seek the good, even in the worst situations. The good seeks me in return.

Where others see a challenge, I see new opportunities.

Time is my friend. I finish all the tasks I need to finish.

# Waning Moon

## Pure Frankincense Essential Oil

### Boswellia Serrata

#### WANING MOON

**Are Your Actions and Thoughts Serving You? Rest , Meditate , Release.**

(Focus on the influence of the Waning moon for around 11-12 days as it passes through its Crescent and First Quarter ( Half Moon ) and on through its gibbous phase as it wanes into the New Moon)

The waning moon is your opportunity to clarify your values, to check your anchors of action and ensure they serve your true self. To make sure we are not acting for the betterment of others at the detriment of what is better for yourself. It is a period of instinctual growth and can lead to subconscious enlightenment.

This is a time of deep internal rest, meditation, self analysis, and reconnection to yourself following the period of short lived but intense self love of the Full Moon.

This final phase of the moons cycle is the part of the process that can enable you to release, re-direct, banish, and break unhealthy habits, relationships, behaviours, patterns, and thought forms as you lose what you don't want to carry forward and prepare again for the new goodness of the New Moon.

For the Waning moon we recommend **Frankincense Serrata**. This wonderful Essential Oil helps to re-pattern, re-generate and re-parent ourselves. Working with clear intent this oil can truly heal and release negative habits , thoughts and patterns that are holding you back, keeping you unhappy and blocking your much needed life satisfactions.

#### How to Use

Diffuse by itself and mix with a carrier oil of your choice and give your scalp some extra TLC with a massage. Breathe it in and place behind the ears.

#### Affirmations for the Waning Moon

Select those affirmations that feel drawn to you... Select those that affirm the satisfactions you desire.

You are an intuitive creature you can heal yourself.

You can create for yourself, you can be all you want to be.

Use this waning moons energy to fully release all unwanted anchors , breathe out all doubt.

I easily become financially free.

I do not compare myself to anyone else; I have my own reality.

I am enough, I do not need external things to fill me up.

Nothing can stop me from achieving my dreams.

I enjoy the happiness and peace of mind knowing I do not owe anybody!

My family is protected by the divine.

I trust myself, have faith in myself and believe in myself.

My emotions, mind, spirit, soul, etheric body and auric body are all entirely safe & protected, now & always, eternally, unconditionally, easily, effortlessly, naturally, magically, spiritually.

I am surrounded by positivity and am protected from harm.

I am ageless, timeless and live under perfect grace.

My body is entirely safe and protected, now & always, eternally, unconditionally, easily, effortlessly, naturally, magically, spiritually.

I am content. I do not accept the discontent of others.

I am completely unstoppable, now, always, eternally, easily, effortlessly, infinitely, in only every desirable way.

I am not getting stressed or have any stress at all, now, always and eternally....I have an absolutely perfect life, completely brilliant and enjoyable.

I am not controlled, manipulated and threatened by anyone or anything at all

Nothing is too good for me

I no longer allow any annoyances, problems, disturbances, disruptions, stresses, interruptions, turmoil, struggle, pain, fear, doubt, harm

I am secure and fearless

# Diffuser Blend Recipe For Additional Support

During the period of 2-3 days before the New Moon try our Franchouli Diffuser Blend daily through a burner or diffuser.

This blend uses the Serrata Frankincense and Patchouli Essential Oils that are included in your moon oil set. This diffuser blend is available on our website in 12 ml dripulator bottles.

We call it

## Franchouli

You can make your own Franchouli blend from the oils provided in your Moon Focus Set.

Just use 3 drops of Serrata Frankincense and 5 drops of Patchouli per 100 - 150 ml of water.

This blend, when diffused throughout the home will act as an amazing additional sensory support while shaking off old habits or unwanted connections and establishing new directions, goals and desires.



**Important Please Read**

Diffuse Essential Oils or mix with a carrier oil suitable for your own skin.

Always Keep Essential Oils Out of Childrens Reach.

Always consult a GP prior to using essential oils if taking Prescription Medication ,Pregnant or Breastfeeding OR if requiring Qualified Medical Advice.

Diffuse Essential Oils or mix with a carrier oil suitable for your own skin.

Do not ingest. If swallowed seek medical assistance immediately.

Store Oils in a dark place away from direct sunlight.

This product is not intended to diagnose or treat any illness.

