



Lynne Taggart

SPIRITUAL INFLUENCER



7 Day Guide to Using Oils to Raise Your Vibe Fast

YOUR GUIDE TO SUCCESS, OILS AND HIGH VIBE LIVING!

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Congrats!

Congratulations, you've made it to my highly sought after guide on raising your vibe fast.

In this guide it's my intention to help you to achieve the personal results you long for in your life and business.

I'm saving you light years of research, a bucket load of cash and numerous 'fall on your face' failures as I share with you what's enabled me and my clients, to finally establish a high vibe life.

I've been an entrepreneur since the age of 23 and I know what it's like to fail, to question everything and to invest money and not reap the benefits.

I understand the dark times and the low points. But I also know the deep burning desires that people like you and I have, that doesn't ever go away. In fact they keep showing up until we do something about them. This is exactly what happened to me. I was forced to answer my calling to lead other women to success and living a high vibe life.

My word of the year was IMPACT and I've done everything in my power, plus heaps of help from the Universe, to impact more women and show them what's actually possible.



Why you need this guide

You need this guide because there's a part of you that knows you're meant for more. More success, more abundance, more stepping into the wholest part of your soul and more ways to get into a high vibe state, that actually work.

But let's start with the low vibes, the stuff that feels like 'that next morning hangover that won't ever go away'.

Have you ever felt that:

You're not good enough to run a successful business?

You'll never fully accept who you are?

Everyone is laughing at you sharing your truth?

Fear is real and will never go away?

Others are to blame for everything going wrong in your life?

No matter what you do, you never have enough money?

Clarity never comes to you at the right time?

Your energy and productivity are never on point?

Everyone is out having fun but you?

Your business attracts negativity and low vibe clients?

If you're answering YES to most of the above then you're not alone.

What's important here is that you want to shift away from feeling this way and invite in a new way of living. A way that attracts success on your terms, and becomes your new vibration and high vibe lifestyle.

*Awareness is the first step in any path that leads to change.
You have the awareness, now let's do something about it.*

Having worked with many entrepreneurs, helping them with everything from spirituality, to mindset practices, to growing their business, to being visible and to moving forward with quantum leaps, it became obvious that not everyone understood the process. Some would struggle to stay committed, a few would quit altogether, some would go round in circles and others would be wildly successful.

It would kill me to hear their complaints and to see them stay stuck in old patterns that frankly, if their desire was strong enough, they could easily remove.

Now easier said than done, I know, because believe you me I've had my fair share of limiting beliefs and ancestral stuff to work through.

Everything began to click for me when I had tangible tools to support my everyday life. Physically having something to hold, smell and love on, gave me hope. I called it hope in a bottle.



With every drop I felt better. I was braver, less fearful and I felt shifts all around me. Every day I was tapping into Mother Earth, her gifts and her natural abundance. I was feeling grateful and more aligned than ever before.

I was making more empowered choices about my wellness and ditching medications that I'd been on for years. For example I was tortured with Irritable Bowel Syndrome (IBS) that had me on three types of laxatives, within one week of using oils, I was able to stop using these and trust my body. I was on and off antibiotics for three years that kept my skin clear of acne. The awful side effects were always having dry lips, dry membranes, low stomach acid and low self esteem. I threw out the antibiotics and never looked back, determined to cure my disease from within.

This new way of living was literally blowing my mind.

As I began to have more of my own testimonials about oils, I shared them with my clients. One by one I was becoming a hope dealer, empowering women to choose simple remedies to work on their issues. The feedback I was getting was insane.

Those clients began to have more breakthroughs, they were able to move through their stuff faster, they were becoming unblocked and I could feel their higher vibrations during our sessions.

I had a lot to learn about oils but I continued to grow my desire to learn, to create impact and to most importantly use oils on myself and as a tool for my clients.

Having a high vibe tangible tool in your life or handbag means that you can shift your energy in minutes, without having to dedicate your morning to yoga. It's a remedy that despite being about for years, was perceived as only for hippies, and not for the successful woman. Let's bust that myth!



What does 'high vibe' mean?

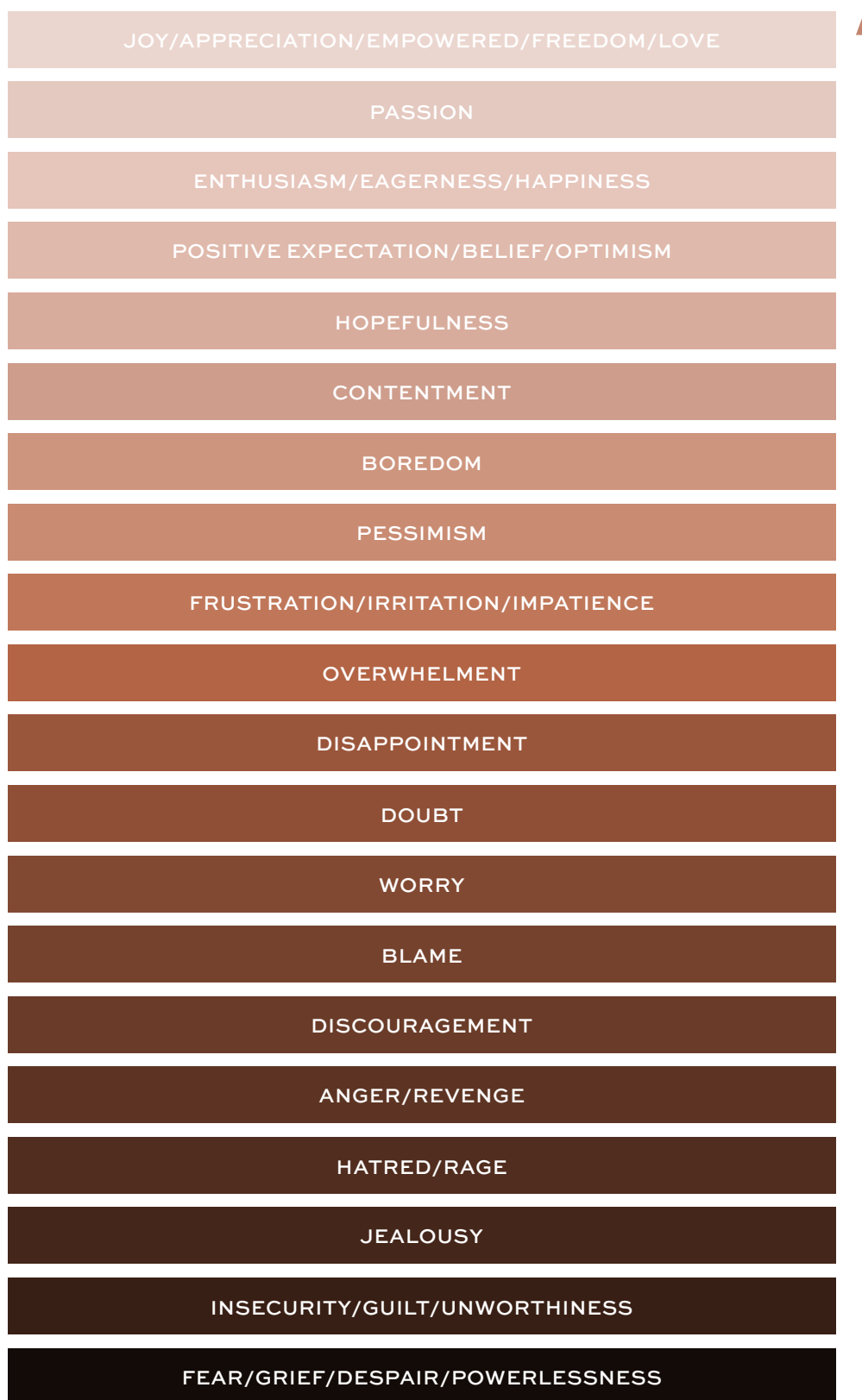
We discussed low vibe feelings above, which is basically anything negative you think or feel. High vibe is simply the opposite, with the highest vibration being love and joy. When in a place of being loving and joyful, fear can not exist. Every single thought and emotion you create has a vibration, it's a matter of assessing where on the scale of vibrations these are.

When you are tuned in to that frequency that you think or feel, you attract more of that into your life.

Your mission should be to tune into higher vibrations daily so that you attract more high vibe things, people and opportunities your way!

Here's a simple Emotional Scale so you can begin to visualise this concept.

Everything on this scale affects your levels of success, abundance and well-being.



Move UP the emotional scale

Checking in with yourself on this scale all the time and just seeing where you are, then shifting towards a higher vibration, will honestly change so much for you. You might even be shocked at how low vibe you've been.



How do you shift towards a higher vibration thought or feeling?

It's actually really simple. My tried and tested go-to method is using essential oils.

I've tried many tools, journaling, breathe work, Kundalini Yoga, meditation, EFT (tapping), but oils have been so effective in going deep and providing lasting shifts, and they are so simple to use, I'm converted!

Simplicity is key when you're a busy mum, running a business, juggling all the things and wanting to enjoy life.

The plan here in this guide is to give you a guide to get your life high vibe, by first of all removing the low vibes, sweeping your mind, body and soul, cleansing it so that you create space for high vibe thoughts and feelings.

As you create new space, you can begin to manifest some amazing wins!

Declare your intention!

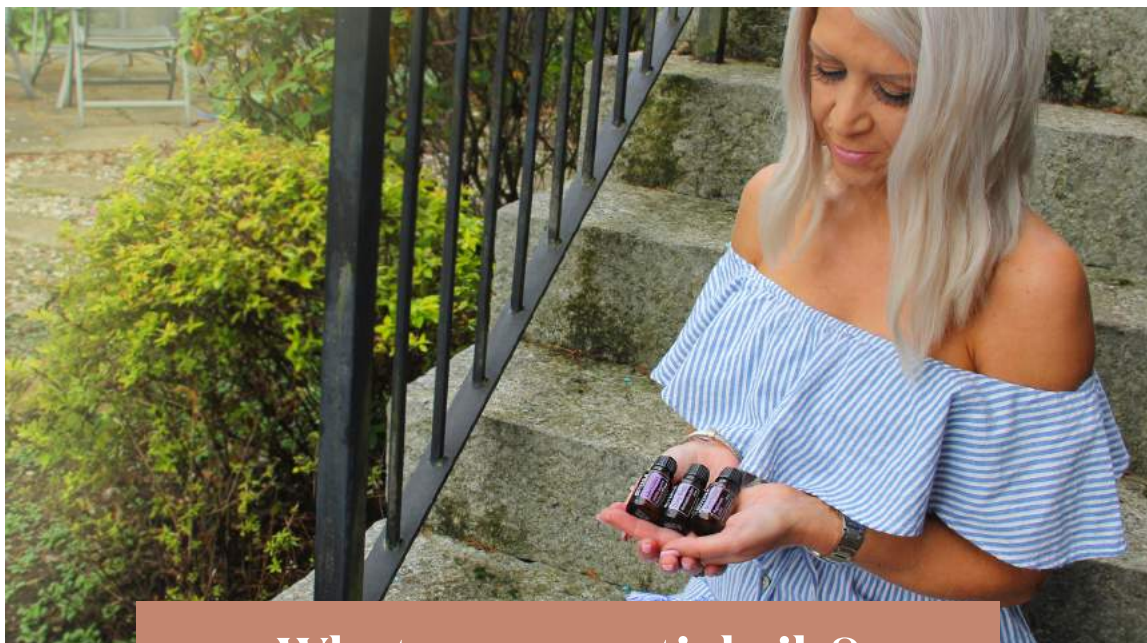
First let's take some time to declare your intentions!

What is the one thing you want to move away from
_____ *insert old feeling*

And towards

_____ *insert new feeling*?





What are essential oils?

They are seriously bottles of hope. Found in the seeds, barks, stems, roots and flowers of many plants and trees, they are distilled or steamed for purity, potency and effectiveness.

How to use your oils!

Oils can be used in 3 main ways:

Aromatically which simply means you're inhaling the aroma from a diffuser or inhaling from your hands, getting all the aromatic benefits.

Topically during massage or applying to your skin, using a carrier oil where needed and absorbing the benefits of the oils through your skin.

Internally by ingesting oils in your water, using supplements containing oils or adding to recipes.

Please practice caution when using oils. Oils that are photosensitive can cause sunburn. Please don't apply topically if you're going in the sun. Such oils include, Bergamot, Lemon, Lime, Grapefruit or any citrus oils.





Why doTERRA oils?

I'm recommending doTERRA because they are CPTG (Certified Pure Therapeutic Grade) which means they are sourced from almost 40 countries to ensure the highest purity and potency. They are put through rigorous tests to ensure their efficaciousness and they are completely free from any fillers or artificial ingredients, including contaminants, pesticides or chemical residues.

You'll actually smell the difference (no nasties!) and reap the benefits!

What results can you expect?

You can expect results that will transform your entire body, mind and soul.

It's important to recognise that you must be intentional with the results you desire and do your part to help this to happen.

Think on the oils as the catalyst for change, shifting you away from low vibes into a high vibe state.

Perhaps some of my story resonates and you want to feel more empowered around your wellbeing.

Or like my clients, you want to get away from living in fear and shifts towards higher feelings of joy and love.

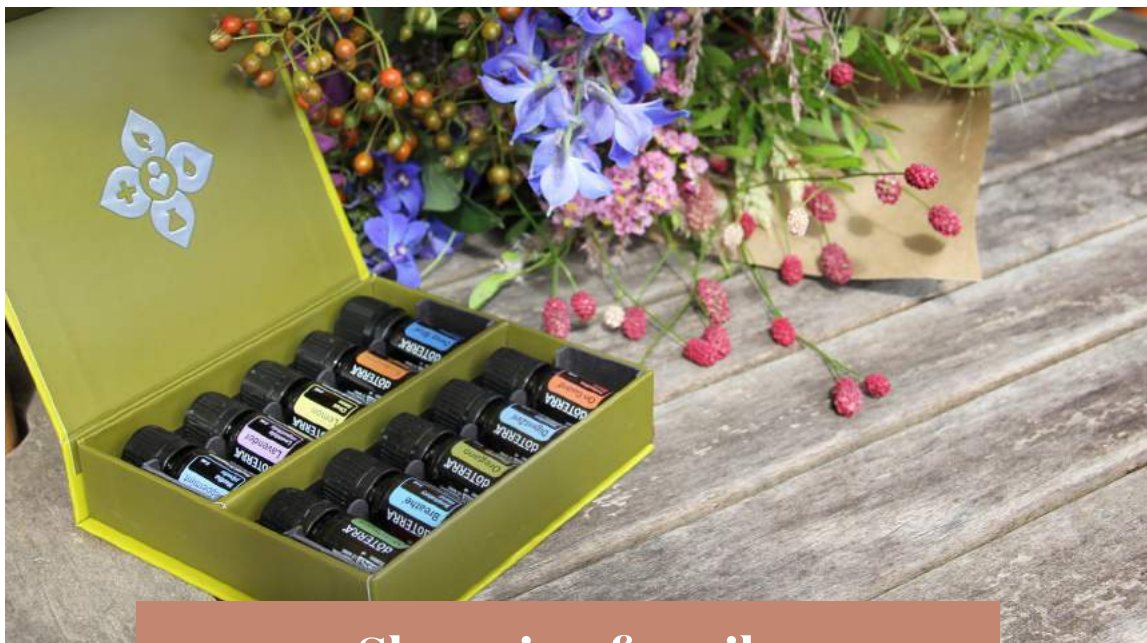
Maybe you're stuck in lack and scarcity, complaining about everything and you need out of that rut. This guide will help you to rise beautifully into higher energies.

Maybe you're swirling around confused by your purpose and doing all the things but you're successful at nothing. This guide will bring you clarity to move forward.

Or maybe there are people, things or places in your life that are keeping you stuck and you need to let go.

And possibly you're feeling disconnected every day and need some of Mama nature's abundance to ground you back into life.

It's all possible and more. Decide today what you want and go after it. No excuses!



Shopping for oils

I'll now show you how to shop and get the deepest discounts for your oils.

The best way to get your oils is to purchase oils at wholesale prices by becoming a doTERRA member.

- This will give you 25% off everything
- Access to the Loyalty Rewards Program.
- Purchase monthly option to receive up to 30% of your order back in points
- Product points can be redeemed for FREE PRODUCTS
- Access to my oils tribe!

Please go to <http://lynnetaggart.com/oils>

Follow the instructions to join anywhere in the World and doTERRA will ship your oils directly to you.

When your oils arrive, you're ready to get started.

7 Day Guide to Using Oils to Raise Your Vibe Fast

Please use this guide as a daily resource for the next 7 days and beyond, working your way through each phase and shifting every vibration at cellular level.

7 days is the period of time that allows transformation, renewal, repair, regeneration and rebirth to occur.

This guide is laid out for you, suggesting oils and ways to use them, over a period of 7 days with the final phase lasting two days. I hope you have fun experimenting and leaning into your new vibrations.

Please join the **FACEBOOK GROUP** for added support and community.

Phase 1 - Declutter - Day 1

Declutter, the period to get rid of anything that no longer serves you. Let's remove anything low vibe, negative, fearful or heavy.

What are you holding onto that needs to go? What old thoughts or ideas niggle at you? What do you need to release from your life, physically or emotionally? Clearing out will leave space for fresh ideas, desires, creativity and flow. You won't regret it!

Diffuse oils in the room, around you or apply topically when working on this phase.

Oils to use:

Lemongrass: The holy wow of cleansing oils, this powerful oil empowers you to release and let go. Use Lemongrass to help release those limiting beliefs that no longer serve you, anyone or thing that is toxic in your life or anything negative.

Diffuse in your home or office. Apply to sole of the feet and meditate with Lemongrass to clear your brow chakra.

Cypress: The mother of all motion and flow, Cypress will transform anything that is stuck or stagnated, helping you to embrace living in your flow. Use Cypress to become unstuck, physically, emotionally and spiritually.

Diffuse or apply to inner elbow creases as you workout that stuck energy. Combining with movement will supercharge your work here.

Lemon: This gorgeous zesty oil will help you to dispel anything negative or low vibe. Particularly self-judgement which might be the root of your negativity. Lemon will teach you to release low vibe feelings and get you back to feeling worthy of your desires.

Diffuse it everywhere! Clean with it to clear the air. Add 1-2 drops to your water bottle to cleanse you physically every morning.

Phase 2 - Renew - Day 2

Now that you've decluttered, you can begin the renewing phase where seeds are planted for your high vibe lifestyle.

Everything you create during renewal will set you up for long term success, abundance and wellbeing. Consider this the Spring phase, full of lightness, joy and excitement.

Think about what you want more of in your life and business and use each oil with intention, grace and honor. This is the ideal time to begin to visualise your future. Where will you be 5 years from now? What do you desire to create in the next year? What needs to shift in the next 40 days?

Basil: This beauty will literally have you renewing your entire emotional being. Basil will fill your soul up with freshness, vitality and allow the fears to dissolve. It will leave you feeling less overwhelmed so that you can feel your inner strength return and feel more relaxed. It will help you to feel less anxious and more alive, ready for more abundance.

Diffuse it beside you, drop on palms and inhale and apply over adrenal glands every morning.

Bergamot: One of my clients favorite, this oil will ignite your self worthiness and take you down the path of self discovery, reconnecting to the real you. It's optimism in a bottle, cleansing any limiting beliefs and bringing you into higher vibe feelings of self-acceptance, confidence and being good enough.

Use it in the diffuser, or dilute and apply over the heart chakra, or solar plexus (stomach) area.

Wild Orange: Another gorgeous oil that will bring you into abundance. This is all the hope you need for a high vibe life. Wild Orange is so uplifting, powerful and reminds you of the abundance that is all around you. Use it as a pure-fume and shower yourself with positivity!

Diffuse in your home or office, wear on the wrists as pure-fume or use over Sacral Chakra.

Phase 3 - Strengthen - Day 3

If you feel like an onion peeling back the layers then you're on track! This journey is often like that, where you need to unpeel yourself back to your core, then wrap yourself up again in order to make progress.

If you're feeling like you're on an emotional rollercoaster right now then you're doing everything right. Just stick with it as this is where you are really making deep lasting change.

During the Strengthen phase, you are going to feel so much stronger. You're giving yourself permission to step into your light and be self empowered. Start to imagine yourself stepping out of the shadows that have kept you in the dark for years, reaching for your own light, where all the magic lies.

Remember those seeds you planted? They need nourished to grow and that's exactly what you're doing during this phase.

Sandalwood: This divine oil of sacred devotion will calm your mind and still your heart so that you can hear exactly what you're ready to receive. Maybe you've never allowed yourself quiet time or stillness before. Or you've been chasing outward things, believing that your worth comes from the outer world. Simply use this oil as the gateway to receive your purpose, your truth or the inner strength to trust yourself.

Apply 1 drop to your crown chakra and invite in stillness.

Protective blend: This protective blend of Wild Orange, Clove, Cinnamon and other oils will keep you shielded from low vibrations and unwanted energies. After all the low vibrate stuff is not always ours. It can come from clients, family members or large crowds where there are mixed energies. Using this blend will help you to say 'no' where it's needed and to focus on doing exactly what makes you feel expansive. Your most authentic self is going to be bursting out here!

As this is a hot oil so never use alone. Diffuse it in your surroundings. Or dilute and apply over chest area or soles of the feet. Really good for when

you travel, are in big crowds or serving clients.

Balance: The Grounding Blend, made up of tree oils and tree roots, that will make you feel like you are planting yourself deep roots for a sustainable high vibe lifestyle.

With every drop feel yourself rooting down, connecting deeply and regaining the sturdiness you need to accomplish your desires. This blend will help you to stay fully present so that fear does not rule your day. It keeps you out of overwhelm and helps you stay strong no matter what life throws at you.



Phase 4 - Rebirth- Day 4

If this is beginning to feel like labour then please know you're almost there. It's time for your rebirth. I'm envisioning a phoenix rising from the ashes! This phase will rewrite you, your limiting beliefs and help you step fully into the light for others to see. I know that you might feel scared right now, but please know that the fear is just an illusion, it's an old story that your ego is telling you to stop you being fully seen.

When you can truly let go of your fears and use them to propel your growth, you can navigate a whole new way of living. One that is so high vibe, you'll have to pinch yourself.

What in your life is waiting to be birthed? Maybe it's a business, a relaunch, a project or a program. Whatever it is, invite it into this phase and use it as reason to help you step out in the World.

Lavender: A firm favorite this oil will transform everything about how your communicate with your tribe. Feeling stifled or that you've lots of ideas and need to speak them out? Or maybe you've a fear of public speaking and know you need to get over it to move forward.

This oil helped me speak confidently in front of hundreds of people in Las Vegas. It will rock your World!

Make friends with Lavender as this calming beauty will help you to step into your truth and express it with confidence. Any fears of being seen and heard will disappear so that the truest form of you and what you have to say will be released.

Use Lavender in the diffuser or apply over the throat chakra before you do any speaking events or videos.

Spearmint: A gorgeous companion oil for lavender, it's the oil of confident speech, reminding you that your voice matters. This oil will light up your truth and help you to vocalise it to your tribe. Or start to use your voice to attract your tribe.

As you use Spearmint you'll leave behind limiting beliefs and fears around using your voice. All that matters is stepping fully into your power and being heard.

Combine with Lavender, dilute and inhale deeply before speaking your truth.

Clary Sage: The new you needs all the light to help her shine! Clary Sage will help you realise all your gifts and cast light on your visions. It's the oil that'll give you clarity and vision for your rebirth so you can see all of your truth and start to embody it.

It will help you to get away from your own limitations and clear away any blocks to achieving a high vibe lifestyle.

Diffuse in your working space or apply one drop to the brow chakra before meditation.

Phase 5 - Empower- Day 5



Woohoo you've made it to Phase 5, where you'll truly feel empowered to living out your vision and manifesting a high vibe lifestyle every day. As you begin to embody this new way of being, your old self starts will be showing up less and less.

This is where all sorts of magic and momentum will happen. You're literally standing tall, feeling the sun on your face and attracting a community who're looking to you to lead them. You've got this girl!

Frankincense: The King of Oils, that will encourage you to see your innate beauty, your highest truth and to feel more deeply connected spiritually. It will help you to stay out of confusion and always reaching for your vision. Old habits and perceptions will fade away as you embrace seeing the truth everywhere, keeping you high vibe. Your truth is all that matters. Stay in your own lane and use Frankincense to create all sorts of magic.

Diffuse all around you or add 1 drop to crown chakra prior to meditation. Dilute and roll along base of skull.

Wild Orange: The Oil of Abundance is perfect to use again here to remind you that you are limitless in your thinking, your vibration and what you attract. It'll help you to stay in tune with Universal abundance and to stay in your flow always. Use Wild Orange as an anchor that all your dreams are coming true!

Diffuse to feel abundant or apply to wrists as a high vibe pure-fume.

Ginger: This hottie is the oil of empowerment and will teach you to be fully committed to success in your life. Become a warrior and live your life on purpose, making empowered choices and showing up for opportunities and growth. Ginger will help you to stay in flow, moving forward and on mission.

Diffuse around you or dilute and apply 1-2 drops to your solar plexus.

Phase 6 - Enlightened- Day 6 and 7

Yes! You've made to the Enlightened phase where miracles are all around you! Life is supposed to be full of bliss and high vibes. I want you to embrace this as your new lifestyle and experience your best season ever.

Every single high vibration that you emit out into the Universe is being recognised and reciprocated back to you, using divine Universal Laws. It's true even if you don't immediately see the results. With your new slower way of living, less chaotic way of being and higher vibrations, I want you to start to look for the signs that you're on the right path.

With your enlightenment will come the success, abundance and wellbeing you've been dreaming off.

Patchouli: This divine floral will help you to ground all of your high vibrations into your body, helping you to manifest whatever you desire. It will help the fears to stay calm and prepare you for deeper spiritual connections. Patchouli will help to keep you present and out of overwhelm.

Diffuse in your space or apply to soles of feet to keep you grounded.

Melissa: This oil will bring the light, helping you to stay in your new vibrations and joy. Melissa is a powerful spiritual oil helping you to receive deeper spiritual guidance. It will reinforce every phase you have worked on, so that your success will last a lifetime.

Diffuse or apply to soles of the feet.

Litsea: The oil of manifestation, you'll be supported to receive divine guidance and know your next steps. You'll receive clarity using this oil, helping you to get into greater alignment for your path ahead. Litsea will support you in manifesting endless opportunities for abundance.

Diffuse beside you or apply topically when working on manifesting something.



Congratulations on completing your 7 day guide!

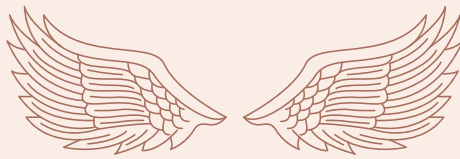
Congratulations on reaching the end of your 7 day practice. Sticking to any practice deserves massive reward. Girl I'm in awe of your tenacity and desire to change.

Don't hate me but your work is not done yet!

You've had a powerful dive into oils. The tendency is to forget your new learnings and switch back to old ways, habits and beliefs. Your main focus is to continue to use oils as your go-to tool for any situation so that you don't undo the last 7 days.

Make it your new ritual to use oils every day in your life and to stay high vibe.

Every drop will open you up to new and greater enlightenment, wisdom and healing.



Lynne Taggart

SPIRITUAL INFLUENCER

To connect with Lynne

To connect with Lynne and continue your high vibe lifestyle, please email
info@lynnetaggart.com

Lynne would love to hear any results, breakthroughs or realisations you've
had from doing this guide!

www.lynnetaggart.com