



## EPH*practicum* Oils

**Expansive Vibes Oil ~ Prosperity Oil  
Protection Oil ~ Health Oil**

Caitlyn Johnston, MBA

[www.EPH\*practicum\*.com](http://www.EPH<i>practicum</i>.com)

Expansive Prosperity and Health for  
personal and planetary transformation



~ All rights reserved ~

Disclaimer:

I do not have a medical credential. The information in this book is based on my research and personal experience as I have endeavored to completely restore my health, financial issues and spiritual connection. While I cannot make any promises or guarantees, I will say that the combination of things needed to get good results is definitely out there.

*Warning:* Some of the ingredients in these oils can be harsh on sensitive skin. For example, they must not be put on the skin or fur of animals, or in or near your eyes or mucous membranes. Do not put these on babies.

## *Introduction*

Each bottle contains one ounce (29.5mL) of a shamanically-inspired blend of oils, crystals and herbs, some of which are organic. These are handmade, so yes, sometimes the labels are crooked. 😊

These oils combine the principles of aromatherapy and magical use of oils and crystals. They are ideal for enhancing meditations and affirmations and can be worn on the wrists or clothing to help pave the day with ease, grace and alignment with your intentions for yourself.

Another fabulous use of these oils is to bring them into rituals. For example, the bottles can be placed in the cardinal points of a sacred circle that correspond with their elements.

And if you have questions, please email me at [info@EPHcoaching.com](mailto:info@EPHcoaching.com).

*Happy vibing!*

*In service with Love, Light and Joyful Abundance,*

- *Caitlyn*

Feb 2021

## *Blessing Oil Blends*

### **Customized Oil**

Element: Varies

Bottle color: Varies



A bottle of customized oil is included with Intuitive readings, Energy Pattern Healing, and Expansive Prosperity and Health Coaching. These blends contain highly specialized ingredients such as orchid powder, peony oil, and jade which are not used in the other four EPH oils. In a customized blend, the combination of stones, oils and herbs as well as the bottle colors vary, all depending on what's needed to help align you with your intentions for yourself.

### **Expansive Vibes Oil**

Element: Air

Bottle color: Clear



The ingredients in this oil align with the element of air. These include but are not limited to moonstone, cinquefoil, jasmine and selenite.

## Expansive Prosperity Oil

Element: Earth

Bottle Color: Green



The ingredients in this oil align with the element of Earth. These include but are not limited to dragon's blood, peppermint, lapis and malachite.

## Expansive Protection Oil

Element: Water

Bottle Color: Blue



The primary ingredients in this oil align with the element of Water. These include but are not limited to blue lace agate, snowflake obsidian, and castor oil.

## Expansive Health Oil

Element: Fire

Bottle Color: Amber



The primary ingredients in this oil align with the element of Fire. These include but are not limited to amber, cinnamon, and Frankincense.

## Reminder

Anything can be healed. It's just a matter of sticking tenaciously to your intentions, and finding the right combination of remedies and treatments, along with continually adjusting attitudes and beliefs. This is why healing is a process; there is no silver bullet. Ultimately, all your efforts will pay off.

*And you're worth it!* You're worth the time and attention it takes to start unlocking your happiness, health, peace and prosperity. So long as you continue to suit up and show up and do your part, your life will become more joyful, more meaningful, and best of all, more fun! You are on the right track for your new, rewarding lifestyle!

*Connect the dots –*

*Become the complete person you KNOW  
you are!*