

All is Calm

This little gift set contains the gifts the magi brought to the Christ child. It contains Frankincense essential oil, Myrrh essential oil and Gold liquid mineral. There is an amazing need for these three items this time of year.

Gold (mineral)

Promotes a general feeling of wellbeing, supports the immune system and promotes vitality and longevity. It is likely that deficiency in this mineral is linked to serious states of depression including seasonal depression or SAD. Gold has been found to improve glandular function and is believed to help protect DNA from oxidative damage.

Frankincense

Frankincense has a reputation for crossing the blood/brain barrier, carrying oxygen and nutrients to the brain. Frankincense is an excellent choice for those who are afraid, or fear coming changes in their lives. Frankincense is considered a holy oil in the Middle East. It has been used since ancient times in meditations. Frankincense improves communication between us and our Creator.

Myrrh

Myrrh has been used in meditation for centuries. A wonderful oil, although it doesn't have the most pleasant aroma. Myrrh helps us see ways and means for the achievement of our dreams. It opens our minds to inspiration and the direction of the spirit. When we open ourselves to receive the gifts of the spirit and of the material world, these gifts will be given to us.

This kit was named All is Calm because of the effects it can have on depression and also because the oils in it are calming and used for meditation. The magi gave gifts out of love we should be aware of and love those around us that might be struggling this time of year.