

# *Oily Mercury* **RETROGRADE**

*The ultimate guide to Thriving during this celestial cycle.*

**Learn to traverse the  
Zodiac with the help of  
Essential Oils  
Dec 29 - Jan18**

**\$21**

**BY MELANIA MERSEDES**

# ~Oily Mercury Retrograde~



## *Happy Mercury Retrograde Season!*

My name is *Melania Mercedes* and I live my life in service to the world as an Energy Intuitive. I publish celestial reports to keep you updated on the cosmic happenings to live and love informed and empowered.

I am known by the elders as an Indigo Warrior and my mission is to assist in the evolution of human consciousness through the healing arts. And therefore, I share with you a way to harness the energy of the planet Mercury during its retrograde phase to alchemize your misfortunes and turn them into miracles. This is true alchemy.

*This is an energetic ~forecast.*

It's similar to a weather forecast. When you watch the weather report and they tell you there is going to be a 60% chance of rain. The forecasters are giving you a heads up, and then, you get to decide whether to bring your umbrella with you for the day or leave it behind.

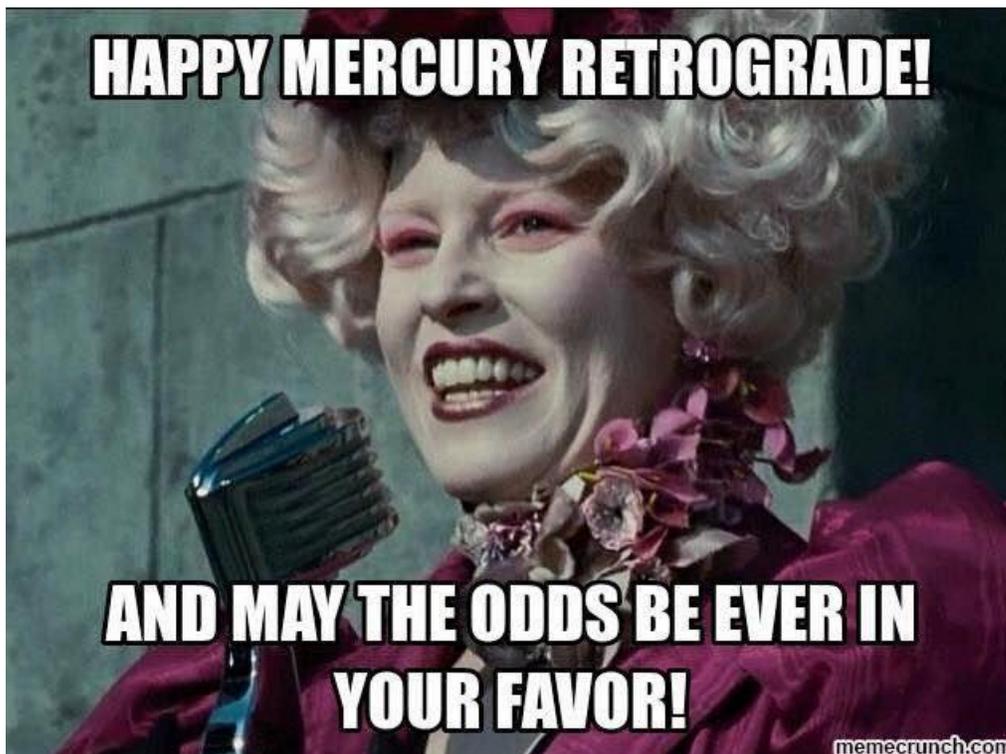
*Thank you for your purchase!*

## *Mercury Retrograde Has a Bad Reputation!*

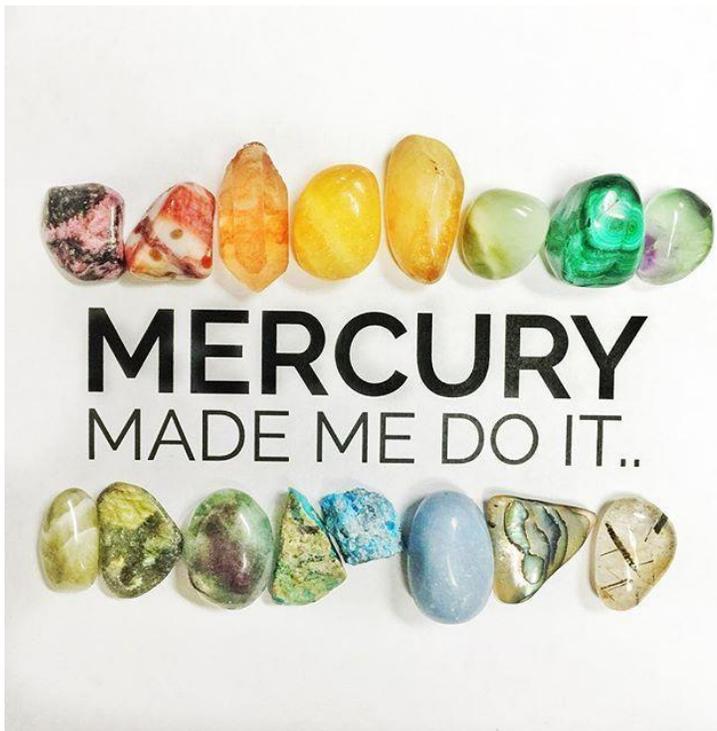
Most people focus on the doom and gloom of this 3 week experience that happens up to 4 times a year. But if you are sensitive like me, you feel it 2 weeks before during the pre-shadow phase and 2 weeks after in what is called the post shadow phase.

If you're active on social media, you've probably seen people talking about the Mercury Retrograde and everything negative associated with it.. mostly all the DON'T DO's. I won't cover that, a lot if it is just Spiritual propaganda. It's emotional hijacking so you pay attention to it. This is how the web works.

You may have seen meme's like this



## Or maybe you have seen this:



One one hand, it's a hilarious joke, on the other, it is Spiritual Bypassing and part of the New (c)Age movement's deceit. Here's a solution that can be incorporated right now: Make the choice to accept full responsibility for your creations and avoid reassigning blame on Mercury Retrograde.

I want you to feel like this:



Truth be told it can be the most potent time of **Spiritual Alchemy**. I began studying Mercury Retrograde in 2006 and have been an advocate for harnessing the energies of this cosmic period for about 5 years. But it took me from 2006-2016 to fully integrate with these energies and embody the lessons learned. I've made it part of my lifestyle because it keeps me connected to the cosmos in a healthy way. I often encourage people to face their own shadow during the "shadow phase" of Mercury~ more on that later.



©2021MersadesNunez  
all rights reserved

By making this purchase you agree not to resell,  
Share, publish any portion of this copyright protected material  
in any form of physical nor digital media  
created by Mersades Nunez DBA Melania Mersades and  
Melania's Healing Edge.

# my INTENTIONS

This is my intention in writing this report



*I want to give you an energetic head's up so that you can manage your energy and attention with intention and divine purpose rather than creating by default. With consistent observation, integration and full embodiment, I assure you, you will feel like this ----->>>*



## Fundamentals of Energy:

*Everything affects us and we affect everything because Everything is ENERGY.*

The human body is composed of energy vibrating at varying speeds. Our thoughts and emotions also represent energy vibrating at a particular frequency. These varying vibrations or pulsations create a “field.” Each person has a physical body and an energy or “subtle” body made up of many layers or fields of energy known as the “aura.” **The planets (celestial body) also have an aura!**

The aura or bio-energy field is an electromagnetic field that envelopes the body and represents a person’s levels of being...

➤ **Body, Emotions, Thoughts, Spirit, Soul**

To learn more about this, take the 4 hour course, Tangible Chakras.

[www.melaniashealinedge.com/training](http://www.melaniashealinedge.com/training)

# Energy Conservation!

I'm all about it. I've been fully conscious of it since childhood by doing the following: Shutting off lights in rooms that aren't being used, recycling, upcycling, Powering down TV's, computer monitors and game systems when no one is watching. Using power strips. Switched to LED light bulbs. Avoiding petroleum products.

Yet the work I do as an Advanced Energy Medicine practitioner in Saint Petersburg Florida addresses the energy of the --->>> body. Energy Focused Body work is advanced massage skills combined with Eastern and Western Techniques to help people feel better fast. I help them recover from injury so they can get back to work.



To date, I have performed over 13,000 professional massage hours. It makes me an official expert on pain management through Massage Therapy yet also, an expert in teaching people how to manage their energy **so they have more of it.** I wouldn't be so experienced if I didn't practice what I preach. I spend a lot of time in self care to have energy for my weekly client load. Everything I recommend in this book I do as a lifestyle. I help people realize where they are wasting their energy.

Our energy is like currency and that which we "pay" attention to we invest this energetic currency in and appreciate or deplete our energetic bank accounts. We want to be conscious of where we are investing our time and energy and where we may be depleting our emotional reserves.

To learn more about Energy Conservation, invest in Reiki Training.

# Energetic Exchange

*The energy of the planets affects us whether we "believe" in it or not.*

The above statement is a solid truth backed by science that can weigh someone down if looked at from a narrow perspective. If you are weighed down by this statement, transmute it with a deep breath.

Take the deepest breath you've taken all year.



*If you are not clear on this, you may be one of the people who is wasting energy during retrogrades.*

Ok, you've heard the word retrograde quite a few times, so what is it *really* and why does it affect us so much? Because we exchange energy with it.

Many cultures in the past watched the movement of celestial objects across the night sky. There is NOTHING New Age about observing the planets and noticing their effect on us.

*Observing the cosmos is OLD AGE; astrology was the FIRST astronomy.*

**I just had to clear up this ~distinction~ for a deeper understanding.**

I study the people who study astrology because I teach people how to manage their energies so they have more of it. Yet, I combine it with the intimate connection I have to the collective and an intuitive spiritual understanding of my relationship to the cosmos. Therefore, I am a messenger of the cosmos and this guide is my contribution to planet Earth and assists in the ascension process for all of humanity. We are exchanging energy within ourselves, with each other, with the world and with the cosmos.

# Mercury in Astronomy

**Astronomy** refers to the study of the universe ~beyond~ our planet; while **Astrology** is the study of how everything beyond Earth impacts us.

Let the weight of this truth sink in. Just breathe deep.



**BREATHING:** the #1 solution to all of life's challenges.

## *Get to know the celestial bodies:*

Every single planet in the sky has an orbit around the sun and Earth. The retrograde periods of all the planets have to do with the orbital relationships as they brush auras with each other and our planet. Where we are going next, we must integrate with the LESSONS learned to have more energy for what's forming next. We must face all that we have been avoiding. We've got several weeks to do so.

## **So, if all planets retrograde, then why does mercury affect us so much?**



Well Mercury's orbit is quicker and it has an energetic exchange with Earth between 3-4 times a year so it's noticed more.



It's all about the relative positions. Where you are and what's happening around you can look weird once things start moving next to each other. For Mercury it's about the orbital relationships between Earth, Mercury and the sun. So when mercury is brushing auras with Earth, because it's so close to us it impacts us by casting a shadow over our planet and appears to go backwards in the sky. It only appears to go backwards in the sky from earth's vantage point.



While there's a logical astronomical explanation for why Mercury appears to change course, **Astrologers** believe something more significant is at play. Our Ancestors practiced S K Y G A Z I N G at night as a form of meditation.

# ***DON'T BLAME THE PLANETS***

This celestial cycle is a recipe for  
**SUCCESS.**

New Year +

MERCURY RETROGRADE +

Wolf Moon in Cancer on January 6

=

FACE YOUR SHIT, OWN YOUR SHIT, AND HEAL  
YOUR SHIT SO WE CAN LEVEL UP AND ACCEPT  
THE BLESSINGS ALREADY ON THE WAY.

***Use your tools during these times!***

# Mercury Symbology

Mercury Retrograde [abbreviated MRx] is the only event that affects everybody across the globe whether they are aware or not. However, it does affect Virgo and Gemini more because they are ruled by the planet.



I am a Virgo. When I first learned about this phenomenon, I felt victimized. I wasn't as spiritually developed yet. I felt like this event was happening TO me rather than FOR me or WITH me. My perceptions have widened and my perspective has definitely changed. I feel empowered now because I have learned to harness the energies presented to us in a way that benefits me.



When Mercury retrogrades, the conditions within our life story are changing, but we can't yet see the direction things are moving in. We can become disoriented. The world is in flux during this time. Mercury's shadow has been cast upon us. The many facets of our being that we refuse to face are held within the shadow self. Some call them inner demons, some refer to these unintegrated aspects as fragmentation and are a focus for many on the spiritual journey into wholeness.

## Mercury Spiritually

*Symbolically speaking, Mercury is the planet of commerce, thinking, timing, movement and communication. So, what this means is during this retrograde period; issues can arise regarding these aspects. The past gets brought back into your field of consciousness for personal evolution. In other words Mercury Retrograde is a time to level up another rung on the ascension ladder.*

Open up the lines of communication with Mercury and intuit the responses. Sit still in meditation and or set the intention that the answers be revealed in your dreams.

# Mercury Spiritual Alchemy

## Here's how it works (energetically)

I'm not making any of this up. There are scientists all over the globe with theories, methodologies and tangible evidence regarding our interactions with the celestial bodies. In fact, according to the **Spiritual Science Research foundation**; All objects including stars, planets and satellite bodies along with their gross (tangible) attributes emanate subtle (intangible) frequencies. These physical attributes and subtle-frequencies affect us in varying degrees at a physical and subtle-level. These celestial bodies have an aura of energy that radiates out into the cosmos.

In other words, the energy of MRx is denser than the energy of our subconscious mind and therefore sinks beneath the shadow/unconscious parts of us and pushes these aspects of our psyche into the light of consciousness (into our awareness).



I can feel the awe of the people reading what was just written. Like a collective aha moment.



**From the depths of me and personal experiences, I know that during these auspicious times, that which is concealed is revealed so it can be healed! Face your feelings, your unfortunate circumstances and what or who you have been avoiding for true healing. FACE YOUR SHADOW.**

It's the shadow aspects that come flying to the surface and can be acted upon when awareness is at the forefront of existence.

So before we get into the human shadow, let's address the pre and post shadow phase of Mercury. Two weeks before and after the three week retrograde period, those who are ultra hyper sensitive feel the pull of Mercury before everyone else. That's 7 weeks of feeling things intensely.

# SHADOW WORK

## → What is the shadow self?

“The shadow self” is the site of repressed desires, emotions and impulses hidden from our conscious awareness.

~Psychiatrist Carl Jun

## → What is shadow work?

Shadow Work is a practice that helps us to become whole again. It works on the premise that you must 100% OWN your Shadow, rather than avoiding or repressing it, to experience deep healing. This daunting and often frightening task is a requirement of every person. But you don't have to go at it alone.

~Loner wolf

## → What is a shadow worker?

To be an effective lightworker, you must also be a shadow worker. In other words, owning your spiritual and magical power involves bravely embracing the full range of human emotion and experience.

~Tess Whitehurst

## FACE YOUR SHADOW = FACE YOUR PAIN



The Institute of HeartMath explains; **stress** has been recognized as the number one ~proxy killer~ disease today. The American Medical Association has noted that stress is the basic cause for more than 60% of all human illnesses and diseases. **There are many kinds of stress: Social, financial, emotional, mental, physical, spiritual, ancestral, global.** There is currently more stress coming into our lives than there is going out. We are out of balance and burnt out. It's visible with the current state of affairs. **Stress = PAIN**

# SHADOW PAIN

**Ignoring your shadow causes stress, long held stress causes pain.** It's subtle energy and intangible but it will manifest physically if left unaddressed.

The shadow aspects of you are the things you stuff down in avoidance. Behaviors, emotions, memories, words that could express your feelings, thoughts that cause discomfort, names people have called you, unaddressed abuse, unreleased trauma, powers you are afraid of activating and gifts you refuse to use.

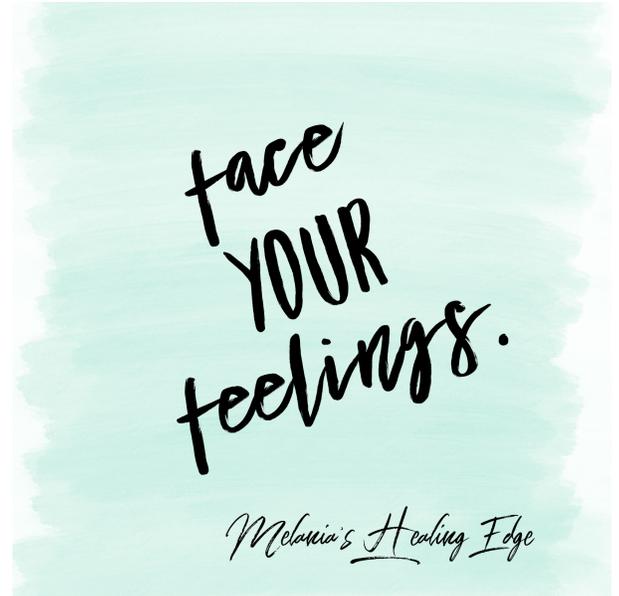
It can even be relationships that disempower you.

When you don't tell people how you truly feel.

When you absolutely lie.

When you say nothing to avoid conflict.

When you allow yourself to remain in toxic relationships.



It manifests as pain in the mind and heart. Allopathic (Western doctors) call it anxiety, depression, high blood pressure, diabetes, opioid epidemic, heart attacks, cancer and COPD.

So why do we avoid our stress?

Why do we dissociate from our pain?

Why do we avoid our shadow?

**The simple answer is, we've been programmed by society to do so. The deeper answer, we are afraid of our own power.**

**Try this:** 15 minute Chakra Reading & Alignment for transformation. Schedule online [www.facebook.com/MHE4U](http://www.facebook.com/MHE4U)

# SOCIAL NORMS CAUSE STRESS

In my observations, our healthcare is more like sick care. Normal human emotion, behaviors and experiences are labeled diseases. Doctors prescribe us medication for symptom management. This goes against our human nature. Our educational system is nothing more than indoctrination. Our television is propaganda at its finest. The financial system is crashing because it is no longer sustainable and we are feeling it. Then there's social media. It's full of fake everything and looks/lifestyles that are unattainable and unsustainable. 2020 proved the pressure to conform is ON. With the added push of "good vibes only" and ~cancel culture~ that labels everyone and everything toxic and worth disconnecting from, it's a recipe for emotion suppression. This isn't gloom and doom, it's awareness of what's really happening. Not to overwhelm, to inform.



It's paradoxical. The more we avoid our pain the more likely we are to feel it. The more disconnected we behave the more connected we realize we are.

And yet, we are never collectively taught that the body is a self healing mechanism. The bodies' innate ability to heal itself is way more powerful than we have been led to believe. We aren't taught in school how to manage our stress nor manage our pain. We are taught to recognize our feelings and emotions, yet not how to manage them.

When we are children we look to the adults to care for our needs. And yet pain is passed down from one generation to the next until there is someone willing to transmute this pain, and right now~ IT'S YOU. As adults, we have the freedom to choose something different in order to care for our own needs but oftentimes we don't care for ourselves. Why?

# CHRONIC SUPPRESSION

**Right now,** If you consider yourself "an Empath" or people have referred to you as "sensitive" these next several weeks can be emotionally tumultuous. Why?

**Resistance.** It shows up as debilitating fear, apprehension, tension, pain and congestion in our body. The good news is, once we become aware of the resistance, we can overcome it. Now that is magical!

**We live in a society that encourages masking the pain rather than self care.** I encourage people to self care WITH NATURAL SOLUTIONS.

We're a pill popping nation trying to keep up with an unsustainable pace. We look outside of ourselves to solve most of our daily issues but the root of the problem is rarely addressed. Americans are the most medicated people in the world but we aren't getting better, we are getting sicker.

Suppressing symptoms progresses them into full blown diseases. Not only is America overly medicated, we are also addicted to pain pills. This way of living destroys our ability to feel what's really going on in our body. And we tend to operate from reaction mode. Believe me, I know, I used to be one of these people.

**So how can we begin to face our shadow, our emotions, our pain so we begin to heal?**

We must take the journey inward away from the chaos of our society and take inventory of our inner landscape. It means we have to shut off the world and turn our attention onto our inner world. Scary thought, huh? You bet your sweet ass it is, but I bet you didn't know you were a spiritual warrior by nature now did you? **Well YOU ARE.**



# Healing = POWER

You are literally wired to be a badass. But you may not have stepped into your power fully yet. MRx is a call to action. Step into your greatness. It's time you heal from the past to live fully in the present moment. MRx supports us in healing our shadow.

Let's address the stress. When you feel stressed, what's the first thing you do? If it's not taking a deep breath, pausing and taking a moment to go inward then you are responding to stress the way you have been programmed. You can actually use essential oils to help rewire the brain. I will share protocols with you that help you do so.



## **This is what healing looks like:**

- ★ Realizing true healing takes time yet that also, spontaneous healing is possible.
- ★ Minimizing the stress load.
- ★ Radical Self Care.
- ★ Moral inventory.
- ★ Trust in a higher power.
- ★ Upholding healthy boundaries.
- ★ Generating a higher base frequency from within
- ★ Allowing yourself to be supported.

Spiritually, there is a massive wake up call happening right now and more and more people are awakening to the truth of who we really are than ever before. You're either gonna make this change by choice or it's gonna happen by force. it's on YOU. Mercury is a powerful force. We are NEVER alone even when it feels like we are. When you are your authentic self your vibe attracts your tribe. We are literally all on the journey from life to death together. Why not make it a good experience for all? Find your tribe by being yourself.

# MRx on the Collective

**How will Mercury Retrograde affect us all?**

Because it's in the sign of CAPRICORN

in one word: **DETERMINATION**

We are being asked collectively to "reconsider" how we communicate with each other. How determined are we to progress in our inner desires, passion and wishes? Are we willing to forgive and release grudges & karma to embrace life and love on deeper levels?

This Retrograde period has the potential to be more transformative than usual when we finally have those hard to have conversations we've been delaying to have. If you've left someone on read in messenger, now is the time to re-visit this connection.

*What does this celestial event truly signify?*

It's a time of **Re's**.

A great time to "reflect" on the past 3-4 months and "revisit" our life goals. But this MRx will have us "review" the last year. It affects the ING's like: listening, speaking, learning, reading, editing, researching, negotiating, selling, and buying. Focus on your thoughts and thinking. Is it focused on your visions?



It's a great time to "rewrite" your life story. "Reframing" According to The Social Work Dictionary can be defined as, "A technique used by therapists to help families (and individuals) understand a symptom or pattern of behavior by seeing it in a different context (Barker, 2003). But you can use this technique by setting the intention to broaden your perceptions about any current situations that will ultimately lead to a new perspective.

Have a conversation with people you trust about what's going on. You may find others who are experiencing similar changes.

## ***MRx LOVE Magic***

Mercury Retrograde is notorious for bringing people from the past and exes back into our lives again. Be prepared for this possibility, both as a potential sender and receiver of text messages that reopen the lines of communication.

It's also notorious for reconciliation between two people who may have disconnected in a past retrograde.

## ***Simple Solutions***

If miscommunications or reconnections arise during this time period, it's best we practice ~active listening~ and allow ourselves to process what is being said rather than listening to react.

### **Using Mantras:**

(originally in Hinduism and Buddhism)

a word or sound repeated to aid concentration in meditation: it means to protect your mind yet more specifically to protect yourself from your own mind. This intellectual explanation helps clarify the embodied understanding I have from using Mantras. The below mantra is what I will use during the next phase of my spiritual development to keep me connected and inspired.

### **My Mercury Mantra**

***I See you***

*I see you in all your glory, I see you seeing me. I see you in all that's holy, I see you seeing me.*

*Lyrics from a spirit song intuited from spirit guidance.*

# OILY SOLUTIONS

## ⚡ SHADOW LIGHTNING ⚡

A shadow alchemy blend of essential oils created to provide support during Mercury Retrograde. The essence of each oil has been chosen for its ability to unearth the shadow aspects and address them metaphysically.

### 6 hour Diffuser Blend

- 3 drops copiba
- 2 drops black pepper
- 1 drop lemon grass

### 10ML Roll-on

6% dilution for adults cut in half for sensitive, aging or baby skin.

- 2 drops black pepper
- 2 drops lemon grass
- 1 drop copaiba
- 1 drop frankinsense

### 5ml Roll-on

20% dilution to interrupt anxious feelings or feelings of panic.

- 4 drops lemongrass
- 3 drops black pepper
- 2 drops copaiba
- 1 drop frankincense

*Black pepper and lemon grass combined is considered "poor man's Melissa".*

*Melissa is Lemon Balm.*

# SELF REFLECTION QUESTIONS

The energy shifts that come with Mercury retrograde can cause all sorts of *emotional outbursts*, frustrations and ego based behaviors. These can result in self-doubt, low self-esteem and fears. Open up the lines of communication with Mercury and intuit the responses. Sit still in meditation and or set the intention that the answers be revealed in your dreams. Here are 21 Self-Reflection Questions to check in with yourself. One for each day of the retrograde:

1. *When types of communication no longer serve me?*
2. *Am I an effective listener?*
3. *Am I open to reconciliation?*
4. *Am I being authentic in all my relationships?*
5. *What are my greatest fears in expressing how I truly feel?*
6. *Do the decisions I'm making need to be rushed?*
7. *Is the investment I'm about to make worth the risk I am about to take?*
8. *Am I open to receiving what I truly desire?*
9. *What am I holding back from expressing out of fear?*
10. *Can I look at troublesome situations as messengers of personal evolution?*
11. *Can I look at the people who caused me pain as messengers of lessons learned?*
12. *What mental blockages do I need to overcome?*
13. *How can I work with or through my inner constraints?*
14. *Which thought or communication pattern should I release at this moment?*
15. *Am I communicating from the heart or from my head?*
16. *Am I letting other people speak for me or influence the choices I make in a way that doesn't serve my best interest?*
17. *Have I been listening to my inner voice?*
18. *Have I been allowing myself to feel my feelings?*
19. *How am I sabotaging, selling myself short, or keeping myself stuck in unhealthy relationships?*
20. *How can I alter your perception of money to achieve even more wealth and luxury?*
21. *How can I infuse more beauty, peace, and art into your everyday life?*

# ADVANCED SOLUTIONS: GATHER WITH COMMUNITY



Once a month we join together in commUNITY for a water protection ceremony, learn about Energy Medicine basics hyper focused on the elements and do Energy Empowerment exercises. We learn about water conservation and include both men and children into this Elemental Reiki experience. Donations accepted electronically

**Beach Reiki Celebrates 6 years Sunday Jan 8th  
Lassing Park an hour before sunset.**

## Spa2 Heal

**A unique trip to the spa  
lead by Melania Mersades  
Check fb events for pricing and details**



## Purge2 Heal

**We gather at Room to Grow. This ceremony is potent and participants must arrive ready to release and realign their chakras.**

**[\(10\) Purge<sup>2</sup> Heal | Facebook](#)**



# Oily Astrology

Capricorn rules direction, so we may be forced to focus on our path and ask ourselves some serious questions like:

Am I on the right path?

What changes do I need to implement to change tracks in a way that benefits all?

While we may feel the weight of our choices and responsibilities, we are also asked to release that which burdens us. We can give some ideas we've had in the past that just didn't work out a 2nd chance. The timing may align now, yet we can simply plan and take action after the post shadow phase.

## MERCURY RETROGRADE



We can use essential oils to disrupt our patterns and rewire our brain because of NeuroScience.

The following pages suggest essential oils for each sign based on astrological predictions. The most affordable way to use essential oils is to inhale them straight from the bottle. Within 20 seconds they affect mood and memory. We can also use new scents to remember. I encourage you to use the oil suggestion daily while answering the self

reflection questions. Use what I teach in this E-book to make the shift from reactive emotional outbursts to proactive emotionally intelligent responses

# Oily Zodiac

## Air Signs

### **Gemini**

*Miscommunication or Re-do's in the area of "transactions" as related to finances and healthy boundaries regarding what or who to let go of and when. Key words, self discipline.*

#### **Try This:**

**doTERRA Clove-** oil of physical boundaries.

*It's a warming oil. Blend with a carrier oil to prevent hot spots on skin and enjoy the benefits of lip plumping or hand warming as you navigate the emotional terrain of healthy boundaries and who backs away when you set them. **Make NO your mantra.***

### **Libra**

*Miscommunication or Re-do's in the area of home and family. You are being asked to focus on what needs to change.*

#### **Try This:**

**doTERRA ZENdocrine** ~ oil of vitality and transition

This blend discovers new energy and vitality by encouraging the release of physical and emotional toxins. Use when feeling apathetic or when you need help destroying bad habits.

### **Aquarius**

*Miscommunication or Re-do's in the area of your **inner psyche**. You are being asked to take a deep dive into the parts of you that are carrying the weight of other people's needs and to focus on your own.*

#### **Try This:**

**Cilantro** ~ oil of releasing control

It facilitates emotion cleansing encouraging the release of worry and control so you can center on your true self.

# 🔥 Fire signs 🔥

## **Aries**

*Miscommunication or Re-do's in the area of **career**.*

If you're on shaky grounds in this arena of your life, you may experience some awakening turbulence to challenge you to channel your creative genius. You are being asked to explore radical self reliance.

**Try This:**

**Bergamot** ~ Oil of self acceptance

*Wherever you are with yourself, make self love a primary focus by choosing to feel it when feeling opposing emotions.*

## **Leo**

*Miscommunication or Re-do's in the area of **self care**. You're in an overhaul. You are being asked to change your habits and create rituals that carry you through the day.*

**Try This:**

**Eucalyptus** ~ oil of wellness

Use this to begin a wellness lifestyle this year to get into the cycle of making self care a priority. This oil allows us to take deeper breaths when feeling stressed so that we can feel inspired.

## **Sagittarius**

Miscommunication or Re-do's in the area of **stability and self worth**. Low self esteem is a spiritual crisis. If you are going through it right now, you will be asked to choose self love as a value for 2023. If you've been putting in that inner work, creating a manifesto might be a good way to stay anchored into your moral code.

**Try This:**

**Cassia** ~ oil of self assurance, use daily but especially when feeling unsure of yourself.



## **Cancer**

*Miscommunication or Re-do's in the area of **relationships**.*

*You are being asked to “re-evaluate” your understanding of harmony and togetherness.*

### **Try This:**

*Neroli ~ oil of shared purpose and partnership. It helps people zero in on what's most important when embarking on new connections or entering a new phase of relations*

## **Scorpio**

*Miscommunications or Re-do's in the area of **communications**. You are being asked to “re-visit” conversations that didn't end so well and encouraged to communicate with intention.*

### **Try This:**

**doTERRA Console** ~ oil of consultation

*This blend of trees and flowers was formulated to assist individuals who are in need of emotional comfort. Use when you feel a storm raging within.*

## **Pisces**

*Miscommunication or redo's in the area of community. It's time for reconnection. You are being asked to focus on what makes a team work together efficiently since you've learned what doesn't in 2022.*

### **Try This:**

**Cedarwood** ~ oil of community, use Use when wanting to connect with community to attract your tribe or when you have an aversion to connecting with others.



## **Virgo**

*Miscommunications or Re-do's in the area of pleasure, lust and creativity. You are being asked to re-examine what makes you creative. You may rekindle with an old flame that could spark new creations.*

### **Try This:**

Geranium ~ the essential oil of love and trust. It restores confidence in the innate goodness of others and in the world.

## **Taurus**

*Miscommunication or Re do's in the area of **travel and expansion**. You are being asked to embrace detours and delays with your inner moral compass guiding you.*

### **Try This:**

*Onguard - oil of protection. It Shields the individual against seasonal threats. It's also good to use when you are under spiritual attack.*

## **Capricorn**

*Miscommunication or Re-do's in the are of the self. You are being asked to re-evaluate yourself and your ego. How have you been showing up in your day to day? You may need to re-invent yourself.*

### **Try this:**

***Doterra steady - oil of grounding***  
*Activates authenticity within.*

## So, what now?

Take the suggestions in stride and when you are stressing, use the essential oils to reawaken into your body. Reading each description helps you understand yourself first but then helps you relate to others from this vantage point.

**Thank you** for purchasing this Energetic Forecast. May the force be with you.

Again, My name is **Melania Mersades** and my purpose in life is to first, help you feel better and then second, help you embrace your gifts so you can be the most authentic version of yourself. In order for me to be in my truest essence, I have learned to use essential oils as a preventative and a first response in developing Emotional Intelligence. When I wear oils, I become a human diffuser and the



benefits extend beyond myself onto others.



Essential Oil Protocols save my life every time I am suffering from anxious feelings.

### So what oils do I use?

I specifically use **doTERRA** because they are the most tested, most trusted essential oil on the market. Their values and mission statement align with my Moral Code and Values.

These Certified Pure Therapeutic Grade essential oils are **Medicinal** and safe to ingest. They are labeled by the FDA as Generally Recognized as Safe (supplemental facts label) and have the highest purity and potency. PERIOD.

# My 1 Drop Philosophy

*1 drop is all it takes to feel better.*

👉 Invest in oils

👉 Use the oils

👉 Learn & share

👉 Make a lifestyle

The most cost effective way to use essential oils is straight out of the bottle.

Just inhale straight from the bottle with a deep belly breath.

*It begins to affect mood and memory within 20 seconds.*

*Then when 1 drop is applied directly to skin it takes about 20 minutes to cycle through the entire body and provide its essence into each cell.*

Each oil has its own unique offerings. Science calls them volatile chemical compounds that give a characteristic flavor and odor.

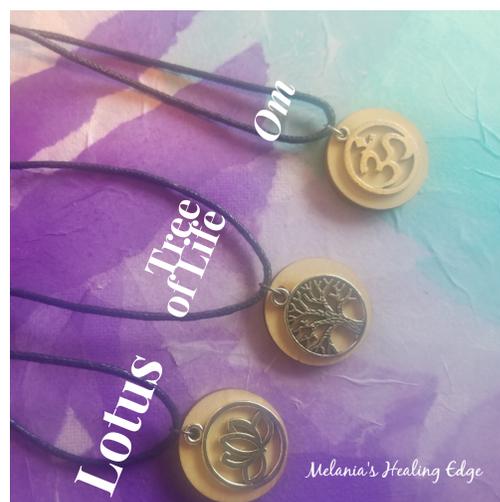
# Safe, Effective, Affordable

Teaching people how to use essential oils safely, effectively, and affordably is so much fun! Working with many women around the globe who originally believed "essential oils are expensive" has strengthened my resolve to continue teaching. These women have moved beyond limiting beliefs about money, prosperity and abundance. This is a lifestyle, not a trend. Helping people make themselves a priority makes my heart smile.

***Essential oils are used in 3 distinct ways:***

## ***Aromatically***

in a quality diffuser, on diffusion jewelry or inhaled out of the bottle or in your hands. Handcrafted Jewelry made for your pleasure can be purchased by using the link below.



<http://www.melaniashalingedge.com/levelup/personal-diffusion-jewelry>

## ***Topically***

Placed on the pulse points of the body, on the bottoms of the feet or added to a carrier oil and rubbed on the whole body. Remember to use a carrier oil when unsure about sensitivities. To order a custom blend

<http://www.melaniashalingedge.com/levelup/oil-blends-by-melania>

## ***Internally***

Add it to your water or put it into a vegan capsule with a few drops of olive oil. >>Please use these oils internally under the supervision of a doTERRA Wellness Advocate (that's Me) or Aromatherapy Specialist.

**TRY THIS ----> MAKE THE AGREEMENT TO DIFFUSE DAILY FOR 90**

# MORE SOLUTIONS

## Oil Up!

Here's what to do when you are feeling emotionally charged:

**Notice how you feel first. Rate yourself from 1 – 10**

**(1 feeling you're lowest emotionally and 10 feeling your best emotionally)**

- Take 1 drop of the recommended essential oil
- Rub it into your hands near the face
- Breathe in for 3 deep breaths.
- Rub the back of your neck for another 3 breaths but slower inhales and exhales this time.

**Then notice how you feel after.**

**Re-rate yourself from 1 - 10**

*Did anything shift? Change?*



It may be helpful to journal your essential oils experience.

The most cost effective way to use essential oils is straight out of bottle. Just inhale straight from the bottle with a deep belly breath. It begins to affect mood and memory within 20 seconds. Then when 1 drop is applied directly to skin it takes about 20 minutes to cycle through the entire body and provide its magic to each cell. Each oil has its own unique offerings. Science calls them volatile chemical compounds that give a characteristic flavor and odor.

# YOUR ESSENTIAL OIL JOURNEY

## How do I get these oils?

If you would like to try a sample please provide your address so that I can mail you some if you are not in the Tampa Bay area. I offer a free 30 min wellness consultation to help you decide which essential oils are best for you. Schedule here [\(9\) Melania's Healing Edge | Facebook](#)

↓ Wait, what? You don't have these oils?

Are you ready to begin your essential oils Journey?

When you purchase from doTERRA, I become your Essential Oil Mentor and we begin the learning process together.

Follow link to order retail

<http://bit.ly/MelaniaMersades>

→ I can show you how to enjoy your oils for up to **55% off retail**, or free when you start doTERRA as a business.



These recommendations in this forecast are not intended to diagnose, treat nor substitute for sound medical advice. Usage of the recommendations is at the sole discretion of the person using the oils. Please get with the Wellness advocate that introduced you to doTERRA to work on a lifestyle plan for you and your family. When you join my team, you become part of a community of women who make Oily living a wellness lifestyle. We will hold your hand and help you heal.

# HAPPY MRx IN CAPRICORN



## STAY CONNECTED

Would you like to join the currently free group ~**SelfCare Sanctuary**~ to connect with the awakened who focus on Radical Self Love and Self Care as a lifestyle?

Join the group

<https://www.facebook.com/groups/1752204615020612/>



Are you living in the Tampa Bay area looking for a massage professional that offers energy focused Bodywork?

Visit | <http://www.melaniashealingedge.com/healingbymelania.html>

Melania teaches Reiki to children and adults for more info on classes call direct (727) 766-7353 [What is Parent Child Reiki? - Energy Focused Bodywork](http://www.melaniashealingedge.com/what-is-parent-child-reiki-energy-focused-bodywork) ([melaniashealingedge.com](http://www.melaniashealingedge.com))

If you want to learn more about Melania Mersades click here

<http://www.melaniashealingedge.com/aboutmelania.html>

*Essential oil descriptions adapted from/paraphrased from Essential Emotions 8th edition by Enlightened publishing. Astrology predictions from multiple astrology books, websites combined with intuition and foresight into the heart & mind of the collective.*