



I Feel Better Balm	Emotional and Energetic Properties
Confidence	<ul style="list-style-type: none"> - promotes strong self image - increases strength and endurance - supports confidence in difficult times - releases any strong thoughts and emotions that overwhelm the mind - invites us to stand strong and steady in who we are with a clear mind making it possible to step into the true flow of life and all the possibilities it holds - use with Harmony when interacting with people who intimidate us <p>works well with Calm, Harmony, Peace (or Steady)</p>
Harmony	<ul style="list-style-type: none"> - calms and nourishes the heart - restores a sense of wellbeing and compassion - increases our ability for self love and nurturing - invites a feeling of safety and security - warms a soul grown cold due to hurt restoring the trust and making it possible to love again - helpful for those who are self restrained and emotionally inhibited - helpful for those who find it difficult to be vulnerable due to lack of confidence in themselves - helpful for those afraid of being absorbed and losing their self identity <p>works well with Confidence, Peace (or Steady), Release</p>
Protected	<ul style="list-style-type: none"> - designed for those who are energetically affected by others (most everyone) - promotes overall energetic protection - protects against negative energy outside of ourselves - encourages the release of absorbed, stagnant negative energy within our energy field thus easing fatigue, low energy, depression, weakness, and fear of interaction with people and places - reduces irritation and aggressive behavior - encourages acceptance and inner unity - strongly suggested when going into public places and gatherings <p>works well with Confidence, Harmony, Peace (or Steady)</p>
Peace	<ul style="list-style-type: none"> - emotionally healing on all levels - quiets and focuses the mind - deeply nourishing - heals old emotional wounds - emotionally balancing and calming - reduces tension and depression - uplifting - exudes happy, outward energy in a grounded way <p>WARNING - not to be used with medication; use steady instead</p> <p>works well with any</p>





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Steady	<ul style="list-style-type: none"> - emotionally uplifting and stabilizing - supports transformation - helps broaden our perspective making us less reactive - encourages emotional healing on all levels - supports focused attention and tranquility - grounding yet expansive - cleansing therefore reducing tension and negative emotion leaving one in a grounded, happy state - use when Peace is not applicable due to medications <p>works well with any</p>
Release	<ul style="list-style-type: none"> - releases chronic trauma - helps heal old emotional wounds - gently releases emotional trauma in a supported, confident, strengthening way - addresses emotions that accompany trauma leaving the person grounded and connected with their authentic self <p>works well with Confidence, Harmony, Peace (or Steady)</p>
Soothe	<ul style="list-style-type: none"> - helpful for acute trauma (shock, grief, fights, accidents) - gently releases the intense, cycling thoughts and emotions that accompany a recent traumatic event leaving one feeling safe, emotionally restored, and with a more peaceful heart - pairing with Harmony is strongly suggested if in committed relationship <p>works well with Calm, Harmony, Release, Peace (or Steady)</p>

