

Celestite Crystal

<https://tinyrituals.co/blogs/tiny-rituals/celestite-meaning-healing-properties-everyday-uses>

Celestite is a mineral made up of strontium sulfate. It also goes by the name Celestine. It's a crystal that is mostly found in sedimentary rocks. Most often Celestite is found in shades of pale blue or white although it can also be pink, pale green, pale brown, grey, or even colorless. The meaning of Celestite is mental clarity and higher purpose.

Take a deep breath and relax, Celestite is on your side. This crystal is all about compelling you to find your inner balance and perfect sense of peace. It's an incredible stone to turn to when you are struggling with dysfunctional relationships as it helps to clear the mind of anger, resentment, and lingering bad moods – making way for clarity, clear eyes, and a sense of calm to breeze right in. When you aren't being led by the fire of your emotions, you are better equipped to communicate, express compassion both inside and out, and to open your heart.

This gentle and gorgeous stone is known more for its spiritual powers, but as the physical and celestial body are connected, there is certainly some knock-on effect. Celestite can help the body flush out toxins and is particularly useful in helping the body heal from stress-related disorders. Whether digestion issues or acne breakouts, Celestites touch is like an organic balm to the body.

Ylang Ylang Essential Oil

<https://www.healthline.com/health/ylang-ylang>

Ylang ylang is a yellow, star-shaped flower that grows on the Cananga tree (Cananga odorata). This tropical species is native to countries surrounding the Indian Ocean, such as India, the Philippines, Malaysia, Indonesia, and parts of Australia. Ylang ylang's heady, aromatic scent is fruity, flowery, and rich.

Ylang ylang has been found in research to:

- boost mood**
- reduce depression**
- alleviate anxiety**
- lower blood pressure**

- decrease heart rate**
- stimulate oil production in the skin and on the scalp**
- repel flying insects and kill bug larvae**

Ylang ylang also has a history of use as a traditional, herbal treatment for conditions such as:

- stomach distress**
- rheumatism**
- gout**
- malaria**

- headache**
- pneumonia**

Ylang ylang benefits

Ylang ylang has some proven benefits, and some uses indicated by anecdotal evidence. For example:

A small study^{Trusted Source} found that ylang ylang **reduced anxiety and boosted self-esteem** when it was either applied to skin or inhaled. Ylang ylang's beneficial effect on mood has been duplicated in other studies, and is also substantiated via anecdotal evidence.

Another study found that inhalation of ylang ylang had **a sedative effect, by significantly reducing systolic and diastolic blood pressure rates as well as heart rate** in healthy men.

Ylang ylang contains linalool, a compound which has antibacterial, antifungal, and anti-inflammatory properties. **It has been shown to be effective at reducing Candida albicans, a fungal infection.**

In many parts of the world, ylang ylang flowers are pounded into paste and **used as an inhalant to treat asthma.**

When dried, ylang ylang flowers are used to treat malaria symptoms in countries throughout Asia.

Ylang ylang is used as a folk remedy to increase sexual desire and reduce sexual anxiety.

Ylang ylang side effects

Ylang ylang contains several allergens, such as isoeugenol. It has been linked to contact dermatitis and can be irritating to skin when applied topically.

As with any essential oils, do not apply full-strength ylang ylang to skin. Ylang ylang should be mixed with a carrier oil and patch tested, before using on a large area of the body, face, or scalp.

Ylang ylang is poisonous to dogs and cats. Do not apply ylang ylang to your pet's skin, paws, or coat, and make sure not to use it where your pet might lick or inhale it.

Ylang ylang is currently considered safe when used as a food additive.

Ylang ylang can be mixed with a carrier oil, and used for dry skin care and for massage. It can also be rubbed on the scalp to promote oil production and reduce dryness.

Always dilute it. To use topically, add one drop of essential oil for each teaspoon of carrier oil.

Store properly. Store in an opaque, glass container in a cool, dark place.

Use and monitor its quality. Ylang ylang has a long shelf life, so you can make several batches to store for a year, or longer. However, never use an oil that has expired or smells rancid.

Use with water in an oil diffuser. Ylang ylang can also be inhaled as an aromatherapy treatment by using in a room diffuser.

Affirmations for Self Love

<https://www.developgoodhabits.com/self-love-affirmations/>

I accept myself unconditionally.

I am at peace with where I am.

I embrace who I am.

I am enough.

I take responsibility for who I am.

I release the need to judge myself negatively.

My life is a gift. I will use this gift with confidence, joy, and exuberance.

I approve of myself.

I love myself deeply and fully.

I am worthy of love and joy.

I am worthy of infinite compassion.

I choose to stop apologizing for being me.

I feel beautiful. I am beautiful.

I will focus on the bright side.

I follow my own expectations, not the expectations of others.

My inner beauty shines brightly.

Some movies to watch:

The Five People You Meet in Heaven (2004)

You Can't Take it With You (1938)

It's a wonderful Life (1946)

August Rush (2007)