

# Sandalwood Essential Oil

From: <https://www.healthline.com/health/what-is-sandalwood#product-choice>

In these traditions, sandalwood oil has been used with other therapies to manage:

- the common cold
- urinary tract infections
- liver and gallbladder problems
- digestive problems
- muscle problems
- mental disorders
- hemorrhoids
- scabies

Some studies have supported the idea that sandalwood has health perks. For example, research suggests that sandalwood may help:

- increase alertness
- manage anxiety
- support wound healing
- guard against skin cancer
- fight bacteria

## **Alertness**

A study reported in *Planta Medica* Trusted Source found that aromatherapy with sandalwood oil increased participants' pulse, blood pressure, and perspiration. These are markers of alertness.

## **Anxiety**

Research reported in *Complementary Therapies in Clinical Practice* Trusted Source suggests that aromatherapy massage with sandalwood oil may help reduce anxiety. The sample size was too small to draw conclusive findings, but the results were promising.

## **Wound healing**

Researchers from Ruhr-Universität Bochum in Germany found that skin cells contain olfactory receptors for sandalwood. When they activated those receptors, it appeared to promote skin cell growth.

## **Skin cancer**

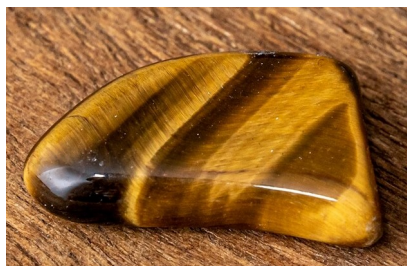
A study reported in the *Archives of Biochemistry and Biophysics* suggests a compound found in sandalwood oil may help fight skin cancer. That compound is called  $\alpha$ -santalol. Some studies have shown that this component can help promote cell death of cancerous cells.

## **Antibiotic-resistant bacteria**

Scientists in the *Journal of Crano-Maxillofacial Surgery* suggest that essential oils may provide some disease-fighting properties against methicillin-resistant *Staphylococcus aureus* (MRSA). This is a staph infection that is resistant to certain antibiotics. However, if you have a MRSA infection, it's important to seek medical attention right away in order to receive timely treatment.

## Tiger's Eye Crystal

From: <https://www.energymuse.com/tigers-eye-meaning>



The Tiger's Eye crystal properties encourage you to live boldly, fiercely and bravely in all aspects of your life. When you are looking for a boost of courage to help you overcome fear or take risks in your life, there's no better crystal to turn to than a Tiger's Eye crystal. When you channel the energy of Tiger's Eye crystal properties, you'll be able to connect with the ultimate power crystal of the mineral kingdom.

The Tiger's Eye crystal gets its healing properties from a combination of the sun and Earth elements. This is what gives it both grounding and inspiring vibrations. Similar to a tiger's stripes, Tiger's Eye crystal has an appearance to match its powerful energy. Its bold coloration is just as bold as its healing properties, which work to balance toxic emotions and create positive mental shifts.

Because of its bold, encouraging energy, a Tiger's Eye crystal is the ideal stone for building courage in all areas of your life. The powerful Tiger's Eye crystal meaning is also especially impactful when it comes to attracting wealth and breaking through financial blocks. When you connect with this energizing stone, let it be a reminder that the path to success might be full of challenges, but when you harness the energy of Tiger's Eye, you'll have the inner power to push through any obstacle that appears in your way.

As admirable and aspirational as being fearless is, it's also somewhat unrealistic. Many of us, at different times in our lives and under different circumstances, experience feelings of fear, uncertainty, hesitation, insecurity and other emotions that can make us question and waver. In the face of a challenge, the Tiger's Eye crystal meaning helps to transform those toxic feelings into courage and self-confidence. It helps you shift your perspective so you can see the way forward, even in times of fear. If you start doubting yourself, draw on the powerful and stabilizing energy of the Tiger's Eye crystal meaning by programming it with an intention of bravery and perseverance.

### **Affirmations for Positive Change:**

From now on, everything works together for my good.

From now on, I am safe to make changes that bless my life.

I am overflowing with joy, love and gratitude.

I am ready to make positive changes.

New and exciting opportunities are ahead of me – I am creating my destiny.

Everything and Everyone supports my success.

This change comes right on time and is exactly what I needed.

I decide what my life will be through deciding what I will believe, and I believe in all good things.