

# Thieves' Oil



When the black plague ravaged Marseilles in the 17th century, French folklore says that a band of lucky grave robbers and thieves escaped the Black Death by dousing themselves in a strong herbal vinegar.

These cunning individuals became notorious for their successful robberies amid chaos and despair.

Thieves Oil is a powerful blend of essential oils with anti-viral, disinfectant and antibacterial properties. It is an excellent oil to have around to protect yourself from colds, flu and other airborne viruses



## Elements

Drops of DoTERRA essential oils:

20 Eucalyptus

10 Rosemary

40 Cloves

25 Cinnamon

35 Lemon

And a dark glass dropper jar

## Practice

I visualise my well-being and the beneficial effects of these oils when I combine them all in a dark jar; it's my concoction of wellbeing.

I think about what being healthy means to me, and as I make these connections, I feel hopeful.

When it comes to our degree of success, our thoughts move so slowly. We can utilise our thoughts to assist our bodies heal, just as we may use food, herbs, and oils to keep ourselves healthy.