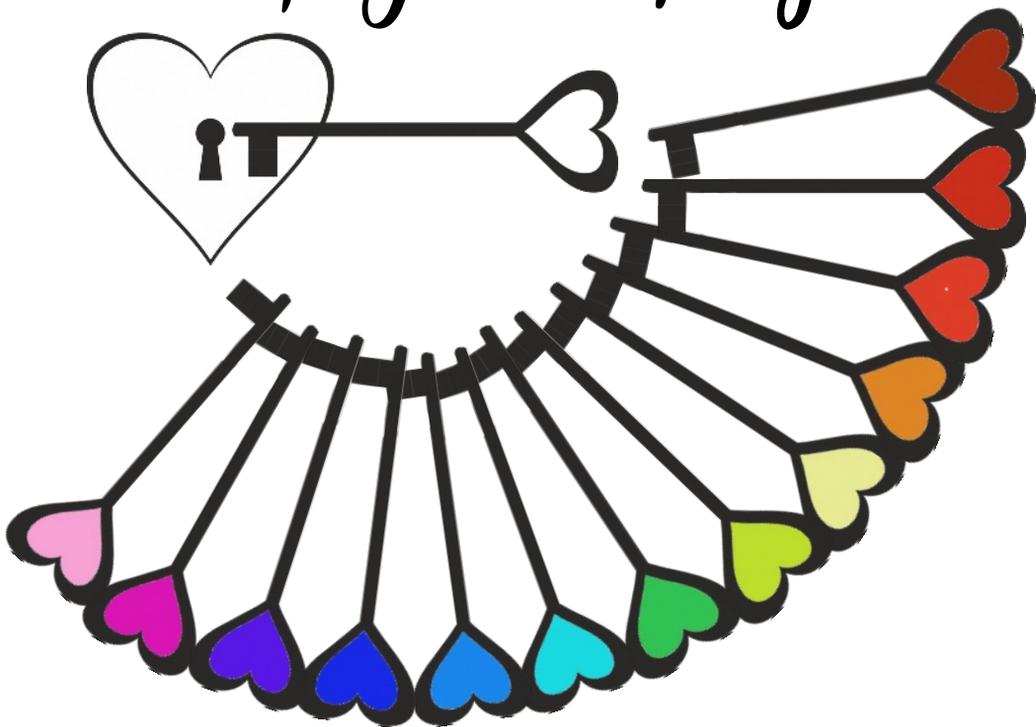


# Keys to Coping



**Dealing with Life's Curve Balls with  
Drop into Life™ Colour and Essential Oils**



Which colour best  
represents how you are  
feeling about your curve  
ball? What is life throwing  
at you?

# Keys to Coping

Life sometimes throws us a curve ball – it can be loss of a loved one, loss of our job, home and our self esteem. Whatever grief, loss, anxiety or stress you are dealing with, we are offering you a taste of the Drop into Life™ system and the gifts of colour, essential oils and affirmations that flow from that.

While focusing on your stress or loss, choose one of the above colour drops that calls you and that represents how you are feeling right now. Then go to the section of this e-book that corresponds to your chosen colour. See what the words mean to you and what insights they offer.

With the pain of loss you can ask yourself “where is the pain in my body and what colour is it? What colour would most support me to bring a sense of peace and take away this pain?”

It is so important to get in touch with your feelings at this time and use rituals based on essential oils and affirmations to release your emotions, especially the painful ones.





Red

How you may be feeling: Angry. How could you leave me? Why me? Frustrated, Powerless

Red's gifts to you: If you stay in anger you lose your energy so Red helps you to stay strong and regain your passion for life

Affirmation: "I use my energy wisely". "My physical energy increases as I renew the way I think"

Essential Oils: Two of the Red oils are  
*Fennel* supports empowerment through taking responsibility, overcoming powerlessness  
*Ginger* helps to empower you, renew your energy and rejuvenate your sense of purpose





## Coral

**How you may be feeling:** Overwhelmed with grief. A sense of shame that you didn't do enough. Loss of love

**Coral's gifts to you:** Where there is grief over loss of a loved one, coral energy is perfect as you make a time each day, a sacred time for connecting with your spirit and your loved one who will see from the other side. Coral helps you to move through separation.

**Affirmation:** "The universe supports me in ways I could not have imagined" "All is forgiven as we let go of our past"

**Essential Oils:** Two of the Coral oils are *Copaiba* for overcoming guilt and shame, feeling worthy to be loved just as you find others lovable  
*Tangerine*, oil of creativity and a cheerful spirit, counteracting overwhelm





## Orange

How you may be feeling: In shock, vulnerable, burnt out.

Orange's gifts to you: Helps with absorbing the unexpected shock of losing a loved one or change in situation even when you have been prepared for it. It balances the emotions.

Affirmation: "I am surrounded and supported in life by family and friends"

Essential Oils: Two of the Orange oils are *Wild Orange* for connecting with joy and bliss, and especially supports all forms of positivity  
*Jasmine* encourages a feeling of trust and safety within close relationships





## Gold

**How you may be feeling:** Self-critical, disillusioned, and incapable of dealing with the situation

**Gold's gifts to you:** Aids the possibility to get in touch with your inner resources and find the wisdom within to get through life's uncertain times.

**Affirmation:** "I am shining my inner light for my family to follow"

**Essential Oils:** Two of the Gold oils are *Neroli* helps you develop empathy, patience and forgiveness; also for overcoming barriers, leading to shared purpose and meaning *Sandalwood* aids resourcefulness and comes from hearing and honouring the guidance of your inner wisdom





## Yellow

How you may be feeling: unhappy, anxious, fearful and confused

Yellow's gifts to you: Uplifts you. If you have lost a loved one, remember they want you to be happy and not to grieve for them so use the Yellow to restore happiness and cheer.

Affirmation: "I go with the flow". "Happiness is a choice I choose now"

Essential Oils: Two of the Yellow oils are  
*Ylang Ylang* encourages celebrating your playful and joyful spirit  
*Lemon* for focusing on opportunities that present themselves now





## Olive

**How you may be feeling:** Despairing, hopeless, bitter, uncertain, asking the 'what' questions like "what is going on? What is going to happen next?"

**Olive's gifts to you:** Hope, resilience and letting go.

**Affirmation:** "I am resilient". "I have hope in my future"

**Essential Oils:** Two of the Olive oils are *Lime* for a renewed zest for life: helps you feel emotionally safe, and anticipating good things  
*Melissa* renews optimism and light-heartedness, counteracting despair





## Green

How you may be feeling: lost, directionless, heartache

Green's gifts to you: Offers you a sense of space and expansion; can assist to open the heart and ease the pain.

Affirmation: I take time out to connect to nature and those in spirit.

Essential Oils: Two of the Green oils are  
*Bergamot* offers a sense of wellbeing and an optimistic heart  
*Green Mandarin* offers calming, soothing emotional support, helping you return to your natural balance





## Turquoise

How you may be feeling: Choked up, frozen feelings

Turquoise's gifts to you: Helps to bring the depth of emotion held deep inside to the surface, to be able to release the suffering within.

Affirmation: "In this moment I am free" "I am safe to express my emotions"

Essential Oils: Two of the Turquoise oils are  
*Petitgrain* helps free unresolved issues and sense of over responsibility, freeing your heart  
*Cypress* offers flexibility, adaptability and feeling in the flow





Blue

How you may be feeling: Lonely, Restless, In denial

Blue's gifts to you: Helping you surrender and connect with belief in a greater good.

Affirmation: "I let go and surrender". "I remember to breathe"

Essential Oils: Two of the Blue oils are *Siberian Fir* for an honest and open appraisal of your life and a sense of serenity that all is ok. Just let go of any dissatisfaction. Be at peace  
*Rosemary* for remembering and opening to new levels of awareness





## Royal Blue

How you may be feeling: Closing down, Wanting to be left alone

Royal Blue's gifts to you: Dropping into absolute peace and the possibility of connection. Calming the mind chatter and helping you to focus to get a direction forward.

Affirmation: "In the silence I hear more clearly"

Essential Oils: Two of the Royal Blue oils are *Roman chamomile* for a sense of calm and stillness and feeling spiritually connected  
*Arborvitae*, the oil of divine inspiration and presence, trusting in what comes to you





## Violet

How you may be feeling: Grieving, Withdrawn, Despondent

Violet's gifts to you: Violet is perfect for transforming grief giving you a sense that someone hears you and sees you

Affirmation: "I am open to love and healing"

Essential Oils: Two of the Violet oils are *Frankincense* for awakening to divine love, feeling you have 'come home'

*Lavender* supports a courageous spirit, feeling whole, committed, worthy and free from self denial.





## Magenta

How you may be feeling: Desolate, Empty, Disconnected

Magenta's gifts to you: Comfort and consolation for coping with grief. Opening yourself up to receive love. Magenta can give you a sense of oneness and connection to a greater love

Affirmation: "I am connected to everything and open to love"

Essential Oils: Two of the Magenta oils are  
*Rose* is an exquisite oil for experiencing love, personal and divine, knowing everything is as it should be  
*Spikenard*, the oil of contentment and gratitude, helps you appreciate your life and its many blessings





*Pink*

**How you may be feeling:** Unlovable and unloved. Hard on yourself. Closed heart for self-protection.

**Pinks gifts to you:** Love, compassion and self-acceptance. Often with stress and grief there is a tendency to close off your heart. Pink helps you to be tender and kind to yourself. Love rises above any other emotion. Pink helps you speak to yourself with kindness. There can be a sense of guilt that you haven't done enough for your loved ones or in certain circumstances so Pink supports you to be compassionate with yourself and to be gentle. Pink encourages you to open your heart because others need your love. Pink is a powerful antidote to any pain especially the pain of loss.

**Affirmation:** "I am kind and gentle with my heart". "I speak gently to myself".

**Essential Oils:** Two of the Pink oils are *Geranium* for love and trust, and a focus on goodness *Rose* for feeling filled with compassion and love which then flows to others

e-book created by  
**Tricia Sharkey and Marg Simon**



**[www.dropintolife.com.au](http://www.dropintolife.com.au)**