



# Online course program



[www.santhikaacademy.com](http://www.santhikaacademy.com)

# Aroma Psychology & Coaching Online Course

Welcome to our detailed course program. You can start this course **on any day**. All lessons are **prerecorded**, so you can plan your education process by yourself. Recommended schedule and order of the classes is provided.

You will be able to apply your knowledge and **start earning income** already **after 1st month** of this course!

**Purpose:** Study energetic values or vibrations of essential oils and psychological methods of their usage to rebalance spiritually, mentally, and emotionally.

**Mission:** Help people in personal growth by spreading new psychological and coaching methods all over the world.

**Duration:** 9 months (4 levels).

### Course benefits:

1. Get new professions: aroma perfumer, coach, self-awareness game facilitator, aroma consultant.
2. Integrate natural essential oils into your life.
3. Build your own business with doTerra company.
4. Get freedom, be prosperous doing what you like to do, and enjoy your life!

### Outcome:

1. Six absolutely different self-awareness aroma games.
2. 60 essential oils and blends and knowledge about their practical implementation.
3. Business plan how to build your own business in doTerra company.
4. 10 additional coaching and psychological tools

### **THIS COURSE IS FOR YOU:**

- ✓ If you want to help people grow, develop and transform
- ✓ If you want to learn a new profession and become a game practitioner
- ✓ If you are searching for new tools for coaching
- ✓ If you would like to become an aroma game facilitator in your community
- ✓ If you would like to have additional or alternative source of income
- ✓ If you are searching an opportunity to create your own unique business in wellness
- ✓ If you would like to investigate vibrational healing power of essential oils

Actually, you will be able to start doing it already after 1st month of the course!

# Course structure

Level 1 – 1 Month  
Essential Alchemy

---

Level 2 – 2 Months  
Essential Archetypes

---

Level 3 – 2 Months  
Essential Key

---

Level 4 – 4 Months  
Aroma diagnostic

---

## I. doTerra Business

Everything that you need to know to build your own business with doTerra company

## II. Aroma Psychology Study

Different methods how to use essential oils for vibrational healing

## III. Essential Oils Study

Physical, mental, emotional & spiritual properties of essential oils and their psychological sense.

## IV. Transformative Games Study

Detailed instructions, recommendations and useful tips for the facilitation of aroma games are included in each level.

## V. Coaching and Psychological tools study

Basic knowledge of additional methods that are integrated into the games

## VI. Meditation Practice

Different meditation techniques from kundalini yoga that are integrated into the games.



# Level 1. Essential Alchemy (1 month)

## I. doTerra Business

Introduction to doTerra Business  
Compensation Plan and Loyalty Rewards Program Explanation

## II. Aroma Psychology Study

Introduction to Aroma Psychology

## III. Essential Oils Study

Introduction to Essential Oil Study  
10 Essential oils and oil blends from Enrollment Kit Study

## IV. Transformative Games Study

Essential Alchemy Game

## V. Coaching and Psychological tools study

Wheel of Life Balance

## VI. Meditation Practice

18 Meditations used for Essential Alchemy Game

### **AFTER LEVEL 1 YOU CAN:**

- ✓ Facilitate Transformative Aroma Game Essential Alchemy;
- ✓ Integrate Wheel of Life Balance tool into personal consultations;
- ✓ Integrate new meditations into your classes / personal practice;
- ✓ Start building your business in doTerra;
- ✓ Start using 10 essential oils and blends in your daily life.

# Essential Alchemy Game



Essential Alchemy Game immerses you into the atmosphere of a fairytale, awakening your inner child and creating a feeling of trust and relaxation. During a game, participants are going to travel through a magic forest, collecting messages from druids, fairies, elves, and different realms. A wheel of life balance, integrated into the game, helps participants recognize which areas of their lives need improvements, and they will receive different guidance on how to do it. On their path, participants collect oil elixirs, guiding messages, sacred symbols, and meditations.

The Game is based on 10 multifunctional essential oils and blends from enrollment doTerra Kit:

Lemon, Peppermint, Lavender, Tea Tree, Oregano, Frankincense, OnGuard, DigestZen, Breathe

## THE GAME INCLUDES:

Cards with self-awareness messages;  
Esoteric symbols with explanations;  
Essential Oils Elixirs for different purposes;  
Wheel of Life Balance;  
Meditations for self-practice.

## BENEFITS OF THE GAME:

- ✓ Get answers to life questions;
- ✓ Get guidance for the next steps in different spears of your life;
- ✓ Get practical tools (essential oil blends, meditations) for self-growth and transformation;
- ✓ Get guidance on how to integrate essential oils into your everyday life.

# Level 2. Essential Archetypes

## 2 months

### I. doTerra Business

5 Simple Steps to Building a Successful Business  
Expert Tips to Earning More with doTERRA  
Secrets to Running a Smooth Business  
Masterfully Market Your Business Using Social Media

### II. Aroma Psychology Study

Aroma Bracelet Workshop  
Aroma Clothes Workshop

### III. Essential Oils Study

7 Feminine Essential oils  
7 Masculine Essential oils

### IV. Transformative Games Study

Essential Archetypes Game  
Clothes for the Soul Game

### V. Coaching and Psychological tools study

Sutsai Numerology  
Metaphorical Cards (MAC) Study. Introduction  
MAC. The Wheel of Life Balance  
Affirmations and Affirmations for reload of consciousness

### VI. Meditation Practice

35 Meditations used for Clothes for the Soul Game

### AFTER LEVEL 2 YOU CAN:

- ✓ Facilitate 2 more Transformative Aroma Games Essential Archetype and Clothes for the Soul;
- ✓ Conduct simple diagnostic sessions with MAC cards, or integrate them into other sessions;
- ✓ Integrate new meditations and affirmations into your classes / personal practice;
- ✓ Continue building your business in doTerra;  
Integrate more essential oils in your daily life.



# Essential Archetype Game



This game was created especially for women. At the beginning of the game, a facilitator helps to identify 3 dominating essential oil archetypes. For each of these archetypes, participants receive guidance on how to balance and empower this archetype or transfer it from a negative to a positive state. Some of the tasks participants should do during the game. At the end of the game, participants make aroma bracelets and aroma clothes, based on their essential oil archetype. Cards from the Essential Archetype Game can be also used for women circles facilitation.

The Game is based on 14 multifunctional essential oils:

Patchouli, Ylang-ylang, Geranium, Orange, Clary Sage, Jasmine, Lavender  
Basil, Eucalyptus, Lemon, Rennel, Juniper Berry, Thyme, Rosemary

## THE GAME INCLUDES:

Test for identification of dominating archetypes;  
Cards with description of female and male essential oils archetypes;  
Other cards: energy source, crystals, art therapy, affirmations, clothes style, goddess, and tasks.

## BENEFITS OF THE GAME:

- ✓ Get awareness about your archetype;
- ✓ Gain understanding about your twin-archetype partner;
- ✓ Find out what can help you to empower your archetypes, or transform them from a negative to a positive state;
- ✓ Get practical tools (aroma bracelet, aroma clothes, affirmations) for self-growth and transformation;
- ✓ Get guidance how to integrate essential oils into your everyday life.

# Clothes for the Soul Game



This game invites participants to go through 4 stages of their life: Birthing, Blossoming, Maturity and Rebirthing, learning and investigating themselves through dualities, metaphorical cards, guiding messages, affirmations, and essential oils. In the end of the game, a facilitator makes personal aroma clothes for each participant.

The Game is based on 43 multifunctional essential oils produced by doTerra. You will be able facilitate this game just with the oils that you will have after you complete 2nd Level!

## THE GAME INCLUDES:

Workbook for self-reflection;  
Cards with self-awareness messages;  
Metaphorical cards for self-reflection;  
Metaphorical cards with Essential Oil vibrational healing effects explanation;  
Cards with affirmations;  
Meditations for self-practice.

## BENEFITS OF THE GAME:

- ✓ Gain deep understanding and self-awareness about one's emotions, mind sets, and limited believes;
- ✓ Get practical tools (aroma clothes, affirmations, and meditations) for self-growth and transformation;
- ✓ Get guidance how to integrate essential oils into your everyday life.

# Level 3. Essential Key

## 2 months

### I. doTerra Business

Go for the next rank

### II. Aroma Psychology Study

Principles of olfactory diagnostic

Aroma cards

### III. Essential Oils Study

Additional 19 Essential oils Study

### IV. Transformative Games Study

Essential Key Game

### V. Coaching and Psychological tools study

Aroma diagnostic cards techniques

#### **AFTER LEVEL 3 YOU CAN:**

- ✓ Facilitate 1 more Transformative Aroma Game Essential Key
- ✓ Facilitate Clothes for the Soul Game with wider range of oils
- ✓ Conduct diagnostic session with aroma cards, or integrate them into other sessions
- ✓ Continue building your business in doTerra
- ✓ Integrate more essential oils in your daily life

# Essential Key Game



Participants enter the game with a question, that can be related to one of the topics: health, relationship, self-realization, prosperity, communication, vision, spirituality, or destiny. Participants intuitively choose a path through which they will go in the game. There are paths of the mind, of the heart, and of the soul's wisdom. On their journey they will collect essential oils, messages, and guidance from different cards. In the end of the game, participants receive a resourceful perfume with their oils and a guardian angel card with an affirmation and single oils recommendation to work on specific qualities or energies. The game brings focus on information that is hidden in the subconscious.

The Game is based on 36 multifunctional essential oils. You will collect all oils by the end of the 3rd Level, including those that you will have from the Levels 1&2.

The Game is based on 14 multifunctional essential oils:

Patchouli, Ylang-ylang, Geranium, Orange, Clary Sage, Jasmine, Lavender Basil, Eucalyptus, Lemon, Rennel, Juniper Berry, Thyme, Rosemary

## THE GAME INCLUDES:

MAC cards;  
Cards with self-awareness messages and psychological keys;  
Cards for aroma diagnostic;  
Guardian angel cards.

## BENEFITS OF THE GAME:

- ✓ Get guidance for your life situation;
- ✓ Become aware what energies are blocked and what energies you are urgently seeking to fulfill your subtle bodies;
- ✓ Get practical tools (essential oil perfume, affirmation) for self-growth and transformation.

# Level 4. Aroma Diagnostic

## 4 months

### I. doTerra Business

Additional training in doTerra. Grow your knowledge

### II. Aroma Psychology Study

Aroma perfume study

Aroma diagnostic by 7 needs

Chakra diagnostic

Emotional diagnostic

### III. Essential Oils Study

Additional 20 Essential Oils and Blends Study

Emotional therapy kit study

### IV. Transformative Games Study

Aroma diagnostic Game

Chakra balancing Game

### V. Coaching and Psychological tools study

Maslow's Pyramid of Needs

7 Chakras Study

### VI. Meditation Practice

Yoga and Meditations for 7 chakras

### AFTER LEVEL 4 YOU CAN:

- ✓ Facilitate 2 more Transformative Aroma Games Aroma Diagnostic and Chakra Balancing
- ✓ Facilitate Clothes for the Soul Game with a full range of oils
- ✓ Facilitate aroma diagnostic
- ✓ Make individual resourceful perfumes
- ✓ Facilitate chakras diagnostic sessions
- ✓ Make chakra balancing blends
- ✓ Facilitate emotional diagnostic sessions
- ✓ Continue building your business in doTerra
- ✓ Integrate more essential oils into your daily life

# Aroma Diagnostic Game



The game is based on Maslow's Pyramid of Needs. Essential oils are divided into 7 groups that represent specific needs in a human life. Smelling oils, participants find resourceful oils in each group. A facilitator makes a personal perfume for every participant, combining oils accordingly to the results of the test that participants do during the game to identify satisfaction of each of 7 needs. Self-awareness tasks are offered to the participants during the process of the game.

The Game is based on 50 multifunctional essential oils, produced by doTerra company. You will collect all oils by the end of the 4th Level, including those you will already have from the Levels 1-3.

## THE GAME INCLUDES:

Workbook for self-reflection with a test to identify how your 7 needs are satisfied;  
Cards with information about emotional, mental and spiritual effects of essential oils for each oil group;  
Cards with self-awareness tasks for each type of needs;  
Message cards.

## BENEFITS OF THE GAME:

- ✓ Become aware which of your needs are not satisfied;
- ✓ Make a resourceful perfume that will help you to restore lack of energies in order to fulfill your 7 needs;
- ✓ Get practical tools (essential oil perfume, self-awareness tasks) for self-growth and transformation.

# Chakra Balancing Game



Chakra Balancing Game is based on the concept of human's energy structure. In this game participants work with their emotions related to their request for the game. They collect essential oils, spiritual messages and self-awareness tasks for each chakra. Facilitator helps to put all pieces of the puzzle together and explains relation and connection between them and an initial request, if needed. In the end of the game, participants receive a set with oil blends for each chakra and instruction how to use them.

The Game is based on 60 multifunctional essential oils and blends. You will collect all oils by the end of the Level, including those you will already have from the Levels 1-3. Chakra Balancing and Aroma Diagnostic games are coming in one set, as they both use the same decks with self-awareness tasks.

## THE GAME INCLUDES:

Workbook for self-reflection with a test to roughly identify which chakras are imbalanced;  
7 decks with cards with information about emotional, mental and spiritual effects of essential oils;  
7 decks with Cards with self-awareness tasks from aroma diagnostic game.  
3 decks with message cards from Aroma Diagnostic game;  
7 decks with emotions for each chakra;  
7 decks with spiritual messages for each chakra.

## BENEFITS OF THE GAME:

- ✓ Become aware which chakras are blocked or overactive;
- ✓ Create resourceful blends to restore lack of energies for each 7 chakras;
- ✓ Get practical tools (essential oil blends, self-awareness tasks) for self-growth and transformation.



# Sign up for the course:

Step 1. Become a Wellness Advocate via membership in Essential Mandala's doTerra Team:

Use our ID 12798106 as Enrolling Sponsor.

If you have come to this course by recommendation from our Team member, use his/her ID as Enrolling Sponsor (be sure that you join Essential Mandala Tree, otherwise you won't receive access to the course)

Start with one of the Kit:

A. Healthy Start Kit

B. Home Essentials Kit

Step 2. Fill application form at our website

[www.santhikaacademy.com](http://www.santhikaacademy.com)

Step 3. Pay course fee

Wise \* PayPal @essentialmandala@gmail.com

As soon as all steps are done and we receive your payment, the access to the course will be open and Level 1-2 Games Set will be sent to your address. Delivery charges will be charged extra.

Contact information

Telegram community

Instagram

Website

E-mail

# FAQ's

## How do I register?

Please send your REQUEST to our email [essentialmandala@gmail.com](mailto:essentialmandala@gmail.com). We will send you links for registration in doTerra and payment for the course.

## When does the course start?

Our courses are accessible for everyone throughout the year. There isn't a specific date to begin. The perfect time to start is NOW!

## How do I access my course?

After the payment for a course and registration in doTerra are completed, we will send you an access to the Google Class.

## How does Online Learning work?

You will study all the materials on your own. We will share our recommended learning schedule for each level, so you can organise your learning process accordingly.

## How do I contact technical support during my course?

We will be always available to you through the Community telegram channel and our private student's chat.

## How can I purchase oils that I need for the course?

Signing up for the course requires registration as a doTerra wellness advocate in our team. With registration in doTerra, you will order your first essential oil kit. Every month you will purchase new oils according to a recommended "Oils purchasing plan".

## Can I join the course if I am already registered member in doTerra?

Please contact our support team to find out our terms and conditions for participation in this course in case you are already registered in doTerra. Depending on your status, a solution will be offered for you.

## How much can I earn from doTerra?

You can receive additional income by selling oils to your clients and by building your own team in a doTerra net structure. Your income depends on your own efforts.

## How can I build business in doTerra?

Our course includes education how to build your business in doTerra. You can invite people, who are interested to build their own business in doTerra, to become a wellness advocate. We offer the easiest way to do so, by inviting new people to participate in our course. Every participant, who will come by your recommendation, will be registered in our team under your sponsor and recruiter number.

# Let's Get Started!

The best time to start your Journey with us is NOW!

Just imagine how many steps and life circumstances have been matched to have you here reading this GUIDE. Are you ready?

Take this opportunity as your BIG change in many aspects of your life: your purpose, your profession, your financial freedom, self-development, and of course HEALTH AND WELL-BEING!

[SEND YOUR REQUEST](#)

[LEARN MORE](#)



“Create your own Mandala with us”



[essentialmandala@gmail.com](mailto:essentialmandala@gmail.com)  
[www.santhikaacademy.com](http://www.santhikaacademy.com)