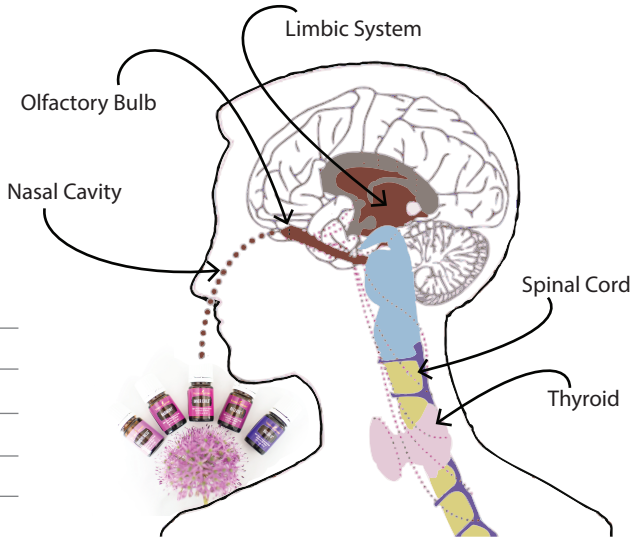
Oils & Emotions

Science is cool...

Inside the Limbic system are five major functions that govern emotions, behavior, motivation, long term memory, and sense of smell.



Notes:

What are three emotions you hold onto that you would like to break free from?

1. _____ 2. _____ 3. _____

Harmony *"I am one with all."* _____

Suggested location to apply: _____

Forgiveness *"I learn from all of life's experiences."* _____

Suggested location to apply: _____

Inner Child *"I release the past."* _____

Suggested location to apply: _____

Present Time *"I see clearly."* _____

Suggested location to apply: _____

Release *"I let go with grace and ease."* _____

Suggested location to apply: _____

Valor *"I come from my strength."* _____

Suggested location to apply: _____

Gary's Feelings Protocol

Gary Young developed a "Feelings Kit Protocol" for using oils to maximize the emotional responses of the body. Use this protocol every morning and night for 30 days. Be sure to take your time with each step before moving on to the next.

Step 1.

Apply Valor on the bottom of your feet to balance your feelings and erase limited thinking.

Step 2.

Apply Harmony on the energy points along your spine to release unpleasant energies. There are seven of these along the spine: Coccyx, Sacrum, Lumbar, Dorsal (heart), Cervical, and Medulla (hollow place at center base of skull), and Pineal (center of forehead).

Step 3.

Apply Forgiveness on the navel and let go of negative emotions.

Step 4.

Apply Present Time on the wrists and behind the ears. Besides keeping you focused on today's tasks, this can also help you financially by increasing your abundance consciousness in the present moment.

Step 5.

Negative energy goes into the blood, and then into the liver for cleansing, and here the toxins can remain trapped. As a result, the liver often becomes a storage place for anger, resentment, bitterness, hatred, jealousy, envy, addictions and more. Apply Release over the liver.

Step 6.

Apply 1-2 drops of Inner Child under your nose and inhale deeply.

Apply Valor once more to end the Feelings Kit application. Valor completes the experience with feelings of balance and integrity.

Notes: