

Emotional Clearing Workshop: Using 12 Young Living Essential Oil Blends

- A. Emotions and the Brain
 - a. Amygdala is coordinator, not stored here
 - b. Amygdala assigns part of body
 - c. Body has >100 trillion cells each with a DNA strand
 - d. Each cell capable of storing up to 6 gigabytes of memory
 - e. Emotional brain can delegate any place in body to store a feeling or emotional memory
- B. Emotions and the Brain
 - a. Emotions not faced, dealt with or accepted are stored as repressed emotional energy
 - b. We're reminded...pain, illness, disease
 - c. Affected spiritually, emotionally, mentally, and physically
- C. Harmonizing Emotions
 - a. Physical: Valor, ImmuPower
- D. Emotional: Joy, Sandalwood, SARA
- E. Mental: Clarity, Peace & Calming
- F. Spiritual: Frankincense, Rose, White Angelica, Awaken, 3 Wise Men
- G. 12 ESSENTIAL OILS
 - a. Valor
 - b. Joy
 - c. Grounding
 - d. 3 Wise Men
 - e. Present Time
 - f. Hope
 - g. Harmony
 - h. Release
 - i. SARA
 - j. Forgiveness
 - k. Inner Child
 - l. White Angelica
- H. 12 Steps
 - a. VALOR should be the first blend used and applied to the bottoms of the feet when starting an emotional clearing.
 - i. It helps balance the energies within the body, helping to give courage, confidence and self-esteem.
 - ii. Apply 3-6 drops on each foot and hold the right foot in the right hand; left foot in the left hand for a minute or two until balance is felt.
 - b. The 3 WISE MEN was formulated to open the subconscious mind through pineal stimulation to release deep-seated trauma encoded in the DNA.
 - i. This blend opens the crown chakra and stimulates the limbic system, bringing a sense of grounding and uplifting through positive memory recall.
 - ii. Place 2-3 drops on the crown of the head.
 - c. HARMONY is an exquisite blend of 12 essential oils, which promotes physical and emotional healing through harmonic balance of the energy centers of the body, enabling energy to flow more efficiently.
 - i. It helps reduce stress and creates an overall sense of well-being.
 - ii. Apply 2 drops on the energy meridians either directly on or along the side of the body.

- d. FORGIVENESS blend has high electrical frequencies, which can help release negative memories to facilitate forgiveness, letting go, and moving on.
 - i. Apply 1-2 drops around the navel, massaging in a clockwise motion.
- e. JOY is an exotic blend of ylang ylang, bergamot and pure Bulgarian rose oil, which produces a magnetic energy to attract love and enhance self-love, bringing joy to the heart
 - i. Apply 1-2 drops over the heart area massaging in a clockwise motion.
- f. PRESENT TIME blend has an empowering fragrance, which gives a feeling of being ‘in the moment.’ One can only progress through emotional release when in the present time.
 - i. Apply 1-2 drops on the thymus (top of the sternum) in a circular motion.
- g. RELEASE blend is formulated to support the release of traumatic memories from the cells of the liver.
 - i. Many energy medicine doctors believe that anger and hate energy is stored in the liver.
 - ii. Apply 1-2 drops over the liver area in a circular motion.
- h. INNER CHILD blend is a formula that may stimulate childhood memory. When children experience abuse or trauma, they can become ‘disconnected’ from their inner child or identity. This disconnection may not be apparent until many years later, manifesting itself as a ‘mid-life crisis.’
 - i. The inner child fragrance may stimulate memory response, helping one re-connect with his or her fundamental identity. This is an essential step or condition to achieving emotional balance.
 - ii. Apply 1 drop under the nose and 1 drop around the navel.
- i. GROUNDING may be helpful in situations where one is over-excited about new ideas or wants to escape into a protective fantasy. In this kind of mental state, it is easy to make choices which lead to bad relationships, bad business decisions and other unfortunate circumstances. We seek for an escape because we have no anchor to know how to deal with negative emotions.
 - i. Grounding’s aroma helps restore confidence and peace, enabling us to deal logically and peacefully with life’s decisions.
 - ii. Apply 1-2 drops to the back of the neck and the sternum.
- j. HOPE blend is formulated to reconnect with a feeling of strength and optimism for the future. Hope must be in place in order to move forward in life. Hopelessness can cause a loss of vision of goals and dreams, making it impossible to release emotional blocks.
 - i. This aroma may also help in overcoming tendencies toward depression.
 - ii. Massage 1 drop on the outer edge of each ear.
- k. SARA blend is an essential oil blend formulated specifically for opening the limbic system to release the memories of serious trauma connected with Sexual And/or Ritual Abuse.
 - i. Apply one drop over the energy centers, navel and chest.
- l. WHITE ANGELICA is an amazing blend of essential oils, some of which were used during ancient times to increase the aura around the body, bringing a delicate sense of strength and protection. Its frequency protects against negative energies and helps to create a feeling of wholeness and oneness with the Creator.
 - i. Apply 1-2 drops on the crown and on the shoulders.

Pray Meditate on positive images and emotions for 20 minutes. (Note this step should be included regardless of how many of the first 12 steps are taken.)

You can also do emotional clearing with the Feelings Kit. It includes the following blends: Valor, Harmony, Forgiveness, Release, Present Time and Inner Child. The kit comes with audio instructions. Do it for 30 days...it will change your life!!