

COMPANION eBOOK

FOR

THE EMOTIONAL KIT

by

Bevonne Crookston

**© 2006 - 2021 - All rights reserve
New Revised Addition**

ABOUT THE COVER

*I chose this picture for the cover because it depicts a small, shaky wooden bridge going over a turbulent stream. Notice the occasional, mission board, much like our lives feel many times. Crossing the bridge represents our emotion journey, the fear of going across and the uncertainty of how we are ever going to do it. Notice how the bridge **does** cross over the stream and is going in an upward, positive direction into the future. This represents the direction we can travel when we willingly release, let go of the past hurtful experiences, and change the feelings that have been holding us back.*

DEDICATION

I owe all I am to the teachings, assistance, and examples of others. I would like to dedicate this Emotional eBook to my good friend, the late Vae Dansie. She taught me about the power emotions play in our lives. Vae showed me how emotions govern our lives and will win over logic or understanding.

In the Bible we read many times, “And it came to pass...” That is what emotions are suppose to do too. They are here to teach us a lesson and then to leave. Too often we hang onto the hurt or negative emotions instead of learning from them that we need to release and forgive and then let the emotions go.

Vae was involved for many years in assisting people to let go of the emotions that were holding them back and destroying their life. She used the essential oils in her work to move the emotions quickly allowing her client to move forward and discover their own magnificence.

My favorite way to help people is to use the essential oils for releasing emotions. Also, giving them certain letters to write correctly can help them to make permanent changes in a positive way.

FOREWARD

Early in 2003 a Medicine Chief, Cloudpiller shared with me that the US Government was planning on passing a law making it unlawful to talk about the healing properties of plants unless you were a medical doctor or a Medicine Woman or Medicine Man. I knew my love for using the plants and how much I loved to talk about their benefits I thought it would be wise to be adopted. So, I made the decision to apply for adoption.

On July 3, 2003 I was adopted as a Medicine Woman by the Nemenhah Band and Native American Traditional Organization (NAC). Sure enough in 2004 a small law was slipped into the over 2000 page C.A.F.T.A. regulations supporting the idea that only medical doctors or Native American Medicine Woman or Medicine Men would now be compliant to this new C.A.F.T.A. law.

In 2015 I was adopted as a Medicine Woman into the Native American New Haven Band. As a Medicine Woman I am writing this eBook and invite you into my Council as I share the Liquid Copals. Liquid Copals in the Native American language means the living essence of healing plants. As a Medicine Woman I will speak about the Liquid Copals as Essential Oils as referred to by most of the world.

I have been working with the healing properties of plants since 1967 when a friend gave me a book that taught me about the healing benefits of herbs. I was excited to know God had given us healing plants. I wanted to know everything I could about them. I couldn't put the book down. It was like I had finally come upon the path my spirit wanted to follow. When I told my mother how this new knowledge made me feel, she told me about my great-grandmother's ability to use the traditional healing plants to benefit her family and community. I felt so connected with my grandmother and longed for her knowledge.

I began reading every available book on the healing properties of plants and taking notes. I attended workshops, watched videos, listened to cassette tapes, and started using the sacred herbs. Then in 1992 I was introduced to the essential oils. This was exciting for me as I saw the traditional healing taken to another level.

The first essential oil blend I bought contained the oils of Clove Bud, Lemon, Cinnamon, Rosemary, and a few others. I applied this oil to my wrists and the bottom of my feet at least twice a day. It was wintertime and all my co-workers were sick except me. I knew the essential oils were working and I was blessed.

The next essential oil blend I bought was formulated to attract prosperity. The results were immediate. When I walked into work on Monday my boss called me into his office and gave me a week's paid vacation; although, I had not yet yearned it. Additionally, he gave me a \$.50 per hour raise. Since I was working in the accounting department, I decided to put this blend on the statements of those accounts we had been unable to collect. Within less than three months we were able to collect over \$50,000 from those delinquent accounts and earned a hefty commission in the process.

In 1993 my husband, Rex, and I were able to volunteer and spend three months on an herb farm in Idaho. We helped with the planting and weeding of the lavender, clary sage, thyme, and peppermint. We loved seeing the plants in bloom and smell the fragrance as we worked in the fields. It was exciting when the distillers were finished and the plants were distilled into essential oils.

During the next few years, I met people who were just getting started using the essential oils and they requested always requested a copy of my notes. Thanks to my daughter, Lark, and my sister, Vallejo, we printed the first edition of "Bevonne's Notebook" in 1996. Since then I have written additional workbooks, ebooks,

made DVDs and CDs to assist in learning and applying the essential oils.

I would like to thank all those who have touched my life and all those from whom I have gathered knowledge. This eBook is a reflection of the influence of others.

Every day I find ways the essential oils bless my life. Sometimes it is little things like taking care of mosquito bites and other times it was been quite major, like saving my husband's life from carbon monoxide poisoning. I hope this eBook will help you learn about the essential oils, their traditional uses, and that you learn to love them as much as I do.

Bevonne Crookston
Medicine Woman

***IMPORTANT!** This information contained in this ebook is intended for educational purposes only and was gathered for the personal use of the compiler. The Essential Oils referenced to herein are pure essential oils. The material in this document was obtained from lectures, tapes, videos, books about essential oils, and my personal experiences. It is not provided in order to diagnose, prescribe or treat any disease, illness or injured condition of the body. Furthermore, the compiler of neither this document, nor any maker or distributor of essential oils, assumes responsibility for such use. Anyone suffering from any disease, illness or injury should consult with a physician or health care provider.*

Using Essential Oils for Releasing Emotions

As a Native American Medicine Woman, it is my sacred traditional belief that plants were placed here by God for our benefit and use. In the Native American tradition, natural plant medicines have been used throughout history. The Native American term “copal” means the living essence of healing plants. The term “liquid copal” comes from the distillation of plant materials to form a liquid (essential oil). Liquid copals deserve serious study for they have great healing potential.

The traditional healing plants are safe, comparatively inexpensive, practical to use, quick acting, and effective. The use of these plants to combat infections is adequately documented in medical and scientific literature. There is now sufficient clinical experience to show how plants can be effective for a wide range of health problems. It appears much of the research and medical literature on this topic is available only outside the United States.

In the Bible, the healing essence of plants is mentioned many times. Frankincense and Myrrh are the two most familiar plant essences. In Proverbs 21:20 it says, “There is treasure to be desired and oil in the dwellings of the wise.” It is interesting that at the time Proverbs was written an indication of being wise was to have “oils” in one’s dwelling. I believe that

to be true today. Once you know the healing benefits of the essential oils, you will understand the wisdom behind having them in your home.

R.M. Gatefosse was the first of the French pioneers to rediscover the healing properties of the essential oils in the 1920’s. When his hands were severely burned in a laboratory accident, he plunged them into a vat of what looked like water to stop the burning. To his surprise, his hands stopped hurting. He discovered it was lavender oil in which his hands were soaking. When his hands healed quickly, he started searching for reasons behind lavender’s healing properties.

Mr Gatefosse, along with his friend, Dr Jean Valnet, began studying the properties of essential oils from various plants; however, it wasn’t until after World War II that the healing properties of the plants were really studied in France and other European countries.

The essential oils healing abilities have been known for thousands of years to benefit the body and support health. There is evidence to support the fact that essential oils fight microbes, fungus, bacteria, viruses, parasites, and inflammation to mention a few of their benefits.

The major benefits of using oils are their ability to deliver nutrients to our nutritionally depleted cells. The oils act as the delivery system to send the nutrients directly into the cell and through the compromised cell wall, which has had the pH altered due to chemical toxins in the body.

The oils assist our immune system to fight off diseases allowing our body to rebuild and regain its healthy condition. It is important to remember that when all the cells in your body are healthy, then you will be healthy.

In the process of plant metabolism, an essential oil is created. They are synthesized by the plant's chemistry and circulate through the stems, leaves, flowers, and roots. They essential oils contain the elements that make each plant unique - the scent and intelligence of the plant. It is the essential oil that give the plant its aroma and fragrance and are "essential" for a plant's survival. They are key components for the plant's immune system.

There is a lot of adulteration in the essential oil industry and some would argue that there are only minor differences between therapeutic essential oils and reconstituted food grade essential oils. However, no synthetic reconstruction can replicate natural essential oils. Synthetic fragrances limit brain activity while pure essential oils increase creativity

and productivity. Brain circuits are triggered like a light switch with the inhalation of essential oils.

For instance, throughout the world a pure synthetic methylsalcylate is labeled and sold as natural wintergreen or birch. The synthetic will never be able to duplicate the healing properties of the pure essential oils of wintergreen or birch. There is more to essential oils than just their aroma.

These counterfeit essential oils are so skillfully compounded they are virtually impossible to detect even by the most sophisticated equipment. In the book What to do When Antibiotics Don't Work! by Dirk Van Gills, it states that Dr. Herve Casabianca, director of the largest essential oil testing laboratory in France, has come to the conclusion it is important to "Know your grower, know your distiller, and know your supplier." Dr Casabianca says, "The chemists have become so clever, they can sometimes fool even the best of laboratories."

God makes the essential oils. All we can do is extract them as lovingly as possible and find a producer who is willing to leave them untouched. God's gift of essential oils can never be copyrighted, trademarked, or patented for profit. Every person has the right to experience true, traditional essential oils.

It is estimated that over 90% of the

essential oils sold in the United States are fragrance or food grade and unsuitable for healing. The traditional healing essential oils are very powerful and must be used with respect in small amounts and are best diluted in carrier oil when you first begin using them.

I have always loved this quote by a Japanese researcher, Dr. Asawa when talking about how the essential oils have been shown to increase the immune function by 32%. Dr. Asawa states, “you must have pure quality essential oils to get these results.” Remember we do not cure anything. We simply assist the body to heal itself using the pure essential oils.

Essential oils are powerful. Just a very small amount is all that is usually needed. If you use too many varieties or too much, you may experience flu-like symptoms as they go to work in their healing way to assist you to detoxify. If this is the case, drink plenty of water and stop using the essential oils for several days.

In this eBook we will be learning how to use the essential oils to address emotional issues. Emotional releasing is very beneficial for everyone. It seems we are always trying to find ways to take care of our physical problems, when in fact, it is the root of the problem, or the emotion, that needs to be addressed first. It is interesting to know how essential oils release emotional patterns. Emotions have

been found to be encoded with the DNA of the cells passed from one generation to another. Behavior patterns can thus become “locked” within families.

Studies at the New York University show the amygdala gland does not respond to sound, sight, or touch. It only releases emotional trauma through aromatic stimuli - through the sense of smell. Research indicates that this finding could be a major break-through in releasing emotional trauma.

The researchers stated that the limbic system (the sense of smell) contains 10,000 to 100,000 times more information than sight, taste, and touch combined. This means the sense of smell has a greater effect on us than any of our other senses.

Fragrance is the greatest tool to create an emotion. An emotion can be triggered without thought - just from smell.

Sound does not get to the memory trauma. This is why talking about your problems does not heal the emotion. The fastest way to get the emotional benefits of essential oils is through smell. Only smell can release the memory. Hurts of the past are released through the “out” breath. The deeper you breathe while smelling an essential oil fragrance, and the more forceful the out breath, the sooner the emotion is

released, and a calm peaceful feeling will come.

When an essential oil is used to relieve a physical problem, yet you don't feel a significant reduction of pain within a few minutes, the pain may actually be caused by an emotion wanting to be recognized, and released. Pain or discomfort is always the capstone to a cell memory that wants to be recognized, released, and healed.

Experience: My first-hand experience in 1992 taught me a lot about the value of the essential oils for emotional work. I had heard that just a smell could trigger an emotion, but of course, I didn't believe it. I felt my emotions were so deeply buried that nothing could get them out of me unless I allowed it. Imagine my shock while sitting in a quiet class smelling a few essential oils when I burst into tears.

What happened next was even more amazing. It was as if a big, heavy burden was lifted off my shoulders. I finally realized what emotional baggage was and how good it felt to let it go. I knew exactly what emotion I had been holding on to and where that emotion came from. It didn't take any effort from me to let go of it. I just had to smell an essential oil. I then used another oil to balance my emotions. In less than 30 seconds I had done more to move through emotional hurts than I had in many previous years. That afternoon I was taught how quickly

deep hurts could be released without going into a lot of details. Smell released it quickly, where talking about it with a counselor never had.

You have heard how smell effects your emotions more effectively than all your other senses put together. All essential oils may work for releasing emotions, but I have found certain ones seem to be more effective. Remember, smell releases emotion. Be willing to let the emotions come and then release them. When the emotions release, you will feel like you have moved to a higher, more peaceful level of life.

Since my first-hand experience taught me a lot about the value of the essential oils for emotional work. Since then, I have assisted many people to heal emotional wounds using the essential oils. This ebook is designed for the beginner to learn various ways of using the essential oils for emotional work.

YOU CAN CHANGE YOUR EMOTIONS:

You always have a choice as to which emotion you choose to bring into your life. All adverse emotions are based on fear. All positive emotions are based on love. Look for positive ways to bring an ever increasing amount of love and knowledge into your life. By taking this positive approach, you can have a life filled with joy. This doesn't mean all your experiences in life will be positive, but you do have the choice to say, "Only good can come from this

and I will accept it.” Then let your mind find how this experience will benefit you and change your mind set to “Feeling Good” as quickly as possible.

What you think and believe to be true about your world manifests in your body. Here is a good phrase to remember. **“What you think of me is none of my business. What is most important is what I think of myself.”** When you carry discomfort in your body, you need to look and see what adverse emotions you might be harboring.

Physical illness occurs when you have experiences in life that are too painful to accept consciously. You unconsciously suppress emotions creating disharmony in your body. Remember, the only thing you are dealing with is a thought and that thought can be changed. You must recognize what thoughts you want to change and take responsibility to change them as quickly as possible.

It is important to remember your “Feeling Good Now” feelings are directly connected to your income. It doesn’t matter how long you have had negative patterns, a rotten attitude, an illness, lack of finances, a bad relationship, or self-hate, you can begin to make a change today. The smallest beginning will make a difference in the outcome. The words and thoughts you have repeatedly used have created your

life and experiences up to this point. **Now let the past go.** You are creating your life by the words and thoughts you choose to use now. Your life’s experiences mirror your beliefs. If you want to know your thoughts of last year, look where you are today.

Our subconscious mind accepts whatever you choose to believe and then manifests those beliefs. It has neither reasoning nor judging ability. The subconscious mind is obedient to everything you say and think. If you say “I am fat,” or “I feel great,” it agrees and goes to work to support your desires whether these desires are conscious or not.

When your thoughts and words are positive, you create a positive outcome in your life. The same is true if you use negative thoughts and words. You manifest this also. The statement by James Allen, “As a man thinketh so is he,” is absolutely correct.

Take a moment to just listen to your thoughts right now. Would you like the thought you are thinking to become true for you? If it is a thought of worry, criticism, or anger, how do you think this thought will come back to you? If you want a joyous life, you must think joyous thoughts. Whatever you send out mentally or verbally will come back to you in like form.

When you begin to think or say something that is not going to benefit

you or anyone else, stop. You have only ten seconds to change that idea to what you would like before the thought energy goes out and starts bringing it to you. Say, "Change that. This is what I choose to have in my life." Then say what you really want. It is very important that you **are specific** about what you are choosing because you are creating it the very moment you think and speak it. Abandon being helpless - take responsibility for your life and health.

Dr. John Ray also explains how **fear based emotions** such as anger, resentment, guilt, criticism, blaming others, and rejection cause hard rock crystals to form in the cells and tissues of your body. When you have an experience that hurts physically, emotionally, mentally, or spiritually you tend to clamp your lips shut, hold your breath, and suppress the hurt without even knowing it.

Dr. Ray explains how suppressed hurts are stored in the form of hard rock crystals throughout the cells, tissues, and organs of your body. The crystals prevent the life giving oxygen from getting to various parts of the body. The result is malfunctioning organs, tissue, and/or glands which cause discomfort, and disease. By recognizing the emotions and releasing them, you free yourself and the crystals that can come from such things as blaming others, not taking responsibility for your own

experiences, unforgiving, and holding resentment.

Many years ago a parable was told about an old woman who lived in a small cabin. She didn't have any electricity or lights in her small home. One afternoon she was working on a quilt she needed to finish before the sun went down. As the room grew darker, she worked faster. It was very important she finish the quilt that day.

In her rush she dropped her needle. The woman looked and looked for the needle but couldn't find it. She became stressed and worried. It was getting so dark in the room she couldn't see anything. Because it was so important she finish the quilt, she decided to go outside her cabin where it was still light to continue her search for the needle.

Many would say, what a foolish old woman to think she could find her needle out in the yard when it was lost inside her house. However, many people are just like the old woman - they go outside themselves to find the answers to their emotional hurt and yet, like the needle, it is inside. Going outside may help temporarily, by giving you more light but you will always need to go inside to really find the truth and take responsibility for your life.

According to Dr. John Ray there is always an emotion causing the physical

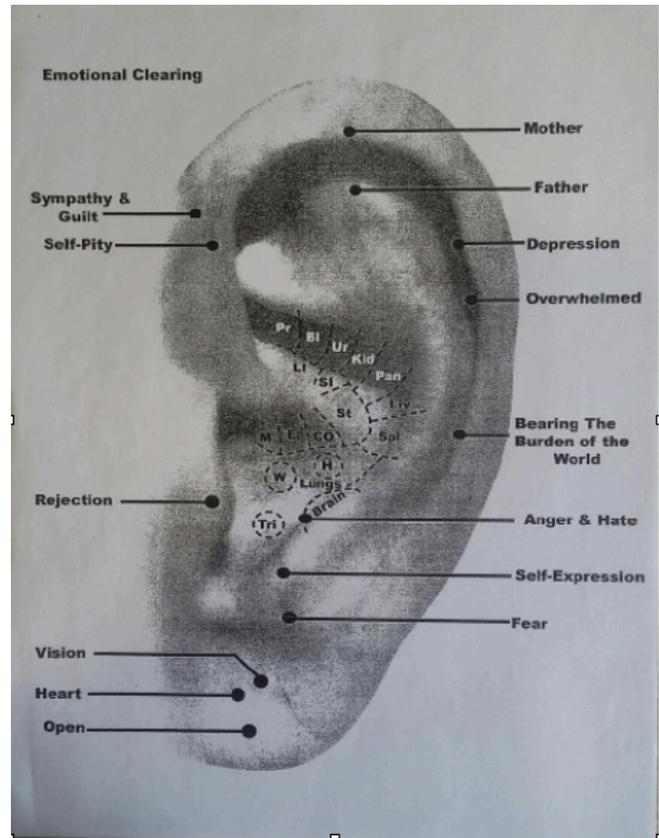
discomfort or pain. The symptom is only an outer manifestation of an emotion held within the body. You must first work on resolving the emotional cause of the condition in order to eliminate it permanently. For every condition in our life you have created a need for it, otherwise you wouldn't have it. When the need is eliminated the condition will go away.

When a person goes to the doctor with a condition they are only addressing the outer effect. They are going outside to find the solution instead of going inside. It is like they are cutting down the weed instead of taking out the roots. With emotional releasing you are actually cutting out the roots that caused the need for the condition.

Research has shown that anger, criticism, guilt, and resentment are the four mental thought patterns that cause the most disease in the body. They also found it is easier to release these thought patterns when you are healthy before you are battling some disease.

According to Louise Hay, when resentment is held over a long period of time, it will fester, eat away at the person, and can lead to tumors and cancer. Guilt always seeks punishment and leads to pain. When criticism is a part of your life it will often lead to arthritis. Anger turns into things that burn and boil infecting the body.

Your life is 100% your responsibility. No matter what you may perceive other people are doing to you, behind every negative experience there is a



positive intent. As you recognize what you want to change and take responsibility for your part in creating it, you can release all the adverse emotions with love and forgiveness, allowing peace to enter your body. Blame keeps wounds open. Forgiveness is where true “healing” takes place.

Being unforgiving is one of the most destructive emotions there it is and is the predominate cause of disease. Being unforgiving will harden the arteries or live and adversely affect the

eyesight. In its path are endless ills. No wonder we are commanded to forgive. Forgiving does not mean to condone the action, only to let go of the emotion, and attitude surrounding it. Forgiving is the single most powerful thing you can do to not only heal your body but also your pocketbook.

The inability to forgive and let go keeps you living in the past. You need to focus “in the moment” so the past can be released and you are free to heal and move on. The past is over; therefore, you cannot change it. You can only change your attitude toward the situation or person. The “**key**” to releasing past, hurtful experiences is to forgive.

Forgiveness helps you deal with the energy that is blocking the changes you desire. As you find the block and release the energy behind the belief that created it, you are free to discover your own magnificence and create whatever your heart desires.

What you see, hear, feel, have, and are, depends on whether or not you have an attitude of forgiveness, you see people as friends and they see you as a friend. It is your choice.

SUMMARY: Remember that the law of the Universe is “**We attract what we focus on.**” If you are focused on fearing what may come, you are sending a strong message to the Universe to send you what you fear.

Instead, **get yourself into feelings of appreciation, gratitude, love, and joy.** Focus on bringing more of these into your life. Find something to be happy about every day and every hour. **This is the easiest and best protection you can have.**

There is a story told of a young brave who was getting ready to go on his “Vision Quest”. When he talked to the chief he was told a story about two wolves. One wolf would be vicious and mean, while the other wolf would be good and helpful for the brave. The brave definitely wanted the kinder wolf so he asked the wise chief what made the difference of which one he would get. The chief told him it was easy, “**whichever one he fed the most**”.

It was up to the brave which one he chose to go through life with him. And so it is with us, and the kind of experiences we choose in our life. It is definitely based on the ones we feed the most.

DNA RESEARCH:

Essential oils release emotional patterns which ‘unlocks’ the DNA and allows emotional baggage to be released. Emotions have been found to be encoded with the DNA of the cells and passed on from generation to generation.

The DNA changes shape according to our feelings. This is how we create our reality we are choosing it with our

feelings. Astonishing experiments with DNA proves DNA can heal itself according to the "feelings" of the individual.

EXPERIMENT #1 - the military conducted these experiments. White blood cells were collected for DNA from donors and placed into chambers so they could measure electrical changes. In this experiment, the donor was placed in one room and subjected to "emotional stimulation" consisting of video clips, which generated different emotions in the donor.

The DNA was placed in a different room in the same building. Both the donor and his DNA were monitored and as the donor exhibited emotional peaks or valleys (measured by electrical responses) the DNA showed the identical responses at the **exact same time**. There was no lag time, no transmission time. The DNA peaks and valleys exactly matched the peaks and valleys of the donor in time.

They wanted to see how far away they could separate the donor from his DNA and still get this effect. They stopped testing after they separated the DNA and the donor by 50 miles and still had the same result. **No lag time**. The DNA and the donor had the same identical responses in time. **It means living cells communicate through a previously unrecognized form of energy**. This energy is not affected by time and distance.

EXPERIMENT #2 – in this experiment some human placenta DNA (the most pristine form of DNA) was placed in a container from which they could measure changes in the DNA. Twenty-eight vials of DNA were given (one each) to 28 trained researchers. **Each researcher had been trained how to generate and feel feelings** and they each had strong emotions. It was discovered that the DNA changed its shape according to the feelings of the researchers: When the researchers felt gratitude, love, and joy the DNA responded by RELAXING and the strands unwound. The length of the DNA became longer.

When the researchers felt **anger, fear, frustration, or stress, the DNA responded by tightening up. It became shorter and switched off many of the DNA codes!** If you've ever felt "shut down" by negative emotions, now you know why your body was equally shut down too. The researchers found that the shutdown DNA codes could be reversed and turned back on again when feelings of **love, joy, peace, and gratitude** were felt by the researchers.

This experiment was later followed up by testing HIV positive patients. They discovered that feelings of **love, peace, and gratitude created 300,000 times** the resistance they had without those feelings. So here's the answer to what can help you stay well, no matter what dreadful virus or bacteria may be

floating around. Stay in feelings of gratitude, love, joy, and peace!

In a recent Emotional Class it was noticed how forgiveness could benefit our lives every day. The more we have been hurt, the more **we deserve to forgive. Forgiveness is a healing gift we give ourselves.**

One of the main obstacles that keep us from forgiving others is the belief that we are not the one who receives the benefits of our forgiveness. We associate forgiving with loss instead of gain. We are responsible for **our** lives. “Not forgiving has been compared to drinking rat poison and expecting the rat to die”. Remember the experience is in the past and now it is just a thought, be willing to change the thought, to forgive, and release **yourself** from the hurt.

Judging, holding grudges, and hating others for their behavior is like hating moss for growing on a tree. Regardless of our opinion that the moss should not grow on trees it will still continue doing it.

While negative, bitter thoughts may come to us uninvited, we decide whether or not we will entertain them. Most people truly are doing the best they can, in their current situation.

Forgiveness is the healing gift we give ourselves; it lifts a heavy burden. Decide to forgive even your enemies – for your own sake. All of us began as an innocent baby, a vulnerable child, or

perhaps a wounded youth. If we don't forgive, we become like our enemies. We may not be able to change our enemies with my love, but we can keep hatred from destroying our heart, mind, and life.

If forgiveness is something we need to learn we will continue to attract opportunities to practice forgiving. We can let go of thoughts of hurt and resentment by focusing on gratitude, love, and kindness. Forgiveness does not change the past, but it does enrich the future. Peace, happiness, and true freedom are attainable once we have learned to let go and forgive. We **can** choose the better way.

Most of us don't realize that there are many pressure points for releasing emotions on our ears. Giving yourself or another person an ear massage may be very beneficial.

When I can sense someone is feeling down or depressed I like to put an essential oil on their finger and have them massage the outside rim of the ear at about the 2:00 area. Notice on the above ear that is where the pressure point for “depression” is located. I have seen it bring immediate results. Through the years I have assisted many people to heal emotional wounds using the essential oils. This ebook is designed for the beginner to learn various ways of using the essential oils for emotional healing.

You have learned how smell affects your emotions more effectively than all your other senses put together. All essential oils may work for releasing emotions, but I have found that certain ones seem to be more effective. I have put these ten more effective essential oils in the **Emotional Kit**. The names of the oils are **Balance, Break Thru, Courage, DNA Repair, Letting Go, Gratitude, Hope, Love, Peaceful, and Guardian**.

Remember, smell releases emotions. The ear has many emotional release points to massage to assist in this clearing too. It is important to be willing to let the emotions come and then release them. When the emotions release, you will feel like you have moved to a more peaceful level of life.

CLEARING EMOTIONS:

It seems that everyone who does emotional release work has their own particular way of doing it. It is important to remember there is more than one way to release emotions using the essential oils. I have created what works for me. I suggest you do the same. Avoid getting caught up in the idea that there is “only one way” the oils may be used for emotional work. If that were the case, essential oils wouldn't hold the fascination and love of so many.

Remember, emotions are only thoughts, and you are able to change your thoughts. It seems we learn best

by the things we suffer. We grow most if we are grateful for the experience and what it has taught us. In releasing emotions be grateful for the lessons you have learned from the experiences you have been through. All your experiences will help you in understanding and assisting others.

THERE ARE JUST TWO ITEMS YOU WILL NEED BEFORE STARTING EMOTIONAL CLASS:

1. The 10 Essential Oils in the Emotional Kit
2. A box of tissues

The first essential oil from the Emotional Kit to use is the Balance.

You can use the essential oils on yourself or on your client. Here is how to do it:

Put one drop of **Balance** on your index finger and massage it on the top of the head in a clockwise motion for about 30 seconds. The next step is to apply two drops of **Balance** to the back of the neck and massage up into the hair for about 30 seconds.

Now put one drop on your hand and rub both hands together. With your right hand begin at the top of the head holding your hand about four inches from the body, move down the left side of the body to the feet. With the left hand came up the right side of the body to the top of the head and then back to the base of the neck (brain stem).

Now hold your right hand about four inches from the body at the crotch area with palm of your hand facing the body. Bring your hand up the front of the body passing the energy centers to the crown of the head. This encircles the whole body with the essential oils frequency. **Balance** creates an energy allowing the body to relax and feel safe and secure.

While waiting a minimum of three to five minutes, have your client close their eyes while you slowly read the benefits of **Balance**.

“**Balance** unlocks the energy centers allowing energy to flow more efficiently through the body promoting balance and emotional healing. We need to be in harmony with ourselves, our creator, and the world around us before we may truly feel and overcome our negative emotions.

Balance is beneficial in reducing stress and generating a feeling of well-being, relaxation and peace. It relieves depression, anxiety, is soothing to the nerves, dispels fear, and dissolves past emotional stress related problems. Because faith and fear cannot be present at the same time, then the body is balanced and out of fear we are open to make the changes needed. When applied to the throat area it may assist one in expressing ones true feelings. It is stimulating and elevating to the mind creating a sense of harmony.”

These are the questions you use after reading the benefits for each oil. Have the client/class accept the benefits out loud in this manner.

After reading the benefits of the oil ask:

Q. “Would you be willing to accept these benefits?”

A. Have them answer, “Yes, I am willing to change,” while tapping the thymus. The thymus is the “change” organ of the body. It is important to wait until they hear their answer.

Remember when a person hears their own voice they are willing to accept the benefits and the subconscious goes into action. It is like getting permission for the body to make changes.

Q. The next question is, “When would you like the process to begin?”

A. Again wait for their answer while they are tapping their thymus.

Remember, some people aren't finished learning from an experience or aren't willing to learn from the past. They just might have to hold onto the hurts until they are willing to make the changes necessary - like forgiving.

Now put another drop of Balance on the clients hand, have them rub their hands together, and cup the hands over the nose. Have them breathe in the fragrance of the oil. Instruct your

client/class by saying, “Breathe in deeply through your nose and Blow Out forcefully through your mouth.”

The out breath assists to releases the pain, hurt, and sadness from the body. The out breath is how the body releases the DNA coding in the cell memory that is not in harmony with peace, joy, and happiness.

Instruct your client/class to Express Gratitude. Something such as “Thank You, Thank You, Thank You” or “I Express Gratitude.” The expression of gratitude shows your faith in resolving the issue.

The Second Essential Oil is Courage:

Put **2 drops of Courage** in your hand; using your fingers from the other hand apply the oil around the ankles; start at the heel; go under the ankle across the front, under the other ankle and back to the heel; encircle the foot at least seven times. The ankles are where we hold resistance that stops us from moving forward in life.

Put **2 more drops of Courage** in the other hand and do the same on the other foot. Now add **4 more drops** to your hand, rub your hands together, and apply the oil to the bottom of each foot. Start the application with the right foot and finish with the left foot.

Next hold your client’s right foot with your right hand and the left foot with

your left hand for a minimum of 3-5 minutes as you read and they accept the benefits of the oils out loud.

“**Courage** is grounding, relieves stress, nervousness, and restores confidence. It gives us extra courage to move forward, to overcome fear so we can stand tall during adversity. It assist the alignment of the physical structure of the body, eliminates blocked personal growth such as anger, pride, indecision, and emotional wounds. It is stabilizing and brings peace. **Courage** assists in healing the heart and bringing out the inner child. It inspires the imagination and assists in the awareness of all that is going on around us. Remember healing occurs in the presence of awareness. It keeps us focused so we are free to move on.”

Q: “Are you willing to accept these benefits?”

A: Have client tap their thymus as they answer out loud. “Yes, I am willing to change.”

Q: “When would you like this process to begin?”

A: “Now.” “Breathe in - Blow out and Express Gratitude”. (Deep breathing at this point is very beneficial to release emotions that are stopping progress of moving forward.)

The Third Oil is the DNA REPAIR:

Put **one drop of DNA Repair** in your client’s hand. Have your client use one

finger to apply it to the thymus, at the bases of the neck. This is the clock of the body and needs to be brought up to the present moment.

Now put **two** drop in their hand and have them apply it to the ears and across their forehead. Next have your client cup their hands together and smell the oil as you read and they accept the benefits out loud.

“**DNA Repair** has the ability to erase or reprogram miswritten codes in the DNA. It clears the receptor sites of the cells allowing the cells to communicate, improve body functions, and elevate one’s mood. It is very effective in releasing stuck or deep, hidden negative emotions, and in purging confused thoughts of anger or despair.

It is neuro-balancing, uniting the head and heart allowing the release of past hurts, creating a sense of well-being, and love. It leads to greater spiritual insight, eases fears, and brings feelings of generosity. It motivates us to move forward, making changes in our life, eases the feelings of loss, and heals emotional wounds.”

It assists against infection, inflammation, digestive disorders, bronchitis, is very soothing to the nerves, is a heart tonic, and supports all systems of the body.”

Now Client accepts the benefits by answering these questions out loud.

Q: “Are you willing to accept the benefits?”

A: “Yes, I am willing to change.” (Tap your thymus as you answer out loud.)

Q: “When would you like this process to begin?”

A: “Now.” Have your client “Breathe in - Blow out and Express Gratitude”.

The Fourth Oil is LETTING GO:

Put 3 drops of **Letting Go** into the client’s hand and have them apply it over the navel and liver. While they are applying the oil put one drop in your hand to massage the ears. Read the benefits of **Letting Go** out loud:

“**Letting Go** was formulated to assist in letting go of the negative past and increasing the desire to change. It brings an immediate emotional release of feelings of anger, fear, frustration, overwhelmed, loss, and despair. It assists in bringing back love, peace, happiness, and a childlike innocence that opens one up to hope and beauty.

It soothes the lack of composure, is deeply relaxing and strengthens the aura around the body. Use it when there is a conflict in thoughts and intellect. It helps deal with the energy that is blocking the changes you desire. As you find the block, release the energy behind the belief that created it,

you are free to discover and create your own magnificence.”

Q: “Are you willing to accept the benefits?”

A: “Yes, I am willing to change.”
Tapping Thymus.

Q: “When would you like this process to begin?”

A: “Now.” “Breathe in - Blow out and Express Gratitude”.

The Fifth Essential Oil is Hope:

Put **3 drops** in the client’s hand. Have them massage one drop on the back of the neck near the brain stem then massage the other two drop on and around each ear. Massage the oil onto the ear and especially on the outside of the rim at the top about the 1:00 area and then onto the heart ear reflex on the bottom of the ear lobes, in a push-release, push-release, and push-release action. Read and accept the benefits out loud.

“**Hope** assists in bringing us out of denial, removes resistance, allows us to believe in ourselves and encourages us to do our best at all times. It awakens within us our ability to make changes and transitions in our life to move on to achieve greater things. It assists in supporting the body mentally to give us faith in the things we believe are possible and the assurance we have the ability to achieve.

It reconnects us with a feeling of strength, removes blocks, and instills a positive outlook. **Hope** assists in bringing to reality what we desire. It has been known to relieve feelings of being discouraged, lost or abandoned, bringing love, hope, and peace into our lives.”

Q: “Are you willing to accept the benefits?”

A: “Yes, I am willing to change.”
(Tap)

Q: “When would you like this process to begin?”

A: “Now.” “Breathe in - Blow out and Express Gratitude”.

AT THIS POINT YOU ARE READY TO LEARN HOW TO RELEASE SPECIFIC EMOTIONAL PAIN:

For a class setting you will now have a break. During the break have everyone divide into pairs with their chairs facing each other so they can still see your demonstration. Have each partnership choose who will be the first facilitator.

When finding a specific emotional pain your client is dealing with ask them to close their eyes and just mentally scan through their body to see if there is an area that is feeling discomfort or pain. Have them tell you where the area is. This can sometimes help you assist them with words to consider that may be holding emotions. If they can’t think of an area use the heart. Everyone has

had some experience of being hurt.

Let's say the discomfort being felt is in the heart. Now, have your client close their eyes and visualize asking their heart what word would describe what it is feeling. The heart will know the emotions that are blocking it. I have noticed some clients are not sure they want to let you know they have blocked emotions. It seems best if you will suggest some words such as, "hurt, lonely, unwanted, abandoned, unloved, or unappreciated."

Now, have your client close **their eyes** and repeat the various emotional words out loud after you. Watch their face because their emotional expression will change when they have found "the word" the heart is feeling an emotion towards. Once they have found "the word" ask them several more questions about it. The more they can describe "the word" the easier it will be to release.

Here are some question to ask Ask these questions and wait for the answer:

- What color is "the word"?
- What is its texture? How does it feel?
- What shape and size is it?
- Does it make a sound? If so what sound does it make?
- What temperature is it?

It is important that through the entire process your client breathes deeply – breathe in through the nose and - push

the breath out forcefully through the mouth. The release of pain, hurt, and sadness leaves the body with the out breath. This is how the body releases the DNA coding in the cell memory that is not in alignment with love, joy, peace, and gratitude.

It is important to observe what the client is experiencing. When emotions are released any of the following may be experienced:

- Tears
- Tingling in the tissues as love enters and the "hurt-fear" are being replaced with love and peace.
- As the electrical energy shifts in the cells, your client might feel muscle spasms or a slight jerking response
- Pain will dissipate
- Yawning is another way to know emotions are being released
- Feel "Joy" at the cellular level
- The client may experience feelings of warmth flowing through them starting at the top of their head
- They may feel electrified
- Feel peace
- Have a naturally occurring rapid eye response as memory banks record new impressions
- Laughter
- A couple of times I have experienced clients throwing up to release the emotions. After that experience I always know where to find a waste paper basket fast.

Never judge how the emotion will be released, just be ready. When your

client is able to feel and then accept what they are feeling, they will be able to heal.

Address a specific emotional pain the client wants to release. Have a box of tissues ready for use and hand your client one or two before you begin. As you go through the various emotions, you will be holding one bottle or several bottles of the essential oils under their nose for the client to breathe in the aroma – thus the name “aromatherapy”.

Have your client keep their eyes closed, visualize “the word”, the experience they had with this word, and repeat “the word” several times out loud. “The word” will hold more emotions for them when it is expressed out loud and they can experience the pain this word has brought them. **Have them visualize the situation or experience where this word was used and see their emotional reaction.**

The more your client can visualize and relive the particular situation while saying “the word” the quicker they will heal.

~~~~~  
Take the lid off the **Letting Go, Break Thru, Hope, Love, Gratitude, and DNA Repair**, or any other oil you know would be beneficial in releasing emotions such as Geranium, Clary Sage, Valerian Root or Rose Blend.

The two oil I **would not use** at this

time would be **Balance** and **Courage** because they bring balance and could stop the emotional releasing. Have these 2 oils available in the event you need to use them to balance a person.

**Experience:** I do need to share an experience where I **did** have to use the **Courage** to stop the emotional releasing. In one of my classes a young woman started reliving her emotional hurts. She got so emotionally involved in her past experience she started screaming in pain. I knew this would only add to her emotional stress and she needed to be balanced quickly.

I had her take deep breaths of the **Courage**. I applied some on the back of her neck, temples, and under her nose. Soon she was calm again. This happened a couple more times before she could release the past. When she did it was huge. Her whole countenance changed and she was in peace. How I love the oils.

Start with the essential oil of **Break Thru** first. Holding it under the nose of your client as they remember the emotional experience in their mind.

They will breathe in say “the word” they have chosen and visualize the experience. Then blow out forcefully again saying “the word”. Continue by holding the **Break Thru** under your clients nose so they can smell and breathe in the aroma deeply. Ask your client to hold their breath for a couple

of seconds before blowing out forcefully through the mouth.

Do these steps several times, having them repeat “the word” always out loud, breathing, and blowing. Remember, it is in a “strong out-breath” that the emotion is released allowing your client to move forward in life.

Sometimes you will put another oil with the **Break Thru** such as **Letting Go** or **DNA Repair**. Sometimes I find myself holding several oils for them to breathe in - this is just adding more aromas for the body to heal with.

After several minutes of breathing in, seeing the situation in their mind, saying the word, and blowing out you will want to check again to see how they feel about “the word” that caused the emotion. If “the word” still holds emotions continue to have them visualize the experience even in more detail and say “the word” out loud.

When “the word” holds no more emotions see if the same area has another emotional word such as “unwanted”, “devastated” or “unloved” to be released. Sometimes it is like peeling an onion it seems to be a new word with each layer. You will know when the area feels at peace, there are no more “words” that will hold the emotions for them when they say it. When finished have them drink a glass of water.

In a class setting have the person who was experiencing the release exchange places and become the one being the facilitator and they start the process on their partner. This gives both an opportunity to experience both sides of the emotion - helping and healing.

As they start remember the facilitator has their partner close their eyes and find where the specific emotional pain is located. Next find “the word” that expresses the feelings, describe the word, have them repeat it over and over while breathing in the **Break Thru** and blowing out forcefully through their mouth. Follow the directions above with the new client experiences the benefits of emotional releasing.

When both partners have had a chance to be the facilitator then have every one be seated and finish up with the following **Statements**. Use these statements at the end of a class to assist any of the class members who may be still holding on to an emotion. These statements may be another trigger to help release trapped emotions.

Have everyone sit and keep their eyes closed as they listen to the statements. If someone feels an emotion coming up when the statement is read have them stay with that statement and release the emotion, even though the rest of the class is going on. They are to take all the time they need to allow the body to feel, accept, and heal.

At the end of the Statements instruct your client/class to still keep their eyes closed and listen to the CD. This will assist in even greater healing for them. They need to be in a space of non-judgment as they listen to the statements.

**We don't know, on the conscious level, which traumas are still serving us because we haven't forgiven.** We may still need to learn from an experience. We can direct our spirit, though, to go into the cells and release because the spirit knows what is no longer needed, and what is ready to be released.

Instruct your class/client to keep their eyes close while you read the following statements slowly three times. Have them breathe deeply and feel the words.

#### **STATEMENTS:**

- I accept and trust that my spirit knows what is for my highest good and greatest joy at this time.
- I accept all things that may, could, or will happen (today or tonight) releasing judgment, criticism, expectation, and resistance.
- I focus on the feelings in my body and allow my body to express itself freely.
- I open my heart and I open my mind to all things.

- I forgive myself fully and freely for all my past perceptions, choices, judgments, and resistance's that have caused me pain or hard experiences in life.
- My spirit lovingly and willingly transforms all the cells of my body, that no longer serve me in a positive and progressive way.
- I give my body permission to release all negative energies and heal according to God's Will.
- Thank you Spirit, for coming to my aid and assisting me to attain the full measure of my creation.
- I choose to create fulfillment in my life from now on. I stay grounded and I set no limitations while creating my fulfillment. Now is the time and I am going forward.

Instruct the client to remember to keep their eyes closed as they listen to the CD. **Have them visualize whatever is coming to their mind. Select a calming CD that will go along with this release work.** (Karol Truman, the author of Feelings Buried Alive Never Die has a CD called "Re-Turning - The Healing Feelings" Theme for emotional releasing that I recommend.)

**After the CD:** the **Last** oil to apply is 2 drops of **Peaceful** to the ears and massage the ears. Read the benefits and have the client accept them out loud:

“**PEACEFUL** it assists in bringing peace. It is cheering, uplifting, stimulating and balancing. It is beneficial in bringing back child-like energy and signifies the inner child. It inspires harmony, increase spiritual and psychic awareness, gives confidence, enhances visualization, awakens creativity and brings a feeling of acceptance.

It has been found to be beneficial in healing emotional wounds, dispelling pride, fear, and poor self-esteem bringing feelings of gratitude and generosity. **Peacemaker** is mentally grounding, stimulates the brain, clears thoughts, assists concentration, calms anxiety and is relaxing assisting in reaching a state of meditation. It is refreshing, enhancing relationships, creates a sense of well-being, and brings a deep inner peace.”

Accept the benefits by asking and answering the same questions and expressing gratitude as before out loud.

This is the end of the Emotional Class. **Ask the class if anyone would like to share their experiences.** This is a good time to learn from each other. Answer any questions and thank the class for their participation.

My challenge to you is to share the things you have learned today with someone within 24 hours of this class and then keep sharing something about the oils daily. It will make a difference

in how you retain the knowledge and your love for the essential oils.

### **OTHER SUGGESTED WAYS OF RELEASING EMOTION:**

Because there are as many ways of releasing emotions as there are facilitators who are willing to guide a person through the experience you should be open to use the way that feels best for you. For each of the following ways go through the first part of the Emotional Class down through applying the **Hope** essential oil and accepting the benefits. Choose one of the following ways to finish the session. Please go with your heart and intuition for your client. Here are the suggestions

#### **FIRST WAY:**

Give your client a piece of blank paper. Explain that their problem might be an opportunity or gift. In Chinese, the word “problem” literally translates into “an opportunity riding the dangerous wind”. For this emotional release use the first five essential oils as described above.

- Apply two drops of **Courage** in your client’s hand, have them rub their hands together, cup the hands over their nose and breathe deeply. Next, have them describe the problem or situation they are having, in writing. Giving as much detail as they can. Answer these questions in their writing as they describe the problem.
- What color is “the problem”?

- What is its texture?
- What does it feel like?
- What shape and size is it?
- Does it make a sound?
- What does it sound like?

When they have finished describing the problem give your client a paper and pencil and have them write:

- “This...(explain what it is)... is happening to me because .....(now come up with a reason why it is happening to you.) Be open to the answers your brain will give you and write them down. Now write: because (again).....and fill in the blank again.

- Write down as many reasons as comes to you. There is not just one correct answer so just write as your brain comes up with reasons. Be patient - know that you have probably received this explanation before and rejected them.
- Next Ask and Write as many answers that come into your mind for this question: “What am I to learn from this?”
- **Now turn the situation into a positive statement.** Look at it as an opportunity to assist you in going to the next level and breaking through what has been holding you back. When you choose to look at your challenges as opportunities and “gifts” for your growth you will discover the answer right within your

problem. It is your choice!

- Write: “**Only good can come from this and I will accept it.**” Now write down the answers that are coming to you.
- Now write a sentence or paragraph expressing gratitude. Otherwise your opportunity for growth will be empty and could even turn out to be a negative experience. It is important when you are given learning experiences to say, “Thank You. Only good can come from this and I will accept it.”

Instruct the client to remember to keep their eyes closed as they listen to the CD. **Have them visualize whatever is coming to their mind. Select a calming CD that will go along with this release work.** (Karol Truman, the author of Feelings Buried Alive Never Die has a CD called “Re-Turning - The Healing Feelings” Theme for emotional releasing that I recommend.) Apply 2 drops of **Peaceful** on the ears and massage the ears while reading the benefits and accepting them:

“**Peaceful** assists in reducing depression, anxiety, stress, tension, bringing joy to the heart, balancing and stabilizing the emotions, giving patience, and calming worries. Also known to assist hyperactive children and children that have frequent nightmares. It supports in releasing old habits assisting us to focus with

gratitude on the blessings we have received. It assists in balancing the equilibrium and heart functions, helping release past hurts, and brings a feeling of love as we are able to see our experiences as opportunities we have been given to grow. Life doesn't always give us what we want but it is our life and **Peaceful** assists us to choose how we view it."

Accept the benefits by asking and answering the same questions and expressing gratitude as you did before out loud.

~~~~~

SECOND WAY OF RELEASING EMOTIONAL BAGGAGE:

Here is another effective way to release emotional baggage using the **Break Thru** essential oil. First you must be willing to recognize the emotion. Using Louise Hay's book Heal Your Body, look up the physical problem of your discomfort. Let's say you have a bowel problem. The book says:

Problem: "Bowels"

Problem Cause: "Fear of letting go of the old and no longer needed"

New Thought Pattern: "I freely and easily release the old and joyously welcome the new."

You must first recognize and accept that there might be problems in the bowels. Some people might deny they have a specific problem. You might ask the question this way, "Would you be

willing to accept that you might be having problems with your bowels?"

Remember, what you are able to feel and accept, you will be able to heal. Once you recognize the problem and take responsibility for having that feeling, it can be changed, thus allowing the body to heal. Emotions are energy wanting to be recognized. Many times the emotional cause of the problem is not apparent. By using Louise Hay's book, you can look up the emotion behind what you are feeling.

When you read the cause behind the problem, you might not think it is correct. But if you will think and feel deeper, you will discover it is true. By just being willing to accept the fact that you might have had that thought pass through your mind and be willing to allow it to be changed, you are now open to change. You are always responsible for the directions you choose even if you are following someone else's advice.

Now ask this question out loud:

"If you could, would you be willing to release the (repeat the negative emotion from Louise Hay's book) 'fear of letting go of the old and no longer needed'? Would you be willing to change this feeling to – (now repeat the positive emotion from Louise Hay's book) I freely and easily release the old and joyously welcome the new?"
Give your answer out loud while

tapping on your thymus. “Yes, I am now willing to change freely and easily by releasing the old and welcoming in the joyous and new.” As you breathe out through your mouth visualize “the fear of letting go” being changed to – “I freely and easily release the old and joyously welcome the new.” Repeat the breathing in and out until you can feel the peace of welcoming in the new feelings joyously.

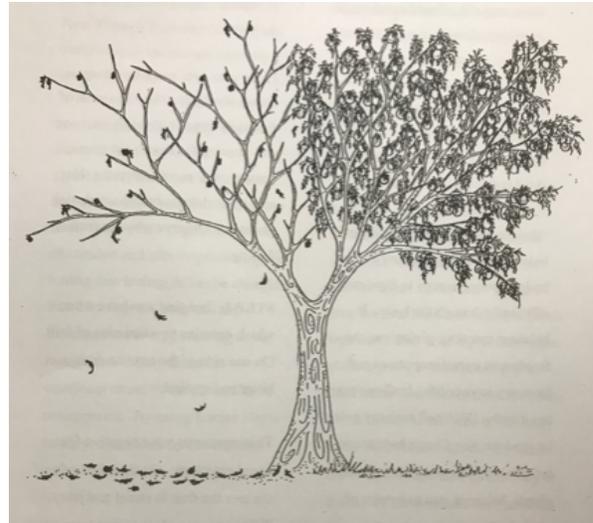
Using Louise Hay’s book check to see if there are other physical problems that could be helped by releasing the emotion behind them and accepting the new into your life. When you are finished instruct the client to remember to keep their eyes closed as they listen to the CD.

Have them visualize whatever is coming to their mind. Select a calming CD that will go along with this release work. (Karol Truman, the author of Feelings Buried Alive Never Die has a CD called “Re-Turning - The Healing Feelings” Theme for emotional releasing that I recommend.) If this is the end of the session use the **Gratitude** essential oil to bring balance, and accept the benefits.

THIRD WAY OF RELEASING EMOTIONAL BAGGAGE:

Imagine you have a tree which contains two varieties of fruit. On one side of the tree the fruit is bitter and spoiled. This fruit represents your negative fear based emotions. On the

other side of the tree the fruit is sweet and juicy. This represents the positive love based emotions that bring joy and happiness. The goal is to wrap the bitter fruit in compassion, mercy, love, and forgiveness. This way all the bitter fruit becomes sweet and delicious.



While visualizing your tree, apply one drop of **Courage** essential oil to your pointer finger, rub your two pointer fingers together, and apply to the fear point on your ears (see ear chart). Put your thumb on the backside of the ear with the pointer finger opposite on the front side and press them together then release. Do this press-release application for about 30 seconds.

When you can feel the peace it is time to express gratitude for the lessons this bitter fruit has taught you. Remember, gratitude and love are the greatest healers. Say something similar to: “With gratitude I give thanks for all that I have learned from this experience” or “Thank you. Thank

you. Thank you.”

If there are other emotions you would like to move to the good side of the tree go to the next fruit (or emotion) and wrap it. If this is the end of the session listen to the CD, use the **Peaceful** to balance, and finish.

FOURTH WAY TO RELEASE EMOTIONAL BAGGAGE:

I learned this from John Assaraf and thought it worked so well with releasing emotions. Let’s say your emotion was fear.

First, apply a drop or two of **Courage** under your nose and on your wrists. Next think of something that causes your fear. As you do this, take three long, deep breaths. In through your nose, out through your mouth. It is assisting in releasing some of that pent-up emotion through your out breath. Now, imagine the potential worst-case-scenario — this is the imaginary outcome contributing to your fear.

See the situation going horribly wrong, as you breathe in and out evenly. Then, (continuing to breathe deeply) see and feel everything happening perfectly.

Pretend you’re holding both outcomes right out in front of you, the positive outcome in the right hand and in the left hand the fearful outcome. Look at them objectively, and compare. Which one do you prefer?

Know and realize they are both possible, and it probably will be your choice which one becomes your reality. What you choose to focus on determines which circuit in your brain lights up. If you concentrate on fear, your sympathetic nervous system kicks on and you’ll feel your heartbeat increase and your breathing quicken.

Focusing on being calm and achieving a positive outcome will produce a different outcome. This action will keep you calm as it activates your parasympathetic system.

Breathe in and out 5-6 times slowly and really focus on what you want for a while. Feel yourself overcoming the obstacles (both physical and mental), and relish in the joy of achieving true success.

When you acknowledge all possible options, you have the opportunity to **choose** which one to focus on. By deliberately choosing your focus, you influence your brain chemistry. This will then reinforce your choice, through your emotions and feelings.

This next part is so good. Read it over a couple of times until it really becomes familiar to you and will be an automatic reaction. When your mind's eye focuses solely on the positive outcome for any given situation (i.e., socializing with friends, sealing the deal, switching careers), "feel good" neurotransmitters such as dopamine,

oxytocin, and serotonin are set free inside your brain. These natural brain chemicals make you feel great. They will motivate and help you feel confident to achieve your goals and dreams.

On the flip side, if you focus on negative outcomes, you'll produce adrenaline and cortisol, which are hormones associated with stress. These hormones shut down the motivation part of your brain by igniting the fear circuit. The **choice** is yours!

Your brain just wants to make sure you're aware of any potential danger. You don't have to accept or expect the worst—you just have to be aware of the possibility, in case you need to prepare. When you sense danger non-consciously, your body instantly gets ready to fight, or flee — just in case. Once you check out your surroundings, and your brain receives feedback that the coast is clear, the fear will dissipate.

You can use this exercise anytime you feel the fear creeping back in. If it isn't serving you, it isn't necessarily right? This practice will help you get clear and let go of your fear.

I have tried this and it really works. I recommend everyone use this form of releasing yourself to give you the experience to help others. It is easy and simple to do. Afterwards use **Peaceful** to ground yourself.

THE SAME ESSENTIAL OILS IN THE EMOTIONAL KIT ARE ALSO BENEFICIAL WHEN USED FOR THE ENERGY CENTERS:

The human body contains hundreds of locations where there is focused and concentrated energy. There are seven major energy centers commonly referred to as Chakras, which means “wheels.” The chakras are similar to wheels because they are spinning vortexes of energy. They are centers of force located within our body through which we receive, transmit, and process life energies.

Each chakra in the body is recognized as a focal point of life force relating to physical, emotional, mental, and spiritual energies. Each energy center has a corresponding relationship to some of the various glands/organs of the body.

It is important to understand the energy centers are “doorways” for our spiritual consciousness. They are doorways through which emotional, mental, and spiritual forces flow into physical expression. The energy created from our emotions and mental attitude runs through the centers and is distributed to our cells, tissues, and organs. Realizing this brings tremendous insight into how we ourselves affect our bodies, minds, and circumstances for better or worse. Understanding this will enable us to make our choices and decisions from a place of awareness and balance rather than being blindly influenced by forces

we do not understand. The ancient adage still echoes “know thyself!”

Here is a brief explanation of the locations of the seven major energy centers or chakras, their colors, and the Therapeutic Essential Oils that may be beneficial to use on each location:

1. Root or Base Center is located at the base of the spine (coccyx); **Courage**, Cedarwood, Cinnamon Bark, Myrrh, Sandalwood, Patchouli; Color Red

2. Naval Energy Center is located in the lower abdomen to navel area; **DNA Repair**, Rose, Hormone Balance, Jasmine, Orange; Color Orange

3. Solar Plexus Energy Center is located above the navel and below the chest; **Peaceful**, Bergamot, Lemon, Grapefruit, Cinnamon Bark; Color Yellow

4. Heart Energy Center is located in the center of the chest; **Love**, Melissa, Ylang Ylang; Color Green

5. Throat Energy Center is located in the throat area; **Break Thru**, German Chamomile, Eucalyptus, Myrrh; Color Sky Blue

6. Third Eye Energy Center is located in the center of the forehead; **Hope**, Peppermint, Rose, Geranium; Color Indigo (dark blue)

7. Crown Energy Center is located at the top of the head; **Gratitude**, Juniper Berry, Lavender, Rosemary, Ylang Ylang, Sandalwood; Color Violet

There are also powerful energy centers in the palm of each hand and on the sole of each foot. It is good to eat fresh fruits and vegetables rich with the corresponding colors of the energy centers and live your life in alignment with love, joy, honesty, and integrity.

The most powerful way to open, activate, energize, balance all our energy centers, keep our bodies and minds in a healthy condition is to love ourselves and others without conditions. This may not appear to be a very scientific technique, but it works. Love is the greatest healer. Love is the vitalizing, nourishing, and sustaining electricity of life.

Dr. Hew Len from Hawaii found the hidden benefits in using an ancient Ho’oponopono Prayer as he treated the patients in the criminally insane hospital in Hawaii. He never had to see the patients he looked at each one of their files and used the prayer to heal them. In a very short period of time the patients got better and he worked himself out of a job. He did this with taking responsibility and love. I have enjoyed learning about him and applying some of his techniques.

We really have no choice over who is going to love us. We only have a

choice of who we are going to love. Loving others is our choice. When we love ourselves, are able to offer this love to others, we keep our body/mind systems charged and vitalized with this healing “electricity.”

To love others and ourselves unconditionally may sound like a difficult thing to achieve, but in reality it can be as simple as believing it is possible! Once we choose to experience unconditional love, we awaken the desire within ourselves to move into this state of being. We can begin to manifest this reality in our lives immediately. **Love is a choice.** Love is the source of healing.

Consciously expand your expression of unconditional love, compassion, gratitude, forgiveness, and creativity. Selfless service will aid the opening of the energy centers in a natural and non-forceful manner. Your reality is what you choose it to be.

OTHER ESSENTIAL OILS FOR EMOTIONAL APPLICATION:

Here are some other emotions and the essential oils that would be beneficial to use. For each emotion listed below you will find several oil choices. In the Workbook [The Benefits of Essential Oils](#) you will find a section covering in more detail the benefits of each oil. As you read about each oil select the ones best suited for your situation.

Some suggested ways to use the oils would be smelling (breathe in deeply and exhale forcefully), applied to the ears, on the feet, massaged across forehead, and on the temples, six drops in a warm bath, or add to carrier oil for a full body massage.

ABANDONMENT: Geranium, Rose Blend, Neroli, Frankincense, Petitgrain Bigarade

ABUSE: Rose Blend, Lavender, Geranium, Ylang Ylang, Sandalwood, Frankincense. If the abuse was from the mother use Geranium or from the father use Lavender. For any type of sexual abuse the oils to use would be Geranium, Lavender, or Ylang Ylang. Any male abuse use Helichrysum italicum and Lavender.

AGITATION: Bergamot, Orange, Geranium, Juniper Berry, Lavender, Mandarin, Rose, Sandalwood

ANGER and HATE: these emotions affect the liver. Frustration, resentment, bitterness, rage, and indignation are emotions out of control. These affect the eyes, as in floaters, blurred vision, migraine, headaches, and it also controls the muscles and the tendons. Rose, Bergamot, Lemon, Cedarwood, Chamomile, Frankincense, Orange, Helichrysum, Lavender, Mandarin, Myrrh, Petitgrain Bigarade, Ylang Ylang, Sandalwood

ANXIETY: Neroli, Basil, Bergamot, Frankincense, Geranium, Jasmine, Juniper Berry, Lavender, Tangerine

APATHY (lack of feeling emotion): Jasmine, Cypress, Frankincense, Geranium, Lemon, Mandarin, Neroli, Orange, Peppermint, Rosewood, Rose, Rosemary, Sandalwood, Ylang Ylang

ARGUMENTATIVE: Neroli, Jasmine, Cedarwood, Eucalyptus, Frankincense, Mandarin, Orange, Tangerine, Ylang Ylang

AWARENESS: Peppermint, Lemon, Wintergreen, Rosemary, Basil

BEARING BURDENS: Holy Basil, Lemon, Bergamot, Frankincense, Geranium, Jasmine, Neroli, Rose, Juniper Berry, Melissa, Hyssop, Lavender, Tangerine, Ylang Ylang

BOREDOM: Cedarwood, Spruce, Roman Chamomile, Cypress, Thyme, Frankincense, Juniper Berry, Lavender, Fir, Melissa, Rosemary, Black Pepper, Sandalwood, Ylang Ylang

CHANGE: Lavender, Cypress, Tarragon,

CONCENTRATION: Peppermint, Lemon, Cedarwood, Basil, Rosemary, Eucalyptus, Clove Bud, Sandalwood

CONFUSION: Cedarwood, Rosemary, Spruce, Fir, Cypress, Peppermint, Ginger Root, Basil,

Frankincense, Geranium, Juniper Berry, Sandalwood, Ylang Ylang

DAY DREAMING: Eucalyptus, Ginger Root, Spruce, Lavender, Lemon, Myrrh, Peppermint, Helichrysum, Rosewood, Rose, Rosemary, Sandalwood, Ylang Ylang

DEPRESSION: Rose, Neroli, Clary Sage, Jasmine, Bergamot, Rosewood, Frankincense, Geranium, Grapefruit, Lavender, Orange, Patchouli, Sage, Sandalwood, Ylang Ylang

DESPAIR: Rose, Fir, Spruce, Lemon, Cedarwood, Lavender, Orange, Geranium, Sandalwood

DESPONDENCY: Rose, Bergamot, Clary Sage, Cypress, Orange, Tangerine, Geranium

DISAPPOINTMENT: Rose, Clary Sage, Eucalyptus, Juniper Berry, Ginger Root, Lavender, Spruce, Orange, Frankincense

FEAR: Geranium, Rose, Lavender, Myrrh, Sandalwood

FORGIVENESS: Rose, Helichrysum, Spearmint, Geranium

FRUSTRATION: Clove Bud, Ylang Ylang, Juniper Berry, Spruce, Cinnamon Bark

GENTLENESS: Rose, Neroli, Myrrh, Sandalwood, Rosewood, Frankincense

GROUNDING: Cedarwood, Spruce, Frankincense

GRIEF/SORROW: Rose, Bergamot, Lavender, Juniper Berry, Spruce, Sandalwood, Eucalyptus, Marjoram, Tangerine

GRUDGES: Rose, Lemon, Orange, Mandarin, Ylang Ylang

GUILT: Roman Chamomile, Lemon, Cypress, Juniper Berry, Sandalwood, Spruce, Geranium

HEALING: Clove Bud, Cypress, Lemon, Sandalwood, Frankincense, Myrrh

INNER CHILD: Rose, Lavender, Mandarin

IRRITABILITY: Rose, Bergamot, Lemon, Orange

JEALOUSY: Bergamot, Orange, Lemon, Eucalyptus, Frankincense, Marjoram, Rose, Sandalwood

LOVE: Rose, Bergamot, Juniper Berry, Lavender, Lemon, Orange, Mandarin, Nutmeg, Ylang Ylang, Neroli, Frankincense, Chamomile

LONELINESS: Geranium, Marjoram, Rose, Orange

MOODINESS: Rose, Jasmine, Clary Sage, Bergamot, Cypress, Geranium,

Lavender, Rosemary, Juniper Berry, Nutmeg, Lemon, Spruce, Ylang Ylang

OBESSIVENESS: Rose, Clary Sage, Lavender, Geranium

OVERWHELMED: Frankincense, Orange, Lavender, Sandalwood, Ylang Ylang

PANIC: Bergamot, Fir, Geranium, Frankincense, Lavender, Sandalwood, Myrrh, Spruce, Wintergreen

PEACE: Juniper Berry, Frankincense, Lavender, Marjoram, Mandarin, Rose, Orange, Spearmint, Patchouli, Tangerine

PERSONAL GROWTH: Neroli, Peppermint, Geranium, Helichrysum, Spruce, Frankincense, Sandalwood, Rose

PRIDE: Peppermint, Rose, Holy Basil, Frankincense, Jasmine, Hyssop, Cypress, Chamomile, Grapefruit, Lavender, Geranium

PROSPERITY: Rose, Bergamot, Cinnamon Bark, Patchouli, Ginger

PROTECTION: Spruce, Fir, Cedarwood, Frankincense, Ylang Ylang, Rose

REJECTION: Rose, Lavender, Geranium, Spruce, Frankincense, Orange, Ylang Ylang, Sandalwood

RESENTMENT: Geranium, Rose, Lavender, Clary Sage, Vetiver, Lemon, Hyssop, Myrrh, Sandalwood, German Chamomile, Neroli

RESTLESSNESS: Spruce, Myrrh, Cedarwood, Orange, Lemon, Spruce, Frankincense

SELF-EXPRESSION: Geranium, Spruce, Frankincense, Rose, Orange, Sage, Black Pepper

SELF-PITY: Peppermint, Ylang Ylang, Frankincense, Rose, Lavender, Geranium, Elemi, Sandalwood, Cypress, German Chamomile

SHOCK: Peppermint, Rosemary, Rose, Basil, Lavender, Melissa, Neroli

SYMPATHY: Rose, Orange, Spruce, Frankincense, Cypress

Emotional releasing is very beneficial for everyone. It seems we are always trying to find ways to take care of our physical problems when, in fact, it is the root of the problem or the emotion that needs to be addressed first.

Remember, children and animals are greatly influenced by the emotions of the adults around them. You will find the essential oils will work very effectively for them too.

EMOTIONAL CLASS FLYER

The Emotional Class is approximately three hours. We discuss the essential oils being used, their benefits, and application.

- 1 hours Introduction: History of Essential Oils; Discover why we need to know about the oils, how they can change moods and heal emotions. Learn how your Emotions affect your life and how the Mist stops emotional thoughts from interrupting your energy. Introduce the Essential Oils to be used. After the break learn how to use them.
- 15 Minutes Break
- 1 ½ hours Application – Using what we have learned we will divide into pairs and use the essential oils to release emotions on each other. Each person will feel the benefits of the emotional work and will know how to be a facilitator.
- 15 Minutes The last 15 minutes will be for Questions and Answers.

WE LEARN AND REMEMBER

10% of what we hear.

15% of what we see.

20% of what we see and hear.

40% of what we discuss with others.

80% of what we experience directly.

90% of what we teach others.

Be a fountain, not a drain.

- Rex Hudler

CLASS OUTLINE for RELEASING EMOTIONS with ESSENTIAL OILS

1) **WELCOME** (1 hour) – Your Personal Story of how you were introduced to essential oils – Share a little history about the essential oils. Discuss why it's important to know about the essential oils, how to use them, how they can change moods, and heal emotions. Share how emotions affect your life. Learn how using certain essential oils can stop emotional thoughts from interrupting your energy. Then introduce the Essential Oils you will be using for this class. After the break we'll learn how to apply them.

15 Minutes Break During the break have everyone divide into pairs with their chairs facing each other so they can still see your demonstration.

1 ½ hours Application – Each person will feel the benefits of the emotional work and will learn how to be a facilitator.

2) **CLEARING EMOTIONS:**

Briefly explain to them again that emotions are *only thoughts* and thoughts are able to be changed. It seems we learn best by the things we suffer. We grow most when we are grateful for the experiences and what we've learned.

Remember, in releasing emotions be grateful for the lessons you have learned from the experience. All your experiences will help you better understand others. In Chinese, the word “**problem**” literally translates into “**an opportunity riding the dangerous wind**”.

Essential oils open your mind in a special way. Hoard your knowledge of them and you lose it. Share it and the very essence of the plant flows naturally from you. Essential oils are a gift from God to be used to bless lives.

Releasing emotions that have been holding you back is a wonderful experience. When you can come from the space of love, peace, joy, and gratitude then everything in your life must flow with health, prosperity, harmony, and joy.
Emotionally yours,
Bevonne