

# Oils & Emotions

## Science is cool...

The limbic system is a system of nerves and networks in the brain that controls basic emotions and drives. It is the emotional brain. It supports five major functions: emotions, behavior, motivation, long-term memory, and sense of smell.

Notes:

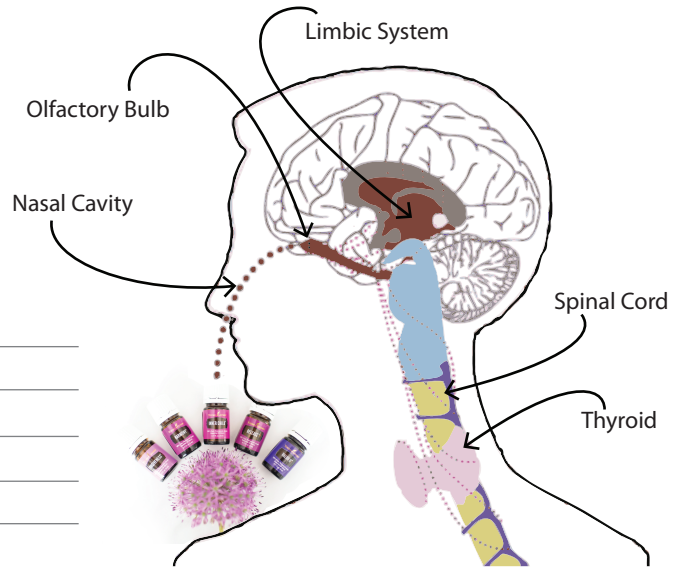
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Write down three emotions you hold onto but would like to break free from once and for all.

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 ease and grace." | \_\_\_\_\_

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.

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