



# Supporting Our Emotions with Essential Oils



The Feelings™ Collection features six essential oil blends that inspire feelings of emotional well-being and provide the foundation for encouraging forgiveness and identifying oneself. The essential oil blends featured in this collection are designed to help promote personal progression. Enjoy the empowering and uplifting benefits that Feelings can bring to your day-to-day.

The Feelings Collection includes:

- Forgiveness essential oil blend, 5 ml
- Harmony™ essential oil blend, 5 ml
- Inner Child™ essential oil blend, 5 ml
- Present Time™ essential oil blend, 5 ml
- Release™ essential oil blend, 5 ml
- Valor essential oil blend, 5 ml

There are six fantastic essential oils in the Feelings Kit (Valor, Harmony, Forgiveness, Inner Child, Release, and Present Time).

Each essential oil works in a different way to help release whatever is holding you back from reaching your true potential!

You can really make this your own experience. If you feel that the essential oil will be better served placed on a different area than I recommend or in a different order, then I encourage you to try it! I based mine on Gary Young's Protocol, which I absolutely love.

The first and most important thing you can do is find a relaxing place where you won't be disturbed.

## **STEP 1: Relax and prepare!**

You have to relax if you want be open to anything! If relaxing doesn't come easily to you, then consider playing some soft music, diffuse some calming essential oils, drinking chamomile tea or taking a lavender bath before you get started. Also consider relaxation exercises like guided imagery or meditation.

A great trick is to take several deep breaths and imagine the tension leaving your body with each exhale. When you are ready, get comfortable and begin applying the essentials oils in the Feelings Kit.

And remember-- let the emotions release! If you notice that you're repressing anything, really try to let it go. It can take a while so be patient with yourself.



## Valor

Valor essential oil blend is one of my most favorite essential oils in the entire world! It is empowering and helps us to feel courage! It also smells intoxicating. And it's BLUE.

Valor balances the body's energies and supports the pineal gland (aka our higher intelligence and intuition). It's kind of amazing and a great way to start this protocol!

Learn more about Valor [HERE](#)

## **STEP 2: One drop of Valor on the soles of both feet**

Optional: You can add one drop of Highest Potential Essential Oil as well if you feel inclined. Together they are said to help erase limited thinking.

Affirmation Suggestion: "I am ready to transform my life" or "I am confident and secure in who I am". Reflect on what makes you feel insecure and release it!



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## Harmony

Harmony oil blend brings harmony to your body!

It is said to be one of the only essential oils that can create balance for your entire body! I personally love to take epsom salt baths with Harmony when I'm feeling off balance. Harmony helps us to feel confident, and balances our nervous systems reaction to stress.

Learn more about Harmony [HERE](#)

**STEP 3: Apply one drop of Harmony on the 7 energy center points of your body to allow negative energy to escape.**

Where are the 7 energy centers? Basically imagine a line going up your body from your pubis to the top of your head-- there are 7 centers that move up that line!

Tailbone

2 inches below belly button

2 inches above belly button

Over the heart

Throat (or back of neck)

Center of forehead

Crown of head

Affirmation Suggestions: "My heart is open to give and receive love" or "I can express myself completely". Try to keep your mind open and take note of any thoughts which arise. Why did they show up? What do they mean?





## Inner Child

Inner child can help you access your creativity and your inner child. It can stimulate memory and connect you with your authentic self. It can also be very helpful for children who have had a troubled past or who are going through a difficult time emotionally. If you have had a troubled childhood, you may find this oil very emotional.

Learn more about Inner Child [HERE](#)

**STEP 4: Apply 1 drop of Inner Child just under your nose to open the pathway to connecting with your inner self.**

(Optional: I apply a drop to the roof of my mouth)

Affirmation Suggestion: "I am ready to face my inner child" or "My authentic self is enough".

Try to keep your mind open to your affirmation and investigate any thoughts which come up. Why did you think of that or feel a certain way? What significance does it have?



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## Forgiveness

This is a beautiful essential oil which works beautifully as a perfume! It is uplifting and releasing at the same time! It facilitates the release of hurtful memories and promotes a willingness to move forward.

A lack of forgiveness is one of the most common roots of physical, mental, and spiritual disease and it is very important that it is released.

Learn more about Forgiveness [HERE](#)

**STEP 5: Apply Forgiveness to the navel in a clockwise motion while thinking of anyone you may be angry with or who has hurt you in the past (including yourself).**

Affirmation Suggestions: "I forgive {name} for any harm or hurt you have caused me", "I am thankful for life's experiences and the lessons they teach" or "I forgive myself for my past mistakes".

Focus on truly feeling forgiveness and if you have any thoughts like "But this could have been different..." or "But he is such a jerk!", then release them! Understand that the past can't be changed and work on being okay with that



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## Release

In Chinese Medicine, we are told that the liver becomes a storage place for anger, resentment, jealousy and a host of negative emotions. Release anger and negativity with Release essential oil! Learn more about Release [HERE](#)

Warning: this is a powerful oil and many people have reported a wide range of emotional reactions including crying, anger, moodiness, and criticism. Please make sure you have adequate time to process these emotions!

**STEP 6: Apply over the liver (right side of bottom of rib cage) and wait as feelings of frustration are uplifted.**

(Optional: I put a drop on my tongue before applying to the liver, and drink LOTS of water)

Affirmation Suggestion: "I release all negativity from my body" or "I replace all negative feelings with love and joy". Imagine the negative emotion as black goo inside your body. Place your hands over your body and imagine pulling the black goo out and throwing it in a trash can. If you feel any emptiness from removing so much black goo, then imagine filling it with white light or clean energy.



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## Present Time

Most of us live by worrying about the future or living in the past. Present Time Essential Oil promotes feelings of living in the moment and opens up new possibilities!

Learn more about Present Time Essential Oil [HERE](#)

**STEP 7: Apply Present Time to the wrists and behind the ears OR to your throat. Let your body guide you to what feels right for you!**

Affirmation suggestions: "I let go of my past" or "I experience the joy of the present". Reflect on what holds you back from living in the moment. Why is it so significant?





**STEP 8: Reapply 1 drop of Valor to the bottoms of your feet and take several deep breaths while reflecting on your experience**

## **What To Do After The Feelings Kit**

**After you finish applying the oils, listen to your body!**

**You may want to take a bath, journal, cry, dance around your room, fall asleep or go hug your kids. Sometimes the feelings come out in our dreams or we may notice smaller releases the following day. Just pay attention to the details of life. If you are happier or maybe more grouchy-- consider what was released in your last session and how that is impacting you.**

**Or you may not feel anything. This can be normal reaction because you may not be ready to access the emotions deep within yourself yet. You can use this as your affirmation for using the feelings kit and say "I release the emotions inside me" each time you apply your essential oils.**



**Enjoy the process, my friend! Not every day will be the same, but the end result will be worth it! Congratulations on making the decision to be the best version of you!**

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