
THE ART & SCIENCE OF LETTING GO

Why Fall Invites Release



SCIENCE BEHIND LETTING GO

- **Stress & Cortisol:** *“Holding On”* increases inflammation & weakens immunity
- **Nervous System:** *“Release”* activates “rest-and-digest”
- **Emotional Health:** Studies show *forgiveness* lowers stress & boosts well-being



FALL & THE BODY'S NATURAL RHYTHM

- Shorter days affect melatonin & serotonin
→ more rest
- Cooling temps encourage inward focus
- Traditional Chinese Medicine links fall to
lungs & large intestine → organs of
release





BENEFITS OF LETTING GO

- **Less stress = more energy**
- **Stronger immunity for seasonal challenges**
- **Better digestion & detox support**
- **Emotional clarity & balance**



ESSENTIAL OILS SUPPORTING RENEWAL

🌿 **Release™** – Helps dissolve emotional patterns; apply over the liver or diffuse during reflection

🌿 **Frankincense** – Grounding, promotes spiritual connection; diffuse in prayer/meditation

🌿 **Transformation™** – Encourages positive change; diffuse while journaling

🌿 **Gratitude** – Seals the practice by anchoring joy, abundance, and peace into the space you've just created.

Without gratitude, letting go can sometimes feel like “loss.”

With gratitude, it becomes an empowered exchange—releasing what doesn't serve you while affirming what you're thankful for.

SIMPLE DAILY PRACTICES

- Take a 10-minute walk outdoors → notice leaves falling
- Journal one thing each day you're ready to release
- Diffuse **Transformation+ Frankincense** while breathing deeply
- Apply **Release** oil blend over the liver and picture all your feelings of anger/frustration melting away
- Simplify one area of your home or schedule each week
- End your day each day with **Gratitude** over your heart and write down 3 things you are grateful for

Just as trees trust the cycle of shedding leaves to make way for spring's growth, we too can trust that letting go creates space for healing and new beginnings.

 Takeaway:

This fall, allow yourself to release what no longer serves your body, mind, and spirit—supported by nature's rhythm and these beautiful oils. Click the link below to see the Wish List of oils.

[Oils Wish List](#)



THANK YOU

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