



# Trauma, Trouble, and Grief

## Definition of Trauma:

Emotional and physical distress caused by an experience; memories that persist after a trauma occurs, re-experiencing the traumatic event.

### • Different kinds of trauma:

- Very big traumas of abuse, accidents, war, death of a loved one, etc.
- Smaller traumas can still disrupt a person's life and can be addressed and helped.
- Examples: falls, childbirth, car accident, medical procedure, etc.

### • How to mitigate the trauma in my life or help someone else!

- Essential oils can help the body release the feelings and tension.
- Trauma Life Blend: combats stress and trauma that can cause trouble sleeping, anger, restlessness, and a weakened immune response.
  - Trauma Life is formulated to soothe and release negative feelings while inviting harmony and peace into your life in mind and body.
  - How to use Trauma Life:
    - Apply over the heart.
    - Can be diffused during times of difficulty or grief for a calming atmosphere.
    - Combines well with Joy™, Harmony™, Forgiveness™, and SARA™.
- Prayer is super important in ridding the body of trauma.
  - Place your hand over your heart and command the trauma and fear to leave this body in the Jesus name.
  - Hand all the worries and cares over to God for him to handle and guide you.
  - Command all the chemicals in the body to come into alignment with their original design.
- Is there someone, some people, or yourself you need to forgive?
  - Forgiveness™ essential oil blend is formulated with 15 essential oils to open the mind for spiritual support to create a calm, uplifting feeling when forgiving yourself and others.

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- Forgiveness is a key step in thriving in your life's journey. At some point in life, everyone will be presented with a situation where they can choose to forgive, in order to move forward in life. Forgiveness will help you let go of patterns of the past without harboring resentment. Start with forgiving yourself, even if it is for the smallest things. Forgiveness does acknowledge that there was a hurtful incident however big or small. Forgiveness does not mean that what the other person did was okay. Now is the time to forgive the wound so it does not hurt you any longer. Holding onto unforgiveness actually torments a person as described in Matthew 18:21-35. A person who does not forgive is actually handed over to the torturers until they forgive.
  - How to use Forgiveness™ essential oil blend:
    - Apply topically to the bone behind the ear.
    - Allow the aroma of the 15 essential oils in Forgiveness essential oil blend to help you remember that forgiveness is what is most important to your personal growth. This aroma may allow your soul to sing the feelings of forgiveness.
  - The Process of Forgiveness: Forgive a person by choosing to forgive. Have compassion on them-imagine why they might have said or done what they did-can you understand what might be behind their actions, release them from the prison in your heart, forgive what they have done to you, and bless them.
- SARA Essential Oil Blend: was formulated and named by Young Living Founder D. Gary Young to be used as you work through unresolved feelings or life's challenges. Its scent is the perfect companion as you seek to block out distractions, words, and programming that keep you from discovering the truth of who you are.
  - Suggested Uses: Use SARA as an aromatic companion to your practice of letting go of that which no longer serves you.
    - Apply topically to forehead 1" above eyebrows.
    - Inhale the aroma during prayer, meditation, or while processing difficult thoughts.
    - Diffuse or inhale SARA during times of personal growth or development.
    - Use SARA while going through life's challenges.
    - Diffuse or inhale the aroma while working to develop self-confidence.
    - Apply it to the heart while working on acceptance and non-judgment of self and others.
- Inner Child Essential Oil Blend: Inner Child helps you reconnect and find emotional security within yourself. Often when children are abused or misused, they become disconnected from their inner child or identity, which causes confusion. If you have suffered a traumatic childhood, this is a great blend to reconnect to your innocent, little child. It creates a new platform for thriving and infinite possibilities.

- Suggested Uses:
  - Diffuse Inner Child to promote an atmosphere of support, nurturing, and security.
  - Use Inner Child topically to ear lobes or diffuse it during life's transitions or during times of self-expression and self-discovery.
  - Diffuse this aroma to create an atmosphere inspiring you to be present in the moment and reflect on joyful experiences.
- T-Away for Pets: Animal Scents® T-Away™ promotes relaxation and emotional balance and supports a new level of emotional freedom and joyful feelings for your pet.
  - Directions:
    - Carefully apply according to the size and species of animal.
    - Additional dilution is recommended for smaller species.
    - Keep in a cool, dark place.
  - Suggested Uses:
    - Apply 1 drop behind each ear to calm your pet.
    - Use an AromaGlide™ Roller Fitment to apply to the bottoms of paws or on the flanks.
    - Use to promote a sense of comfort when leaving your pet home alone for short periods of time.
- Helpful Resources:
  - "Healing the Whole Man Handbook" by: Joan Hunter
    - [www.JoanHunter.org](http://www.JoanHunter.org)
  - "70 x 7 Finding Peace by Forgiving Others and Yourself" by: Teach Every Nation
    - [www.teacheverynation.org](http://www.teacheverynation.org)
  - "Releasing Emotional Patterns with Essential Oils" by: Dr. Carolyn Mein
    - [www.releasingemotionalpatterns.com](http://www.releasingemotionalpatterns.com)
      - Online Oils Lookup