

# Aroma Blessed Reset

## ACTIVATE YOUR GRATEFUL QUICKLY AND EASILY

Before beginning, gather your Young Living Essential Oils, or other natural botanical to use to activate the power of your sense of smell and set it aside.



1. Think of a situation you have gratitude for. If multiple situations are coming up, choose just one.



2. As you think about this situation, what is the ONE WORD emotional feeling that comes up for you as you focus on that situation. Ex, happy, joyful, grateful, blessed, etc.



3. Locate, where in your body, you feel the emotion. Ex. head, shoulders, back etc., or a posture shift



4. Is there a positive thought or idea connected with the situation? Ex. I'm feel so blessed!, I am so happy this happened for me. I am in my divine timing! etc.



5. Place a drop of your oil in your non-dominant hand, with the dominant hand rotate clockwise slowly for three turns to activate the oil. If using another botanical, crush to activate the oils, or scrape the peel if using a citrus fruit. Then breathe in for about 1 minute into the situation, the feeling and the body sensation.

### Decide what to do next:

The situation, feeling and body sensation has expanded to "I feel blessed". Journal your experience in a gratitude journal. Repeat process anytime you require a boost in gratitude!

Are you ready for more? Book your One on One session at <https://getoiling.com/WellOiledLifeWithTammy/page/aft>

The benefits of a One on One session are:

- ~Individualized attention
- ~Intuitively Led
- ~A Facilitator is able to pick up on things you may not see yourself.

\*Oil samples for a session available upon request

