

# Aroma Reset

## USE TO CLEAR EMOTIONAL SITUATIONS QUICKLY AND EASILY

Before beginning, gather your Young Living Essential Oils, or other natural botanical to use for activating your powerful sense of smell and set it aside.



1. Think of your situation that feels overwhelming, confusing or frustrating for you. If multiple situations are coming up, choose just one.



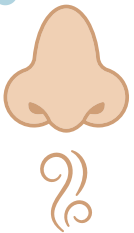
2. As you think about your situation, what is your ONE WORD emotional feeling you feel as you focus on your situation. (Ex, mad, sad, irritated, scared, worried, fear, etc.)



3. Locate, where in your body, you feel your emotion. (Ex. Head, shoulders, back etc., or a posture shift)



4. Is there a negative thought or idea connected with your situation? (Ex. Why is this happening?, How am I going to handle that? I don't have time for this! etc.)



5. Place a drop of your oil in your non-dominant hand, with your 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 your situation, your feeling, your thought, and your body sensation.

Decide what to do next:

Your situation, feeling and body sensation has calmed. You are done.

or

Something has shifted but and you still feel an emotional charge, repeat your process

or

There is still an emotional charge, schedule a full Aroma Freedom Session at



Your benefits of a one on one session are:

~Individualized attention

~Intuitively Led

~As a Facilitator I am able to pick up on things you may not see yourself.

\*Oil samples for a session available upon request