



YOUNG LIVING  
ESSENTIAL OILS

# FEELINGS KIT PROTOCOL PLAYBOOK

This protocol is a gentle and effective way for flowing your emotions. As you do, journal on your process. What comes up for you? What is being restored? What is being revised? As you discover your emotional feelings and let them flow, notice how life now flows for you with ease.

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Independent Distributor



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I AM ADAPTING THIS PROTOCOL BASED ON NEW AND ADDED INFORMATION AND EDUCATION I HAVE AVAILABLE TO ME. THIS PROCESS CONTAINS ADDED STEPS FROM YOUR CLASSIC FEELINGS PROTOCOL. FEEL FREE TO ADAPT FOR YOU, AND USE WHAT RESONATES MOST FOR YOU, AND LET GO OF ANYTHING THAT DOES NOT. SOMETIMES WE HAVE HELD ONTO THINGS SO LONG, WE ARE SCARED TO BRING THEM UP AND LET THEM GO. I WILL GO THROUGH A COUPLE PROCESSES FOR PREPARING YOU AND YOUR BODY FOR BEING WILLING TO DO SO. IF IT IS TIME FOR YOU TO MOVE FORWARD

BEGIN & SAY OUT LOUD:

I GIVE MYSELF PERMISSION FOR ACCESSING, APPRECIATING AND FLOW OF ANY EMOTIONS NO LONGER SERVING ME FOR MY GOOD

THEN SAY:

I CHOOSE ACCESSING, APPRECIATING AND FLOWING ANY EMOTIONS NO LONGER SERVING ME

THEN DECREE:

I ACCESS, APPRECIATE AND FLOW MY EMOTIONS NO LONGER SERVING ME AND I RESTORE AND I RECLAIM MY LOVE!

ACCORDING TO GARY YOUNG, "THOUGHT EQUALS FREQUENCY. ESSENTIAL OILS ABSORB OUR THOUGHTS. THEY ARE REGISTERED IN THE OILS AS INTENT. INTENT IS DIRECTED ENERGY. WHEN YOU APPLY AN INTENT-ENERGIZED OIL ON YOUR FEET (BODY) THEY CAN SATURATE ALL OF YOUR CELLS WITHIN 60 SECONDS (20 MINUTES), STIMULATING CREATIVE THINKING AND PUSHING NEGATIVE ENERGY OUT OF THE CELLS (EMOTIONAL DETOX), THUS INCREASING THE FREQUENCIES OF THE CELLS THROUGHOUT THE BODY. IN AN UPLIFTED STATE YOU CAN CREATE YOUR NEW DESIRE FOR YOUR BETTER NOW. YOU HAVE NO LIMITATIONS BUT THOSE YOU CHOOSE TO ACCEPT."

IF ANY RESISTANCE COMES UP, FEAR OF DEALING WITH AN EMOTION OR OTHER FEELINGS OR THOUGHTS SEEM TO GET IN YOUR WAY OF FLOWING THROUGH THIS PROTOCOL, I INVITE YOU TO CONSIDER DOING AN AROMA RESET PRIOR TO YOUR PROTOCOL SESSION. THE STEPS ARE ON THE NEXT PAGE. YOU CAN USE ANY OF THE OILS FROM THIS PROCESS FOR THIS PROCESS.

# Aroma Reset

USE TO CLEAR EMOTIONALLY CHARGED SITUATIONS QUICKLY AND EASILY  
USE TO CLEAR ANY CONCERNS WITH PROCESSING AND FLOWING YOUR  
EMOTIONS, FEAR, ANXIOUSNESS, EMBARRASSMENT, ETC.

Before beginning, gather your Young Living Essential Oils, or other natural botanical to use to activate 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 the ONE WORD emotional feeling that comes up for you as you focus on your situation. (Ex, Mad, sad, irritated, scared, worried 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 and your body sensation.

Decide what to do next:

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

2 Something has shifted and you still feel an emotional charge, repeat the process

3 You still have an emotional charge, schedule a full Aroma Freedom Session at



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

Tammy  
Hawthornth  
with  
Well Oiled Life  
with Tammy

# HOW TO USE YOUR DAILY PLAYSHEET

**USE THIS SECTION TO  
DOCUMENT EMOTIONS  
THAT COME UP FOR YOU**

ex: Anger, sadness, fear

**USE THIS SECTION TO  
DOCUMENT BODY  
SIGNALS FOR EMOTIONAL  
RELEASE**

ex: headaches, dizziness, yawning  
coughing, sneezing, hiccups, burps,  
throat clearing, swallings, changes  
in breath, exhales, tears, sobbing,  
laughter, vomiting, sweating,  
hot/cold, shivering, nausea, belly  
rumblings, lightheaded,  
urination increased, farting,  
diarrhea, aches or pains,

**USE THIS SECTION FOR  
FORGIVENESS. IF A  
SITUATION OR PERSON  
COMES UP, WHERE  
FORGIVENESS IS REQUIRE**

**EX:** Today I forgive **CHARLIE**  
for **SAYING HURTFUL**  
**THINGS**  
Now I reclaim my **OUR**  
**FRIENDSHIPS**

**USE THIS SECTION TO  
DOCUMENT SHIFTS YOU  
NOTICE THROUGHOUT  
YOUR DAY**

Ex: Notice mood shifts, interactions,  
energy levels, thoughts etc.

Examples

**TODAY I NOTICED I FELT  
ANGRY OVER SILLY  
THINGS**

**I CRIED TODAY BECAUSE  
OF A SONG ON THE RADIO**

**I WAS SO TIRED TODAY I  
REQUIRED A NAP. IT WAS  
2 HOURS LONG!**

**AND I STILL WENT TO  
BED EARLY AND HAD THE  
BEST SLEEP I HAD IN A  
LONG TIME!**



# DAILY PLAYSHEET

## DAY 1

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ANYTHING I TOUCH WITH LOVE TURNS INTO LOVE!

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2. Today I forgive

for

Now I reclaim my

## MY OVERALL OBSERVATIONS TODAY

Notice mood shifts, interactions,  
energy levels, thoughts etc.

## MAIN EMOTIONS I PROCESSED TODAY

## BODY SIGNALS SHOWING EMOTIONAL RELEASE

Circle all that apply:

headaches, dizziness, yawning  
coughing, sneezing, hiccups, burps,  
throat clearing, swallings, changes  
in breath, exhales, tears, sobbing,  
laughter, vomiting, sweating,  
hot/cold, shivering, nausea, belly  
rumblings, lightheaded,  
urination increased, farting,  
diarrhea, aches or pains,

**OTHER:**

## FORGIVENESS GIVEN

1. Today I forgive

for

Now I reclaim my

2. Today I forgive

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## MY OVERALL OBSERVATIONS TODAY

Notice mood shifts, interactions,  
energy levels, thoughts etc.

## SELF REFLECTION & REVIEW

## What has this experience been like for you?

## How are you new and different?

## How are your relationships new and different?

[illegible]

D. Gary Young: Blessings from doing protocol for 30 days: "You will feel enthusiastic. Your life will be full of excitement, and people will be drawn to you like a magnet."



ANYTHING I TOUCH WITH LOVE TURNS INTO LOVE!

# MORE WAYS TO CONNECT WITH ME FOR ACTIVATING YOUR SENSE~ABILITIES!



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FROM TIRED TO THRIVING



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