FEELINGS KIT PROTOCOL PLAYBOOK

ORGIVENES

INNER CHIL

NGEIT

HARMONY

VALORI

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.

CTammy Hawksworth 2022



RELEASE

OUNG LIVE

PRESENT TIME





I AM ADAPTING THIS PROTOCOL BASED ON NEW AN 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 FORM 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)



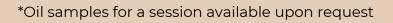
- 4. Is there a negative thought or idea connected with your situation? (Ex. Why is this happening?, How am I going to handle that? I don't have time for this! etc.)
- 5. Place a drop of your oil in your non-dominant hand, with your dominant hand rotate clockwise slowly for three turns to activate the 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.







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
	HURTFUL
for	THINGS
Now I reclaim my	OUR
FRI	ENDSHIPS

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!

Tamm Hawkswerth

DAY 1

MAIN EMOTIONS I PROCESSED TODAY

MY OVERALL OBSERVATIONS TODAY

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

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

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Tamm Hawkswerth

DAY 2

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Tamm Hawkswarth Well Eiled Afe

DAY 30

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SELF REFLECTION & REVIEW

What has this experience been like for you? How are you new and different? How are your relationships new and different?

	<u>n</u>	
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	<u>_</u>	
	Cary Young: Blessings from doing protocol for 30 days: "You will feel	
enthu	isiastic. Your life will be full of excitement, and people will be drawn you like a magnet."	LO TammHawkswarth Well eiled rife
		war oneg syp

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



@WELLOILELIFEWITHTAMMY



FROM TIRED TO THRIVING



@WELLOILELIFE



TAMMYHAWKSWORTH.CA

