

The Feelings Kit

Protocol FlipCards

Do you just want to get right to the steps?

These cards are for you. You can print them out on copy paper, however I recommend printing them on card stock, maybe even getting them laminated. Then add a jumpring. Have them next to you with your oils for quickly moving through each step in the protocol.

Reminder that emotional energy flow can look like any of following:

You may experience one or more of the following.
I only tell you so you can be aware. No judgement.

Head buzzing or tingling=Crown chakra/3rd eye.(Consider were things hard to know?)

Brow/forehead tension, aches, dizziness, light headed = crown /3rd eye,
(Consider were things hard to see, hard to hear?)

Coughing, hiccups, clearing throat, sneeze, mucous = throat
chakra(Consider were things were hard to swallow or held back
(will/voice),unable to speak up, things were hard to hear?)

Yawning, exhaling, laughter, deep breath in and out, sweating = heart/throat
chakra, (Consider were feelings held back, stuffed, or ignored?), *even
faking a yawn will open the throat chakra and draw your brain out of beta
(stress) brain state and into an alpha (trance) brain state.If coughing
happens then it's blocked (and you're opening it).

Burping,(or farts), nausea, vomiting, =Solar plexus (Consider were things
were hard to stomach or digest?)* may happen if there was abuse.

Urination, with possible tears=Sacral(water chakra), (Consider were things
hard to flow?)

Farting,increased frequency of bowel movements, or diarrhea, =Root
chakra, (Consider were things hard to digest, or let go?)



Step 1

- Apply 1-3 Drop to palm
- Activate oil
- Apply to sole of foot & Brainstem
- Repeat for other foot
- Breath in Aroma
- Say decrees


Tammy Hawksworth
Well-Ed Life



STEP 2

- Apply 1-3 drop to crown of head & over the heart
- Vitaflex along same area where oil was applied (3x)
- Apply oil to palm
- Activate oil
- Breath in aroma
- Say Decrees


Tammy Hawksworth
Well-Ed Life



Decrees

1. I Am Mighty in my strength, support, courage and confidence
2. I bring my divine qualities of strength in all I do, think and feel
3. I walk in my grace and in my confidence
4. I am confident and secure in who I am and in whose I am

Tammy Hawksworth
Well-Ed Life



Decrees

1. I Am Secure and harmonious with all energies and feelings in my life
2. I Am one with all harmonious energies
3. I am harmonious
4. All is well in my world
5. My heart is open for giving & receiving love

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STEP 3

- Apply 1-3 drop to Navel area
- Rub in clockwise motion around navel (3x)
- Breath in aroma
- Say Decrees

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STEP 4

- Apply 1-3 to palm
- Activate your oil
- Apply over liver or liver vitaflex point(s)
- Vitaflex along same area where oil was applied (3x)
- Breath in aroma
- Say Decrees

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Decrees

1. I forgive automatically
2. I am already divinely forgiven
3. My love is forgiving and for giving and giving and giving
4. I forgive and set myself and others free
5. I am free

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Well-Ed Life



Decrees

1. I restore and I reclaim my authority and my vitality
2. I author my life
3. I accept and I appreciate my awareness and all my experiences
4. I bring love into all my memories

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STEP 5

- Apply 1-3 drop to palm of hand
- Apply oil to palm
- Activate oil
- Apply oil to Thymus (just under your collar bone) & Behind ears
- Vitaflex along same area where oil was applied (3x)
- Breath in aroma
- Say Decrees



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Well-Being Life

STEP 6

- Apply oil to palm
- Activate oil
- Apply 1-3 drop under the nose
- Apply to belly button
- Breath in aroma
- Say Decrees



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Well-Being Life

Decrees

1. I am fully and completely present each & every moment of my life
2. I am in my divine timing, for my highest good
3. I am clear and I am secure always, in all ways
4. I am present in my moment and I am grateful for all my experience



Tammie Hawksworth
Well-Being Life

decrees

1. I am my divine, playful, Heavenly self
2. I am sovereign in my I am that I am
3. My life happens for me in fun and easy ways
4. I am enough



Tammie Hawksworth
Well-Being Life

Step 7

- Apply 1-3 Drop to palm
- Activate oil
- Apply to sole of foot
- Repeat for other foot
- Breath in Aroma
- Say decrees(with feeling)



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Well-Being Life

Decrees

1. I Am Mighty in my strength, support, courage and confidence
2. I bring my divine qualities of strength in all I do, think and feel
3. I walk in my grace and in my confidence
4. I create my opportunities
5. I author my life



Tammie Hawksworth
Well-Being Life





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