



Aroma Reset Script

ACTIVATE
YOUR MOTIVATION
AND
EMPOWERMENT!

by
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AKA S.O.S. Script



S.O.S. Script

CLEAR YOUR EMOTIONALLY CHARGED SITUATIONS QUICKLY AND EASILY

Before beginning, gather your Young Living Essential Oils, OR other natural botanical to use to activate your powerful *Sense of Smell* (SOS) and set it aside.

S.O.S. Steps



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. Notice what is shifting for you.

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



Activating Your Senses!



CLEAR YOUR EMOTIONALLY CHARGED SITUATIONS QUICKLY AND EASILY

Get my Children's Book!

New Releases



Many children often are not taught how to regulate their emotions, by no fault on anyone. Often we are sharing with our children the same techniques that were used for us.

Emotional regulation may be something we discover, as adults, later in life.

So, what if we could shift this and start supporting are younger generation from an early age, how to simply and easily process their emotions, would you be interested?

Well, now you can, you now have a tool, in book form for support your littles. My book is great for young children all the way to adults. Also, great for those who are non verbal with visual cues for connection. My grand children & special needs daughter love it.

Grab your copy today and empower your littles in your life!