EMOTIONAL CLEARING

(D. Gary Young, N.D., Session 2002)

Emotional Clearing – This is a profoundly, life-changing technique when done with intent and Young Living essential oils.  Release those emotions that are holding you back and no longer serving you.  Begin your new year with a lighter load and a fresher, brighter outlook.

1.       Basic Instructions

* 1. Space of safety for everyone
	2. Whatever is said stays in room and is not repeated
	3. Respect and empathy for each person
	4. We do not determine outcome by response or lack of response
	5. An emotional release can have effects up to 10 days later
	6. Do not project or expect anything
	7. Silence is key part of this work
	8. If you feel an intuition, put oils on head, tummy, feet or heart
	9. Find partner to facilitate application of oils
1. Background: Ancient Egyptians spent three days doing this:
	1. Morning bath
	2. Cover body in oils
	3. On the table: head faced east, feet faced west
	4. Just before sundown, back in the tub then coat the body with oils, then return to                            “release” room
2. White Angelica: apply to shoulders
3. Forgiveness: put in client’s hand to put on navel
4. Valor: Apply to feet and shoulders (right hand to right foot, left hand to left foot)
	1. Close eyes, focus and wait for any information
5. Harmony: Apply to crown, forehead, clavicle notch, both knees and ankles, then sternum and   belly button
	1. If you have a date, a number, a name, father, mother you can ask a question such as: What happened in 1976? What happened when you were age 3?, etc.
6. Breathing and relaxing
	1. Breathe, listen to music
	2. Take in deep breath all the way down to the toes
	3. Breathe in and down to ankles
	4. Relaxing, cooling, soothing
	5. Release and let go of stress
	6. Breathe in deep down to calves, relax and breathe out
	7. Breathe in down to knees, now out
	8. Look up at the heavens
	9. Breathe in the white light of the heavens
	10. Breathe out and release stress all the way down to ankles
	11. Relax, flex toes
	12. Breathe in to hips, relax, move hips slightly
	13. Breathe in to pelvic area, hold to count of 3, relax
	14. Breathe in deep to abdomen, hold to count of 2, breathe out, relaxing
	15. Breathe in, fill diaphragm, hold to count of 2, breathe out, relaxing
	16. Deep breath – breathe in white light to chest; hold to count of 4
	17. Breath out, let go of stress and limitation
	18. Breathe in to shoulders, let it run down to fingertips, breathe out and relax
	19. Breathe in to elbows and forearms, breathe out, let tensions go
	20. Listen to your breathing
	21. Breathe sound and light into your very being
	22. Breathe in to shoulders, lift shoulders, breathe out and let tension go

 i.      Do twice:

ii.      Breathe in to neck, breathe out and let tension go

iii.      Breath in - head to left, breathe out and back to center

iv.      Breathe in – head to right, breathe out and back to center

v.      Breathe in – head upwards stretching neck; Breath out – back to center

vi.      Breathe in – head down as far as possible; Breath out – back to center

vii.      Breathe in – head right, hold, than back to center

viii.      Breathe out – left hold, then back to center

ix.      Breathe in – left hold, right hold, back to center; Breathe out – relax

  x.      Breathe in; Breathe out

* 1. Breathe in and fill crown and brain with oxygen, breathe out
	2. Breathe in deep all the way to toes, hold breath to count of 7, breath out slowly
	3. Deep breath in and out
1. Release: Apply 1 drop under the nose
	1. Continue breathing in and out taking this beautiful fragrance all the way down to the liver; allow liver to experience this fragrance for releasing
	2. Breathe, keeping eyes closed
	3. Feeling relaxed
	4. Tip your eyes upwards toward crown and look at the colors that appear directly overhead
	5. As you identify a color, follow that color and see which organ or gland that color is coming from
	6. Continue to breath
2. 3 Wise Men: apply 3 drops to crown
	1. As you are able to attach a color to a body, then look at the body part and ask, “What is the feeling? What is behind the feeling? What memory attaches to that feeling?”
3. Release:  apply 1 drop over the liver, to liver point on foot and sternum (in that order)
	1. Breathe deeply and say:
	2. I am a child of God
	3. I am created in His image and His likeness
	4. God’s perfection is working through me
	5. God’s love is working in me
	6. I am a child of God
	7. I lovingly and willingly release and let go all of that which no longer serves me in a positive and progressive way.
	8. (Repeat 3 times)
4. Joy:  1 drop to forehead and rub in clockwise 3 times
5. Valor: 1 drop to throat, rub clockwise 3 times
	1. Continue to feel and release the emotions until the color is white and the feeling is peace
6. Forgiveness: 4 drops to navel; hold hands on navel, breathe and release and repeat:
	1. “I am a child of God, I forgive thee Mother, I forgive thee Father”
	2. Bring Mother and Father into the picture
	3. Feel the hurt and pain that has happened whether intentional or unintentional
	4. Feel and identify the color of the pain and the part of the body that is hurting the most
7. Balsam Fir: Apply under nose and brain stem
	1. Apply and keep hands on feet (right to right, left to left) can be top of feet
	2. Breathe, breathe deeper, deep and full
	3. Breathe in the oils…cleansing the cells, cleansing the emotion
	4. Say: “I am a child of God

                                                               i.      Created in His likeness and image

* 1. I am a vessel of love
1. Trauma Life: Apply to throat, stir clockwise 3 times
	1. Remain in contact with shoulders, neck and head
	2. Stay with mother and father issues until the light is completely clear, then fill the cells with love
	3. When you have cleared the issues with mother and father, then invite siblings, brothers and sisters or grandparents
	4. Invite them, greet them with love and forgiveness
	5. Breathe in white light
	6. Breathe it into the cells
	7. Breathe it into the feeling of pain
	8. Breathe it into the cells and fill it with love
	9. Restore the cells with the white light of God
2. Gathering/Grounding/Into the Future
	1. Rub from right temple across forehead to the left temple
	2. Breathe in and bring all the pain and hurt into the breath
	3. Repeat, “We ask the Spirit of God to release this pain and emotion”
	4. Breathe out and release it for our parents, ancestors, all generations back, setting them free
	5. Repeat the following 2 times:
	6. “I lovingly and willingly release and let go all of that which no longer serve me in a positive and progressive way.”
3. Hope: apply on the rim of the ears
	1. Breathe in the fragrance of hope
	2. It renews our hope inside and renews our faith in the Creator that truly loves us and that we will be set free from the pain and the hurt.  We will be truly free.
	3. Breathe in and scan your body. See if there are other colors manifesting, beautiful pastels blues, greens, oranges, and white light.
	4. Continue to release and ask forgiveness for you and those in your life.
	5. Look at your parents and grandparents. Is there hurt and pain in their eyes? Or have you set them free?
	6. For those suffering from abuse from a parent, friend or spouse, put 3 drops of SARA in the right hand and 3 drops of Trauma Life in left hand. Apply to sternum.
	7. All who have suffered abuse, apply oils to the area nearest or most affected by the trauma.
	8. Breathe in the oils, breathe in the light
	9. See happy vibrating cells full of light.
4. 3 drops Release, 1 drop Trauma Life, 1 drop Balsam Fir
	1. Apply to navel, layer in above order
	2. Breathe the white light into the navel, let it follow the oils to every fiber of your being
	3. Releasing every  memory of trauma, forgiving.
	4. Give thanks to Father that this can be released; feel the loving kindness of your Father
	5. Feel the burdens lift as your body becomes light
	6. See yourself as the perfect child of God in a perfect body
	7. Say, “ I am a child of God”
5. Present Time: 1 drop to clavicle notch, rub clockwise 3 times
	1. Be in the moment – in control, be you and make choices

                                                               i.      “I choose to be free from pain and burdens, I choose Joy

                                                             ii.      I choose to draw the right relationships to work with peace and harmony

                                                            iii.      I choose to allow the experience of the past to be part of the past

                                                           iv.      I lovingly and willingly release them

                                                             v.      I choose to move forward with peace and ease

1. Joy: apply 1 drop to heart and repeat:
	1. I now breathe in and accept Joy to my heart
	2. I breathe in Joy
	3. My being is filled with Joy
	4. Everything I do, everything I express, I express with joy in the present time
2. Present Time/Joy:  Apply 2 drops of each on each foot
	1. Breathe in deep and pull Joy and Present time up through your feet, toes, ankles, calves, knees, thighs, hips, chest and shoulders.
	2. “All pain, all hurt and all limitations I have lovingly and willingly released all that energy
	3. I am a child of God
	4. Perfection in work
	5. Each day I become more like Him
	6. I will let no feeling or emotion block or interfere with my highest good
	7. I accept the peace, joy, love and abundance
	8. I accept the protection of God. I am loved and protected.”
3. White Angelica:  Apply 1 drop to clavicle notch, shoulders and back of neck
	1. Breathe in, relax all the way down to the toes, wiggle your toes
	2. Breath…count to ten
	3. Breathe in to the feet, breathe out
	4. Breathe in to the legs and ankles, breathe out, relax, and release the tension
	5. Breathe in to the thighs and hips, rotate hips – feel them, know they are totally alive,    they carry you forward in life.
	6. Breathe in to the abdomen and pelvic, express thanksgiving that you can let go of stress
	7. Feel peace and ease
	8. Breathe out
	9. Breathe in to chest, expand with gratefulness of who I am and the power I have
	10. Breathe out
	11. Breathe in: and say, “I am a child of God, there are no limitations.”
	12. Breathe out, feel alive, free of stress
	13. Breathe in to hands and fingers, arms, elbows, shoulders (rotate them) and release
	14. Breathe in to the neck, move our neck to the left and then right, tension is gone, flex forward and backward, breathe out
	15. Breathe in and feel the entire body flowing over, spilling over, creating a beautiful           cocoon of white light
4. White Angelica: apply 1 drop to crown and say,

                                                               i.      “I am a perfect child of God

                                                             ii.      I am abundance

                                                            iii.      I am health”

1. Breathe in deep and hold to count of ten
2. Breathe out and relax
3. Be in the moment

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