

UP YOUR FREQUENCY

# Transforming Emotions with Essential Oils

## PREMIUM STARTER BUNDLE

WITH DESERT MIST DIFFUSER



[www.lisajock.com](http://www.lisajock.com)

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# Hello there!

Welcome to a journey of emotional wellness and empowerment through the transformative power of Young Living's essential oils. In this eBook, we will delve into how the carefully curated Premium Starter Kit can support your emotional well-being, helping you navigate the complexities of modern life with ease and grace.

Whether you are seeking serenity, motivation, clarity, or comfort, these oils are here to guide you on your path to emotional harmony.

*Lisa*

Up Your Frequency



# Understanding Trapped Emotions



Have you ever felt weighed down by feelings you couldn't quite explain? It's not uncommon to experience emotions that seem to be stuck within us, just below the surface, influencing our moods and behaviors. These are known as "trapped emotions." When we experience stress, trauma, or intense feelings that we don't fully process, our bodies can store these emotions as energetic blockages. Over time, these trapped emotions can impact our physical health, mental clarity, and overall well-being.

Our body's natural response to stress and emotional trauma is complex. At times, to cope with overwhelming circumstances, we may suppress or ignore these feelings, leading to their entrenchment in our body's cellular memory. This is why specific situations or scents can trigger emotional responses—we are tapping into those stored energies.

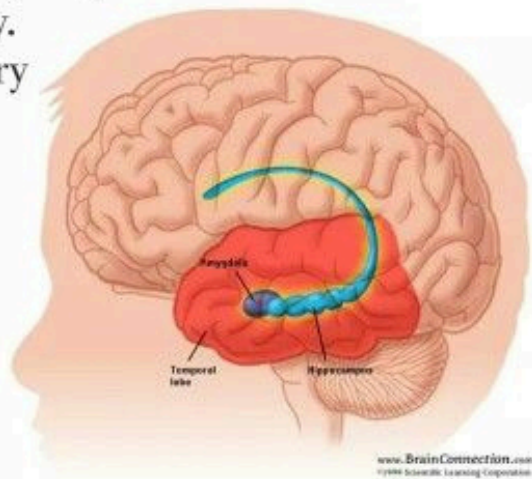
# The Science of Scent and Emotion

## What is amygdala & hippocampus

*Aromas of essential oils can help to release emotional trauma.*

Found in the limbic area of the brain, they are involved with emotion & memory. They are located close to the olfactory nerves in the nose and the shortest distance to the emotional brain is through smelling.

*The amygdala influences emotion and the hippocampus influences learning & memory.*



Scent, specifically through essential oils, has a remarkable ability to influence our emotional state. This phenomenon is rooted in the anatomy of our olfactory system. When we inhale a fragrance, odor molecules travel up the nose where they are processed by the olfactory nerve and sent directly to the limbic system in the brain. This area is deeply connected to emotions, memories, and mood regulation.

Because of this direct connection, specific scents can evoke powerful emotional responses. Essential oils, with their concentrated aromatic compounds, can effectively work with our body to release trapped emotions and enhance our emotional health.

# Discover the Power of Essential Oils

## Transforming Emotions with the Premium Starter Kit

Essential oils have been used for centuries to influence mood and emotions, and today, they remain one of the most powerful natural tools we have at our fingertips. Young Living's commitment to producing high-quality, pure oils means you're gaining access to a resource that supports your physical health and nurtures your emotional resilience.

As you explore each essential oil in the Premium Starter Kit, you will uncover the unique benefits they offer, from enhancing relaxation and promoting positivity to grounding and balancing your emotions. Each oil and blend speaks a unique language to your senses, contributing to an overall well-being.



"Believe in yourself and all that you are. Know that there is something inside of you that is greater than any obstacle."

~Christian D. Larson

# Premium Starter Kit

## 01 LAVENDER

Known as the "Swiss Army knife" of oils, Lavender is cherished for its calming properties. When you're feeling overwhelmed or anxious, diffuse Lavender to promote relaxation and peace. Apply it to your temples or wrists to encourage restful sleep and emotional balance.

## 02 PEPPERMINT

Energizing and invigorating, Peppermint is perfect for those moments when you need a mental boost. Its refreshing aroma can help combat fatigue and invigorate your senses. Diffuse it during study sessions or rub a drop on your palms and inhale to promote focus and clarity in times of stress.

## 03 LEMON

Bright and uplifting, Lemon essential oil is a ray of sunshine in a bottle. Its cheerful scent can help dispel feelings of negativity and promote an optimistic outlook. Diffuse it in your home to elevate mood and create a refreshing environment when you're feeling down.

## 04 FRANKINCENSE

Deeply spiritual and grounding, Frankincense is ideal for moments of reflection and meditation. This sacred oil can help deepen your spiritual awareness and support emotional healing. Apply it to your wrists or chest during meditation or prayer for enhanced connection and mindfulness.

THE BEST WAY TO GET STARTED.



PREMIUM STARTER KIT WITH DESERT MIST DIFFUSER | \$165



WITH RAINSTONE DIFFUSER | \$210



WITH ARIA DIFFUSER | \$265

EMPOWERING WELLNESS TOOLBOX  
WITH SCORES OF USES TO TAKE  
ADVANTAGE OF THE PLAYGROUND OF

## 05 VALOR

Renowned for its empowering aroma, Valor is a blend designed to promote courage and confidence. Its balanced fragrance supports emotional strength and helps reduce feelings of fear. Apply Valor topically to your wrists or neck before important occasions for an extra boost of confidence.

## 06 THIEVES

While Thieves is renowned for its immune-supporting properties, its warm and spicy aroma also provides a comforting presence. Diffuse it to create an atmosphere of warmth and security, which can be especially comforting when feeling vulnerable.

## 07 RAVEN

Invigorating and refreshing, Raven is a blend that can help clear the mind and support respiratory wellness. When feeling emotionally congested or fatigued, diffuse Raven to promote clear breathing and a rejuvenated spirit.

## 08 CITRUS FRESH

A blend of energizing citrus oils, Citrus Fresh is perfect for elevating spirits and enhancing creativity. Its fresh and vibrant scent can help dispel mental fog and promote feelings of joy. Diffuse it to inspire positivity and encourage motivation.

## 09 DIGIZE

Though primarily used for digestive support, the grounding nature of Digize can also provide emotional comfort. In times of emotional upset or when feeling out of control, applying Digize can help ease discomfort and promote a sense of balance and grounding.

## 10 PANAWAY

This soothing blend provides relief from physical discomfort, which in turn can impact emotional well-being positively. Use PanAway after a long day to promote physical relaxation and emotional release, helping you unwind and let go of tension.





## 11 STRESS AWAY

The name says it all—Stress Away is your go-to blend for those overwhelming moments of stress and chaos. With its tropical and calming aroma, this blend helps to release tensions and promote relaxation. Wear it as a personal fragrance or diffuse it in your space to create a sanctuary of peace.

## 12 PEACE AND CALMING

As its name suggests, Peace & Calming is an exquisite blend that provides a calming environment. It's perfect for when you need emotional release or a pause from daily stress. Diffuse Peace & Calming in your living space to encourage a sense of peace and relaxation.

# The Premium Starter Kit

[ORDER HERE](#)



# Why Work with Me

As someone who lives on an Indian reservation and would forage through the woods with my grandmother for berries, roots, and leaves to create natural remedies, embracing essential oils was an easy transition for me.

An example of what I have achieved is over 20 years of helping family, friends, and strangers with everyday common issues, grief and big challenges. For example, my husband's near-death experience, my oldest son with a fractured skull, and several others with health issues.

One of the keys to my success is listening to my body, it doesn't lie, helping others listen to their bodies, and doing my research.

My mission is to support individuals at their current stage of life, helping them reconnect to their true selves and live a life of vitality.

What I love most about what I do is hearing people say "I got my life back."

How can I help you? Click the contact button below.



# Let's Get Started!

Let's take the first step together. Discover how Young Living's Premium Starter Kit can become an integral part of your emotional wellness routine. Dive deeper into your personal journey with essential oils and unlock new levels of emotional freedom and self-discovery. Connect with your Young Living community and begin your transformative journey today! Reach out to by clicking the contact me button to get started and feel supported every step of the way.

[CONTACT ME](#)

[LEARN MORE](#)

By embracing these oils in your daily routine, you can support a healthy emotional landscape and cultivate a richer, more balanced life. Unlock the potential within each bottle and begin your journey toward emotional wellness today.

*Lisa*



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