

Emotional Clearing Protocol Using 12 Essential Oil Blends:

Step 1. VALOR should be the first blend used and applied to the bottoms of the feet when starting an emotional clearing. It helps balance the energies within the body, helping to give courage, confidence and self-esteem. Apply 3-6 drops on each foot and hold the right foot in the right hand; left foot in the left hand for a minute or two until balance is felt.

Step 2. The 3 WISE MEN was formulated to open the subconscious mind through pineal stimulation to release deep-seated trauma encoded in the DNA. This blend opens the crown chakra and stimulates the limbic system, bringing a sense of grounding and uplifting through positive memory recall. Place 2-3 drops on the crown of the head.

Step 3. HARMONY is an exquisite blend of 12 essential oils, which promotes physical and emotional healing through harmonic balance of the energy centers of the body, enabling energy to flow more efficiently. It helps reduce stress and creates an overall sense of well-being. Apply 2 drops on the energy meridians either directly on or along the side of the body.

Step 4. FORGIVENESS blend has high electrical frequencies, which can help release negative memories to facilitate forgiveness, letting go, and moving on. Apply 1-2 drops around the navel, massaging in a clockwise motion.

Step 5. JOY is an exotic blend of ylang ylang, bergamot and pure Bulgarian rose oil, which produces a magnetic energy to attract love and enhance self-love, bringing joy to the heart. Apply 1-2 drops over the heart area massaging in a clockwise motion.

Step 6. PRESENT TIME blend has an empowering fragrance, which gives a feeling of being 'in the moment.' One can only progress through emotional release when in the present time. Apply 1-2 drops on the thymus (top of the sternum) in a circular motion.

Step 7. RELEASE blend is formulated to support the release of traumatic memories from the cells of the liver. Many energy medicine doctors believe that anger and hate energy is stored in the liver. Apply 1-2 drops over the liver area in a circular motion.

Step 8. INNER CHILD blend is a formula that may stimulate childhood memory. When children experience abuse or trauma, they can become 'disconnected' from their inner child or identity. This disconnection may not be apparent until many years later, manifesting itself as a 'mid-life crisis.' The inner child fragrance may stimulate memory response, helping one re-connect with his or her fundamental identity. This is an essential step or condition to achieving emotional balance. Apply 1 drop under the nose and 1 drop around the navel.

Step 9. GROUNDING may be helpful in situations where one is over-excited about new ideas or wants to escape into a protective fantasy. In this kind of mental state, it is easy to make choices which lead to bad relationships, bad business decisions and other unfortunate circumstances. We seek for an escape because we have no anchor to know how to deal with negative

emotions. GROUNDING's aroma helps restore confidence and peace, enabling us to deal logically and peacefully with life's decisions. Apply 1-2 drops to the back of the neck and the sternum.

Step 10. HOPE blend is formulated to reconnect with a feeling of strength and optimism for the future. Hope must be in place in order to move forward in life. Hopelessness can cause a loss of vision of goals and dreams, making it impossible to release emotional blocks. This aroma may also help in overcoming tendencies toward depression. Massage 1 drop on the outer edge of each ear.

Step 11. SARA blend is an essential oil blend formulated specifically for opening the limbic system to release the memories of serious trauma connected with Sexual And/or Ritual Abuse. Apply one drop over the energy centers, navel and chest.

Step 12. WHITE ANGELICA is an amazing blend of 18 different oils, some of which were used during ancient times to increase the aura around the body, bringing a delicate sense of strength and protection. Its frequency protects against negative energies and helps to create a feeling of wholeness and oneness with the Creator. Apply 1-2 drops on the crown and on the shoulders.

Step 13. Meditate on positive images and emotions for 20 minutes. (Note this step should be included regardless of how many of the first 12 steps are taken.)

Emotional Response with Essential Oils

Today we live in a society of emotional turmoil. More and more the evidence is accumulating that our emotional health can have a profound effect on our physical health. More than ever before researchers are probing the impact that emotional states have on the physical condition of the body. Many doctors are recognizing the possibility that a number of diseases are caused by emotional problems that link back to infancy and childhood-- and perhaps even to the womb. These emotional problems can compromise body systems and even genetic structuring through a process that translates creates the equivalent of a molecular 'memory' in key organs and structures of the body. The idea that memories and traumas can be embedded in the brain is not new, but scientists are now saying that these brain imprints may extend throughout the body. Well-known author and Georgetown University research professor, Candace Pert states, "Repressed traumas caused by overwhelming emotion can be stored in a body part, thereafter affecting our ability to feel that part or even move it." "To some degree, all of the organ systems in the human body have 'memory,' agrees Bruce D. Perry, MD, PhD. "All nerve cells 'store' information in a fashion that is contingent upon previous patterns of activity," he noted. Dr. Perry is with the Child Trauma Program sponsored jointly by Baylor College of Medicine and Texas Children's Hospital. Perry says further that the ability to "carry elements of previous experience forward in time is the basis of the immune, the neuromuscular, and the neuroendocrine systems." As scientists have studied to understand the neural basis of emotion, they have discovered that the limbic system of the brain plays a vital role in interpreting and channeling intense experiences, particularly memories of fear or trauma. Interestingly, the two

parts of the limbic system which play a major role in emotional processing--the amygdala and the hypothalamus--are located less than an inch of the olfactory nerve (see chart below and also the Limbic System chart in Chapter 1).

In 1989, researchers agreed that the amygdala-- one on each side of the inner brain--play a major role in storing and releasing emotional trauma and that aromas have a profound effect in triggering responses from the amygdala. Joseph Ledoux, MD, of the New York Medical University was one of the first to suggest that the use of aroma could be a major breakthrough in helping to trigger the release of pent-up emotional trauma. Fear and trauma can produce conditioned emotional responses that--unless released--will not only hamper our ability to live and enjoy life fully, but can also limit the ability of some body systems to function p