

## Young Living Oils Feelings Kit – Directions for Use

### Valor

Put Valor Oil on the soles of both feet. This blend is effective to erase limited thinking. Valor balances and equalises the body's energies, thereby increasing oxygen intake to the pineal gland - the seat of our higher intelligence and intuitive faculties. If you use it at nighttime, you will wake up in the morning more self-assured and more alive to start the day.

Suggested affirmations:

- I am ready to transform my life.
- I choose to have the courage to make changes in my life.
- It is safe for me to change.

### Harmony

Massage a drop of Harmony Oil on each of the energy centres of your body. There are seven of them along the spine: Coccyx (tail bone), Sacrum, Lumbar, Between Shoulder blades (or Heart), Cervical (where neck meets shoulders), and Medulla (hollow place at centre of base of skull), and Pineal (centre of forehead). You can also massage Harmony on the crown of the head. Harmony balances the parasympathetic and sympathetic nervous systems which, in turn, gives us progressive creativity and feelings of confidence. "The biggest sin is not having confidence in yourself", says Gary. "He who lacks confidence lacks life."

Suggested affirmations while focussing on chakra points:

- I allow myself to stand firmly on the Earth, in perfect balance and harmony (below feet)
- I trust that my needs are always met (base of spine, coccyx)
- I have the confidence to express myself creatively (sacrum, reproductive organs)
- I claim the power to transform my life (solar plexus, lower back)
- My heart is open fully to give and receive love (heart, between shoulder blades)
- I communicate with clarity and freedom of expression (throat, base of neck)
- I see truth with clarity (base of skull, third eye)
- I am connected with my soul's wisdom (crown of head)
- I see the bigger picture for my life's purpose (above head, connection with higher self)

### Forgiveness

Apply Forgiveness Oil around the navel with the right hand going clockwise several times and think of situations where you need to forgive yourself or others. We beat up on ourselves, but everyone makes mistakes. Yet we struggle to forgive our own mistakes and those of others. Un-forgiveness is one of the most common roots of physical, mental and spiritual disease. Un-forgiveness does not make the offending party sick. It makes us sick. Forgiveness is for our own benefit. Suggested affirmations:

1. I forgive myself for allowing people to affect my health and happiness.
2. I forgive other people for any harm they may have caused you.
3. I give other people permission to forgive me.
4. I see the good in every situation.
5. I am thankful for life's experiences and the lessons they teach.

Inhale and apply Forgiveness Oil while going through these steps and repeat as often as necessary to clear the feelings of un-forgiveness.

## Release

Negative energy goes into the blood and then into the liver for cleansing where the toxins can remain trapped. Thus, the liver becomes a storage place for anger, resentment, bitterness, hatred, jealousy, envy, addictions and a host of destructive feelings. Apply a drop of Release Oil on your tongue to release the poisons of stored emotions from the liver. Rub Release over the liver area (on right side, under the ribcage). Drink lots of pure water and do a liver cleanse.

Suggested affirmations:

- I now choose to release all anger from my liver
- It is safe for me to release all anger from my liver
- I now choose to release all resentment from my liver
- It is safe for me to release all resentment from my liver
- I now choose to release all the destructive feelings and replace them with love and joy

## Present Time

When we live in the past or dwell on the future, we are not being productive in the present. Energise three drops of Present Time by making clockwise circles on the oil in the palm of your hand and then apply it to your thymus gland (on sternum, midway between heart and throat). Besides keeping you focused on the tasks of today, this can also help you financially by increasing your abundance consciousness in the present.

Suggested affirmations:

- I let go of the past
- I allow the future to unfold with ease
- As I bring myself fully into the present moment, this is where my power lies

## Inner Child

"When you are a child all things are possible. There are no limitations," says Gary Young. "When you find your inner child, you have found your true self. The child in you is your creativity." Apply one drop of Inner Child onto the pad of your thumb and then place your thumb onto the roof of your mouth. This opens the cranial sutures and stimulates the pineal, pituitary and other organs of the emotional brain that occupy the space just above the roof of your mouth.

Suggested affirmations:

- I am ready to face my deepest secrets
- And this allows me to rediscover the playfulness of my Inner Child

## **In conclusion**

Gary says, “Use the Feelings Kit morning and night for 30 days. You will feel enthusiastic. Your life will be full of excitement and people will be drawn to you like a magnet.”