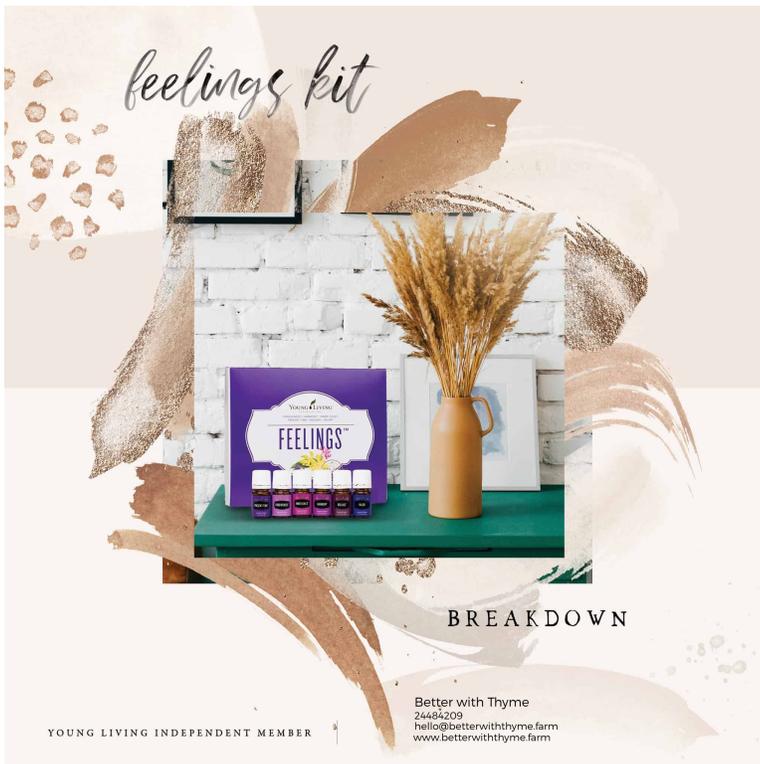
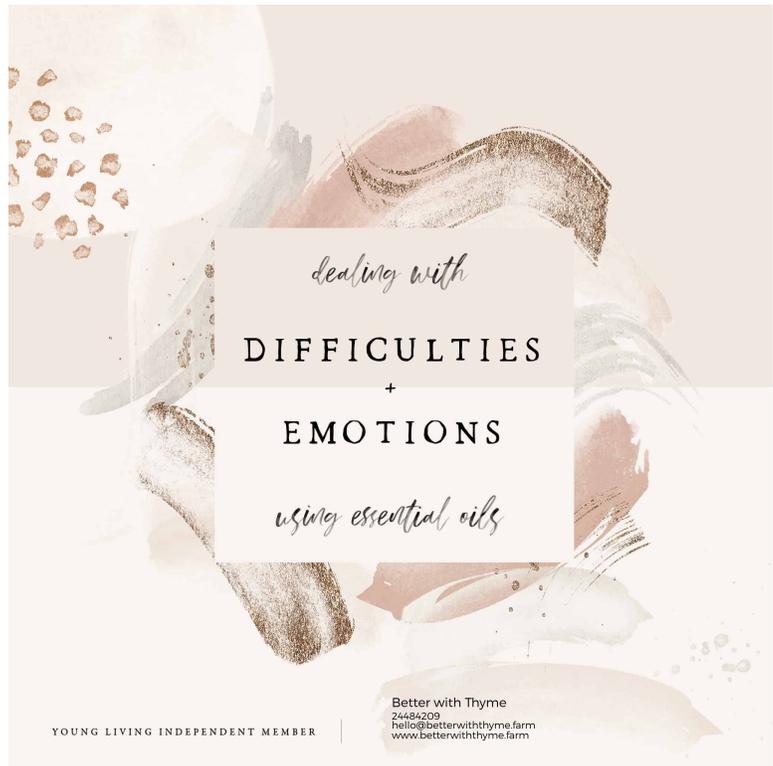


Difficulties + Emotions

It's been a long and sometimes really difficult journey for our family to heal wounds passed down to us, especially challenging when the weapons continue to be used.

Below are some of the resources that have helped us along the way.

- 1. REWIRING OUR BRAINS WITH DR. LAURA MARKHAM**
- 2. SELF-HEALING & SETTING BOUNDARIES WITH DR. NICOLE LEPERA**
- 3. RETUNING OUR EMOTIONS WITH ESSENTIAL OILS**



This year we found the last piece of the puzzle that finally pushed us over the edge from dealing with the emotional wounds after the assault occurred, to having a shield that prevented those attacks from being able to cut so deeply in the first place: essential oils!

We especially found the Feelings Kit and Gary Young's protocol for using it for 30 days to be transformational.

If you decide to buy the Feelings Kit, the last page of this PDF is great to print out to have the instructions handy so you can use your kit daily.

1: REWIRING OUR BRAINS WITH DR. LAURA MARKHAM

Dr. Laura teaches us that our brains are able to "rewire" even into adulthood. Certain habits rewire our brains according to research: meditation, exercise, feeling gratitude, and serving a higher good actually change our bodies and brains so that over time we can regulate ourselves better emotionally. (Our immune systems work better, too!)

We have used Dr. Laura's 4-step plan for anxiety for many years, and this year adding oils to step one has increased the number of times that this plan worked too 100% and decreased the amount of time it takes to get out of the state of emotional hijack.

STEP 1: USE YOUR PAUSE BUTTON: STOP, DROP, AND BREATHE

Stop. Just stop. Stop everything you're doing. Close your mouth.

Drop your agenda. Just for now, let it go. Step away from the fight.

Oil: This is where we add go get your oils! They are great to combine with the breathe step. You can breathe right out of the open bottle or apply it the oil topically. Stress Away, Peace & Calming and Frankincense are our go-to oils for emotional regulation.

Breathe. Take three deep breaths to calm yourself, breathing in through your nose and out through your mouth. If you need

more breaths, take ten. Becoming conscious of your breath stops your slide down the slippery slope toward losing it and lets you choose how to respond.

STEP 2: CHOOSE LOVE

The hardest part of calming down is choosing to calm down. When we're in the grip of anger, we want to lash out, not calm down. Make a conscious choice to let the anger go. Again, so much easier if you have oils to help with this!

STEP 3: CHANGE YOUR MIND/CALM YOUR BODY

Interrupt the rush of "emergency" neurotransmitters by consciously using a mental antidote—an image or thought to reassure your worried mind. This will make you feel more calm and emotionally generous.

Notice the sensations in your body. That's where emotions get stuck and swamp us.

Breathe into the tight places. Shift those sensations by meeting them with compassion—try hugging yourself.

Move your body to release the contraction—rub your arms soothingly, shake out your hands, splash water on your face.

STEP 4: DO A DO-OVER (IF APPROPRIATE)

If the difficulty occurred with your significant other or

child(ren) reconnect and do a do-over. Check out the next section on setting boundaries, because you may not want to do a do-over with other people/in every situation.

Dr. Laura focuses on parenting and children up to age 9 primarily, but her techniques for emotional regulation can be used for anyone regardless of whether they have children.

MORE FROM DR. LAURA:

As Simple As Breathing <https://www.ahaparenting.com/blog/Just-breathe>

A Magic Wand To Manage Your Stress When You Get Triggered <https://www.ahaparenting.com/blog/your-magic-wand-to-ease-stress>

Are you using this essential parenting tool? <https://www.ahaparenting.com/blog/are-you-using-this-essential-parenting-tool>

Transform Your Inner Critic Into Your Inner Nurturing Parent https://www.ahaparenting.com/blog/Transform_your_inner_Critic_Into_your_inner_Good_Parent

Practical Mindfulness Tips To Shift Your Mood https://www.ahaparenting.com/blog/Notice_how_your_mind_determines_your_moods

2: SELF-HEALING & SETTING BOUNDARIES WITH DR. NICOLE LEPERA

Dr. Nicole LePera (@the.holistic.psychologist on Instagram) taught us that we can heal ourselves, end the cycle of intergenerational trauma and set boundaries that support our our emotional needs, even (maybe especially) with family.

She also taught us that not all trauma is a severe abuse or neglect or even a single event, but instead trauma is an event where we are chronically denied our authentic nature as children, + are left to cope with our emotions without guidance in how to process them.

What is Reparenting and How to Begin: <https://yourholisticpsychologist.com/what-is-reparenting-and-how-to-begin/>

Next are some favorite Instagram posts from Dr. Nicole.

Childhood Trauma is Also:
@the.holistic.psychologist



A parent denying your reality

Not being seen or heard

Being told (directly or indirectly) you can't or shouldn't experience certain emotions

Having a parent who overcompensates for what they felt was missing in their childhood

Having a parent who's focused on appearance

Having a parent who cannot regulate their emotions

<https://www.instagram.com/p/CHk9mkOgYk1/>

Signs You Have A Wounded Inner Child
@the.holistic.psychologist



1. You have a deep fear of being criticized
2. There are parts of yourself you're afraid to express or feel shame around
3. You look to other people to know what is the "right" thing to do or what is "true/not true"
4. You find yourself unconsciously trying to fix, save, or rescue others
5. You feel guilty for saying "no" or for needing space/alone time
6. You feel responsible for other people's emotions

<https://www.instagram.com/p/CGnUVudgWGO/>

Our Conditioning Is:
@the.holistic.psychologist



Our Core Beliefs: beliefs we internalized as "truth" before age 7 about ourselves, others, + the world around us



Habit Behaviors: our unconscious (autopilot) responses including the way we speak, react, + the thoughts we practice



Coping Mechanisms: the way we cope with stressful emotions + situations

<https://www.instagram.com/p/CGQThaxAmyw/>

Boundaries are our own personal limits. They allow us to have space between us and another + are the foundation of healthy relationships.
@the.holistic.psychologist

<https://www.instagram.com/p/CHjRBwoAcSp/>

Boundary Setting
@the.holistic.psychologist

"It is OK for you to"
"express how you are feeling right now"

"It is not OK for me if you"
"yell, slam things, name call"

"It is OK for you to"
"disagree with me on this"

"It is not OK for me if you"
"continue to push your point of view, or deny mine"

"It is OK for you to"
"borrow my things"

"It is not OK for me if you"
"not return them, or not take care of my things"

<https://www.instagram.com/p/CGVJQGvADZb/>

I am responsible for	I am not responsible for
regulating my emotional state + responses	the emotional state of others
placing + holding clear boundaries	how someone reacts to my boundaries
clearly communicating my own needs	meeting every need of another person
the meaning I choose to assign to each situation	other people's opinions of myself
communicating clearly + objectively so the other person feels safe/able to fully express	communicating with people who engage in yelling, name calling, or denying our reality

<https://www.instagram.com/p/CGYIvFTAVXx/>

3. RETUNING OUR EMOTIONS WITH ESSENTIAL OILS

Our mental state has a measurable vibrational frequency and is lowered by negative emotions. Essential oils have higher vibrational frequencies and our bodies can be retuned when essential oils bring our vibrational frequency up.

Each essential oil's complex, pleasant and unique scent triggers emotions and memories, which can support you in rediscovering peace, balance and joy.

occasional nervous tension, while Cedarwood essential oil helps to promote relaxation.

PEACE & CALMING

AFRAID OR NERVOUS / Soothe your feelings with this beautiful blend which contains oils like Orange and Ylang Ylang. A favorite way for many is to apply right over the heart or breathe in deeply from hands cupped over the nose and mouth.

CITRUS FRESH

SAD or UPSET / Nothing can bring a little happiness like the blend of citrus oils! It has a balancing effect and can be very calming and relaxing and can help to relieve fear and to wind down before bed. Mentally it may aid in greater focus and alertness.

NORTHERN LIGHTS BLACK SPRUCE

UNWORTHY / Northern Lights Black Spruce essential oil comes from Young Living's Northern Lights Farm in British Columbia, Canada. Diffuse this rich, woody, and invigorating scent during meditation to create a fresh aromatic atmosphere. It can have a great grounding feeling and effect on the emotional health.

HOPE

STUCK / Hope can reconnect us with our core strength so we can ease stress and despair. Allows us to move forward with optimism and inner power!

ENVISION

EMOTIONAL BLOCK / contains scents that stimulate feelings of creativity and resourcefulness, encouraging renewed faith in the future and the strength necessary to achieve your dreams. Helps to open up the right brain where creativity and intuition flow.



Our family has gotten so much emotional support from the starter kit, as well as the oils from "Gary's Great Day Protocol" and the "Feelings Kit."

The Feelings Kit in particular is excellent. Our family used Gary Young's instructions on how to use the kit mindfully for 30 days and it turned our family around emotionally.

STRESS AWAY

OVERWHELMED / Spoil yourself with this "vacation-in-a-bottle blend" which can help induce relaxation and reduce occasional nervous tension. Vanilla contains eugenol which may combat

GARY'S GREAT DAY PROTOCOL

Gary's
GREAT DAY PROTOCOL

MASTER YOUR EMOTIONS
BALANCE YOUR SPIRIT

 <i>valor</i>	 <i>harmony</i>	 <i>joy</i>	 <i>white angelica</i>
TO BALANCE THE BODY	TO CALM THE MIND	TO PROMOTE HAPPINESS	PROTECTION FROM NEGATIVE ENERGY

YOUNG LIVING
INDEPENDENT MEMBER

Better with Thyme
24484209
hello@betterwiththyme.farm
www.betterwiththyme.farm

STEP 1: VALOR

Place a drop on the inside of your left wrist and hold your right wrist to it for a few minutes to balance your body.

STEP 2: HARMONY

Place a drop in your left palm, rub your palms together to activate the oil (smelling it as you do), and place it on your solar plexus, just below your sternum and above your belly button.

STEP 3: JOY

Place a drop in your left palm, rub your palms together, and place your hands to your heart.

STEP 4: WHITE ANGELICA

Place a drop in your left palm, rub your palms together, and brush your hands from the crown of your head all the way down your body like you are applying a shield.

APPLYING THE FEELINGS KIT IN YOUR DAILY LIFE BY DAVID STEWART

(Based primarily on notes taken on Gary Young's talk September 19, 2008, at the first Young Living European Convention, Vienna, Austria)

It has been said that when there is a conflict between reason and feeling, human beings will always side with feeling. According to Gary Young, "99% of life's decisions are made from feelings." Therefore, if you want your life to be guided by good decisions that lead to health, happiness, and fulfillment, you need to be aware of and in control of your present feelings and to learn how to release the repressed emotions of the past.

Most of our feelings from day to day are not responses to current happenings. They originate from the programming in cellular memory that was imprinted by the emotional experiences of our past that we were unable to

understand, process, and resolve at the time.

These forgotten traumatic experiences function as live programming in our bodies, affecting every aspect of our lives and particularly in the area of how we make decisions. When our thoughts are limited by fears, lack of self-worth, and not feeling good enough for

and spiritual. Essential oils are perfect vehicles to help you in this task because their molecules pass directly to the emotional brain and can bring us into contact with the issues we have long forgotten and enable us to deal with them and resolve them once and for all. When we clear our emotional baggage, we clear the way to manifest our true and highest potential.



According to Gary Young, "Thought equals frequency. Essential oils absorb our thoughts. They are registered in the oils as intent. Intent is directed energy. When you apply an intent-energized oil on your feet they can saturate all of your cells within 60 seconds, stimulating creative thinking and pushing negative energy out of the cells, thus increasing the frequencies of the cells throughout the body. In that

uplifted state you can create a new desire to be better tomorrow. You have no limitations but those you choose to accept."

Gary says, "Use the Feelings Kit. Apply feeling oils before work and every night before bed. Do this for 30 days and you will change your life."

more or better, we make decisions that limit our success. Limited thinking leads to limited decisions that lead to a limited life far short of the God-given potential we actually possess.

By focusing on fixing your feelings, you can fix most aspects of your life—physical, mental,

The Feelings Kit, which was out of stock for some time, is available again in a modified version. It contains six oil blends: Valor, Harmony, Forgiveness, Release, Present Time, and Inner Child. Here is how Gary instructed us to use them at the Vienna Convention:

VALOR

Put Valor Oil on the soles of both feet at nighttime along with Highest Potential Blend. These blends are effective to erase limited thinking. Valor balances and equalizes the body's energies thereby increasing oxygen intake to the pineal gland—the seat of our higher intelligence and intuitive faculties. You will wake up in the morning more self assured and more alive to start the day.

HARMONY

Massage one drop of Harmony Oil on each of the energy center points of your body. There are seven of them along the spine: Coccyx, Sacrum, Lumbar, Dorsal (heart), Cervical (where neck meets shoulders), and Medulla (hollow place at center base of skull), and Pineal (center 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.”

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. Unforgiveness is one of the most common roots of physical, mental, and spiritual disease. Unforgiveness does not make the offending party sick. It makes us sick. Forgiveness is for our own benefit. It is accomplished in five steps.

1. Forgive yourself for allowing the person to affect your health and happiness.
2. Forgive the other person for any harm he or she may have caused you. (This need not be done directly with the person being forgiven, but is an inner adjustment on your part.)
3. Give the other person permission to forgive you.
4. See the good in the situation.
5. Be thankful for the experience and the lesson it taught you.

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

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 few drops of Release Oil on your tongue to release the poisons of stored emotions from the liver. Rub Release over the liver area. Drink lots of pure water and do a liver cleanse.

PRESENT TIME

When we live in the past or dwell on the future, we are not being productive in the present. Energize 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 (the gland just under your sternum or breastbone). Besides keeping you focused on the tasks of today, this can also help you financially by increasing your abundance consciousness in the present.

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. Walking backwards while you have your thumb in your mouth looks stupid but it changes the rotation in the pelvis, elongating the spine, and decompressing the discs in your back. Thus, you can clear the nerve channels for energy to flow smoothly throughout your brain and body.

In conclusion, Gary said, “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.”

NOTE: The Feelings Kit is available from Young Living Essential Oils as Item #3125515

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