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Emotional Release with Essential Oils

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Class Outline (5 hours)

1:30 pm* I. GENERAL COMMENTARY

A. The Principal Purpose of This Class (p. 2)
B. Theory & Philosophy of Emotional Release (pp. 3-4)
C. Understanding Emotional Basics and (p. 5)
D. Why Essential Oils Facilitate Releases (p. 5)
E. Oils to Have on Hand; Singles, Blends, Kits (p. 6)
F. Selected References for Emotional Release, Review (p. 7)

2:45 pm BRIEF RECESS

3:00 pm II. SELF-RELEASING PROCESS

A. Introductory Comments, Theory and Philosophy (p. 8)
B. The Self-Releasing Process (p. 9)
   1. Processing with the Script and Essential Oils (p. 9-10)
   2. Self-Releasing Examples with CARE Resources (p. 11)
C. Forgiveness (p 12)
D. Break into small groups of 3 people and practice Self-Releasing
(During this portion of the class your teacher may handout copies of a Personal Release Worksheet (2 pp.) which are supplementary to these notes.)

4:15 pm BRIEF RECESS

4:30 pm III. EMOTIONAL RELEASE TOOLS AND DEMONSTRATION

A. Draw name for receiver
B. Emotional Release Tools (p 13-18)
C. Choose Assistants
D. Administer oils for receiver, facilitators, group
E. Demonstration of Facilitated Release (p. 19)
F. Debrief with receiver

6:00 pm IV. CONCLUSION

A. Questions and Answers
B. Closing Circle and Benediction

6:30 pm ADJOURN CLASS

A. Participants Complete Evaluation Forms
B. Have Instructor Sign Your Application Form

***** Times are set for the pacing of an afternoon ER Class. They may be adjusted for other times.

PART I: GENERAL COMMENTARY

The Principal Purpose of This Class

I. The principal purpose of these notes is to provide background information for those who do Raindrop Technique so that they will know what to do if a client goes into an emotional release during or immediately following the receiving of a raindrop. The information given in what follows can leave one with the impression that facilitating an emotional release during a raindrop is complicated. It is not.

II. THE MOST IMPORTANT POINTS IN FACILITATING AN EMOTIONALRELEASE DURING A RAINDROP OR DURING A PLANNED RELEASE SESSION

1. The information contained in these notes is good to obtain an intellectual understanding of the process as well as acquiring some specific skills such as scanning, downloading, sweeping oils from right to left brain, unwinding the DNA memory strand, etc., but all a raindrop facilitator really needs to know and do can be summarized as follows:

   a. The primary role of a facilitator during an emotional release is to provide an unconditionally loving and accepting environment in which the client feels safe to release whatever it is they need to release.

   b. This is achieved principally by just being there silently and in body contact while maintaining a totally nonjudgmental attitude continually praying for God's guidance and God's will be to done for the benefit of the client-whatever that may be.

   c. When you sense that the client has completed their release, simply ask, "Are there any other issues you wish to deal with at this time?" If the answer is that they have more to deal with, then continue in silence and love. If the answer is that they are finished at this time, then begin the Grounding procedures (p.18).

2. The main point is that you don't have to do anything at all but be there in silence with the right attitude of love, prayer, and unconditional acceptance. That is all. The less you say and do the better. Your loving touch and accepting presence is sufficient.

3. What If You Do Raindrop Technique and Are Not Ready to Facilitate an Emotional Release?

   a. Don't worry. The consciousness of the client will sense if you are capable and ready and if you are not, they won't have a release in your presence.

   b. Therefore, if a client begins to release while you are doing a raindrop, know that you are ready and able and will know what to do. Otherwise it would not be happening.

THEORY AND PHILOSOPHY OF EMOTIONAL RELEASE

1. Philosophical Basis
   a. We are created in the image of God (Genesis 1:26-27), which means that there is a blueprint of perfection within every aspect of our being and every cell of our bodies waiting to become manifest.
   b. Repressed emotions block us from access to our cellular record of God's perfection thus preventing us from attaining the full measure of our creation.
   c. Stored emotions are living, intelligent centers of energy that broadcast their influence in our lives as long as they remain buried within our being.
   d. Negative emotions become lodged in our memories when we are confronted with situations we feel to be too powerful for us to deal with at the time, and which we have misjudged reality and incorrectly perceived ourselves as helpless.
   e. Repressed feelings and unconscious memories of these original emotive experiences represent our immature coping mechanisms of the moment, experiences set aside to be dealt with later when we are ready.
   f. Resolving old feelings results in replacing our immature understandings and incorrect perceptions held at the time the feelings were first imbedded in our consciousness and replacing our faulty beliefs with God's truth.
   g. Releasing stored emotions at their origin within our beings, when they were first locked into our cells, uncovers the memory of perfection in the cells throughout our bodies--thus enabling us to manifest a fuller measure of the image of God placed within us when we were created.

2. What Happens When Emotions are Resolved:
   a. When we are in an emotional experience and we own, accept, face and deal with that emotion as it occurs, never losing our awareness of it, seeking to learn the spiritual lessons that experience can teach us, then that emotion has been resolved.
   b. Choosing to maintain conscious awareness of your thoughts and feelings and dealing with them as they occur is an act of faith and facing reality that leads to correct perception of truth. (See John 8:32)
   c. When an emotion has been resolved, we gain a spiritual lesson and our lives move onward in a positive and productive way without storing any negative memory from the experience, only the newly acquired wisdom that experience has brought to us.
   d. An emotional experience resolved is a spiritual task completed. When emotions are resolved our lives become more productive and our sense of peace and happiness increases.
   e. When a negative feeling is released and deleted from our DNA, we open the way for every physical, mental, emotional, and spiritual problem and inappropriate behavior based on the old feelings to quickly disappear from our lives.

3. What Happens when Emotions are Not Resolved
   a. When we are in an emotional experience and we refuse to face or accept our emotions, deny responsibility for them, and repress them in such a way that we lose our conscious awareness and memory of them, then we have chosen to postpone the spiritual lessons that experience can teach us and those emotions remain unresolved.
   b. Choosing to avoid conscious awareness of your thoughts and feelings and not dealing with them as they occur is an act of fear and denying reality and leads to delusion and incorrect perception of truth.

c. When an emotion has not been resolved, we fail to learn from the experience and our lives move in negative and unproductive ways, controlled by habits and repetitive emotional reactions to life's situations.
d. An emotional experience unresolved is a spiritual task uncompleted. When emotions are unresolved our lives become dysfunctional and our sense of peace and happiness decreases.
e. When negative feelings remain stored in our DNA, we retain an environment that leads to innumerable physical mental, emotional and spiritual problems and inappropriate behaviors based on those feelings.

4. How Unresolved Emotions (Thoughts and Feelings) are Stored
   a. Unresolved emotional experiences are recorded in cellular memory (DNA) and remain stored there as live programming until dealt with.
   b. Your body contains 100 Trillion cells, each of which contains 6 Gigabytes of memory.
   c. Emotions can be stored anywhere in the body, not just in the brain and heart.

5. Consequences of Repressed Emotions
   a. Stored emotions serve as energy-charged programs that control our lives largely on an unconscious level.
   b. This cellular programming determines our habits, our likes, our dislikes, our state of physical and mental health, our ability to function socially, our ability to make spiritual progress, and our attitudes and reactions to life's challenges.
   c. Repressed emotional memories remain alive and active, influencing and directing our lives for good or for ill, until resolved. They never disappear on their own, and ignoring them only perpetuates them.
   d. The consequences of repressed emotions are virtually all negative. They restrict and warp our lives in innumerable ways, enslaving us with compulsions and negative habits, causing us to act socially in inappropriate ways, creating illnesses in our body, sabotaging our efforts to achieve success, and leading us into socially undesirable situations and relationships while destroying the good situations and relationships in our lives.
   e. Unresolved emotions can misguide our judgment in financial matters and blind us to a realistic view of the world. Buried emotions can rob us of a sense of purpose in life and prevent us from gaining a sense of direction or focus in choosing a mate, a career or a livelihood. They create a sense of instability in our lives and can block or retard our spiritual growth.
   f. Harboring hidden emotions can lead to depression, anxiety, severe mental illness, a sense of hopelessness, and even suicide.
   g. In the worst cases, emotional repression can produce sociopathic disorders including absence of conscience, wanton disregard for others, crime, and violence.

6. To be freed of unresolved emotions, the receiver must:
   a. Be willing to be aware of emotions past and present, pleasant and unpleasant
   b. Be willing to accept personal responsibility for their emotions, and
   c. Be willing to release and let go that which no longer serves them in a positive and productive way.

UNDERSTANDING THE EMOTIONAL BASICS

1. On the surface of all cells are thousands of receptor sites, which are "sensing" molecules, each designed to accept only certain types of molecules. These "sensing" molecules are vibratory molecules which only accept the right "vibratory key." At the same time the organs of the body send out vibratory messages that attract or draw appropriate molecules to themselves. This is how a molecule released by one set of cells finds its way to the specific cells of the organ or tissue that was intended by the cells sending the message.
2. These "messenger molecules" are called ligands. Ligands are manufactured within the cells and send out messages to other cells in other parts of the body. The intracellular communication system is the way our body functions.
3. Information carrying molecules (ligands) include peptides, steroids, neuropeptides, neurotransmitters, and hormones. The varieties number in the tens of thousands. Peptides are composed of amino acids of which there are twenty known. Peptides consist of chains of amino acids. Consider amino acids as an alphabet of 20 characters that can form an unlimited variety of words (ligands) by which cells communicate between themselves.
4. This is how a ligand, like insulin, can circulate throughout one's body and yet only be picked up by the cells that need the information that it carries.
5. In one sense, ligands are like keys that fit only certain locks (specific receptor sites). Ligands of the right shape (molecular structure) are accepted by cells with matching receptor sites (matching locks) while ligands of another shape are rejected (key doesn't fit).
6. Molecules of Emotions are neuropeptides and receptors (ligands). These ligands are in constant communication with the immune system .
7. Health and disease are created in our bodies when neuropeptides enter the cells. If the molecule is a negative emotion then disease results. Likewise, if positive emotions exist then health ensues.

HOW & WHY ESSENTIAL OILS FACILITATE EMOTIONAL RELEASE

1. Essential oils are extracts from the natural juices of plants that circulate through the leaves, stems, roots, and flowers that constitute their lifeblood.
2. The molecules of essential oils are small enough to circulate through human tissue bringing nutrients to the cells and carrying waste products out of the cells.
3. Essential oils also carry electrons and oxygen into human tissue.
4. Essential oils also carry coded information that can be translated by cellular DNA and which can be of great therapeutic benefit to people-physical, mental and emotional.
5. There are hundreds, if not thousands, of different compounds found in Essential oil molecules each with an affinity for certain cells of the human body.
6. Molecules of essential oils are like enzymes, hormones, vitamins, and ligands. They carry information that is pertinent only to the cells with the receptor sites able to accept that specific ligand or molecule.
7. Hence, some oil molecules gravitate to muscle tissue, others to nerves, others still to the digestive system, and others to the heart, etc., each administering benefits, including the removal of toxins and the opening of emotionally stored memory in the DNA.
8. Not only can oils help release cellular memories stored anywhere in the body, depending on the oils applied, they also directly stimulate the limbic system or emotional brain, which is in the center of our heads.
9. Our eyes, ears, tongue and sense of touch are all wired so that their messages pass to the brain via the reasoning cortex first. The nose, however, is wired differently. It connects directly with the limbic brain such that one's response to an aroma is going to be emotional before it can be rational.
10. Therefore, because inhaled oils directly affect the emotional seat in our brains where traumatic memories are often stored and because oils can release cellular memories stored anywhere in the body, they can be of great value in helping us clear ourselves from the unconscious, hidden emotional patterns that can control our lives and hold us back from the full manifestation of our potential.

OILS TO HAVE ON HAND
(If Possible)

a. The Feelings Kit: Valor, Harmony, Forgiveness, Inner Child, Release and Present Time.

b. Single Oils: Frankincense, Sandalwood (or Vetiver), Sage, Orange (or Bergamot, Tangerine, Grapefruit or citrus blends, like Peace and Calming or Citrus Fresh), and Oregano (Basil, Thyme, Thieves, or Exodus II can be substituted for Oregano).

c. Oil Blends: Acceptance, Awaken, Dream Catcher, Gathering, Grounding, Hope, Humility, Inspiration, Joy, Sacred Mountain, SARA, 3 Wise Men, and White Angelica.

d. Optional: Scriptural Oils Kit (Sandalwood or Aloes, Cassia, Cedarwood, Cypress, Frankincense, Galbanum, Hyssop, Myrrh, Myrtle, Onycha, Cistus, and Spikenard)

e. Special Notes on the emotional impacts of Bible Oils:
* Galbanum, Cypress, Spikenard, Cinnamon, and Cassia are grounding.
* Sandalwood, Hyssop, Myrtle, and Frankincense produce balance and harmony.
* Spikenard, Frankincense, and Myrrh produce peace and acceptance.
* Cedarwood, Frankincense, Hyssop, Myrtle, Myrrh, and Sandalwood are spiritually elevating and help awaken one's higher consciousness.
* Frankincense and Cedarwood are mentally and spiritually focusing and assist in gathering and clarifying one's thoughts.
* Hyssop, Sandalwood, and Myrrh are protective against negative influences.
* Sandalwood facilitates forgiveness.
* Cistus (Rose of Sharon), Frankincense, Sandalwood, and Onycha are mood elevating and antidepressant, and can help release the compulsion to take on too many obligations.
* Spikenard and Hyssop are calming and relieve anxiety.
* Myrrh promotes a sense of security and well-being.
* Cinnamon and Cassia stimulate abundance and prosperity consciousness.
* Cedarwood and Sandalwood stimulate melatonin production leading to deep sleep.
* Myrrh, Cedarwood, Sandalwood, and Spikenard clear misinformation in cellular memory and are emotionally releasing.
* Onycha is healing, soothing, mood elevating and relaxing when used in massage.
* Frankincense, Hyssop, Cistus (Rose of Sharon), Myrtle, and Cypress help us to remember the image of God's perfection within us at the level of the cellular blueprint or DNA.
* Myrtle is balancing in that it can be either energizing or calming depending on the needs of the individual.

Basic oils to have available in order of application for this particular version of Emotional Release

*Note that many other oils may also be used as appropriate.

AWAKEN	**HARMONY**	**ACCEPTANCE**	**JOY**	**TRANSFORMATION**
VALOR	**RELEASE**	**PRESENT TIME**	**JOURNEY ON**	**SANDALWOOD**
OREGANO	**INNER CHILD**	**GROUNDING**	**FRANKINCENSE**	**WHITE ANGELICA**
3 WISE MEN	**FORGIVENESS**	**GATHERING**	**HOPE**	

SELECTED REFERENCES FOR EMOTIONAL RELEASE

1. **A More Excellent Way**, by Pastor Henry Wright, 7th Edition, 526 pp. (includes a DVD). Pastor Wright has one of the most successful Christian healing ministries in the world today with thousands healed from incurable diseases. The book deals with spiritual and emotional roots of disease from a Biblical point of view. Gives psychosomatic causes of many specific diseases and how to effect a spiritual clearing to bring about physical, mental, and emotional healing.

2. **Feelings Buried Alive Never Die**, by Karol K. Truman, Revised 2003, 21st Printing 2019, 307 pp. In depth discussion and specific tools for releasing emotional patterns. (Many of the concepts and techniques given here are based on this book, including the "Script." The client is encouraged to purchase this book and apply it to their lives in a long-term and ongoing fashion.)

3. **Heal Your Body**, by Louise Hay, Revised 1988, Forth Edition 2019, 86 pp. An excellent quick reference for identifying specific emotions with specific diseases or conditions, including positive affirmations for each. Includes a unique spinal chart identifying specific maladies for specific vertebra.

4. **Releasing Emotional Patterns with Essential Oils**, by Carolyn L. Mein, D.C., 16th Edition, March 2020, 152 pp. Well organized, excellent practical reference for facilitators and individuals seeking specific ways to address specific problems of a psychosomatic nature.

5. **Essential Oils Desk Reference, 7th Edition**, editor Brian Manwaring, 634 pp. A comprehensive reference on applied aromatherapy. Practical info on use of essential oils that anyone can study, understand, and apply. Current info on all Young Living Essential Oils products. Colored pictures and indexes help make this book a must have for anyone wanting to experience the oils.

6. **Molecules of Emotion: The Science Behind Mind-Body Medicine**, by Candice Pert, PhD, 368 pp. Gives scientific basis for emotional release and cellular memory. Excellent resource for professionals, yet easily read by those without a background in biology or chemistry.

7. **Emotional Release With Oils DVD** presented by Dr. David Stewart, 145 min. This is a filming of an emotional release training seminar including a lecture and an actual emotional release session on a volunteer as Dr. Stewart explains things along the way.

Books/DVD 2, 3, 4, 5, and 7 (Truman, Hay, Mein, Manwaring, and Stewart) are required texts for Certified CARE Instructors while the first and sixth books (Wright and Pert) are recommended, but not required. All of them are available from CARE, see address given below. Shipping/Handling charges apply. Contact CARE for additional information and/or charges.

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These items may also be ordered via the CARE website at:
www.RaindropTraining.com
Where you can also learn about the CARE Certification Program

Emotional Release with Essential Oils
Part II: THE SELF-RELEASING PROCESS
Integrating CARE Resources

INTRODUCTORY COMMENTS

1. The main objective in the self-releasing process is for the individual to learn how to clear his or her own emotional blockages from past experiences utilizing essential oils and the following CARE resources:

- **A More Excellent Way**,(AMEW) by Pastor Henry Wright
- **Feelings Buried Alive Never Die**,(FBA) by Karol K. Truman
- **Heal Your Body**,(HYB) by Louise Hay,
- **Releasing Emotional Patterns with Essential Oils**,(REP) by Carolyn L. Mein, D.C.

2. Given these tools and resources, the individual will acquire the skills for dealing with the daily stresses of life in such a way that new blocks are not created in the future.

3. The goal is to clean out the old negative patterns and assist individuals to understand the process in a practical way thereby enriching their lives.

THEORY AND PHILOSOPHY

1. According to Caroline Mein, DC, "the body holds emotional patterns regardless of conscious awareness. Since the body never lies and holds blocked energy, it is a good indicator of unresolved emotional issues".
2. Self-releasing is an internal process, unseen by outsiders, and is a mental/spiritual/physical process individuals can do in private or with a partner, whenever they want to clear out negative emotional patterns from the past or to apply quietly to themselves on a daily basis when and where situations arise that initiate negative emotions.
3. The Power of Words: "In the beginning was the Word and the Word was with God and the Word was God" (John 1:1). Words have vibration and energy; it is the words we say and the thoughts we think which create our experiences and effects in our lives. Using these tools (words) we then become "conscious" of the "subconscious" reasons behind our emotional patterns.
4. Most diseases (especially mental and spiritual) are a result of a separation from God's Word; which in turn separates us from God's love and the love of self.
5. In order to change negative emotional patterns, there must be a willingness to change the words or direction we give our subconscious.
6. Emotions are stored in the cellular memory and reside in the organs or regions of the body that have corresponding vibration frequency, which Carolyn Mein, DC refers to as "Alarm Points".
7. The limbic system stores and releases emotional trauma in the body.
8. The emotional blockages in the body can be cleared by accessing the Alarm Points and limbic system.
9. Applying therapeutic essential oils on the corresponding Alarm Points and smelling the essential oil (the nose is a direct conduit to the limbic system) will assist in releasing the negative pattern from the cellular memory.
10. According to Caroline Myss, PhD (Author of "Why People Don't Heal and How They Can"), 70% of the body's cells need to shift before a new direction becomes a reality. This explains why it takes more than a conscious awareness for a pattern to shift; repeating the new positive thought pattern will ensure that the cells get the message.

THE SELF-RELEASING PROCESS
Using the Script, CARE Resources & Essential Oils

1. Select a negative emotion, mental, physical or spiritual ailment/problem you are experiencing.
2. Locate the feeling, which closest associates with the ailment/problem in the aforementioned CARE resources (FBA, REP, HYB, AMEW).
3. Insert the negative emotion/feeling in line 1 of the Script (see p. 10).
4. Using the REP book find the oil that corresponds closest to the emotional feeling you have identified. (See Emotional Reference Guide pages in the REP book)
5. Locate the corresponding "Alarm Point" and turn to the Charts listing the access point locations on the body. (Charts A –H)
6. Choose a positive word or affirmation from the following books (FBA: Chapter 17; REP; HYB) and insert on each space of line 5.
7. Place a drop of the selected essential oil in the palm of your hand, activate it by making clockwise circles with both palms; cup your nose with the oiled hands and take a deep breath through your nose, holding your breath at the top of the full inhalation for three to four counts and then let it out slowly through your mouth. (This accesses both sides of your brain).
8. Apply the selected oil to the corresponding "Alarm Point" as noted in Charts A-H (REP book)
9. Then read through the Script. (p. 10)

ABOUT THE SCRIPT

1. The Script (p.10) is a self- releasing dialog tool found in the book: Feelings Buried Alive Never Die by Karol Truman.

2. The Script as a processing tool enables one to know and understand oneself and assist in transforming negative feelings to positive feelings.

3. It can be used anytime you find yourself in a situation where you are experiencing negative feelings.

4. When using the Script, one addresses or "talks to" ones "Higher Self."

5. Think of this dialog tool as a verbal PMS.
   a. **Verbal Phenols** : Cleaning our receptor sites by seeking out, analyzing, and resolving our thoughts and feelings
   b. **Verbal Sesquiterpenes**: Deprogramming the false information and eliminating all cellular distortions by forgiving oneself and others
   c. **Verbal Monoterpenes:** Restoring the memory of perfection in every aspect of our being with God's "light and truth."

Although the Script works well on its own merit, applying essential oils during this process enhances the technique.

THE SCRIPT*

To be Addressed Internally to one's Higher Self or to be given in the name of Jesus Christ.
The Script can be Whispered, Spoken Aloud or Expressed Mentally in Silence.

1. Spirit/Higher Self, etc. (choose the epithet with which you are most comfortable), please locate the origin of my feeling(s)/thought(s) of _____
(Here insert the emotion(s) you want deal with).

2. Take each and every level, layer, area and aspect of my being to this origin. Analyze and resolve it perfectly with God's Truth.

3. Come through all generations of time and eternity, healing every incident and its appendages based upon the origin. Do it according to God's will until I am at the present -- filled with light and truth, God's peace and love, forgiveness of myself for my incorrect perceptions, and forgiveness of every person, place, circumstance, and event that contributed to this feeling(s)/thought(s).

4. With total forgiveness and unconditional love, I allow every physical, mental, emotional and spiritual problem, and inappropriate behavior based on the negative origin recorded in my DNA to transform.

5. I choose being_____

   I feel _____

   I am _____

   It is done. It is healed. It is accomplished now!

   (At this step, replace the old negative feelings with appropriate positive feelings. See Karol Truman's book, Chapter 17, for a comprehensive list of negative feelings and their opposites to assist you in this step. Use the same appropriate positive feeling on each of the three blanks to replace the negative feeling.)

6. Thank you Spirit (or other epithet) for coming to my aid and helping me attain the full measure of my creation. Thank you, thank you, thank you! I love you and praise God from whom all blessings flow.

* Script taken from *Feelings Buried Alive Never Die* by Karol Truman (11th printing 2005)

SELF-RELEASING EXAMPLES OF EMOTIONS AND CONDITIONS USING CARE RESOURCES

Example: Migraines

1. **Locate the feeling associated with this ailment:**
   (spiritual) AMEW p.279-280: guilt
   (emotional) FBA p 258: wanting to control
   (mental) HYB p. 49: resisting the flow of life
2. **Locate the appropriate oil in the REP book (see Emotional Reference Guide):**
   Guilt: Clarity
   Control: Peace & Calming
   Resistance: Surrender
3. **Locate the corresponding Alarm Point in the REP book:**
   Guilt: Spleen; Chart D,G,H
   Control: Stomach: Chart C,E,G,H
   Resistance: Amygdala: Chart A,C
4. **Insert (line 5 of the Script) or say the appropriate positive Affirmations or positivewords:**
   Guilt: FBA: Innocent, Repentant, Peaceful
   REP: **"**I learn from all of life's experiences"
   Control: FBA: Letting go, Allowing, Flow With
   REP: "I am content and Blessed"
   Resistance: FBA**:** Agreeable, Flexible, Open
   REP: "I welcome change"

Example: Bitterness (which can lead to a gall bladder attack if not resolved)

1. **Locate the Physical /Spiritual Condition associated with this emotion**
   (spiritual) AMEW

   - p.21: "The root of bitterness will keep you from God"
   - p.80: Bitterness is the root cause of the spiritual condition of a separation from others.
   - Spiritual Root cause of: Colon Cancer, Breast Cancer, Arthritis, Ovarian or Breast Cysts
   - "…For I see you are in the gall of bitterness…" Acts 8:22
     (physical) REP : Gallbladder
     HYB: Gallstones, Spinal misalignment (pp.74-75) T4 (Thoracic vertebrae)
     FBA: Viral Infections, Middle Fingers, Gallbladder, Gallstones
2. **Locate the appropriate oil in the REP book (see Emotional Reference Guide):**
   Bitterness: Forgiveness
3. **Insert (line 5 of the Script) or say the appropriate positive Affirmations or positive words:**

   - REP: "I learn from all of life's experiences"
   - HYB: Gallstones – "There is joyous release of the past. Life is sweet and so am I"
     T4 misalignment- "I give myself the gift of forgiveness and we are both free"
     FBA: Forgive, Joyful, Love, Peaceful, Sweet

FORGIVENESS

What is affecting your life & health?

Identify a situation, action, or person you feel needs to be forgiven – an experience from the past, which comes to your mind often.

Recall your feelings, thoughts, and emotions on the subject. Overcome negatives from the past.

Having identified and thought about a person, action or situation, you are now ready to begin the steps of forgiveness. It is important to note you don't have to agree with the actions of the other person or the event in order to forgive. You are forgiving for your own sake, not someone else's. Until you forgive the past, this other person or event is controlling your life. This is true even if the other person is no longer alive.

5 Steps to Be Carried Out With Feeling and Emotion

1. Forgive yourself

You must first forgive yourself for allowing the event to affect your health.

"I forgive myself for allowing this feeling to interfere."

2. Forgive the other person

Forgive the other person for any harm he or she may have caused you.

"I forgive others."

3. Give the other person permission to forgive you

Maybe you did something you weren't aware you did. It is not recommended that the other person knows you are taking this step. You are doing this for you!

"I allow others to forgive me."

4. See the good in the situation

Learn the lesson the situation taught you.

5. Be thankful!

Be thankful for the experience and the lesson it taught you.

"Forgiveness is NOT…

- *Pardoning: excusing one's actions*
- *Condoning: agreeing with one's actions*
- *Forgetting: to omit or cease to remember*
- *Reconciling: to renew a relationship*

"Forgiveness IS…

Letting go of hoping for a better past."

- Anonymous

Emotional Release With Essential Oils

PART III: EMOTIONAL RELEASE TOOLS & DEMONSTRATION

THE PROCESS OF EMOTIONAL RELEASE

During a raindrop session the subconscious mind may open and the receiver may begin to have an emotional release. Tears, sounds, words, heavy breathing, body movement, body temperature changes, laughter, etc may manifest this. As a facilitator, you may support this process of:

a. Releasing
b. Grounding
c. Reprogramming

There are three major phases in facilitating an Emotional Release:

PHASE I: Balancing & Opening
PHASE II: Clearing & Releasing
PHASE III: Grounding & Reprogramming

PRELIMIINARIES: CHECK YOUR ENVIRONMENT, YOURSELF AND YOUR CLIENT

1. Facilities and Environment:
   a. The room should be quiet and private, without interruptions or distractions such as cell phones.
   b. Lighting should be subdued, dim or soft.
   c. Body temperature changes are common during an emotional release. Have blankets available.
   d. Have some pillows to be placed under legs for comfort, if needed.
   e. Silence is the best. No music or other background sounds.

2. Ask Client's permission as appropriate.
   a. Encourage Client to maintain a state of mental introspection, exploring their thoughts, feelings, and sensations of the body.
   b. Client should assume an attitude of acceptance, forgiveness, inner prayer and receptivity to God's will and direction, allowing inner spirit to choose which emotional patterns to deal with at this time.
   c. Instruct Client to relax and deep breathe throughout the session.

YOUR EMOTIONAL RELEASE TOOLBOX

1. The Following Items (starting with "A. Prayer" on p. 13 to "O. Protection" on p. 18) are for your Emotional Release Toolbox.
2. When a repairman goes out on a job, they bring their whole toolbox because they don't know in advance which tools they will need. For any particular job they will only use a few tools, but they always bring their complete box in order to be prepared for the unexpected.
3. The same goes with your Emotional Release Toolbox. You never know which tools you will need, but you want to have them all at your disposal during any given release session.

A. PRAYER

1. All healing comes from God and can only be received when we are open to His power.
2. Faith, love and forgiveness for others, as well as for ourselves, are the spiritual prerequisites that provide us with the receptivity to receive God's grace and are, thus, the basis of all true healing: physical, spiritual, mental, social and emotional.
3. The root cause of all types of suffering is fear (the opposite or absence of faith, love and forgiveness). When Jesus healed, He often added "Thy Faith hath made thee whole." (See Matthew 9:22, 29; Mark 5:34, 10:52; or Luke 7:50, 8:48, 18:42)

4. Fear is the absence of Faith. The opposite of Fear is Love (and vice versa). (I John 4:18)
5. Facilitator should assume an attitude of reverence and inner prayer, asking God that they may be a clear channel for His will.
6. Prayer keeps us in constant contact with God's presence within ourselves and in everything aroundus.
   a. Pray for yourself and for the client.
   b. Pray that you be guided to the right oils for that client as God gently whispers to you what will be appropriate for that session.
   c. Pray over the oils that are chosen, to elevate their frequencies and effectiveness.
   d. Thank God for His continuous presence and guidance throughout all phases of the process, during and afterwards for both you and the client.
   e. Hold no personal agendas for the client regarding the outcome of the session. Whatever results that may come are between God and the client. Your job is to be an open, clear, willing vessel for God's will to be done. Following His guidance every step of the way.
7. The client may pray silently or aloud during the session as they are replacing incorrect perceptions with truths.

8. Example of an OPENING prayer given by the facilitator :

Dear Lord,
Thou art the sole Source of all healing in all areas of our lives.
Bless this session with Thy presence.
Bless these oils that they may facilitate Thy healing.
Bless the Facilitator that they may be an instrument of Thy will.
Bless the Client that they may be open and receptive to Thy Grace.
Lead us to the origin of our feelings or thoughts.
Give us courage and understanding to face those feelings or thoughts
In ways that will resolve them perfectly with Thy truth.
Heal every incident in our lives that was based on these feelings or thoughts
From the first to the present, according to Thy will.
Bless us that every physical, mental, emotional, and spiritual problem and inappropriate behavior based on old feelings discovered in this session quickly and permanently disappear from our lives. We love you and thank you for coming to our aid in helping us attain the full measure of our creation. AMEN

10. Example of a CLOSING prayer given by the facilitator:

Dear Lord,
We Thank Thee for Thy presence here today
And for the blessings you have poured upon all of us during this session.
During the next few days and weeks, may we seize this opportunity to clear the obstacles that separate us from Thee and to hasten our journey toward righteousness. Enable us to feel Thy Presence within us at all times and to express it in our daily lives by ever-increasing Love, Peace, Joy, Wisdom, and Harmony with others. AMEN

B. CHOOSING OILS FOR THE FACILITATOR & ASSISTANTS.

1. Facilitator may apply the following oils to self:
   a. **Humility** to heart and temples for assuming an attitude of reverence, asking God that they may be a clear channel for His will to be done.

b. **White Angelica** to shoulders, forehead and back of the neck, for protection from absorbing and negativity

c. Oregano (or any one of the following oils: **Thyme, Basil, Cinnamon, Thieves or Exodus II):** on fingers and palms of hands and rub together until oils have completely absorbed into the skin to cleanse receptor sites of the hands.

2. The Client (Receiver) maintains an attitude of acceptance and receptivity to God's will and direction bringing their awareness to their breath. Have the client apply **Awaken** wherever they wish.
3. Certain oils can be applied in most or all cases for emotional release, but there are many discretionary oils appropriate to the specific client and time in their life that the session takes place.
4. If the facilitator feels so inclined, they may simply allow their intuition to guide them as to which oils to use, where to apply them, and when to apply them.
5. The inner wisdom of the client is also a guide to which oils to use. If they specifically request an oil, use it.
6. Consult the aforementioned CARE resource books (REP & FBA) for specific physical maladies and/or locations in the body where they may be stored and appropriate oils.
7. The facilitator may choose an oil based upon the chemical constituents of an oil.
8. In using oils to facilitate an emotional release, it is not always necessary for the client to consciously recall and relive the experience that first established a given emotional pattern in order to release it, although conscious recall and reliving of the experience may and sometimes does happen.
9. The oils that work for a specific client in a specific session may not be the same oils that work in another session with the same client. Clients change, and their emotional needs change, as they grow or progress emotionally.

C. BREATHING

1. There are three structural parts of breathing: abdominal breathing, mid-chest breathing, and upper-chest breathing.
2. The complete breath has 4 parts: Inhalation, Retention, Exhalation, and Absence of Breath.
3. A full breath is like a slow wave, first filling the abdominal lobes of the lungs fully, then the mid-chest, and finally the upper-chest. The exhalation is full and slightly slower than the inhalation and follows the same succession until the lungs are empty.
4. By bringing our awareness to the breath, we can quiet the mind, release tensions, and bring stillness to areas where we are troubled, and supply strength.

D. SCANNING & DOWNLOADING:

1. Scan the body with your hands to find locations of emotional trouble spots such as **hot spots** (inflamed areas with stored emotions) or **cold spots** (blocked areas with stored emotions).
2. Download from the emotionally identified body locations to the client's brain by placing one hand on the trouble spot and the other firmly against the base of the client's skull and holding that position for several minutes or until you sense that the downloading is complete. This helps to bring the emotional experience that produced blockage in that part of the body to the client's conscious awareness.
3. Sometimes the facilitator also receives the downloading, seeing the images and/or experiencing the feelings along with the client, but this is not necessary for the client to deal with and clear the blockage.
4. Awareness of the emotions stored and downloaded may occur at any time. Hence the facilitator need only to hold the downloading posture until they sense that everything has been transferred even if the client has not yet become conscious of what has been moved.

5. It is not necessary for the facilitator to become aware of, to understand or to know about the experiences of the client, although such awareness, understanding and knowledge may and does sometimes occur.
6. Sometimes pleasant memories and experiences stored in the DNA are awakened, recalled and relived during the session which is also a positive and reinforcing experience for the client and may be just what they need at that time.
7. In either case, whether recalled emotions or experiences are pleasant or traumatic, the end result of an emotional release session is to bring strength and healing into the client's mental, emotional, and spiritual life as well as provide a basis for physical healing as well.

E. BALANCING

1. Apply **Valor** under the client's nose and balance as in Raindrop Technique.
2 At times during the session, the facilitator may return to balancing the shoulders or feet, as done in Raindrop, while encouraging the client to breathe through their experience.
3. It may be helpful to feel for a pulse between the two hands on other areas during a release, such as the jaws, troubled areas of the back, joints, or head points.

F. SWEEPING ACROSS FOREHEAD

Sweep fingers of left hand across forehead from right to left to transfer memories from the right brain (subconscious, emotional mind) to the left brain (conscious, rational mind). This may be done with or without oils or at any time during session as appropriate.

G. TEMPLE ROUTINE

1. The first step of the "Temple Routine" starts by tapping lightly 3 times on the right temple, to jog the memory, then repeating the tapping on the left temple. Left-brain is in the present while the right brain stores past memory. Tapping helps arouse sleeping memories, and by doing both sides of the head, subconscious memories of past traumas stored by the non-verbal right brain can be brought to the verbal left-brain in present time.
2. The next step of the "Temple Routine" is to make 3 counterclockwise circles (CCW) on the right and left temples. CCW circles temporarily "unwind" the proteins of cellular memories to facilitate their transfer to the conscious mind. To determine which rotational direction is counterclockwise, imagine yourself as an observer standing to the side of the client looking toward the ear and temple. Temple Routine CCW is done for two purposes:
    a. Open the DNA, facilitating oils to go more deeply along the coils of the DNA.
    b. Stimulate access to cellular memories.
3. The final step is to make clockwise circles (CW) on the right and left temples. This is done during the reprogramming phase. CW circles rewinds the DNA back and assists to lock in any changes.
4. Temple Routine is implemented in the following manner:

    When **releasing**, apply the appropriate oil to the temples and do the following:
    a. Tap right temple 3 times and make CCW circles on right temple 3 times.
    b. Tap left temple 3 times and make CCW circles on left temple 3 times.

    Repeat alternately 3 times.

    When **reprogramming**, apply the appropriate oil to the temples and do the following:
    c. Tap right temple 3 times and make CW circles on right temple 3 times.
    d. Tap left temple 3 times and make CW circles on left temple 3 times.

    Repeat alternately 3 times.

H. CALLING UP MEMORIES AND IMAGES:

1. Quietly ask the client what they may see, hear, feel, etc. (if anything)
2. If they see images, ask them what they see and if they can identify them. (These could be a forgotten memory, childhood experience, or even ancestral memory released from the genetic codes in the DNA).
3. If they see color, ask what color, what shape? Tell them to focus on the colors, shapes, feelings, etc. If the color is growing, instruct them to let it grow.
4. Whatever they see, it is usually associated with an emotion that has been stored in the body at a cellular level now seeking to be released.
5. In the case of an image or form the client sees as expanding or growing, when it ceases to grow is when the client is ready to release it.
6. It is not necessary for the image, memory, or emotion to be identified, expressed, or understood by either the client or the facilitator.
7. It is not essential that images be seen at all. Some people aren't visually oriented and may simply have feelings or various sensations in the body, including auditory experiences by which emotions can be released.

I. APPLYING OILS FOR RELEASING

1. Maintain physical contact with the client at all times.
2. For each crossroad that may surface:
   a. **Release**: under nose. Instruct client to apply to liver area. Encourage the breath.
   b. **Forgiveness**: under nose. Instruct Client to apply Forgiveness to navel area and breathe deeply.
   c. Ask the client to repeat aloud after you:
   "I lovingly and willingly release and let go all that no longer serves me in a positive and productive way."

NOTE: Because the client may continue to process an issue or crossroad over the next several days, one issue or crossroad may be sufficient to address in a session.

3. When oils are to be applied over organ areas, tap the client's shoulder to have them extend a hand. Place a drop or two of oil into the palm of the client and have them apply the oil where indicated.
4. During the Releasing Stage, oils may be applied to appropriate places on the body such as oils from the ***Feelings Kit*** and others.
5. Throughout the session, the facilitator may hold a cupped hand over the client's nose for them to inhale or apply a drop of oil on the client's upper lip.
6. If the client begins to moan, cry, scream, verbalize or otherwise express emotions during the session, ask them to take deep breaths and breathe into their experience. Allow them to do so in silence or a few words of encouragement such as "It's okay." *The less said, the better*.
7. If the client becomes physically agitated and seems to be going around and around, making no progress in releasing the emotion, then quietly ask them to open their eyes and take a few deep breaths. Apply a few drops of **Grounding** and/or **Valor** on the feet and/or forehead.

J. CRADLING THE HEAD

1. Facilitator cradles the client's head by holding the head in their two hands and positioning the pads of the fingers to rest on the occipital ridge of the skull and make CW circles.
2. Apply **Sandalwood, Cedarwood** or **Vetiver** to the to the base of the skull and occipital ridge while fingers make clockwise circles.

K. VITAFLEX

1. Vitaflex is exceptionally effective in delivering the benefits of essential oils throughout the body and mind and can be used any time an oil is applied to increase its benefits.
2. The Vitaflex technique, along with corresponding oils, applied during an emotional release may stimulate or depress a region of the body to create balance.

L. GROUNDING

1. As the Client processes past memories or future concerns, the thymus may be addressed with the blend **Present Time** along with tapping a few times.
2. **Grounding** blend may be applied to the Cervical vertebrae, C1 - C7, and to heels to help the client reconnect.
3. **Gathering** applied to the forehead (frontal lobe) with left hand sweeping right to left.
4. Hold head in two hands with thumbs parallel and touching over the center of the forehead directly above bridge of the nose. Hold gently and steadily for several minutes until pulse is balanced. This anchors positive feelings in the DNA and replaces the void created by the releasing of the negative feelings.

M. REPROGRAMMING

1. Client applies **Joy** blend over their heart while Facilitator applies **Joy** to the foot's VF heart point. Pleasant thoughts and receiving joy may be brought to mind, along with good things they do for themselves.
2. Apply **Journey On, Envision,** or **Magnify Your Purpose** blend to temples and under nose, asking client to breathe deeply while feeling their body charge up with energy.
3. Apply **Frankincense** under the nose, and on the head (forehead, temples, jaws, brainstem) while cradling the head and holding along occipital ridge. As Client breathes with their eyes closed, they may notice color changes. Facilitator may notice in his own hands the client's increased energy sensations.
4. Apply **Hope** blend under the nose and on the ridge of the ears.
5. Use other oils as appropriate such as **Magnify Your Purpose, Believe, Into the Future, Gratitude, or Abundance.**
7. Encourage Client to move around while on the table; feet, rotate ankles, bend knees, and stretch side to side, etc.

N. HOLDING CHANGES

1. Oils such as **Valor, Transformation or Sandalwood** may support the good changes that have occurred during the release. Choose one for the Client to breathe in. Have Client apply the oil down the center of their body from their throat to their navel.

O. PROTECTION

1. Apply **White Angelica** or **Sacred Mountain** under Client's nose, crown, forehead, shoulders, sternum and back of neck. Have Client breathe it in. Protection can be applied at the beginning or at any points during the release session.

P. END OF SESSION

1. Hand client a glass of water to drink immediately and encourage them to continue to drink lots of pure water for the next several days. Any time oils are applied, there is a detoxifying response from the body. In the case of emotional releasing, mental toxins have been cleared along with their physical analogs.
2. Observe that the client is well grounded by checking the eyes, speech, and coordination.
3. If Client so desires, they may verbally debrief and recapitulate the experiences they received during the session to the Facilitator and/or others present.
4. Recommend that the Client go home and write down feelings and recollections of what they experienced during the session.
5. Encourage the Client to apply techniques given in the CARE resources to further cleanse themselves of troublesome emotional habits.

There are usually immediate results when a receiver emotionally releases during a raindrop or a planned release session. There are often more beneficial changes and additional releases that can occur during the next several days, as much as a week later, as a direct result of the session.

EXAMPLE OF EMOTIONAL RELEASE WITH OILS & FACILITATOR

(Essential Oils are in Bold)

PHASE I: BALANCING & OPENING

PREPARE: Facilitator: **Humility**: heart & temples; **White Angelica**: shoulders, forehead, and back of neck; **Oregano or Basil**: hands

Client: **Awaken**: applies to the location(s) they choose

Observing Participants: **White Angelica** or **Gathering**

Facilitator: Opening Prayer

BALANCE: **Valor**: Under Nose. Apply as in Raindrop and have client breathe

CLEAR: **Oregano**: (apply a carrier oil if oregano becomes uncomfortable on head or neck)

Feet: Apply making CW circles 3x on each toe pad and do the same on balls of feet under each toe, Vitaflex into spinal points.

Head: Right hand: 1st 2 fingers on atlas, Left hand-thumb and finger pads straddle neck. Hold until pulses alternate between hands, Breathe.

Facilitator: Scanning and downloading (client may be on their back or stomach)

OPEN: **3 Wise Men**: CW 3x: on crown, center of forehead, under nose, and below clavicular notch

Client: Applies across Spleen Accessory Point left to right, 3x

Facilitator: Apply to each toe pad, 3 CW circles on each toe pad and on balls of feet. Cradle back of head finger pads along occipital ridge, make slow CW circles & hold.

BALANCE: **Harmony**: CW circles 3x to: Crown, Center of Forehead, Under Nose, and Throat Apply to occipital ridge, knees & ankles

Client : Applies down center from Throat to Navel

OPEN: Temple Routine: right temple then left temple: tapping 3x and 3 CCW circles several times.

PHASE II: CLEARING & RELEASING

RELEASE: **Release**: Under nose and on liver point on right foot. Client applies over liver area CW, While deep Breathing.

Inner Child: Under nose, ear lobes, CCW circles on temples, Breathe.

Release: Apply with 3 CW circles on each toe pad and do same on balls of feet under each toe. Cradle back of head finger pads along occipital ridge, make slow CW circles, Breathe.

Other oils as appropriate like: **Surrender, Envision, SARA, Trauma Life, Cedarwood**

CLEAR: **Release**: Under nose & liver; CCW circles on temples; occipital ridge CW circles, Breathe.

Forgiveness: Under Nose and on Navel, Breathe.

CLIENT: "*I lovingly and willingly release and let go that which no longer serves me in a positive and progressive way*." **Acceptance**: Apply to throat, under nose, and heart.

PHASE III: GROUNDING & REPROGRAMMING

GROUND: **Present Time**: Under nose; thymus and tap a few times, Breathe

Grounding: Under nose; C1 - C7; Heels, Breathe

Gathering: Under nose, apply to forehead, left hand sweeping right to left. Temple Routine CW

Facilitator: Hold temples with 1st 2 fingers, while thumbs are placed at center of forehead. Wait for pulse, breathe.

REPROGRAM: **Joy:** Under nose; Client applies over heart; facilitator applies to Vitaflex heart point on the left foot.

Journey On: Under nose, Temple Routine CW circles, Breathe.

Frankincense: Under nose, on Forehead, Jaws, Occipital, Breathe

Hope: Under nose, on outer rims of ears; Crown CW 3x

Additional Oils as deemed appropriate such as: **Dream Catcher, Envision, Gratitude, Believe, Into the Future, Magnify Your Purpose, Highest Potential, Abundance**

HOLD CHANGES: **Valor, Transformation,** or **Sandalwood**: Under nose or on crown of head

Client: Applies down center from Throat to Navel

PROTECTION: **White Angelica** or **Sacred Mountain**: Under nose, crown, shoulders, back of neck, sternum

Facilitator Closing Prayer

END OF SESSION