

# Releasing Emotional Patterns with Essential Oils—quick use tips

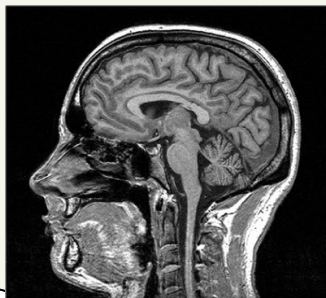
R A I N D R O P S & R O S E S T E A M

## REPWEOS

THIS RESOURCE IS THE RESOURCE FOR DETERMINING WHICH EMOTIONS ARE CONNECTED TO WHICH OILS

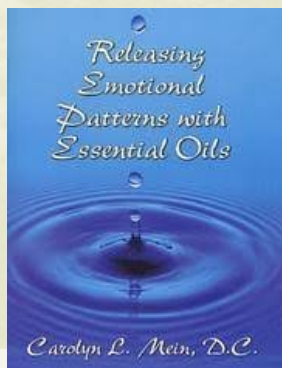
The tabs are suggested based on most frequent issues I've been asked about and I've needed to look up for myself, my family, my friends and those people seeking to address their health goals.

AFFECTION-ATELY REFERRED TO AS "THE BLUE BOOK"



## T A B T H E S E C T I O N S M O S T U S E D

This reference book has many gems tucked away between the covers. Many people overlook the emotional clearing section in the front which helps provide answers to why a person responds in a certain manner to upsets and gives suggestions of how to gain control over the negative emotions.



I like to have my copy tabbed with the binder cut off and have it spiral bound together with a Product Guide. That way when doing zyto scans or other consults I am able to access product descriptions and prices all without having to find any other resources. That can be done at an office supply store very inexpensively.

## Suggested TABs

1. Emotions—pg 35 - look up the emotions and find the way out statement, the other side and alarm point
2. Oils—pg 61— If you have a particular dislike for an oil it usually means there's an emotional component to your reaction
3. Alarm Points—pg 81—the alarm points are alphabetized and described with Chart #
4. Charts—pg 90 You can look up where the alarm points are if you don't know, or if you have soreness or discomfort somewhere you can look up the emotion connected to the alarm point.

## H O W D O O I L S A F F E C T E M O T I O N S ?

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. 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.

***Isn't that AMAZING?***