



Applying the YL Feelings Collection in Your Daily Life

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

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 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, 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."

The Feelings Kit, is available 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.”

- **Harmony**—an exquisite blend that promotes physical and emotional well-being by bringing harmonic balance to the energy centers of the body.
- **Forgiveness**—may enhance the ability to release hurtful memories and move beyond emotional barriers.
- **Inner Child**—the sweet fragrance of this blend may stimulate memory response and help reconnect with the authentic self.
- **Present Time**—has an empowering fragrance that heightens the sense of being “in the moment.”
- **Release** —combines uplifting, calming oils to create a sense of peace and emotional well-being.
- **Valor**—works with both the physical and spiritual aspects of the body to increase feelings of strength, courage, and self-esteem.

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