

Essential EMOTIONS



Hosted by:
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Essential Emotions Using Essential Oils for Emotional Support

* None of the statements in this guide have been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent disease.

NOT ALL OILS ARE CREATED EQUAL!

One of the reasons I chose dōTERRA® is because of their Cō-Impact Sourcing®. dōTERRA® sources its oils from all over the world so that each oil is derived from its indigenous environment. When they are grown and harvested in the proper altitude, climate, seasons, and soil, you end up with a far superior product. This is where dōTERRA®'s commitment to purity begins! Plus the dōTERRA® Cō-Impact Sourcing® initiative helps build communities around the world. Check out [this video](#) to learn more.

The second reason is that the oils are CPTG Certified Pure Therapeutic-Grade® (CPTG). This is REALLY important because every oil has ZERO fillers, synthetics, dyes, pesticides, or contaminants of any kind. They are just pure, unadulterated oils. dōTERRA® created this standard as a promise of purity and each and every batch is third party tested so you can be confident in not just their purity, but potency as well.



There are three ways to use essential oils:



1.) Aromatically

Put a drop in the palm of your hands, cup your hands to your nose and inhale - WOW!!!!
Diffusing is also a great way to get benefits from the oils. They can support respiratory functions and enhance moods.

2.) Topically

When you apply your oils to areas of the body that need support, they reach the bloodstream within 20 seconds and are then distributed throughout the body within 20 minutes. It's best to dilute the oils in fractionated coconut oil to avoid skin sensitivity and ALWAYS dilute for children.

The bottoms of the feet are a great place to apply the oils as it's the most porous section of the skin allowing for quick absorption. [Watch this amazing video](#) on how quickly oils absorb when you used on the feet. You can also apply on the back of the neck or along the spine.

3.) Internally

dōTERRA® is the ONLY brand of oil I would trust to use internally. Please do not assume it is okay to use any brand of oil internally as purity varies greatly. If safe for consumption, the bottle will clearly be labelled if it is approved for internal use. Once you are assured of quality, you can add one drop to your water or tea. I like any of the citrus oils for this as it helps me drink my daily recommendation of water.

Emotional Aromatherapy



Essential Emotions

Check out this great blog post from dōTERRA® on [The Science of Emotional Aromatherapy](#)

Would you like more about the bioactivity of the oils and the science behind them?
[Check out dōTERRA®'s Science Blog](#)

Creating Feelings of Peace



One of my favorite Essential Oil recipes to help bring peace into my life is this protocol. If you are not emotionally strong on a molecular level, even a room full of your favorite things will bring you little joy. Find your bliss, joy, and excitement again with oils that inspire empowerment, trigger cherished memories, and create a newfound sense of emotional freedom.

Creating Feelings of Peace

Diffuse

8 drops of dōTERRA® Wild orange

8 drops of dōTERRA® Lemon

1 drop of dōTERRA® Elevation on your chest

1 Drop of dōTERRA® Balance balance on your feet

1 Drop of dōTERRA® Balance on your solar plexus (under ribs)

Balance® - the grounding blend



Promotes tranquility while bringing harmony to the mind and body,
and balance to the emotions

A few ways to use the grounding blend Balance:

- Wake up each morning and put Balance on the bottom of your feet (and those around you) to promote feelings of calmness and tranquility through your day.
- Apply Balance to your wrists and neck whenever you have feelings of uneasiness or stress.
- Hidden Gem!!!! Diffuse in your car during road trips to create a calming, soothing environment.

Affirmations with Essential Oils!!!!

This works, and it is easy to test because if you are willing to start this process for 7 days with an open mind, the right affirmation for you, and this specific affirmation protocol, you *will* notice the difference.



3 drops of dōTERRA® Motivate on your chest

4 drops of dōTERRA® Balance on your feet

3 drops of dōTERRA® Frankincense and dōTERRA® Lemon in water

1 drop of dōTERRA® Whisper on your wrists and then cup in your hands and inhale

Once you complete this process, boldly state your words of affirmation

You can create your own affirmation, there are many you can find online and in books and here are just a couple you may like:

- I am the architect of my life; I build its foundation and choose its contents.
- Today, I am brimming with energy and overflowing with joy.
- My body is healthy; my mind is brilliant; my soul is tranquil.
- I am superior to negative thoughts and low actions.
- I have been given endless talents which I begin to utilize today.
- I forgive those who have harmed me in my past & peacefully detach from them.
- A river of compassion washes away my anger and replaces it with love.
- I am guided in my every step by Spirit who leads me towards what I must know and do.

Irritation Remover protocol:



- 1 drop of dōTERRA® Serenity on their heart
- 5 drops of dōTERRA® Terrashield on their chest (don't worry it's already diluted)
- 1 drop of dōTERRA® Peace on their solar plexus

Go With The Flow



**I love to apply this 'Go With The Flow' protocol to myself
and whomever may benefit from it:**

(If using this with children please omit the the Deep Blue)

- 1 drop of dōTERRA® Cypress on the spine and solar plexus
- 1 drop of dōTERRA® Deep blue on the neck
- 1 drop of dōTERRA® Peace on the belly

Emotional Aromatherapy™ System

I always recommend keeping the dōTERRA® Emotional Aromatherapy™ System handy, I love both the oils and the touch roller bottles for ease of application.

The kit includes:

Motivate® Cheer® Passion® Forgive® Console® Peace®



Here are a handful of uses:

Use the chart above to help guide to the appropriate blend or open the caps, smell the oils and let your intuition guide you

- Add these oils to your diffuser to experience aromatic benefits
- Apply 1 or 2 drops in your palms, rub hands together, cup in front of your nose, and inhale deeply (being careful to not touch your eyes).
- Dilute the oils and then apply topically to aromatherapy touch points such as the back of the neck, on the wrists, and over the heart.

Remember, the universe may control your day but you control how you handle it.

THE SCIENCE OF
Emotional Aromatherapy

MINTS
Alcohol and ketones
energizing and calming

CITRUS
Monoterpenes
uplifting and revitalizing

SPICES
Ethers and esters
renewing and intriguing

HERBS / GRASSES
Phenols
comforting and soothing

TREES / WOODS
Alcohols
grounding and balancing

FLORALS
Esters
calming and reassuring

Life Long Vitality

Eating right is the foundation of our wellness



Science has demonstrated that our diets are inadequate to provide the necessary levels of nutrients for optimal function. The fruit and vegetables our grandparents ate had more than 75% more nutrients than what we eat today. Even if you consume a ton of spinach every day, for example, it is impossible for you to get the nutrients you need from the food because the nutrients in that spinach has been depleted by pesticides, soil, and processing. Even the very best eaters need help with vitamins and minerals. For that reason, dōTERRA® has made available the Lifelong Vitality Supplements and you can have them conveniently shipped to your door at wholesale

The Lifelong Vitality Pack (LLV) is a daily supplement trio that lays a strong foundation for physical and emotional health. It provides an excellent source of minerals, micronutrients and healthy fats. Together, these 3 supplements provide us with the daily cellular support they need for us to FEEL GOOD, emotionally and physically:

- xEO MEGA provides 9 essential oils and omega fatty acids to the “3 brains”...supporting brain nourishment, heart and circulatory health, and digestive functioning.
- Alpha CRS+ contains potent antioxidants that promote chemical communication in cellular pathways.
- Microplex MVp is your vitamin and mineral supplement. It provides optimal levels of micronutrients for immune function and energy.

Formulated with potent levels of essential nutrients and powerful metabolic factors for optimal health, energy, and longevity. They decrease inflammation in the body, improve cognitive function and concentration, increase energy levels, and improve mental and emotional well-being.

dōTERRA LIFELONG VITALITY PACK



Cleanse Your Gut, Clear Your Mind, Improve Your Mood

It is important to have a regular rhythm of cleansing for your gut because this will help restore healthy physical function AND it is necessary for clear thinking and maintaining a balanced mood. 90% of your body's serotonin is produced in the gut! dōTERRA® has an extremely powerful and effective protocol for you to incorporate into your life with the goal of cleansing your gut, clearing your mind, and improving your mood.

Detoxification cleanse

- PB Assist® - Offers a unique, safe, and effective way to deliver the well-recognized digestive and immune system support benefits of pre and probiotics
- TerraZyme® - is a product that Includes a variety of whole-food enzymes that help with the digestion of proteins, fats, complex carbohydrates, sugars, and fiber. - actually it does a whole lot more than that, we could have a whole presentation just on the importance of taking TerraZyme
- GX Assist® - Provides a natural but powerful cleanse of the GI tract.
- Lemon essential oil - Naturally cleanses the body and aids in digestion - add a drop to your water (not intended for plastic containers) tip: add a drop to the bottom of your glass before adding the water so the essential oil does not sit on top
- Zendocrine® Detoxification Blend - Supports the healthy cleansing and filtering functions of the liver, kidneys, colon, lungs, and skin
- Slim and Sassy Softgels® - Supports digestion and boosts healthy metabolism, manages hunger cravings throughout the day, provides detoxifying benefits and helps to promote a positive mood. All in an easy-to-take soft gels.
- *In addition to the gut cleanse that includes the products I just listed, make wise food choices and move your body during the day - both of these activities will support the consistency of your mood.*

30-Day Renewal

	GX Assist	1 softgel with	10 days	AM and PM meals*
	PB Assist+	1 capsule with AM, Noon and PM meals*	10 days	
	TerraZyme Zendocrine		30 days	1 -3 capsules with meals/empty stomach* 1 -2 capsules with AM and PM meals/*
	Zendocrine		30 days	2 drops in capsule with AM and PM meals*
	Slim&Sassy		30 days	3 softgels per day between/after meals*

*Reduce amount or discontinue if GI upset occurs, take all supplements with food

*If you have any questions about the above information, please feel free to reach out to me or the person who introduced you to doTERRA.

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