



Resources listed
online here!

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A Method for identifying what oils and supplements you need:

1. Identify your health concern or what area of your physical body you'd like to improve your health with. Maybe you already have a diagnosis, or you have something you suspect. Use this sheet as a template for each issue. Pick one and write it below:

2. We are starting with the **physical/ body path of healing** to support. What organ or organs are involved?

3. What body system or systems are involved with this concern? (Circle one or more)

Skin Respiratory Nervous Digestive Skeletal Muscular Circulatory
Urinary Lymphatic Endocrine Reproductive Immune

4. What is the opposite organ or body system (See Ultimate Balance, by Leanne Deardeuff, DC)? The organ that you are wanting to support shares energy with the opposite organ. Sometimes the opposite organ even acts up because of it's connection to an ill organ. For example, Sera's husband had a gallbladder attack. He went to the hospital and found out that all of his arteries were blocked to his heart. The gallbladder and heart are opposite organs and share energy paths (Chinese Medicine). It is just useful to know the opposite organ because you can support that organ as well and it will also benefit the organ you are concerned with.

OPPOSITE ORGAN/BODY SYSTEM:

5. What nutritional supplements and essential oils will support those organs and body systems? The body is self-healing, sometimes we just need to give a little extra support to the weakened organ or system. (Look in the Essential Oil Desk or Pocket Reference to see what oils and supplements are suggested.) List below:



A Method for identifying emotional blocks that may be causing illness/disease or holding you back from progress.

Dr. Candace Pert discovered the Molecules of Emotion. She discovered that when you have an emotion, your body creates peptides, chemical molecules that represent that emotion. Your brain uses your body like a hard drive and stores those peptides in different areas of the body. If the emotions aren't healthily released or healed, over time can turn into disease. (This is based on Chinese medicine but now it's making more sense in the Western world.)

If you can identify the emotion involved in the area of your body that your illness affects, releasing that emotion is one more way you can support your body in it's healing process, and you may find it was the actual cause of your illness!

1. Now to identify the emotion that could be contributing to your illness.

Download the "Feelings Buried Alive" app from your phone's app store, or look in the Feelings Buried Alive Never Die book. On the app, there is a little magnifying glass at the bottom that says "Symptoms". In the book, the symptoms list is in the back. Look up your symptom here and read through the feelings it mentions. If any ring true to you, write them down here:

2. Follow the script on page 95 (or in the app) for each of the listed feelings. Repeat the script often for reinforcement. Take time with each sentence and get the understanding down into you. As the words of the script sink in, you are creating new molecules of emotion that can change the off balance ones.

3. If you want to dig deeper and you want to find CORE ROOT emotions that are probably causing issues, I recommend taking time to go through the script on page 97 for not loving yourself. You will identify actions you have done or things you don't like about yourself, you'll discover why you did those things that you don't like - often it was to protect yourself - and often the ROOT cause/hurt/trauma is revealed. Take time to forgive yourself for acting out of brokenness, and follow that script. This is really important because feelings of not liking ourselves can stop and block healing. WRITE DOWN EMOTIONS YOU THINK MIGHT BE ROOT ISSUES:

4. Now get out ***Releasing Emotional Patterns With Essential Oils***, by Carolyn L Mein. If you know the root emotion, look it up in the Emotional Reference chart that is in the middle of the book. In my copy it is page 36. Write out what it says for these:

EMOTION:

OTHER SIDE:

WAY OUT:

OIL: (or you can use Frank/Lavender/Stress Away blend or "Release" by YL)

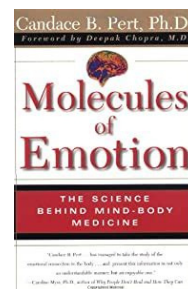
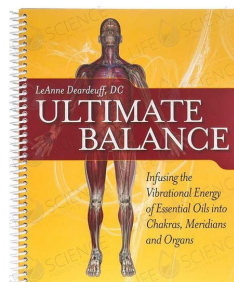
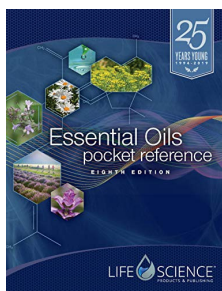
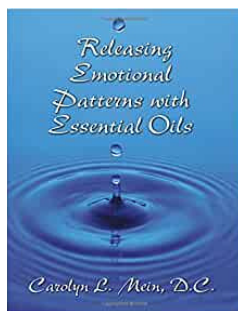
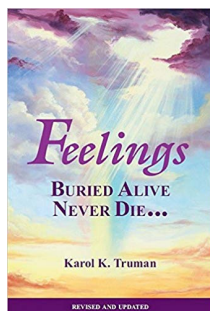
ALARM POINT:

The "Other Side" is the molecule of emotion you want to create in your body that will successfully knock out the current root negative emotion. The "way out" is the statement that you meditate on until you LITERALLY FEEL IT. It may take 5 minutes or 5 days, but you meditate on this idea until you are able to embrace it and feel it for your situation. This creates the physical peptide molecule. The "Alarm Point" is the place on your body to put the oil. It is the nerve that will carry the oil to the place the emotional molecules are stored. The OIL + the new molecule of emotion will go to the place the root negative molecules are stored and help displace them so you can physically remove the negative molecules of emotion from that organ. Your body now has a better chance of healing itself!

5. Now as part of your health supporting regimine, putting oil on those alarm points and repeating the "way out" should be a part of your daily routine as you reprogram your subconscious body/mind to release all of those negative molecules of emotions.

It could be done for you immediately, or it could take days/weeks - who knows exactly. But you'll know when you look at that root emotion and think, "that is not my issue at all any more."

Recommended Resources:



This resource is designed to help you be your own Health Detective. We are not physicians and nothing we say is approved by the FDA. This is informational in nature and designed to be a resource for you to use in your health journey.

Scan this QR code
with your phone's
camera (pretend you
are taking a photo). It
will identify and
bring up a webpage
with all the resources
from today!



THE OILY ACADEMY YOUNG
LIVING TEAM PAGE