

## THE FEELINGS RITUAL

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

<b>VALOR</b>	Put <b>Valor</b> oil on the soles of both feet at night-time along with <b>Highest Potential</b> . These blends are effective in erasing 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 ready to start the day.
<b>HARMONY</b>	Massage one drop of <b>Harmony</b> oil on each of the energy center points of your body. There are seven of these 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 <b>Harmony</b> on the crown of the head. <b>Harmony</b> 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."
<b>FORGIVENESS</b>	Apply <b>Forgiveness</b> 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. Lack of forgiveness does not make the other person sick: it makes us sick. Forgiveness is for our own benefit. It is accomplished in five steps. (1) Forgive yourself for allowing the other 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 in the presence of 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 <b>Forgiveness</b> oil while going through these steps, and repeat as often as necessary to clear the feelings of unforgiveness.
<b>RELEASE</b>	Negative energy goes into the blood, and then into the liver for cleansing, and here the toxins can remain trapped. As a result, the liver often becomes a storage place for anger, resentment, bitterness, hatred, jealousy, envy, addictions and a host of destructive feelings. Apply a few drops of <b>Release</b> oil on your tongue to release the poison of stored negative emotions from the liver. Rub <b>Release</b> over the liver area. Drink lots of pure water and do a liver cleanse.
<b>PRESENT TIME</b>	When we live in the past or dwell on the future, we are not being productive in the present. Energize three drops of <b>Present Time</b> oil by making clockwise circles on the oil in the palm of your hand, and then apply it to the thymus reflex area (centrally in the upper chest area, 3 fingers' width below the suprasternal notch). Besides keeping you focused on today's tasks, this can also help you financially, by increasing your abundance consciousness in the present moment.
<b>INNER CHILD</b>	"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 <b>Inner Child</b> oil onto the tip of your thumb and then place your thumb onto the roof of your mouth. This energetically opens the cranial sutures and stimulates the pineal, pituitary, and other areas of the emotional brain that occupy the space just above the roof of your mouth. Walking backwards as you do this while you have your thumb in your mouth may look stupid, but it changes the rotation in the pelvis, elongating the spine, and decompressing the discs in your back. As a result, 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."