

Feelings Kit™

Everyone has experienced lasting adverse impressions that scar our inner self, prohibiting self growth and accomplishment. Following the Feelings regimen of using the oils in this kit can begin the path of self identification by aligning their emotions. The essential oil blends of:

- Valor®,
- Harmony®,
- Forgiveness®,
- Inner Child®,
- Release®,
- Present Time®

complete this collection providing the foundation for emotional health.

Negative experiences and ideas are recorded



in our brains and locked into our memories throughout our lives. These memories range from mild to extreme and have a profound effect on our health and happiness. In order to become who we are intended to be, we must erase these negatives and reprogram our thoughts to make positive ideas our reality.

A sacred room in the Temple of Isis on the island of Philae depicts a ritual called “Cleansing the Flesh and Blood of Evil Deities” from which this compilation of oil blends referred to as the Feelings Kit was produced by Young Living Essential Oils to facilitate the release of negative

emotions, unresolved angers, resentments, and ancestral memory of trauma and pain. This Ancient Egyptian Healing therapy will help to heal negative energy and emotions recorded into our DNA that keep you from moving forward in your life and spiritual growth.

How to use the Oils of the Feelings Kit

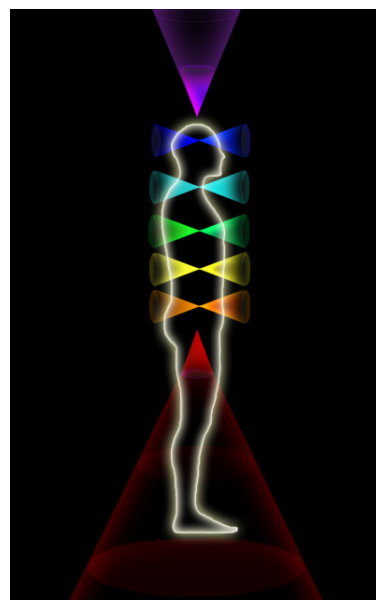
Valor oil blend is an empowering combination of spruce, rosewood, blue tansy, and frankincense essential oils. Renowned for its strengthening qualities and ability to align energy in the body.

Apply Valor to the feet as the first step of the Cleansing of feelings.



Harmony oil blend brings a harmonic balance to the energy centres of the body using lavender, sandalwood, and ylang ylang and other essential oils.

Apply Harmony on the chakra points to allow negative energy to escape.



Forgiveness oil blend is an uplifting combination formulated with melissa, geranium, frankincense, and other essential oils. Forgiveness allows the release of harmful memories and promotes a willingness to move forward.

Apply Forgiveness to the navel and let go of negative emotions.



Present Time oil blend promotes feelings of living in the moment. The blend of neroli, spruce, and other essential oils allow you to see the future with an open mind for new possibilities.

Apply Present Time to the wrists and behind the ears.



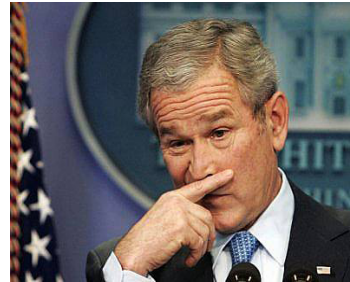
Release oil blend facilitates the ability to release anger and frustration using ylang ylang, lavender, geranium, and other essential oils. Release promotes harmony and balance of the mind and body.

Apply over the liver and wait as feelings of frustration are uplifted.



Inner Child oil blend stimulates memory response and helps reconnect with the authentic self. The combination of orange, tangerine, jasmine, lemongrass, neroli, and other essential oils provide a sweet, childlike fragrance.

Apply 1–2 drops of Inner Child just under your nose to open the pathway to connecting with your inner self.



Lastly, re-apply Valor essential oil to complete the Cleansing of feelings. Valor locks in the feelings of completeness and balance.

The Cleansing of feelings can be administered as frequently as desired.

Primary Benefits

- Neroli essential oil, a key ingredient in several of the Feelings blends, has been found to strengthen and stabilize the emotions and bring relief in seemingly hopeless situations.
- The Feelings regimen enhances self awareness and promotes a sense of renewal.
- Harmony and Valor induce feelings of balance and alignment.
- Ylang ylang essential oil balances male-female energies.

Cautions

Keep out of reach of children. Avoid contact with eyes. Some of the essential oils included in this collection have possible skin sensitivities. If pregnant, lactating, or under a doctor's care, please consult with a healthcare professional before use.

Frequently Asked Questions

Q How long should it take to complete the Feelings regimen?

A The length of the regimen will vary by individual. Allow yourself at least two hours to complete the entire regimen. However, the regimen could last much longer.

Q Can the essential oil blends be used outside the Feelings regimen?

A Yes, the oils can be used as indicated on their individual labels or as directed in the Feelings regimen.

Q Should the Feelings regimen be performed on children?

A Always consult with your child's physician before applying essential oils. Most of the essential oil blends in the Feelings collection are generally safe for children two years of age and older.

Below are the full list of essential oils in these blends

- **Valor:** Spruce (*Picea mariana*), rosewood (*Aniba rosaeodora*), blue tansy (*Tanacetum annuum*) and frankincense (*Boswellia carteri*) in a base of almond oil.



- **Harmony:** Lavender (*Lavandula angustifolia*), sandalwood (*Santalum album*), ylang ylang (*Cananga odorata*), frankincense (*Boswellia carteri*), orange (*Citrus aurantium*), angelica (*Angelica archangelica*), geranium (*Pelargonium graveolens*), hyssop (*Hyssopus officinalis*), spruce (*Picea mariana*), Spanish sage (*Salvia lavandulifolia*), rosewood (*Aniba rosaeodora*), lemon (*Citrus limon*), jasmine (*Jasminum officinale*), Roman chamomile (*Chamaemelum nobile*), bergamot (*Citrus*



bergamia), palmarosa (*Cymbopogon martinii*), and rose (*Rosa damascena*).

- **Forgiveness:** Melissa (*Melissa Officinalis*), geranium (*Pelargonium Graveolens*), frankincense (*Boswellia Carterii*), rosewood (*Aniba Rosaeodora*), sandalwood (*Santalum Album*), angelica (*Angelica Archangelica*), lavender (*Lavandula Angustifolia*), lemon (*Citrus Limon*), jasmine (*Jasminum Officinale*), Roman chamomile (*Chamaemelum Nobile*), bergamot (*Citrus Aurantium Bergamia*), ylang ylang (*Canaga Odorata*), palmarosa *Cymbopogon Martini*, helichrysum (*Helichrysum Italicum*), and rose (*Rosa Damascena*) in a base of sesame seed oil.



- **Present Time:** Neroli (*Citrus aurantium*), spruce (*Picea mariana*) and ylang ylang (*Cananga odorata*) in a base of almond oil.



- **Release:** Ylang ylang (*Cananga odorata*), lavandin (*Lavandula x hybrida*), geranium (*Pelargonium graveolens*), sandalwood (*Santalum album*) and blue tansy (*Tanacetum annuum*) in a base of olive oil.



- **Inner Child:** Orange (*Citrus aurantium*), tangerine (*Citrus nobilis*), jasmine (*Jasminum officinale*), ylang ylang (*Cananga odorata*), spruce (*Picea mariana*), sandalwood (*Santalum album*),

