



Joy™ was one of the earliest blends that Gary Young created to help with feelings of depression, grief, anxiety and low vibrational feelings. I found it extremely powerful in helping me to process the loss of my daughter. It helped me to come to terms with what had happened and release the deep pain.

Joy™ is a luxuriously exotic blend with uplifting overtones that creates magnetic energy and brings joy to the heart. When worn as cologne or perfume, Joy exudes an alluring and irresistible fragrance that inspires romance and togetherness. When diffused, it can be refreshing and uplifting.

As we look at the oils that go into this blend you will begin to understand why it is so powerful in helping the areas mentioned above

Ingredients:



- **Bergamot** (*Citrus bergamia*) – Since ancient times, bergamot has been an essential oil of many uses. It is the signature flavour in Earl Grey Tea. This refreshingly scented essential oil comes from the citrus fruit originating in Calabria, Italy. It is one of the most uplifting fragrances. It is simultaneously energizing and calming with a unique ability to relieve anxiety, stress, and tension and for it's ability to refresh the mind and lift mood.



- **Ylang ylang** (*Cananga odorata*) – This essential oil helps balance equilibrium and restore confidence and self-appreciation. It also helps to bring about a sense of relaxation.



- **Geranium** (*Pelargonium graveolens*) – This essential oil may help ease nervous tension and stress, balance the emotions, lift the spirits and foster peace, well-being and hope.



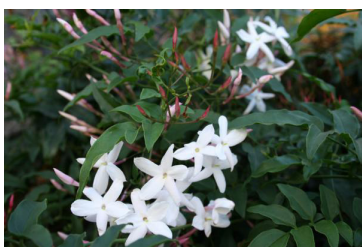
- **Rosewood** (*Aniba rosaeodora*) – A soothing and nourishing essential oil to the skin, Rosewood also has been researched at Weber State University for its inhibition rate against gram positive and gram negative bacterial growth. It also helps create synergism with all other oils.



- **Lemon** (*Citrus limon*) – This citrus oil is refreshing, purifying, super revitalizing and uplifting. Lemon essential oil has many uses and is very versatile.



- **Mandarin** (*Citrus reticulata*) – This orangy, citrus oil is appealing, gentle, and promotes happiness.



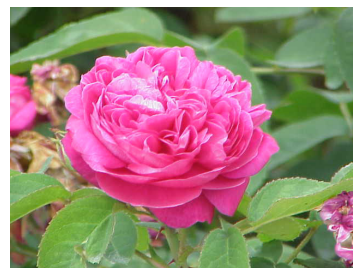
- **Jasmine** (*Jasminum officinale*) – For centuries, women have treasured jasmine for its beautiful seductive fragrance. Also used for skin care, this uplifting fragrance has traditionally been thought to be an antidepressant.



- **Roman chamomile** (*Chamaemelum nobile*) – Calming and relaxing for restlessness and tension, this is among one of the gentlest essential oils used in aromatherapy.



- **Palmarosa** (*Cymbopogon martinii*) – Palmarosa helps reduce stress and tension and promotes recovery from nervous exhaustion. It creates a feeling of security.



- **Rose** (*Rosa damascena*) – This costly oil has been treasured for thousands of years. Its beautiful fragrance is intoxicating and aphrodisiac-like. It helps bring balance and harmony, allowing one to overcome insecurities. It balances and elevates the mind, creates a sense of well-being.

In 1995 a lady came to Gary and said, “Gary, my husband hates the oils. He doesn’t want me working with the oils, he doesn’t want me having anything to do with the oils. He won’t let me use them in the home. I want to use the oils. I just know how much value they are going to have, and I don’t want to be without them. What should I do?”

“I won’t be without my oils. That’s all I’m going to say.” Gary replied “What kind of a relationship do you have?” She said, “Well, it hasn’t been that good. We’ve been married 27 years and he has never told me that he loves me.”

Gary said, “What! You’ve been married 27 years and he has never told you he loves you! Where do you want to go with this?”

She said, “I don’t want to divorce him,” and I said, “Why? If he doesn’t love you, why do you want to live with this man?”

“Well, we have children and grandchildren and our religious belief is not conducive for that. I am really sure I don’t want to divorce him because he’s a good man. I think I love him. He’s really a good man, but he just has some weird ways. Are there any of the oils that could help?”

Gary said, “If he doesn’t like the oils, he doesn’t like them in the home, he doesn’t like to use them – there are options.



Try this: men never smell their underwear before they put it on. Just sprinkle a couple of drops on his underwear!” She laughed so hard she nearly passed out. “When he is out of the house diffuse Joy™ in the house and when you know he is going to come home from the field, then open the windows and doors and air the house out.”

She thought that would get rid of the smell, but Gary told her it would get rid of the smell, but it will not get rid of the frequency because the oil will go into the drapes, into the carpet, into the furniture. It will go into everything and permeate everything in the home. It’s not about the smell; it’s about the frequency.

Putting Joy™ to the Test

So she took it literally and she did it. She practiced this for two weeks every day and after two weeks of doing this she had the diffuser

running one day and he had gone to the field for the harvest. The machinery had broken down, and he came back to the house early. The door opened, she was ironing and she said, “I just froze when I saw him. I didn’t know what to do!” He walked in and began to sniff, “What’s that smell?” and she said, “It’s just Joy, honey.” She thought for sure he was going to explode.



He said, “Wow! I haven’t smelled that before! That’s really nice.” She was still at the ironing board, and he walked across the floor to her and grabbed her and held her and said, “I love you.”

She shared this with me just a few months ago and she said, “Gary, our relationship has been the best it’s been in our lives.” – and that couple is serving a mission for their church today. These are things you cannot put a price on – the value and how it worked. So just take a lesson – always check the underwear!

Application:

Dilute 1 part Oil to 1 part vegetable oil or neat. Diffuse/humidify, directly inhale, or add 2-4 drops to bath water. Apply over heart, thymus, temples, and wrists. May also be used on lower back, abdomen, and on the heart and brain Vita Flex points. Dilute 1:15 with vegetable oil for a full-body massage. Put 2 drops on a wet cloth and put in clothes dryer. Put 4-8 drops on cotton ball and locate on vents.

Caution: Possible sun/skin sensitivity.