

Emotional Mind Mapping: Removing Obstacles and Manifesting Our Dreams Using Essential Oils

1. *Based on Gary Young's workshop, Saturday, March 9th, 2013: Emotional Release with Essential Oils*
2. Our behavior patterns and attitudes from our parents and ancestors are programmed in our DNA (blueprint) and RNA (memory). Replication of the DNA will go on forever unless this processing sequence is interrupted. Essential oils have the ability to access and interrupt this replication!
3. Identify your own programming and behavior patterns! Reflect back and decide what you wish to change. Write down what is not working in your life. Be ready to let go of anything that is not serving you in a positive way.
4. **Questions to ask oneself:**
 - *Do I know who I am?*
 - *Am I in charge of my own destiny?*
 - *Am I a product of my parents and their DNA?*
 - *Are there things I would like to change about my beliefs and behavior?*
 - *What lies did my parents and teachers tell me?*
 - *What lies do I tell myself, my family, my friends?*
 - *Is my life really successful?*
 - *What does success mean to me?*
 - *Do I have great health?*
 - *Am I financially independent and do I have more than I need?*
 - *Do I have enough that I can share w/ others?*
 - *Is my life really working, or am I just fooling myself?*
 - *Do I make excuses for not being what I could be?*
 - *Is my life full of deep burning purpose?*
 - *Do I know what I want in my life?*
 - *Does my life make a difference?*
 - *Am I rowing my boat through life or still trying to get in the boat?*
 - *Am I caught in my own web? (making excuses, blaming others...)*
 - *Am I behind the camera or in front of it?*
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5. **You can change! Change your belief system; change your thinking; change how you see yourself; change your behavior patterns...change your life! While you are about it, eliminate these two words from your vocabulary: "Try" and "Can't"**
5. **"Action!!!! Thought undelivered is worthless!".....Gary Young**

6. **Let's learn Gary's process for eliminating obstacles using EO's!**
 - **Valor** first!
 - Write your limiting beliefs in the circles with the central/core one in the middle circle. **Use pencil, as pencil more effectively imprints and grounds.**
 - Assign a number that represents the amount of emotional charge it holds for you (1-10).
 - Using pencil, draw counter-clockwise circles around each circle to erase these limiting beliefs, starting w/ the circle containing the greatest emotional charge.
 - In your non-dominant hand, apply **Trauma Life** and/or **Release** to release past traumas, disappointments while affirming, *"I lovingly release and let go of all things that no longer serve me." Or "I lovingly release the thought that....."*
 - **Acceptance** and **Forgiveness** what is past in order move ahead
 - Continue these counter clockwise circles until the emotional intensity is down to a 2 or less.

7. **Let's create our new dream and manifestation!**
 - **Awaken** to new potentials and realities! **Envision** your new life!
 - Write your dream in the present tense as if it has already happened! First the central one and all the feelings and thoughts that spring from it.
 - Assign a number that indicates your excitement level.
 - Draw clockwise circles around each of your circles in order to program this!
 - Meanwhile, breathe in EO's such as **Highest Potential, Abundance, Transformation** while drawing these clockwise circles.
 - Before bed: Apply **Inspiration** and **Dream Catcher** and massage head with **Into the Future**
 - **Sacred Frankincense and Highest Potential every morning!**

8. **Continue doing this process at home as often as possible. Even 5 min a day can make a huge difference in your life! Change can only be achieved with persistence and consistency.....**

9. **Eagles and Crows**
 - **Crows are like some people....they are there to pester us**
 - **Eagles just climb higher and never look back at the crows.**

10. **Let's fly like eagles!**

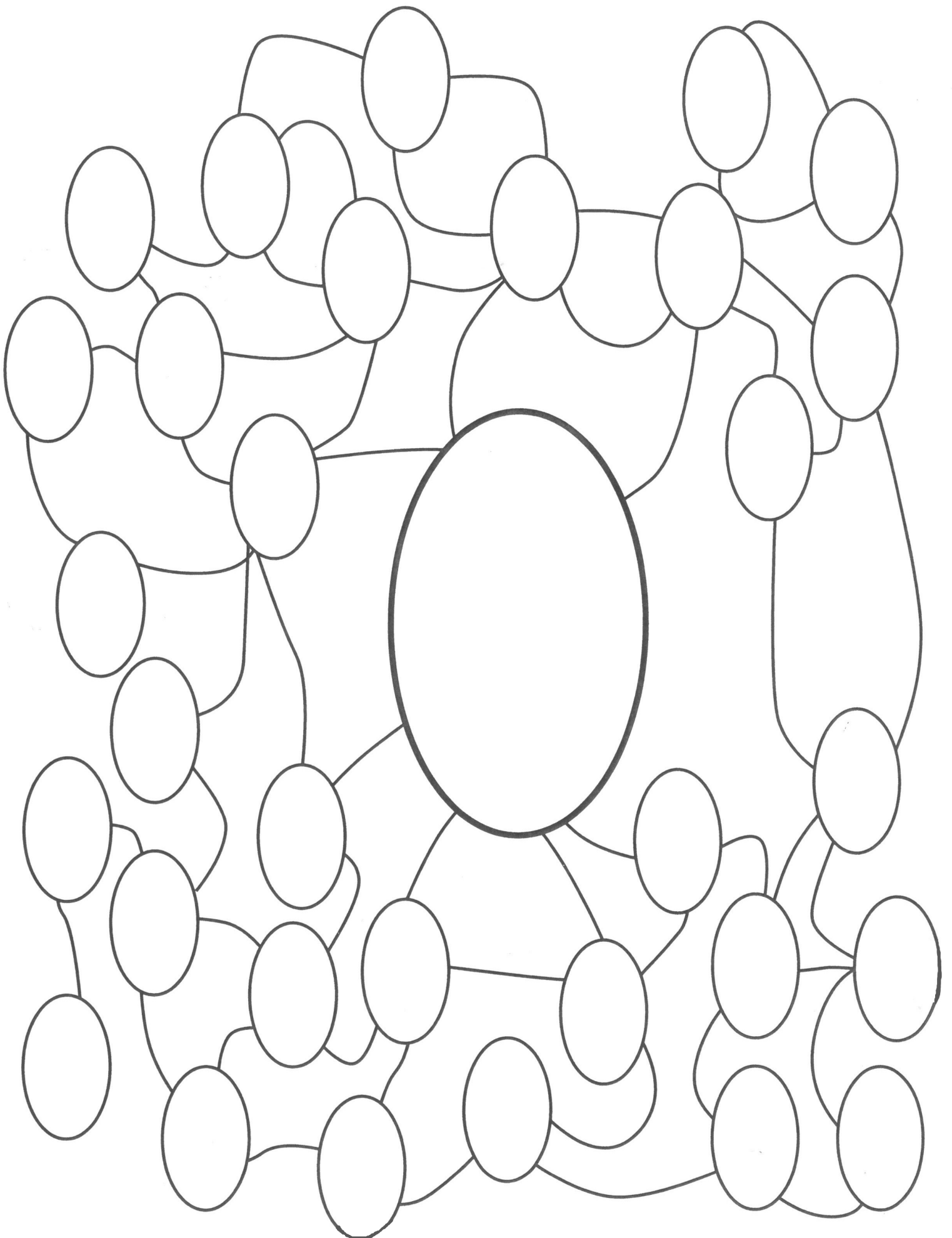
Mind Mapping Log

| | Date: Time: | Date: Time: | Date: Time: | Date: Time: | Date: Time: | Date: Time: | Date: Time: | Date: Time: | Date: Time: | Date: Time: |
|-------------------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| Tried it once | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I can't do it | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I lack the personality | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I am not a "people person" | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I am too shy | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I am never successful | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| It doesn't work for me | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I can't approach people | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I am not a business person | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Don't understand the marketing plan | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I am a failure | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I have bad credit | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| No one can afford the products | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Notes:

Write the most vexing problem in the center egg and then relate other problems in decreasing truth value.

These negative attitudes are only illustrations. Define your own and work on them using the blank sheets



Some suggested negative attitudes to be Mind Mapped out.

I don't want to bother my friends

I don't want to bother strangers

I don't have a strong WHY

I don't know enough people

All the prospects are already taken

People don't see me as a leader

I don't see me as a leader

I don't believe the oils will work.

I don't know the proper words

I can't explain

I don't know enough

I have to study more

I don't know where to learn

I don't have effective tools

It is a pyramid scheme

I got in too late

I don't have a story

I can't commit

I don't have enough time

I don't have enough money

I can't take the risk

People will think I'm desperate

This is not my top priority.

I'll do it next year

The timing is not right

It is too hard

Everybody is better at it than me.

My parents (husband, wife, children, friends, employer,

employee, club member, church, school, etc..

wherever and from whomever we seek approval)

won't approve or support.

People are too stupid to understand

I don't want to give life and death advice.