

Emotional Release Self-Facilitation

Suggestions by Gary Young

Give yourself at least **1½ hours** uninterrupted (preferably more) to complete this process. (If your emotions are already up, it may take less time.) This is a healing session you are giving to yourself! Have your journal & tissues nearby just in case as memories and/or emotions arise to be cleared. Give yourself enough time between each oil application to relax into the vibration of that oil & to feel the shifts happening throughout your body & being. You may not become mentally aware of what's going on, so don't be attached to how you think this should go. Each time you do it will be different. Let your thoughts go. If you drift into a meditation-like sleep state, that's okay too & may need to happen as a part of your process. This self-facilitation can be very enjoyable as you recover & reclaim "lost" parts of yourself, if you approach it with this attitude. Good luck!

1. VALOR — 3-6 drops on bottoms of each foot. *Option 1:* Hold as with Raindrop Technique (right hand on bottom of right foot, left hand on bottom of left foot simultaneously) for approx. 5 minutes or until you feel a sense of calmness settle in. *Option 2:* 1 drop on each wrist & hold wrists together approx. 5 minutes....

- * To balance parasympathetic & central nervous systems
- * Creates relaxation
- * Creates feeling of empowerment (which helps you to face emotions)

2. HARMONY — Place on the front or back of each chakra (& wherever else guided).

- * Frequency facilitates opening where emotions are blocked
- * Facilitates energy flow in each chakra & harmonizes them with each other so that there is clearer communication & agreement in this healing process.
- * Balances masculine & feminine, facilitating a willingness to surrender & let go of emotions (i.e. less ego resistance or defensiveness).

Wait several minutes.

3. FORGIVENESS — Place on & around navel. Can place over entire abdomen too. All nerve endings centralize here. Then place drop under nose & inhale, letting it go throughout body wherever it needs to.

- * Changes the DNA imprint of the negating emotion & erroneous information
- * Goes to every nerve fiber in the body from navel, finding & transforming mis-information.

Wait for several minutes. Relax & allow emotions to surface. Let yourself feel them. Let the oils transmute them gracefully. But you must allow them to the surface first.

If emotions don't surface:

4. PRESENT TIME — 1-2 drops, rub clockwise on Thymus (located between heart & throat). Smell it.

- * Brings you out of past distractions & anchors you in the present moment.



- 5. RELEASE** — Place 3-4 drops over liver. Can place on Heart or anywhere else too.
- * Releases held anger & fear.
 - * Helps you move beyond where you've been stuck.

Now it's easier to go back & explore the past & the emotions there because **Present Time** is anchoring you in the present. **Release** helps you go back & feel without adding to the old pain & anger. You're in more of a space of letting go.

Wait & allow the emotions to emerge before proceeding.

- 6. INNER CHILD** — Place 1 drop on pad of thumb & press it against roof of mouth. Breathe.

- * Helps you go back into childhood & find your authentic identity.
- * As you start realizing your authentic identity, your DNA helix starts a right-hand spin. Then you start producing more alkaline that activates the transcriptase enzymes on the right-hand helix, inscribing the DNA template with positive information.
- * Then you are more able to be the person you are & want to be but didn't think you could because of each of the old negative inscriptions inserted on your DNA in reaction to event in life.

Once cleared for this session:

- 7. VALOR** — Place on brainstem (spinal column in neck). Rub clockwise on locus coeruleus (point at base of skull where it meets the neck).

- * Activates transcriptase enzymes in DNA of whole body, anchoring new memory into the central nervous system.

- 8. HIGHEST POTENTIAL** — Place on lower 3 chakras or wherever guided.

- * Takes you to the next level of self-expression.
- * Helps you more easily move towards your goals.

Quick Mood Elevating Protocol

- 1. VALOR** - drop on wrist, hold wrists together a minute or so.
- 2. HARMONY** - one drop on Solar Plexus.
- 3. JOY** - one drop over heart.
- 4. WHITE ANGELICA** - one drop in hands, rub together, brush over hair, face, shoulders, chest, and down back (can be done clothed or not).

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