

LIVING WATERS OUTREACH



LIVING + WELL

*together*

A NATURAL WELLNESS COMMUNITY

A cluster of pink and yellow balloons with smiley faces against a blue sky with clouds. The balloons are of various sizes and are tied together. Some have simple black smiley faces drawn on them. The background is a bright blue sky with soft white clouds.

# RELEASING EMOTIONS

# Disclaimer

I am not a doctor.

NOTHING I SAY IS INTENDED  
TO DIAGNOSE, TREAT, OR CURE  
ANY ILLNESS OR CONDITION.

## Other Essential Oils...

THE RECOMMENDATIONS I MAKE  
ARE FOR YOUNG LIVING PRODUCTS ONLY.  
I BELIEVE THESE ARE THE MOST PURE OILS ON  
THE MARKET TODAY AND MY EXPERIENCES  
ARE FROM THIS BRAND ONLY. I CANNOT  
SPEAK ON BEHALF OF ANY OTHER  
BRAND AT THIS TIME.



# EMOTION'S PHYSIOLOGICAL CONNECTION

Unresolved emotional experiences are recorded in cellular memory (DNA) and remain there as live programming until they are dealt with. These unresolved emotions can be stored anywhere in the body.

Your emotions can either build a good foundation for health or create disease.

# EXAMPLES OF THE PHYSIOLOGICAL CONNECTION

Emotions can cause your body to move out of homeostasis.

**For example:** this may be beneficial for short term survival (**fight or flight**). Some organs may decrease oxygen consumption to provide extra oxygen to other muscles for running. This trigger may be stored and remembered to provide for a quicker withdraw next time.

This is an example of how cellular memory and emotional triggers work together to provide safety. You can also see why maintaining homeostasis is important for well being.

## emotion noun

 Save Word

emo·tion | \ i-'mō-shən  \

### Definition of *emotion*

- a** : a conscious mental reaction (such as anger or fear) subjectively experienced as strong feeling usually directed toward a specific object and typically accompanied by physiological and behavioral changes in the body

**b** : a state of feeling

**c** : the affective aspect of consciousness : [FEELING](#)
- a** : [EXCITEMENT](#)

**b** *obsolete* : [DISTURBANCE](#)



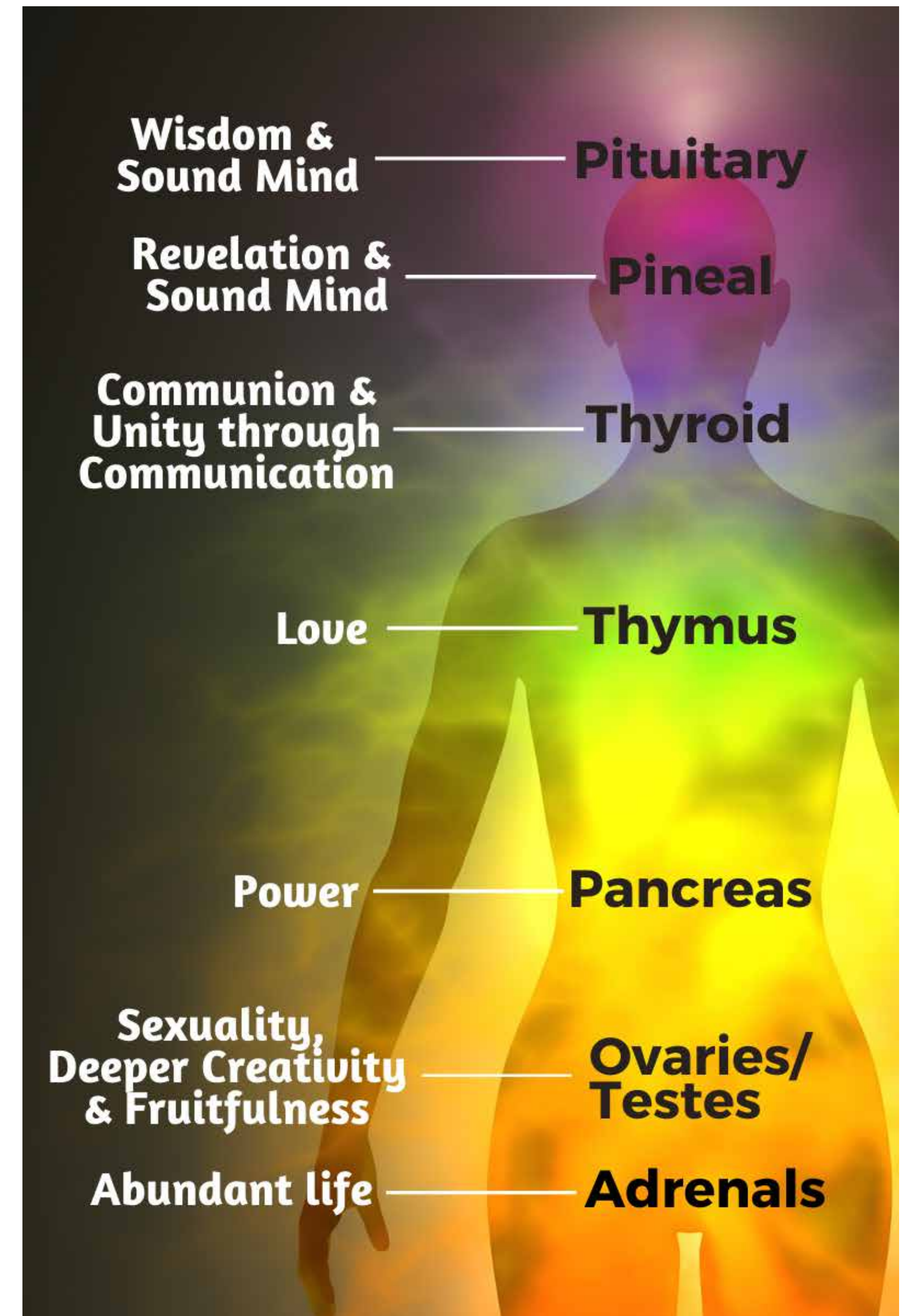
# LET'S DISCUSS ENERGY



- » All matter, thoughts and emotions have energetic **vibrations**.
- » **Vibrations:** continuous slight shaking movement (back and forth). There are two kinds of vibrations, positive (+) and negative (-).
- » Every mood or feeling causes you to emit or offer a vibration either positive or negative.
- » **Frequency:** the rate at which a vibration occurs that constitutes a wave, either in materials (as in sound waves) or in an electromagnetic field (radio waves and light-photons).
- » **Matter cannot be destroyed but it can be changed.** Consequently, energy, vibration and frequency of feelings and emotions can also be altered causing the physical manifestation of an emotion or thought to be changed.

# CHAKRAS

- » Chakras are electromagnetic centers along the spine of our (electromagnetic) EM fields.
- » It is through this EM field that our physical bodies are energized and are enabled to maintain a healthy state.
- » Each chakra is associated with a gland.
- » The fundamental colors of the chakras are ascending frequencies from the base of the spine to the top of the head. The lowest (red) at the bottom and the highest (violet) at the atlas with White (the combination of all the frequencies) at the top of the head.
- » Each chakra has its own specific sound: Root (field of locusts); Sacral (continuous tones of a flute); Solar Plexus: (harp); Heart Center: (bell or gong); Throat: (rushing water); Medullary center: (ocean roar or thunder or combo of sounds which can also sound like a blaring trumpet).
- » Essential oils can be used within you EM field to effect change, such as in the raindrop technique.





# ENERGY CENTERS OR CHAKRAS

“Chakras are not ‘New Age.’ They are Old Age being rediscovered. They are mentioned in both the Old and New Testaments of the Bible. The Jews even have a symbolic representation for the seven Chakras in their Menorah of seven candles, the center one representing the heart chakra.

The first thing to understand is that we all possess an electromagnetic field in which our physical bodies are immersed. Even the medical and biological professions acknowledge that human beings have, not only a physical body of flesh and fluids, but also a subtle electromagnetic field upon which their physical body is superimposed.

Physicians measure your electromagnetic (EM) field to detect problems with your heart and brain by means of EKGs (Electrocardiograms) and EEGs (Electroencephalograms), but they don’t understand, nor utilize, the connections of our EM bodies to our physical bodies in a way to provide pathways to healing. They don’t understand that physical maladies, conditions, and sicknesses usually show up as irregularities in our EM field before they manifest physically. They are unaware of the connection between our minds and feelings to our electromagnetic field and how the condition of the EM Field affect our physical well-being.

–An excerpt from “Are Chakras New Age?” by David Stewart, PhD  
<http://www.raindropttraining.com/messenger/v11n4.html>





Every good gift and every perfect gift is from above, and comes down from the Father of lights, with whom there is no variation or shadow of turning. (James 1:17)

“The Lampstand in the Tabernacle of God is a seven branched menorah. Oil was used to keep the lights burning continually. When pure light is refracted through clouds or a prism, we get different colors, or colored lights. We see these in rainbows and sunrises and sunsets. The energy centers located at the seven main glands of the body respond to, or are activated by, different color lights. Remember that we said that God is the Father of lights? Not just the Father of light, but lights.... Plural.”

“There is another very interesting and very similar ancient word which came before the Sanskrit word for Chakra and that is the Hebrew word “shachar’it”. Shachar’it means to balance or center, as in the Hebrew morning shachar’it prayers, which centers one for the day. Shakar in Hebrew means “dawn” so the understanding is at the beginning of the day, when the light first appears, we seek God’s light in order to bring balance to our day.”

– An excerpt from the article: It’s Not New, It’s True: Chakras and Christianity by Beth Hovis, ND, MH, CCII

<https://www.trinityschool.org/blog/index.php?pid=24?p=>

# ENERGY AND THOUGHTS

- » According to the bible, **thoughts have creative power**. Every thought you have is shaping your future and changing you.
- » **Law of Attraction:** Where your thoughts go, your energy flows. If you choose good, positive thoughts you will attract more of the same. This law applies to everything you think, believe, act, intend, say and the emotions you experience. What you attract is what you become.
- » Your emotions are an internal guidance system.
- » When you experience joy and happiness you vibrate at a higher frequency.
- » When you experience negative emotions such as fear, anger and anxiety you are off track and **vibrating at a lower frequency**.

For as he thinks in his heart, so is he.

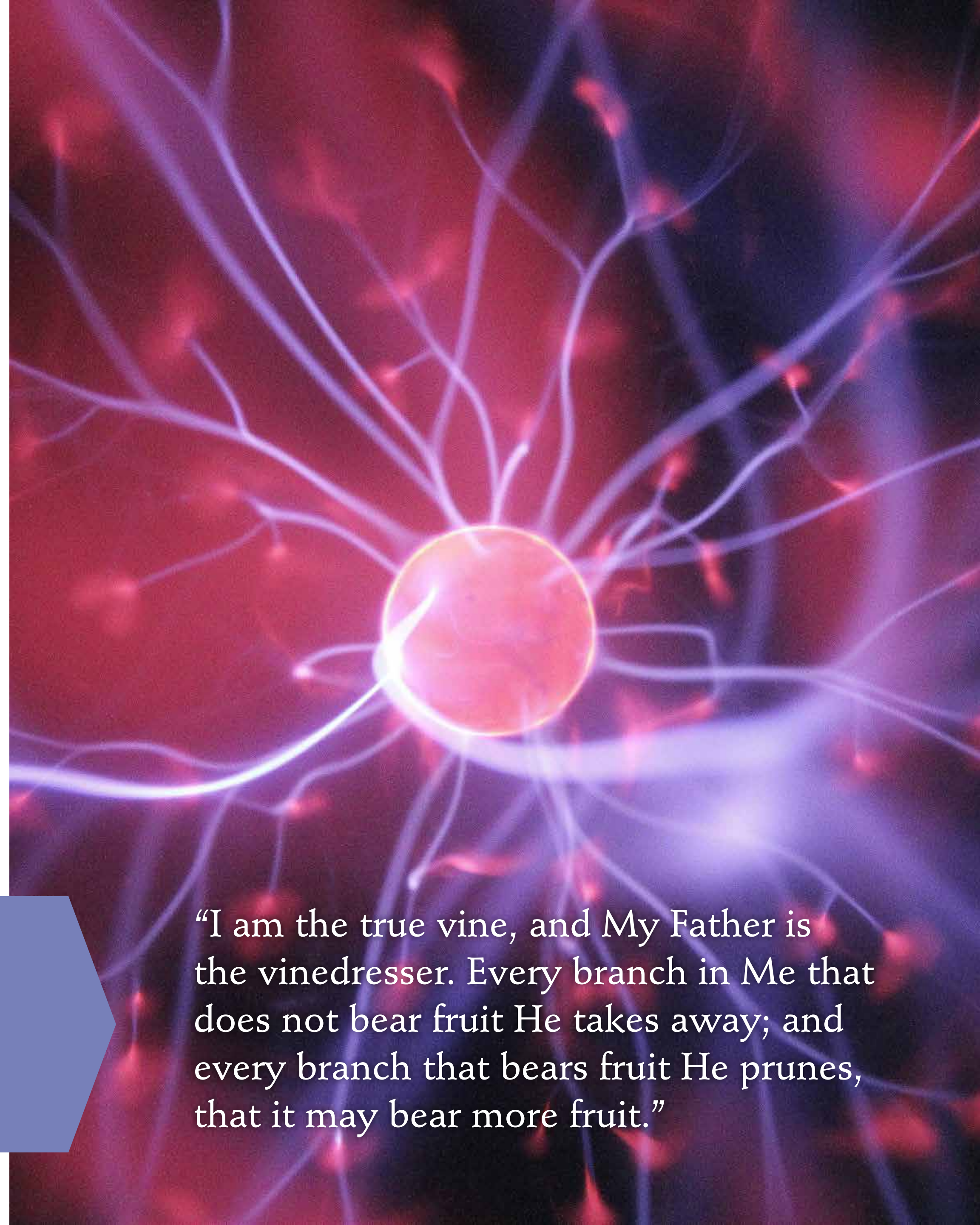
Proverbs 23:7



- » Thoughts are electrical energy firing in your brain. Your brain creates pathways based on your thoughts.
- » The brain changes as a result of mental activity called **neuroplasticity**. Spiritually this is the **renewing of your mind!**
- » **Epigenetics: You control your genes, your genes do not control you.** Choices become signals that change our brain and body, so these changes are not dictated by our genes. Our thinking and subsequent choices become signal switches for our genes. Genes are dormant until switched on by a signal... they have the potential but they have to be activated!

“We have the unique opportunity to assess our thoughts and their impact and choose to connect to the vine that is Christ (John 15:1-5) to restore growth and prune off the branches of toxic thinking” - Dr. Caroline Leaf

“I am the true vine, and My Father is the vinedresser. Every branch in Me that does not bear fruit He takes away; and every branch that bears fruit He prunes, that it may bear more fruit.”





## TOXIC THOUGHTS

Did you know that stress is the direct result of toxic thinking? Perceived stress has been known to disrupt sleep, digestion and the immune system.

Toxic thoughts and emotions build up over time and if not released become stored in the cells of your body eventually leading to disease.

Meditation is a great way to begin removing the “thought garbage” from your mind and focusing on positive thoughts.

Using essential oils during meditation can enhance this practice.

# RENEW YOUR MIND

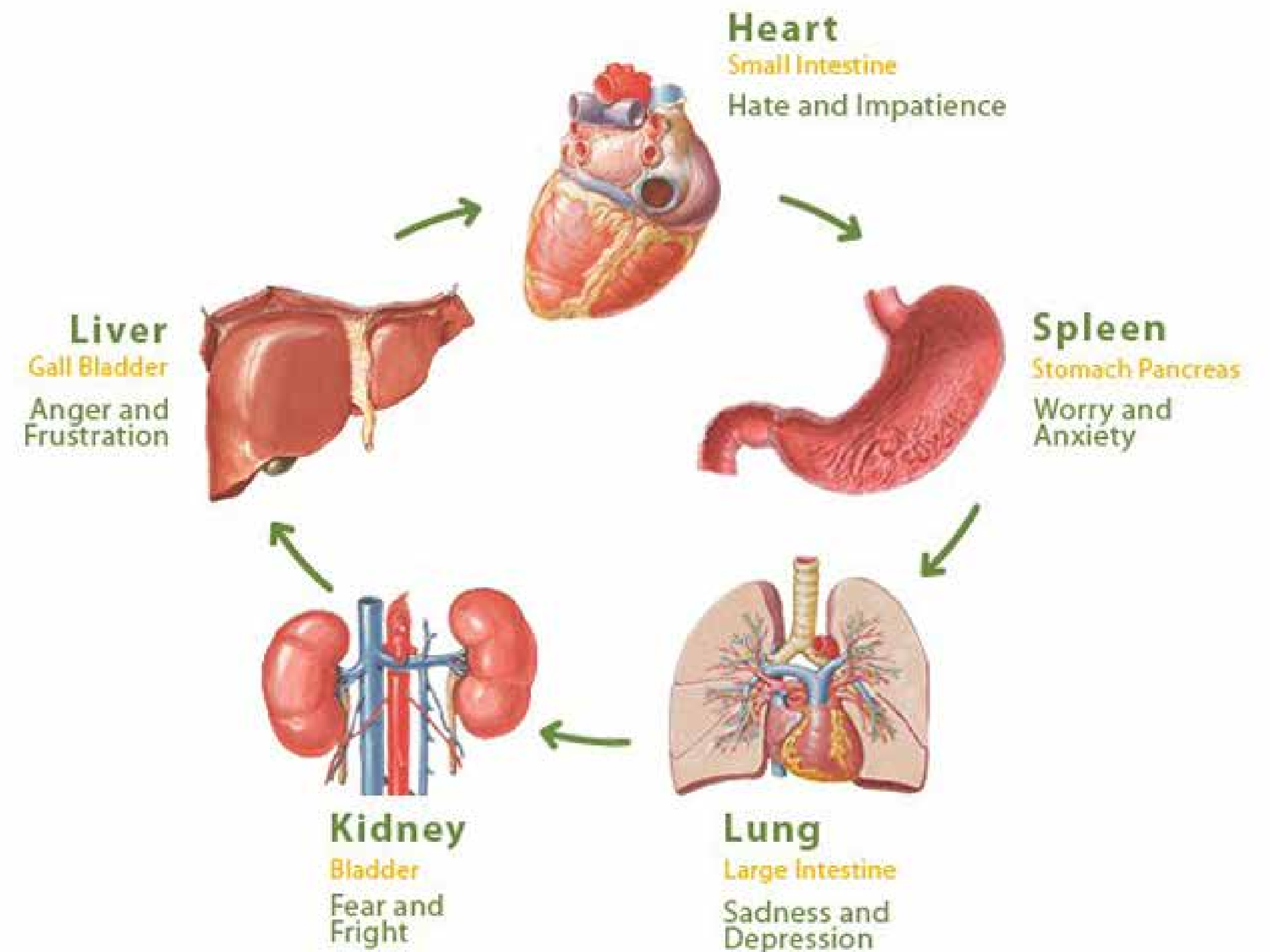


And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is good and acceptable and perfect will of God. – Romans 12:2

**We can release emotions and emotional patterns using essential oils!**

# ORGANS & EMOTIONS

- » Feelings are taken in through the chakras (or energy centers) along the midline of the body and then fed into the meridian system (or energy channels that run over and through the body).
- » Since each organ has a vibrational frequency (as do emotions), the emotions will settle in an area with a corresponding frequency.
- » Disease occurs when the body's frequency drops below a certain point.
- » Essential oils can raise the body's frequency because they vibrate at a higher frequency and can transfer this to the body.

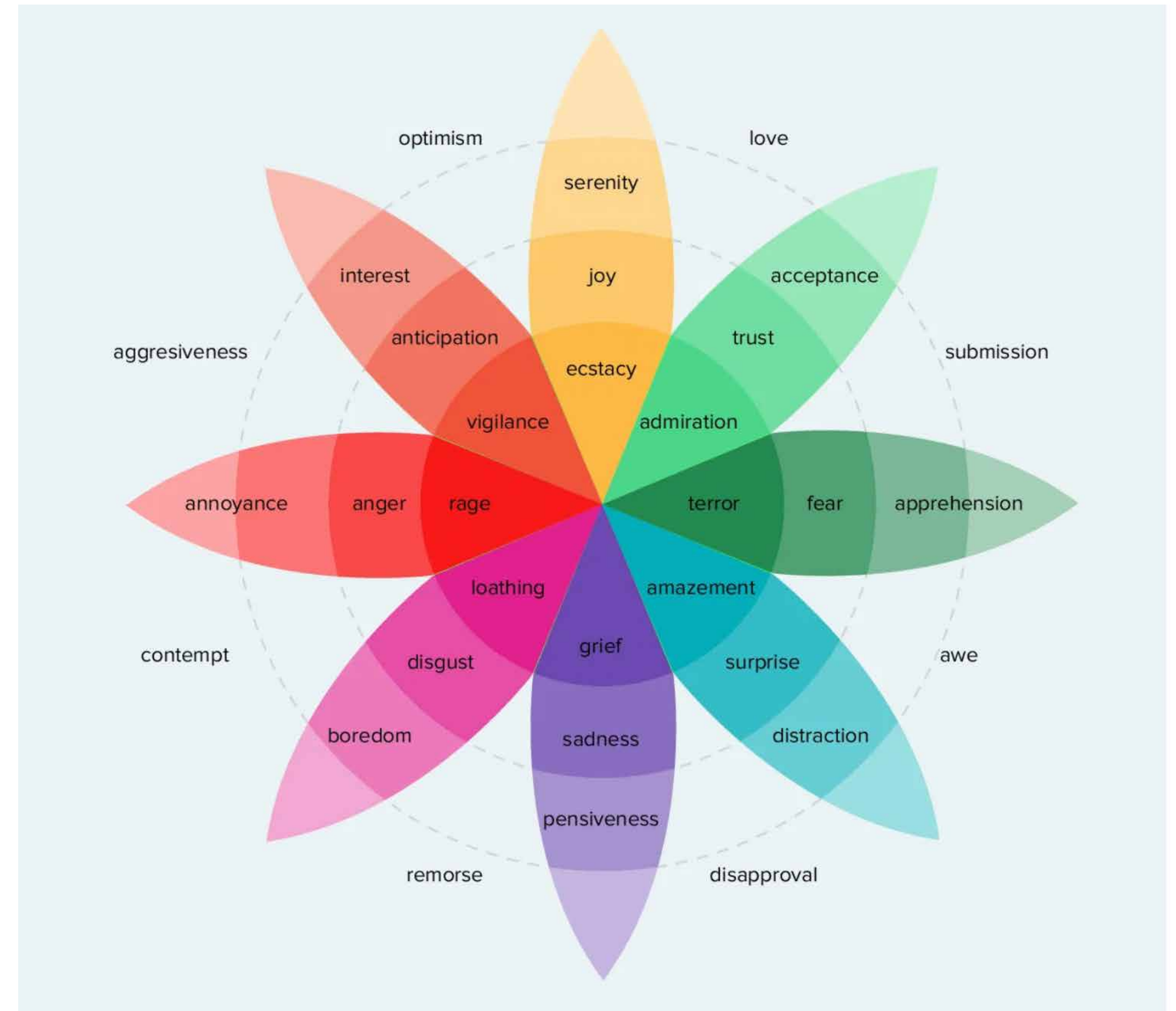


# RELEASING EMOTIONS



- » Do you find yourself at the mercy of your emotions?
- » Is shifting out of a negative emotional state difficult?
- » Do you find yourself responding in the same negative way to certain situations despite your best efforts to do otherwise?
- » Do your negative emotions seem to be beyond your control?

- » Emotions are like waves– they ebb and flow.
- » **Most of us are aware of the negative side of an emotion, but rarely do we know or explore the positive side or how to even access it.**
- » We know we need to release negative emotions, but doing so can have repercussions.
- » Focusing on identifying and feeling both sides of an emotion will allow you to release emotions in a positive manner while also fully experiencing the feeling.
- » You now have a choice of holding or releasing the emotion. Releasing it positively can create good feelings for yourself and your surroundings. **Holding the positive emotion allows you to use the energy for a positive or creative expression throughout the day!**



### Example: Anger

What's the other side (or opposite of) Anger? Joy, happiness, love or peace!

Anger is an explosion of energy that gets attention, what is the opposite explosion of energy? Laughing!

# “STUFFED” EMOTIONS

- » Emotional energy generated during trauma that is not released, is stored in an organ with the same vibrational energy.
- » The memory of the trauma gets stored in the limbic system, which is the seat of our emotions.
- » Our mind attaches a belief to the stored emotional memory.
- » Emotional response to the trauma is stored in cellular memory and becomes automatic.
- » If these feelings are suppressed, the emotion tends to magnify each time it is triggered.
- » The body holds emotional patterns regardless of our awareness. Many times the first indication of a problem is pain, whether emotional or physical.

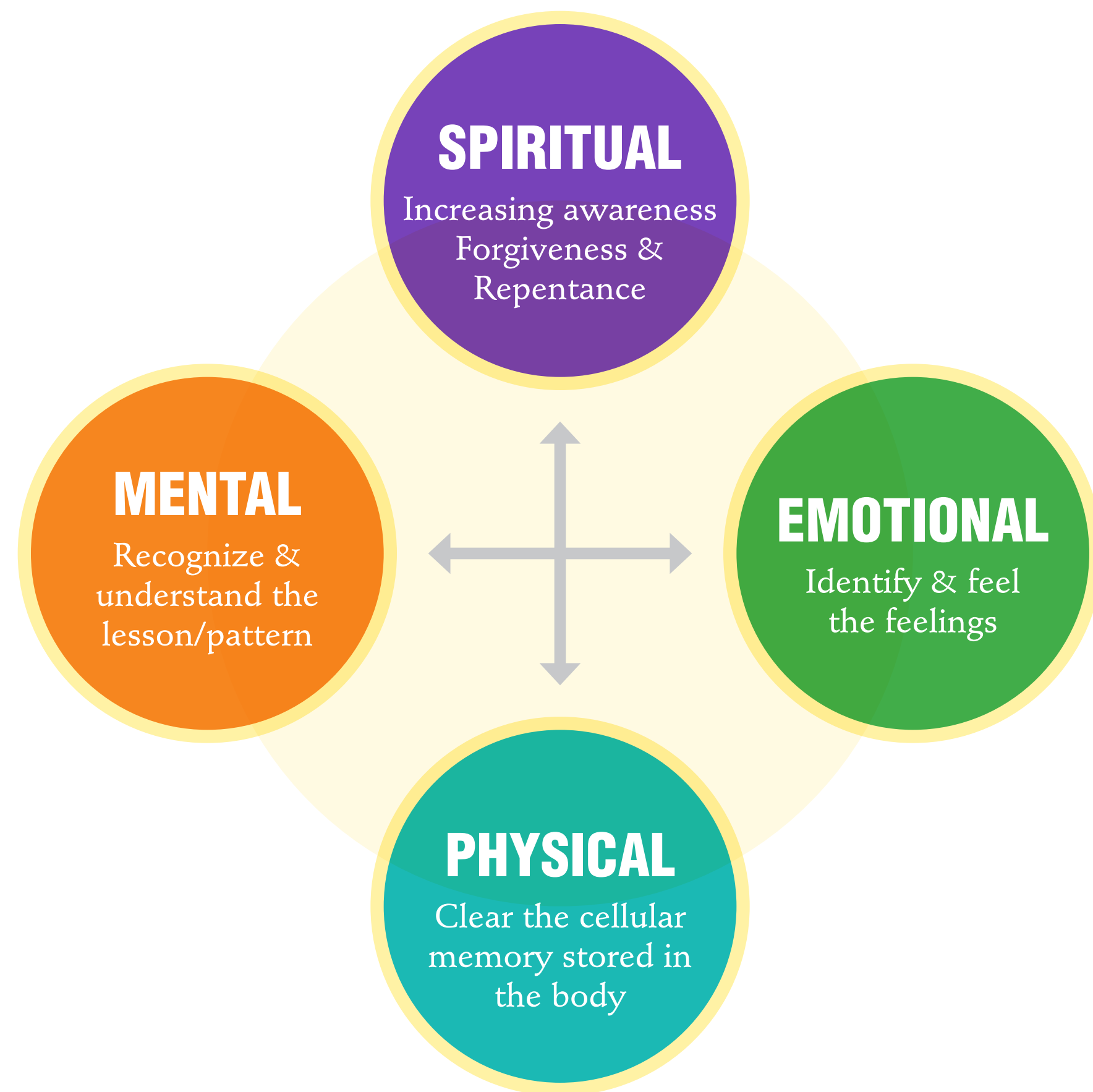
A good man out of the good treasure of his heart brings forth good; and an evil man out of the evil treasure of his heart brings forth evil. For out of the abundance of the heart his mouth speaks. –Luke 6:45



All emotions stem from fear or love. Fear ultimately comes from a disconnect with God. Restoring connection with God will allow you to approach a situation from a position of love.



# EFFECTIVELY CLEARING EMOTIONAL PATTERNS



- » **Make the decision to change the pattern**
- » Recognize the pattern (mental)
- » Decide how you want to feel it (emotional)
- » Change your perspective (spiritual)
- » Clear the automatic response (physical)

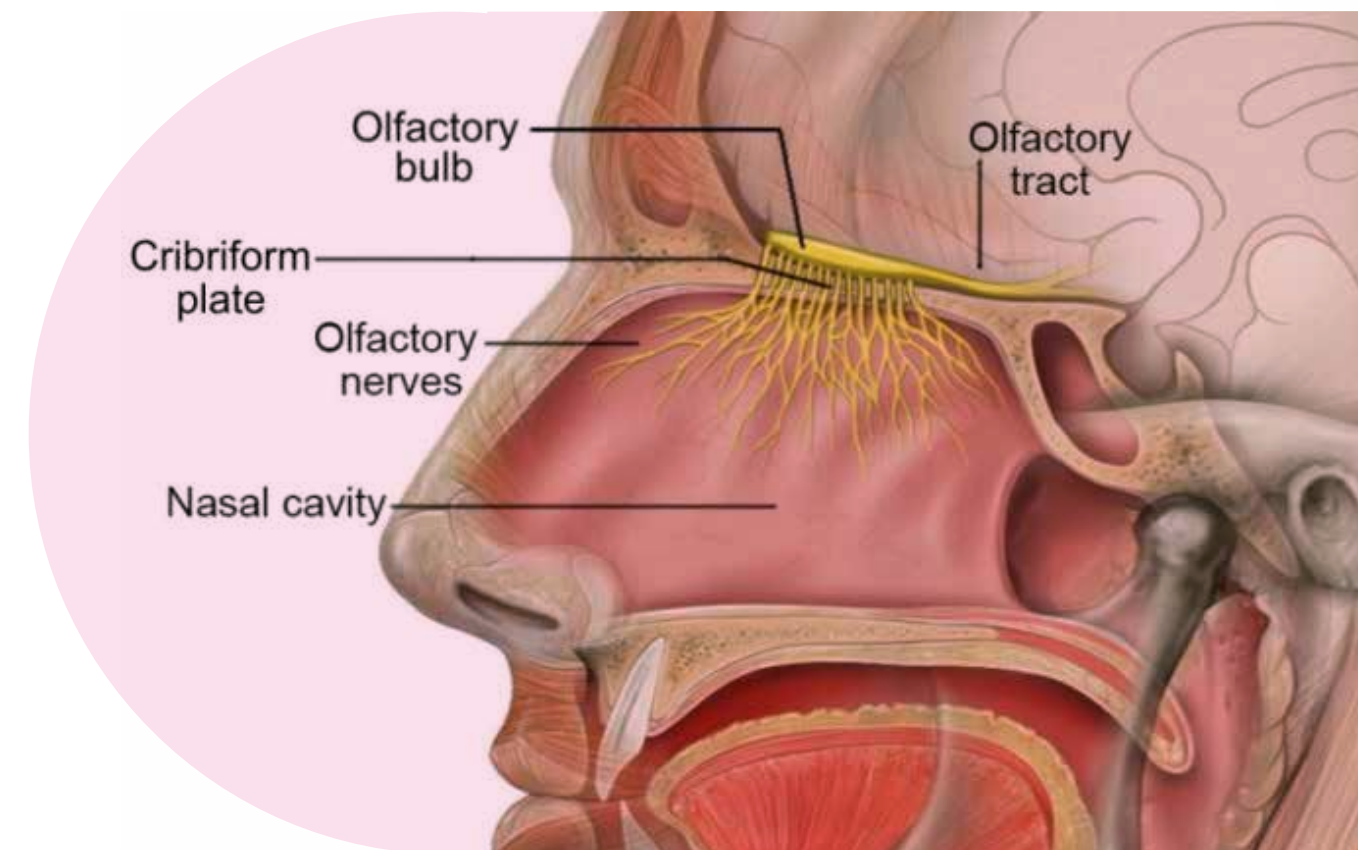
**Breathing essential oils can help clear the emotion!**

# WHAT IS THE LIMBIC SYSTEM?

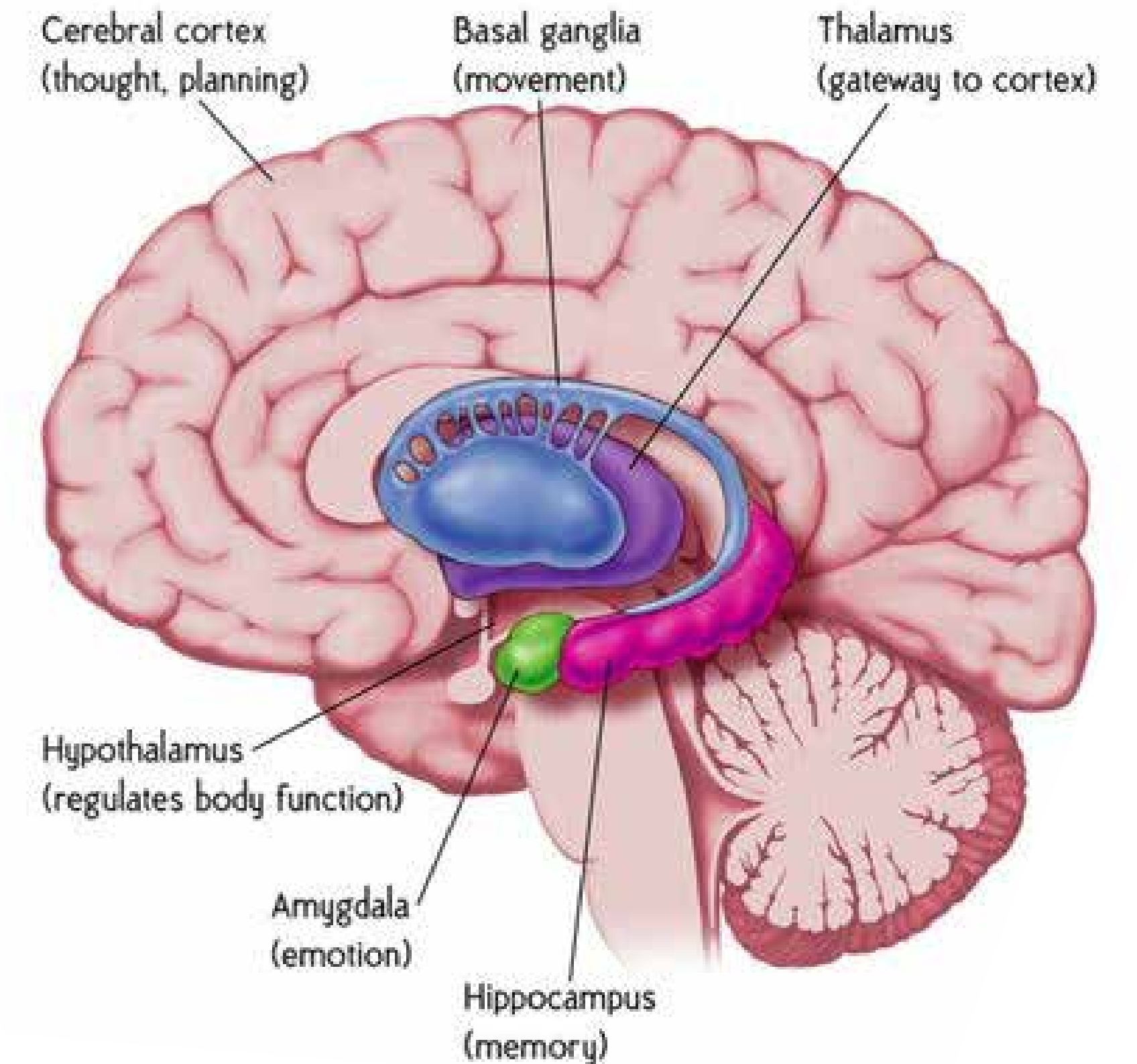
The limbic system is commonly referred to as the “emotional brain”, which resides within the cerebrum. This portion of the brain handles emotional response, hormone function, behavior, motivation, long-term memory, and sense of smell.

# YOUR LIMBIC SYSTEM

» When an odorant molecule floats through the air into your nose, it lands on tiny hairs inside your nose called **cilia**. The cilia starts to vibrate, generating an electrical signal. The signal travels up to a receptor cell, which sends information to the olfactory bulb.



- » The **olfactory bulb** is located at the very top of the sinus cavity, detecting odors. It is a direct extension of the brain and extends into the limbic system.
- » The first area to be stimulated is the **amygdala**, which is the basic “fight or flight” alarm area that’s job is to determine in a split second whether there is danger or not.
- » Immediately connected to the amygdala is the hippocampus which is involved in the formation of memories. The hippocampus can also be directly stimulated by the olfactory bulb! This is how smells trigger memories.



- » **Hippocampus** – responsible for forming short- and long-term memories.
- » **Amygdala** – perceives emotions such as anger, fear, and sadness; plays a role in controlling aggression; helps store memories of events and emotions; also plays a role in sexual activity and libido.
- » **Hypothalamus** – controls reproduction, sleep patterns, and body homeostasis.
- » **Thalamus** – relays sensory information to the cerebral cortex.

# OILS TO CLEAR EMOTIONS

Essential oils can be grouped (roughly) into categories based on type of plant and how they affect mood:



## CITRUS OILS

BRIGHTENING  
UPLIFTING  
CHEERY



## TREES

GROUNDING  
CENTERING  
CALMING  
STRENGTHENING



## SPICES

ENERGIZING  
STIMULATING  
INVIGORATING



## FLOWERS

RELEASING  
ASSURING  
ALLOWING



## HERBS

AWAKENING  
CLARIFYING  
REFRESHING

# RELEASING EMOTIONS WITH ESSENTIAL OILS

**WHAT IS THE  
EMOTION YOU  
ARE FEELING?**

**WHAT IS THE  
OTHER SIDE  
OF THAT  
EMOTION?**

**IDENTIFY  
YOUR  
AFFIRMATION  
AND  
CORRESPONDING  
BIBLE VERSE.**

**BREATH  
IN THE  
CORRESPONDING  
OIL TO THE  
EMOTION.**

**NOTICE  
HOW YOU  
FEEL.**

## **INSTRUCTIONS**

1. Place a few drops of oil in the palm of your hand, rub palms together.
2. Cup your hands over your mouth and nose, inhaling deeply while focusing on the negative emotion and where you feel it in your body. Feel free to take up to a minute to breathe in the oil and see how the feeling changes.
3. Now state your affirmation and bible verse aloud. Then breathe the oil again.
4. Repeat your affirmation & breathe in the oil (repeat this step three times).
5. Make sure to write down your affirmation and bible verse on a card and keep it with you along with the oil, to repeat the process as often as needed for the next few days until the emotion is cleared.

EMOTION	OTHER SIDE	AFFIRMATION	BIBLE VERSE	OILS
<b>ANGER</b>	<b>LAUGHTER/LOVE</b>	I am love. I am calm. I am forgiving.	This is My commandment, that you love one another as I have loved you. —John 15:12	Bergamot, Cedarwood, Christmas Spirit, Forgiveness, Joy, Lavender, Myrrh, Orange, Peace & Calming, <b>Purification</b> , Release, Roman Chamomile, Rose, Surrender, Tranquil, Trauma Life, Valor, Ylang Ylang
<b>ANXIETY</b>	<b>CONFIDENCE</b>	I am confident. I am peaceful. I am still.	Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; 7 and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus. —Philippians 4:6-7	<b>Joy</b> , Jasmine, Lavender, Vetiver, Frankincense, Geranium, Orange, Lemon
<b>FEAR</b>	<b>FAITH</b>	I trust. I am confident. I am resolute.	Be strong and of good courage, do not fear nor be afraid of them; for the Lord your God, He is the One who goes with you. He will not leave you nor forsake you. —Deuteronomy 31:6	Acceptance, Bergamot, Clary Sage, Gentle Baby, Gratitude, Harmony, Highest Potential, Hope, Inner Child, Into the Future, Joy, Myrrh, Release, Roman Chamomile, Rose, SARA, <b>Sandalwood</b> , Shutran, Stress Away, Valor, White Angelica
<b>FRUSTRATION</b>	<b>ACCOMPLISHMENT</b>	I am peaceful. I am relaxed. I am confident.	Trust in the LORD with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight. —Proverbs 3:5-6	Acceptance, Clary Sage, Frankincense, Ginger, Gathering, Harmony, Hope, Humility, Lavender, <b>Lemon</b> , Orange, Peppermint, Present Time, Roman Chamomile, Surrender, 3 Wise Men, Valor
<b>GRIEF</b>	<b>HAPPY</b>	I am comforted. I am consoled. I am soothed.	And God will wipe away every tear from their eyes; there shall be no more death, nor sorrow, nor crying. There shall be no more pain, for the former things have passed away. —Revelation 21:4	Bergamot, Cedarwood, Clary Sage, Forgiveness, Harmony, Hope, Inner Child, Into the Future, <b>Joy</b> , Juniper, Lavender, Magnify Your Purpose, Present Time, Release, Transformation, White Angelica
<b>HOPELESSNESS</b>	<b>HOPEFUL</b>	I trust. I have faith. I have hope.	For I know the thoughts that I think toward you, says the Lord, thoughts of peace and not of evil, to give you a future and a hope. — Jeremiah 29:11	<b>Awaken</b> , Christmas Spirit, Dream Catcher, Egyptian Gold, Evergreen Essence, Gathering, Hope, Inspiration, Joy, Motivation, Transformation, White Angelica
<b>JEALOUSY</b>	<b>ACCEPTING</b>	I am love. I am harmonious. I am accepting.	Love suffers long and is kind; love does not envy; love does not parade itself, is not puffed up; does not behave rudely, does not seek its own, is not provoked, thinks no evil; does not rejoice in iniquity, but rejoices in the truth; bears all things, believes all things, hopes all things, endures all things. —1 Corinthians 13:4-7	Bergamot, Frankincense, Forgiveness, Harmony, Humility, Joy, <b>Lemon</b> , Majoram, Orange, Rose, Rosemary, Sacred Mountain, Thyme, Valor, White Angelica, Ylang Ylang
<b>PRIDE</b>	<b>HUMBLED</b>	I am teachable. I am modest. I am humble.	When pride comes, then comes shame; But with the humble is wisdom. —Proverbs 11:2	Acceptance, <b>Cedarwood</b> , Clarity, Frankincense, Grounding, Gratitude, Humility, Peppermint
<b>SHAME</b>	<b>UNDERSTANDING</b>	I am worthy. I am admirable. I am valued.	For as the heavens are high above the earth, so great is His mercy toward those who fear Him; As far as the east is from the west, so far has He removed our transgressions from us. — Psalm 103:11-12	Acceptance, Forgiveness, Hope, Joy, Release, SARA, Transformation, Trauma Life, Valor, <b>White Angelica</b>
<b>UNFORGIVENESS</b>	<b>LOVE</b>	I choose to forgive. I accept. I love.	Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice. And be kind to one another, tenderhearted, forgiving one another, just as God in Christ forgave you. —Ephesians 4:31-32	Acceptance, <b>Forgiveness</b> , 3 Wise Men, Transformation, Valor, White Angelica
<b>WORRY</b>	<b>ABUNDANCE</b>	I trust. I am steadfast. I have faith.	And my God shall supply all your need according to His riches in glory by Christ Jesus. —Philippians 4:19	<b>Abundance</b> , Bergamot, Envision, Evergreen Essence, Release, Ylang Ylang

# THINGS TO KEEP IN MIND

- » Do not be fearful of the process.
- » Before you begin, make sure you have **forgiven yourself**. Also make sure you love yourself and believe you are worthy of this release.
- » While working through an emotional detox, these emotions may become stronger and more dominant before they are released. Many times they release gently and easily too!
- » The detoxification can be uncomfortable. Remember, you stuffed these emotions in the first place because they were either too uncomfortable to deal with or you felt you were not able to deal with them at the time.

For God has not given us a spirit of fear, but of power and of love and of a sound mind.

– 2 Timothy 1:7

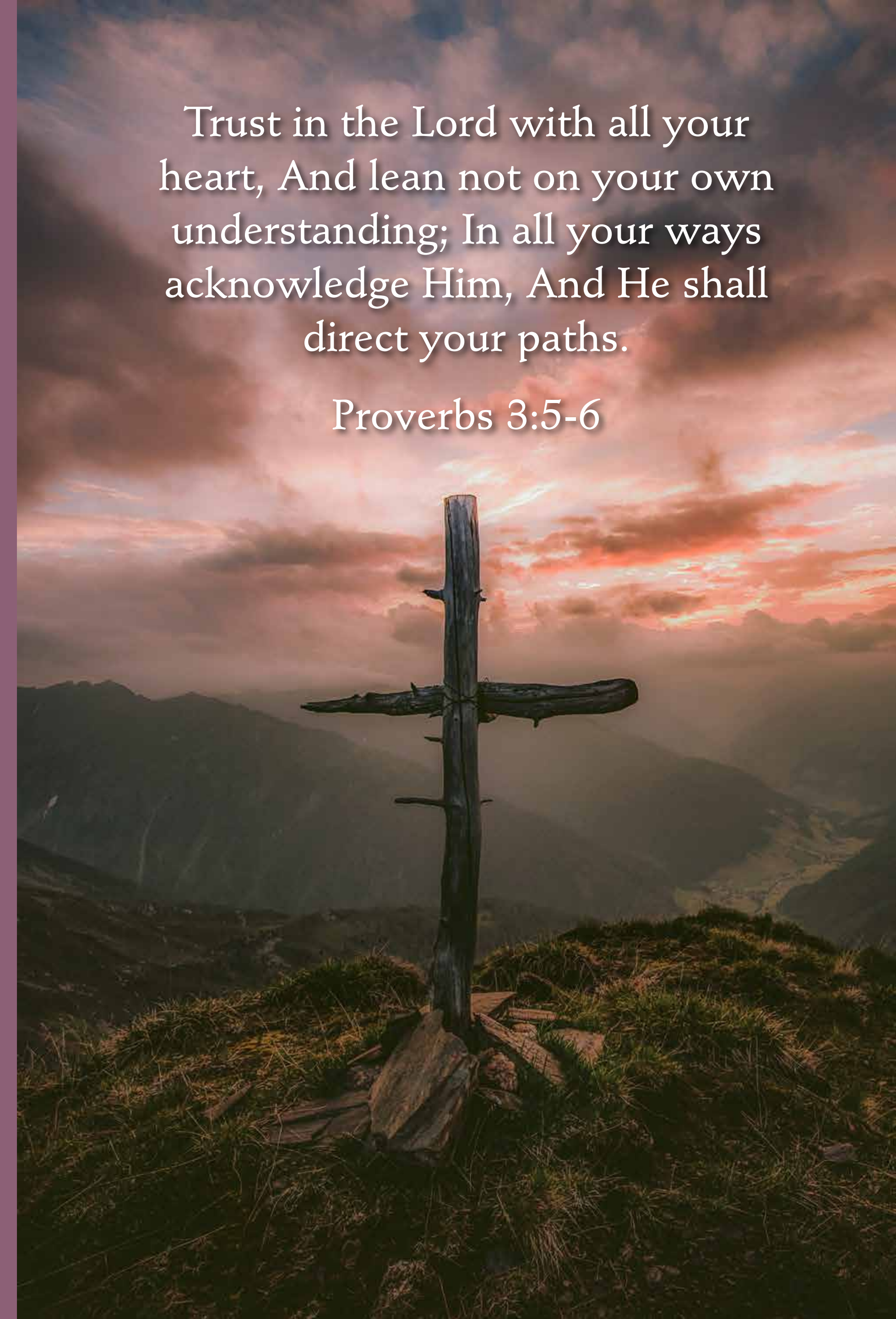


# BE PATIENT & LEARN

- » You will not be able to release every negative thought, every toxic emotion and every hurtful event from your life in one session. It took a lifetime to accumulate these emotions and will take time to release them.
- » Remember, the Lord works all things for good. There is a lesson in every experience. Train yourself to see the lesson and learn from it.
- » God gave us plants to use as wellness tools which not only work physically but also emotionally.

Trust in the Lord with all your heart, And lean not on your own understanding; In all your ways acknowledge Him, And He shall direct your paths.

Proverbs 3:5-6





Peace I leave with you, My peace I give to you; not  
as the world gives do I give to you. Let not your  
heart be troubled, neither let it be afraid.

John 14:27