



Emotional Release Process using the Feelings kit

This paper was prepared from various sources, primarily the Essential Desk Reference. Releasing Emotional Patterns with The Feelings Kit Research has only begun to delve into the subconscious mind and to discover how emotions affect every aspect of our lives. Many people find that they are unable to progress in life and achieve sought-after goals and dreams due to the trauma of emotional and physical abuse. These deep-seated emotional issues may undermine one's success, future, and life. This is why the new avenues for coping with and clearing negative emotions are helpful.

The 12 oil formulas included in the original Feelings Kit were created based on extensive research into ancient Egyptian ritual clearing. During the three years it has been available, this kit has enabled numerous people to be liberated from emotional bondage and face life with new-found purpose, optimism, and joy.

Always apply White Angelica to yourself before you begin applying oils to anyone. Put a couple of drops on each shoulder. Place a couple drops also on the person you will be applying the oils to. This protects from passing each others negative energy.

1. **Valor:** constituents (Frankincense, Sandalwood, etc.) have histories dating back to the Roman Empire. Roman soldiers would bathe in Roman Chamomile to extract strength. Frankincense would protect the body from invasion from germs in medieval times. Valor, like all oils, alters the body's electromagnetic field to strengthen it and increase the frequency. Valor's frequency is approximately 47. At that frequency, it has the ability to change the bone structure (because of its low frequency), as in straightening the spine. It can create a spinal correction and is often referred to as "Chiropractor in a Bottle." If Valor's frequency were to be increased, it would not be as effective. Since Valor realigns the harmonic frequency of the body, it is always applied first because this realignment sets up the receptor sites (cells) to more readily receive subsequent oils. Valor sets up the mind to retrace memories through its relaxation ability. It is during this retracing of memory that (often) trauma that is locked into one's DNA is redressed. Trauma creates a programmed response in the body that leads to sickness and disease over a period of time.

Therefore, it is important that these traces of traumatized memory be erased from the cell memory. Place 5 drops of Valor in left hand; use index finger of right hand and go clockwise 3 times. Then apply to foot (especially the bottom of the big toe which

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relates to the head and the area straight down to the heel which relates to the spine). Repeat and do the same for the other foot. Hold right hand to right foot, left hand to left foot. Hold in complete silence being as present in the moment as possible. (Note: Kathy Farmer suggests putting some Valor on the brain stem, too, before holding the feet.)

2. **Acceptance** is the next blend to help accomplish this task. The frequency of Acceptance is high enough to help release these traumas by helping unblock the blockage at the memory crossroads that retain the programmed memories of these traumas. Apply on temples and sternum and breath in. It will unlock the energy held in the memories and will help take you back. When you're afraid to go there, rub 3 Wise Men on the crown or head. It will help open and receive to information and courage from the Creator.

3. **Three Wise Men** has a frequency that helps us receive the necessary information to trace the memories back. Apply to crown or head.

4. **Release** should be applied over the liver and sternum when one reaches a crossroads to help erase the memories associated with the trauma. It is important to reprogram the memory before proceeding down the memory path, or the void left by erasure may be filled by other bad memories. You can see yourself spinning until all of that information is erased and a clear screen appears in your mind. Then, reprogram that screen. Put what you would rather have in this space. Create something fun and exciting on the screen; fill it with goals and desires that are fun, happy to you. (Rub Joy over the heart and breathe it in during this time.) Continue this exercise in segments until you are back at the beginning of the trauma intersection. You may need to apply Acceptance again in order to reach the final intersection. Application of Acceptance, Grounding, and Tsuga to the sternum may also be helpful. The sternum is a central point of emotion.

5. **Inner Child** - If you are going back to a childhood trauma, apply Inner Child to anchor you into that memory (if when you reach the intersection you realize the trauma occurred at childhood). Inner child helps release child borne traumas. Apply one drop to the thumb and suck your thumb like a child. Helps inject the oil in the separation point at the top of the mouth and brain. It opens the meridian center in the brain to make the connection between past and present.

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6. Every time you reach the next emotional intersection, you should apply Release again and then repeat the application of Acceptance. Gary does not recommend clearing more than one intersection per week, because additional emotion may trickle in during the week that may need to be released. Information will continue to trickle in to be released during the week.

7. **Joy** When processing is complete and reprogramming is being initiated, apply Joy

over the heart. Joy produces magnetic energy that draws in love and happiness. It enhances the frequency of self love bringing joy into the heart. Joy helps draw in happy memories and push out bad memories. Put Joy on the heart while you are programming the new screen to help put laughter and joy into it. Breathe in the Joy while doing this.

8. **White Angelica** is applied on the sternum, shoulders and nape of neck as last step, before bed to promote final release.

9. **SARA** helps to promote release of memories of all forms of abuse (sexual, emotional, physical). May be needed during the exploration process to discover the root of traumatic memories. Rub over the area where you were abused. It will support the cells in releasing the memories. You may need to go back to Grounding or Inner Child to reconnect. Grounding will keep you anchored in the now. If you are separating, put Present Time on the sternum to keep you locked into the present moment. For verbal abuse, put on throat. Grounding needs to be applied when the memories surface to help stabilize the emotional path and anchor one in present time. Present Time also anchors emotions in the present moment, because the body cannot heal if it is anchored in the past. Valor and Harmony will help to start the process down this road.

10. **Harmony** is applied on the navel, forehead, neck and shoulders to promote harmony in emotions.

11. **Forgiveness** is applied around the navel or use it as a perfume to help release negative memories and allow you to forgive and forget.

12. **Hope** is applied to outer edge of ears to reconnect to a feeling of strength and grounding, overcoming suicidal feelings, depression, and for restoring hope for tomorrow. There are no set instructions when dealing with release of emotions. Everyone is different and will have to be confronted differently.

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