

YOUNG LIVING TRAINING CD #69

Essential Oil Blends for Emotional Health

Part Four

Gary Young, N.D.

We welcome you to Training CD #69 from the 2004 Young Living Convention, a highly informative lecture by Gary Young on essential oil blends for emotional health, Part 4. And now, here is Gary to share this exciting information.

Dr. Gary Young - Purification, a Vital Blend

Purification contains *Citronella*, antibacterial; *Lemon Grass*, antifungal; *Rosemary*, antibacterial and antifungal; *Melaleuca*, antibacterial and antifungal; *Lavenden*, antibacterial; *Myrtle*, antibacterial and anti-fungal. Now you know the value of *Purification*, puri-fying bacteria, mold, and fungus. It is not specific for viruses; it is for mold, fungus, and bacteria of all kinds.

Purification is really good for airborne bacteria. *Purification* is good for wounds because it is tissue-regenerating. *Purification* is good for holding tanks in motor homes. It is good for mosquito bites, rattlesnake bites, bee stings, hornets, brown recluse spider bites. *Purification* neutralizes poison, and if you put it on immediately after the bite it will neutralize it in a matter of seconds, even if it is a few minutes to an hour or so later. If it's in the bloodstream it will take a little longer to work, but it will still neutralize that poison. Just cover the area where the poison is traveling and you will be amazed at the benefit.

Diffuse Purification Every Day

Purification should be diffused in your home every single day. The thing we take for granted is the radio-active isotopes in our air, the airborne bacteria, the air-borne pollution, fungus spores, bacterial spores and viral spores that are just out there in the air.

The radioactive isotopes are some of the compounds that are extremely damaging to the human immune system. Why? Because they are free radicals and if we pay attention to some of these things and set our homes up in a space, we realize that we really need to have six diffusers in our homes—one on the timer for *Purification*, one on the

timer for *Motivation*, one on the timer for *Peace and Calming*—you get the idea! So you are never out of sync with your oils.

Use Raven for Respiratory Problems

Raven - This one is very specific for respiratory virus. *Ravensara* is specific for respiratory viruses; it is a very powerful oil for that purpose. *Eucalyptus radiata*, antiviral for the respiratory tract. These two oils really know where to go and how to address the issues of respiratory problems. *Peppermint* is for calming and soothing, but *Peppermint* is also a personifier—it also acts as a driving force. You put *Peppermint* with any other oil and it will push it quicker through the subderma tissues or the derma tissues. It's a great transport mechanism in the inter-stitial fluids through the interstitial tissues. *Peppermint* is powerful and it's powerful for the nerves and the nervous system.

Wintergreen for its anti-inflammatory action; *Lemon* is antiviral, antibacterial, antifungal—so *Lemon* is a great purifier. It also increases the vitamin P-like action and enhances micro-circulation in the body. *Lemon* oil is really a blessing and a benefit combined with *Lavender* and *Cypress* to massage around the eyes, or *Lemon* and *Frankincense* around the eyes to improve eyesight. There are a lot of wonderful things you can do with the power of *Lemon* oil as a single oil (and you can also take *Lemon* and add it to your *Raven* for specific conditions). For example, if you have tuberculosis, then add a little more *Lemon* oil to the *Raven* blend as you are diffusing it. You can also go on the feet neat with it.

Most Effective Application for Raven

You can take *Raven* and put it into a syringe and insert it into the rectum and it goes directly to the lungs in three seconds. The best way to treat the lungs is through the bottom end—go through the sewer line first! The blood vessels in the sigmoid colon will pick up the oils within three seconds and it will be in the lung.

ptus radiata for virus, *Eucalyptus australiana* for fungus and bacteria, *Eucalyptus citriodora* for bacteria and fungus, *Myrtle* for fungus, *Marjoram* for smooth muscle tissue repair. *Pine* increases the oxygen exchange in the lower lobes of the lungs, *Cypress* increases the circulation of the blood into the lungs. Why *Lavender*? To balance parasympathetic and sympathetic nervous systems. If you don't have it there and you get a stimulation from a bacteria, then your body will start producing more mucous and you will get more mucous buildup in the lungs, and as a result of it you will be coughing more. That will put back pressure onto the heart, your blood pressure goes up, and you have more complications. So *Lavender* keeps parasympathetic and sympathetic nervous systems balanced so that you are not over-producing mucous when the body is challenged with a candida or a bacteria or a cold or something of that nature.

Of course, we have *Spruce* for oxygen exchange—similar to the *Pine* oil. Those two work in harmony to increase the oxygen uptake, and those of you who work with nurses in hospitals have noticed that when using *RC* and checking oxygen content in the blood, that just inhaling *RC* you can raise the oxygen content of the blood. It is remarkable!

Many Facets of Release

Release. *Release* is for the liver. *Ylang Ylang* is for balancing the heart, *Lavenden* for bacteria, *Geranium* and *Sandalwood* are specific for the liver, balancing, energizing, and creating an emotional release for the liver. This blend is more specific for emotional support than for physical support.

I have found some very interesting things with *Release*. There are a lot of times when we take on certain emotions in the womb—I could spend the rest of today until tomorrow on this subject alone. In the past few weeks a phenomenal education in

Asthma, tuberculosis, emphysema, and pleurisy are all the same.

RC, Powerful Companion to Raven

RC is a companion to *Raven*. *Raven* is more specific for virus; *RC* is more specific for bacteria and mucous and fungus. *Eucalyptus globulus* is antifungal. *Eucaly*

emotional work has taken place, and a reality check in the value of the oils for that, and I am still learning from it and am still dealing with, knowing where to place it and how to share that and express it in a teaching mode. Just know this: that which you carry doesn't just come from your birth life. So much of emotion can be treated in the womb from things that you have no control of and things that happen in life through events that you are not in control of.

In-Uterine Factors Influence Lives

There are a lot of times when things will happen to a fetus in the womb that the mother or father could have prevented, like drugs, like coffee, like smoking, like abuse in the home during pregnancy. There are so many things, and what I have learned recently in seeing how easily things can happen in the womb has just shocked me to the soles of my feet. Those things may carry emotion because in the womb where the father walked out of the home or where the mother left the father during that conception pregnancy stage, or there was abuse (verbal or physical), things that are on a much deeper level than what I have experienced.

That trauma comes when the child is born into this physical existence and the parents have no awareness of it and so they don't understand why the child has a behavior pattern or a behavior problem, so they want to become abusive or they run out of patience and they yell and scream, or spank the child or whatever. I am going to be sharing and teaching this whole arena in Hawaii. It opens up a whole new door of emotional work that I have not gone into before. It takes us to a level that is far, far greater in need and demand than what we have dealt with on the physical level. So *Release* becomes a very powerful oil.

Evaluate Your Own Issues

One of the things I can share with you is if you are consciously aware that you have some issues that you are not resolving in this present life, it may be from that fetus period. I know many of us will go from time to time and say, “Oh well, this is a past life experience.” What does past life experience mean to us? to me? to you? We all have our own

The emotion that comes into this life begins in the womb, so if you are dealing with emotion and it’s not being eradicated, don’t bother looking back to when you were a Pharaoh in Egypt or a Cleopatra or things like that because I can tell you as sure as I stand here that is not where it’s coming from—and I can document that. I think it will open a lot of doors and answer a lot of questions for things we have dealt with in the past.

I have been through and down the road and I’m not sure why I have to go through these experiences (and sometimes I have asked Father to please send me volunteers that I can give assignments to so I don’t have to have these experiences in order to learn and in order to share with you), but I guess that’s how it is and how it will be until He chooses to change His mind or find somebody else. I can just tell you that the things I have been through have opened other doors.

Use *Release* to Release Emotions

If you are stuck on emotion, on a feeling that just doesn’t feel like it’s going away—then take *Release* and put *Frankincense* with it and wear it on your head and over your liver, because that release does not only have to come through the liver, it has to come from the brain because the emotion first centered in the brain. When you are in the womb and emotion happens in the womb, it centers in the brain. Then, as you come through the birth canal that emotion goes from the brain into the heart. Once you are in the physical presence it goes into the DNA and becomes a memory that is locked into the cells of your body, perhaps for the rest of your life, or until you have gone through enough experiences to let go of the memory and reprogram it and rewrite the direction for that new cell being created.

I have played with emotional release and clearing for over 25 years and I have wondered what more could I learn about dealing with emotions. I should never have asked that question because a whole new experience came and it opened up such a phenomenal door for me into a completely other

inter-pretations of the past. Some believe in reincarnation; some don’t. Some believe they were a guardian angel before or whatever. I’m not here to tell you where all that emotions comes in, but I can tell you one thing for a fact.

realm, and I am still reeling from that experience and where it has taken me in the discovery.

“And a Little Child Shall Lead Them..”

Obviously, it was meant to happen. Sometimes our teachers are not professors—and this is another reason why I am really strong on humility. You see, the tiniest little infant can be our greatest teacher. Don’t ever think for a moment that he who can’t speak can’t educate. Put *Myrrh* and *Frankincense* with *Release* or *Balsam* and *Frankincense* with *Release* and you will have your own experiences.

When our little son, Joseph, was born I had a feeling to use *Trauma Life* at his delivery and what he released and what he went through at that time was most remarkable. I chose to try to go into the energy and find understanding, but it didn’t happen at that time. It wasn’t supposed to happen—perhaps because I wasn’t ready to go there. I wasn’t ready to receive the information, but what I watched told me that even though the delivery was so easy and so beautiful, the trauma went so much deeper.

Birth Experience with Oils

I felt the one application did the job because he just gave huge sighs while he was lying on Mary’s tummy and you could just feel he was releasing the weight of the whole world. I thought, “Wow! This is just so beautiful!” and I anointed him with the *Myrrh* and the *Frankincense* right on presentation and final delivery and it was so remarkable. The OBGYN said, “If I hadn’t been in this room and witnessed this delivery I would never have believed that this boy was not five days old!”

Of course, I did a little thing with the *Frankincense* as I was anointing him that didn’t make a scene. I was rubbing the *Frankincense* on his little skull, reshaping it and remolding it and then I put the *Trauma Life* on his skull and did the same thing. He breathed so deep and he was getting the

oxygen back into that brain so it could start to function and grow and develop. Her comments were, “I have never seen a baby with such a perfectly shaped head.” and Mary said, “Isn’t that most remarkable!”

Anyway, these are some things to think about, so just continue using oils because they will lead you and direct you and you will see some amazing things.

Physical Problems Abated with *Release*

Release can be for physical as well as emotional and I have used *Release* on babies that weren’t able to move their bowels. Sometimes when people are constipated it’s an emotional constipation, so don’t hesitate in going there and experimenting with it. Holding onto emotions is mental constipation, so the temples and the crown are very important for release. Go up the spine and definitely over the liver. When you are doing it yourself it is not practical to reach back and rub it up your spine.

Sometimes when you are in a space where you have somebody that you really trust and that person can be totally incognito and not try to direct your clearing (I say this because I have watched where people try to direct the clearing for the person). That’s why I try to keep husbands and wives apart because the wife really needs the husband to know that he has to let go of all this stuff.

I had that experience when we were doing emotional clearing at a Level One Training and the wife came over and said, “You’ve just got to come over and help my husband let go of all this stuff!” I looked at her and I said, “Perhaps so..” There was only one problem he was having and he and I both knew it! That’s why it’s good for couples not to be together because we get so involved in each other that we always think we know what the other person needs, don’t we? So you have to be very clear and you have to stay out of the moment of their needs, and *Release* is really important over the liver, on the crown, up the spine, and on the temples for emotional and physical release.

About *Relieve It*

Relieve It is a formula I made for Mary about a year before we were married—even before we were dating. She hadn’t asked me out yet! My wife is always standing guard duty over me saying, “No, no, no. No prescribing and diagnosing..” but even

before we were dating she was coming to me to prescribe and diagnose! If it’s good enough for her, shouldn’t it be good enough for you all?

Anyway, she had this pain in her foot and it wouldn’t go away. She had tried *PanAway* and *Helichrysum* and the other oils, and she went to a podiatrist and they ruled out everything but arthritis. After all, she was 45 to 46 years old and so it’s “just old age,” so I made this formula containing *Spruce*, *Black Pepper*, *Hyssop*, and *Peppermint*.

Hyssop is very high in its anti-inflammatory action and when you combine it with *Black Pepper* and put that with *Peppermint* for reducing the fever and the temperature, and add *Spruce* with its methyl salicylate, it’s a magic formula.

This formula is very, very specific for unidentified deep tissue pain and you can combine it with *Balsam*, which is such a magical pain reliever. Another combination I have found to be really super is *Valerian* and *Vetiver*. You can put those together, half and half. *Vetiver* is good with *Relieve It*; *Valerian* is good with *Relieve It*, so there are so many times you can take a blend like this and add a single oil to it and give more directional application to the problem and the condition.

Blends and Single Oils Work Together

Don’t hesitate in experiencing the oils and trying a single with a blend. You know that *Balsam* is anti-inflammatory; you know *Helichrysum* is anti-inflammatory. *Oregano* is an anti-inflammatory, all on smooth tissue, *Wintergreen* is for bone, *Lemon Grass* for ligament, so don’t hesitate in applying that on location and seeing where it takes you. You can also take it as an internal supplement for reducing internal pain.

A “Sacred” Blend

Sacred Mountain. This is a blend that I created many years ago for myself because of living in the city and having a difficult time trying to find my own quiet space. I decided to bring the mountains to me and so I created this with *Spruce*, *Ylang Ylang*, *Fir* and *Cedarwood*. Again, the *Ylang Ylang* from the oriental world to bring balance for a global effect as well as creating that sacred feeling of being in the mountains. This is a beautiful blend to wear as a perfume or anti-deodorant, cologne, and for meditation. It is absolutely beautiful; it’s also very empowering for the heart and the respiratory tract. *Sacred Mountain* is an oil

blend that is very powerful as an antibiotic and an antifungal and antibacterial. *Spruce, Fir* and *Cedar-wood* are very, very powerful.

Good for Hair Regrowth

With the *Ylang Ylang* in this blend there is another benefit it has on the physical that I haven't talked a lot about in the past because I have been so caught up in the emotion of things, but this blend is very beneficial for hair regrowth. It has a very interesting ability to stimulate the follicle, to increase oxygen, but I'm not sure yet about the mechanics of how it brings testosterone to the follicle. The absence of testosterone in the follicle causes hair loss, and the presence of *Ylang Ylang* does increase hair growth in some people. Does it work for everybody? I don't know. We haven't had a study to find out, but that is a physical benefit of it.

I've also seen tremendous physical benefit of *Sacred Mountain* for respiratory patients who have difficulty with oxygen exchange in the lung.

Emotional Outlet with *Sacred Mountain*

It is very powerful on the physical. It's very, very beneficial in the emotional because it's anchoring, grounding, and elevating at the same time. I created *Sacred Mountain* as a place to go when I couldn't go to the mountain, and that's what I created it for. It helps you to just disconnect (even if it is just in your office or at home or wherever) when you are not able to go and get in that sacred space where you can be quiet and be one with the Father and the creation. Take *Sacred Mountain* to create that energetic space around you of being in the mountain and in that special place under the trees. So enjoy that.

I enjoy it a lot as an aftershave as well. I love the fragrance of it—it's very soothing. It's wonderful to diffuse, it's great for children and has a very calming effect on them. Children immediately attach to the fragrance of the pines and that is very securing to any human being. It is very wonderful, particularly for children that are hyperactive. If you have children that don't respond well to *Peace and Calming*, try *Sacred Mountain*. Jacob is immune to *Peace and Calming*, that's how I made this discovery. I put *Sacred Mountain* on him and he will mellow right down! It's really wonderful.

Experiment with Your Oils

Learn to play with your oils. Experiment with them in your home with the children because

your children will become your greatest teachers of different conditions that they will respond to. One child will gravitate to one oil, where another child will go to a different one. It's the children that we have to protect and build for in the future. Set your oil out and watch your children, watch which oils they gravitate to. They do not have all the conditioning that we have; they don't have all the trauma we have. They operate intuitively far more than we do. I watch little Joseph already as a four month-old baby gravitating to certain oils and those are the oils he intuitively knows he needs for himself.

I was on the Island of Oahu and had Jacob out on the water, and I wasn't paying attention to time because I didn't have a watch on. We had a shirt on him and I had oiled him up with the *Sunsation* sun tan oil (which is just marvelous as a sun screen, but it's not a sun blocker). It's wonderful for the skin and if you start with it and go 15 or 20 minutes at a time it's really beautiful for tanning, but it's not a blocker. It's it's a good protectant. Anyway, I was out there in the water for a little over two hours, not noticing the reflection on the water. I was up to my waist playing in the water with him, and I got fried really well (and didn't even need salt and pepper!) So I thought, "I am going to try a new experiment."

I had my bottle of *Frankincense* and *Balsam* I had been using on the tumor, so I just had Mary put that on my back. She rubbed it on every morning and night—and I haven't even peeled! The fire was gone out after the first application with the *Frankincense* and *Balsam*—totally gone. The hurt from the burn was still there, but it had lessened and the burning sensation was gone—and I'm the kind of a person that when I sunburn I don't tan—my freckles just get bigger, and if I do it frequently enough then my freckles will start connecting! I have the skin that in generally 10 or 15 minutes I burn and then it's just a massive peel for two weeks, but now I've got a nice brownish color starting to come in on the skin, like a tan. It has been remarkable watching it!

So when Jacob got sunburned Mary said, "Well, honey, put *Frankincense* and *Balsam* on Jacob.." and so I did. As soon as I walked in the room last night he took his shirt off and said, "Daddy, oil me." It is so fun because they so know—and we are experimenting.

Blend for Abuse

Sara. This is for sexual abuse and ritual abuse and physical and emotional abuse. This oil is to be applied on the location of the abuse if it has been a physical abuse. If it has been a verbal abuse, then apply it to the throat. *Sara* helps to go into the deep recesses of the MRNA and create a dextro-rotary spin in erasing and eradicating that emotional imprint out of the cell and releasing it from the body.

Sara should be used best with *Release* so you have a combination for the emotional release. *Sara* needs to be used with *Forgiveness* because whenever there has been an abuse, there is always the feeling of anger, the feeling of resentment, the feeling of wanting to get even and all of those emotions that come with that, so *Forgiveness* and *Release* are major companions to *Sara*. One of the things we know is that so many people have gone through abuse of different levels—how my father abused me, how your father abused you—and the impact it had was all the same on the emotional level. It's not about the level of the abuse, it's the emotional impact it had.

Parents Act on their own Role Models

I know for a fact because of knowing my father (and he expressed three days before he passed away that he had no idea what he was doing). He was doing with all that he knew how to do and how he had been raised and what had been his role model when he was growing up and becoming a parent. Again I share my personal experience with you, hoping that you can relate to it and that you can go into space if you've had those things and you can forgive your parent and understand that he or she were probably in the same space, doing the best they could with what they knew and what their role model was.

When you can go in that space and you can forgive them, then it's not impacting your life in a negative way. What you will feel from it is not the emotion of the abuse, but the emotion of the pain that a parent now feels in knowing that it could have been different, but it's too late. My father expressed that three days before he died. He said to my wife at that time, "I wish I could do it different, but it's too late. I am so grateful that Gary is choosing to do it different with his children."

Coming to a Realization

When I recognized (and I will share this because I think it is a key for a lot of you) what I was doing when I started raising my children, my son was three years old and at that age I was finding myself disciplining him the way my father disciplined me. At the age of four he was supposed to take the garbage out and he didn't take the garbage out, and I came in the house. I had pulled into the yard in the logging truck and I was tired from being in the bush all day and I walked in and his Mom said, "Troy didn't take the garbage out again." And I said, "What is wrong with this kid!" I undid my belt and I said, "Troy, come here!" and he started to cry.

Something just snapped inside of me at that point—I don't know how else to describe it, but it was like there was a flashback or whatever and I saw what I went through as a child, what I hated—and it was just there in my face. I was standing there with the belt in my hand, going to belt a little four year-old boy and he was crying and walking towards me, and I grabbed him by the arm and I led him into the living room and I handed him my belt and I said, "It is Daddy who was wrong.." and I bent over the couch and I said, "I want you to spank Daddy."

And he cried and he cried and he said, "No, Daddy, no Daddy, please Daddy..no." And I said, "Troy, spank Daddy because Daddy is the one who has failed." That was the last time that I ever laid a hand on my children. My son just had his 34th birthday last week and he is still afraid of his father from that imprint at four years of age!

Folks, we don't totally understand the magnitude of what we do and what we can do differently. So please see where this fits in your life and how it might relate to you presently or to the past to your own personal experience growing up, and know that you now have the ability and the tools to release it.

I have worked so hard. It was so joyful just three weeks ago having Troy come to the house and sit down with me, and for the first time he said, "Dad, I feel like I can now talk to you for the first time." He has been through a series of disasters in his life and we see it in children every day around us. It makes me look inside more and more at myself and how I can change, how I can be a better parent, how I can be a better father, how I can be a better husband, how I can be a better example—because I believe the power is in being an example

and sometimes being in this space is not easy. It's not easy—and it can be very lonely.

Taking Responsibility

Sometimes you are not always sure that you are in the right space when you are teaching and you are giving from your heart and hoping that you are doing the right things all the time. That's part of the responsibility of being a leader and being willing to take on the accountability of when you make a mistake. I probably make more mistakes in a week than you do in a month combined, and as you evolve in being a leader you are going to make mistakes, you are going to make choices that are not so productive at times. It's part of your growth.

Give yourself permission that it's okay, because if you don't you are going to get paralyzed from it and you are going to go backwards. Every day I have to give myself permission that it's okay that I made a mistake and go back and learn from that mistake and how I can do better with it. That's what it's all about, we didn't all come here knowing everything and we are not probably going to live long enough to know everything. It's about how we deal with it in the moment as we are going forward. Jacob has been such a teacher, as I mentioned yesterday, and it has been such a learning lesson.

So take it there and when you work with *Sara*. Keep these things in mind and let them go inside, into the deep recesses of the DNA and start activating that transcriptase enzyme in erasing that memory and bringing it up out of the tissue and breathe it out.

Sara goes on location of abuse and that is where it activates most effectively. Use *Sara* with *Release*; use *Sara* with *Forgiveness*; use *Sara* with *Humility*, and use *Sara* with *Gratitude*.

What a Sensation!

Sensation. This is another of your arsenals that will go along with *Lady Sclareol*. That's probably all I need to say about that one. It is most effective when applied by the opposite sex. It comes in the oil and it comes in the massage blend as well as the lotion. It's a nice little gift to give a newly married couple; however, they don't really need it! It's a nice gift to give an older married couple just to create a little suggestion there! Physically, *Sensation* is one of the nicest blends you can put on your skin.

It is just absolutely beautiful for the skin. It really brings skin nutrition to the highest potential.

Sensation is a fun oil and that's probably all I am going to say about it. This is an oil for enjoyment; it's an oil for pleasure. It's an oil to bring you pleasure and happiness and it's a very, very sexual oil in a sense because it stimulates the senses of the sexes. It can stimulate desire and a lot of men and women are very drawn sexually to *Ylang Ylang* and *Jasmine* and it's there for enhancing those feelings of support between husbands and wives and sweethearts in sharing, in just being in those spaces of loving and giving love to teach other.

It's a beautiful perfume, it's a beautiful cologne, it's a beautiful fragrance just to wear. People come up and lean over your shoulder and just inhale! "You smell so yummy!" This is not an oil that is going to stimulate somebody to jump your bones, so don't worry about that! This is just an oil that creates that sense of feeling more beautiful about yourself. It is fabulous for skin care.

Can You Surrender?

Surrender. I have talked this blend a little bit already and it is a very important for us, particularly when we get upset or are dealing with issues that we have been through in life. It's important to surrender our egos because when we do not surrender our egos, then God cannot work through us. It is most important to look at that. And where is the best place to apply *Surrender*? On the knees and on the stomach. Bend forward and down and get in harmony with your Creator.

Surrender is also really good to wear if you are going into a debate. Here is something that I haven't touched on yet today—and I will go here just for a quick minute. Oils have the ability to function based on mental intent, so you can wear the oil of *Surrender* for yourself and mentally go into that space or you can wear *Surrender* if you are going into a debate and you can mentally project that frequency to the person you are debating with. It is wonderful how you can broadcast them and project with them through mental intent.

We use *Surrender* especially when we are feeling stuck and we can't move out of a space. Maybe when we're also not wanting to give in to a relationship, when we are holding back. Follow those who have been through divorce and had pain in relationships, whether it's in a brother-sister relationship, a father-son, a mother-daughter

relationship—when you have pain from relationships it will cause you to put walls around you and you will have a tendency to pull back in all relationships. There is no such thing as holding back in one relationship and not holding back in another.

A lot of times we will put up walls that we have a difficult time going through, particularly those of us who have been through divorce and have been through tremendous pain, because the space you go into then is “I don’t want to experience that pain again..” and if you’ve been through it once, you don’t want to do it a second time; and if you’ve been through it a second time you definitely don’t want to do it a third time. So you create the resistance to allow yourself to love and be loved. *Surrender* is an oil that is very powerful in helping you to surrender that wall and allow yourself to go into the space of being loved and accepting love from others.

Can You Accept Love?

That’s another subject. Most humans have a difficult time accepting love from others. Why is that? Fear. Fear of what? Fear of hurt and fear of rejection. If you give in to the relationship you might get rejected and it’s going to create more pain.

There’s an old adage and you’ve all heard it. It is something to this effect: “It’s better to have loved and lost than never to have loved at all.”

I’d like to find that guy and punch his lights out! I say that because at times of divorce you really ask yourself about that, don’t you? When you go into that pain, the very thing that you go into, it wasn’t worth it. How many have done that? Wow! A bunch of us!

There again, what do we have to do? We have to take that obstacle and do what with it? We have to displace it, move it—because the moment we stay in that space then we are literally shutting ourselves out from receiving love.

Let me take you into a little bit of a visual. Think about this for a moment. (I could be totally wrong in my own perception and interpretation of this and if so, tell me I am.) You put a wall up rejecting love because you are afraid of rejection and you are afraid of hurt and you have created this wall around you and love cannot get in. What is God? God is love. Are you rejecting Father? So you see what happens when the dominos start falling? If we create walls out of fear we are walling out the very things that we need the most and we are walling it out from that which we need most. So just be

cautious and pay attention to your feelings when those things come up.

Ask yourself: “Have I created a wall? Have I created a barrier, have I created something of resistance because I am afraid to risk loving again?” If it’s true, then work on it today and tear it down because there is nothing more powerful on this planet than love, and there is nothing that is needed more than love. If everyone would open up their love at their highest potential we would not have borders; we would not have wars; we would not have people starving to death. So look at the potential.

A Burning Experience

Thieves. The oil for viruses. You have your *Thieves* product line and you are all familiar with the *Thieves Spray*. I will tell you I had a tremendous experience with that spray in Mexico. Justin really enjoyed the laugh on that one! We had just come off the mountain and I had *Thieves* in my pocket (or I thought I did) and somewhere when I was changing my pack I reached in my packet and put *Thieves* in my packet for the walk off the mountain and I grabbed *Lavender* and stuck it in my pocket.

We were in the suburban and we were just burning down the old road going to get another load of food to take up the cat trail. I felt a little tickle in my throat and reached in my pocket for the *Thieves Spray*. I was talking to the guys who were riding with me and popped the cap off, and on the third swig it finally registered that it wasn’t *Thieves*, it was *Lavender*! It was quite interesting, needless to say! It sure took care of the cough, though!

Thieves is so beautiful for the throat and for spraying on toilet seats—as long as you don’t forget to wipe it off! And I promise you, you will only forget one time! And guys, when you clean your hands with *Thieves*, wait a few minutes before you go to the bath-room. You’ll only forget that one time also! It’s really powerful. The *Thieves Lozenges* and the *Wipes* and the *Household Cleanser* are all for protecting your environment and protecting you from bacteria. Put *Thieves* on your feet. I take *Thieves* neat, one drop and put it in the palm of my hand, stir three times and go neat right on our little baby’s feet. I did this when he was not even three hours old. I started at that very moment building his immune system and the value and the benefit of it is just remarkable.

I can't think of a night in Jacob's life that he doesn't flop on the bed and stick his feet in the air and say, "Oils, Daddy!" or "Oils, Mommy!" When I was recovering in the hospital from the surgery he came with Mary and said, "Daddy, I get oils on your owie?" and he would go ask Mom for the oils and he would try to rub the on the surgical site. What a beautiful way to raise children in our new world! Our oil children.

A Gift for You

Three Wise Men. This is a gift for you and it goes on the crown. It contains *Sandalwood*, *Juniper*, *Frankincense*, *Spruce*, and *Myrrh*, the oils that were brought to the Christ Child that from the three wise men bearing gifts.

When you feel down and out, when you feel that you just can't get things together mentally and you are feeling depressed, *Three Wise Men* is a fabulous companion to *Hope*. Put it on the crown and put it on the temples and enjoy the gifts that it brings to you. It is a very powerful immune stimulating blend and very enhancing to the brain oxygen. It will bring spiritual clarity to you, and particularly when you use *Clarity* with *Three Wise Men*.

If you are going into a spiritual sabbatical and you are seeking information and you are praying and asking, please remember this: God never, never fails to answer prayers and He always hears everyone that you ask and offer. But be clear about what you are receiving and know for sure.

A Special Blend Spiritually & Emotionally

Three Wise Men is one of my treasured oil blends. It is more of a spiritual oil perhaps than we would categorize it as an emotional oil, but nevertheless, as you look at the compounds, *Sandalwood*, *Juniper*, *Frankincense*, *Spruce* and *Myrrh*, you know the blend is very special.

I really wanted to create an oil blend that would be a gift to you, and the gift I wanted to create was a gift that would help open the crown chakra or the crown energy center. We get so locked up mentally from our stuff and through our emotions that sometimes it's hard for us to open up to our potential. Because *Frankincense* and *Myrrh* were two of the gifts that were brought to the Christ Child and knowing that *Spruce* and *Fir* were used in other cultures (in Tibet *Juniper* was the prize oil for the Tibetan llamas and still is today) I looked at the oils that were used in other cultures for high spirituality.

Spruce was used by the North American native people, particularly the Dakotas, for improving and empowering their spiritual malady. *Sandalwood* was used by the East Indian people for spirituality, so I was looking for a universal blend of oils where I could bring the oils from the various parts of the world that were used and recognized for high spirituality. I wanted oils for opening the pineal gland for greater communication and for opening the crown chakra and just creating that energy. *Three Wise Men* was the end result and is really a beautiful blend.

Using Three Wise Men

When you are home and are going through your clearing process, this is when it's really valuable. When you start to reprogram put *Three Wise Men* on the crown and just rub it in and then just breathe. If you have been using the oils for any length of time you are going to feel a sense of the scalp literally just opening up and the scalp is going to feel lighter and you might even get a sensation that there has been a hole drilled in the scalp and you can feel this energy just transcending into the mind.

I can't explain physically and chemistry-wise how and why it creates that sensation. How many of you have had that feeling while using it? It does create that sense about it because it's opening to allow you to receive gifts, and the greatest gifts come from our Father when you move into that space and you anoint yourself and create that frequency.

When you look at *Sandalwood* and *Frankincense* and *Myrrh* and know that those three repair DNA and really increase oxygen. It's the oxygen that's creating that sensation in the brain and once you put it on your head you are breathing it anyway and so you get that stimulus that creates that sensation. It's really beautiful and it's more so when you are ready to bring in information than when you are discharging negative things.

More on Trauma Life

Trauma Life. I just talked a little bit about the blend and as you can see, it has *Citrus hystrix*. This works on the DNA and the MRNA and it is a very unusual oil and powerful oil. *Davana* is to bring in feminine energy to traumatize tissue. *Davana* used to be a single oil, but it's been very difficult to obtain, so we have just pulled it back to

keep it for this blend. I have found in trauma (whether it's male or female) that the feminine energy really gets challenged, so in trauma you need to bring that feminine energy back in and *Davana* does that for male and female and creates a great balance there.

The *Frankincense*, *Geranium*, and *Sandalwood* assist the brain in getting the oxygen to the pineal gland and getting it to the amygdala. The amygdala is a gland that responds to the fear/flight syndrome and that's the gland that must receive oxygen to wake it up so it can start to release the emotion that has been programmed in the cell.

Put *Trauma Life* on the spine. That's where I went with our little baby—right up the spine with *Trauma Life*, and I put it on his feet and I went right up the spine and up over his head with it. I even put a little bit under his nose, so just let your intuition direct you where you feel you need to put it.

Trauma Life and *Sara* are remarkable companions when there has been sexual abuse, ritual abuse, espousal abuse, verbal abuse, physical abuse, or in uterine abuse—most important.

This is an oil blend that I created to help people who were in serious trauma, and so far this oil blend has brought two documented cases where two people were brought out of comas just from breathing it while they were in the coma. It is very powerful. Go to location as much as you can, but most importantly, diffuse it so they can be breathing it. It was really amazing because I didn't use *Trauma Life* on Jacob when he delivered, but I used it with Joseph, and I've used it with him immensely since.

***Trauma Life* in Birthing Experience**

It has become one of my most used oils with Joseph because of what I shared with you earlier. When I received him and placed him on Mary's tummy I reached over and immediately grabbed *Trauma Life* and I just wiped his whole back and legs and the back of his head with *Trauma Life* and followed it with *Frankincense*. As I was rubbing his back with *Trauma Life* he just laid there and gasped in heaves of sighing as this emotion was letting go.

I didn't know at that time the impact that losing his sister had on him. I know some of the impact now, but I don't know the full measure of it. I have used *Trauma Life* with him several times since and every time I do it's just the same heavy sighing and releasing of that emotion, even to the point where he will start to cry and tear up. I'm not sure if it's triggering memory and if it's taking him

back into the memory—I don't know yet—but it's been a phenomenal experience seeing my little boy going through this.

Babies are Close to a Previous Existence

As I shared with you, I have used *Release* and the *Trauma Life* with him and every time I do, I use *Frankincense*. I can only tell you the rationale for that at this moment. With a baby at this age they are still very, very close (I believe) to the other world. I believe they are still very connected. I believe there is a very fine curtain there perhaps. When you look at little children notice how they will lay in their cribs and how they are gaze into the sky, into the universe. They will look right through you or they will look right past you. It's like you look at them and you know they are communicating with somebody.

I don't have the answers for that. I have my feelings and my interpretations of what that might mean, but you have all experienced it, you have all seen it. If you've had a child around you have to have seen it because they all do it. My feeling is that they are still talking to somebody there. Whether it's an angel or a spirit guide or whatever it might be, there is some communication going on there. So with that feeling and with that sense of possibility then I go to *Frankincense* to make the connection because *Frank-incense* is our connection to the spirit world through the pineal gland. That is the highest frequency, and as we have been told (and I don't know where this came from), but many years ago somebody made the statement that we communicate through the spirit through the pineal gland.

Wonders of *Frankincense*

Whether that's the source or not, I don't know. It's the secretion from the pineal gland that creates the spiritual burning in the bosom. That chemistry mechanical function has been identified and maybe that's why it has been said that we communicate through the pineal gland. The *Frankincense* oil activates the pineal gland instantly. They can't even record the time of how fast it activates the pineal gland—it is literally seconds.

We tried doing this at the University of Washington through the frequency monitoring by putting a probe on the pineal points on the head and then breathing *Frankincense* oil to see how quickly it triggered the response on the meter, and the moment that the lid came off the bottle the frequency meter started going! There wasn't even a

sniff; it was the minute the lid came off that the frequency meter took off, so we know there is a tremendous activation there to the pineal gland. Just knowing that little bit, I go there and I keep that connection when I am using the other oils with Joseph and with Jacob.

I also use *Grounding* because you want that baby to stay with you. If it's Father's choice to take them home, He will take them home no matter what we do, but I believe as long as they are in our presence and in our stewardship it's our responsibility to do everything we can to keep them here and keep them safe. That's my feeling and that's how I approach it and how I deal with it—and that's how I use *Trauma Life*.

Valor, the Great Balancer

Valor is for balancing the body, for empowering, for instilling valor in yourself. *Spruce* was another oil that was used by the Romans in their baths. They combined *Blue Tansy*, *Roman Chamomile* and *Spruce*. Those were the oils they used in preparing to go into battle. *Frankincense* is there so you can come from the spiritual space when you are balancing the body. The *Rosewood* is there for feminine and masculine energy balance.

Put *Valor* on the bottom of the feet, up the spine, or wherever you want to put it. It works great. Every-thing is balanced with *Valor*. It balances physical, it balances spiritual, it balances emotional—and I have said it a thousand times and will continue to say it—never start another oil on the body without *Valor* first. It just facilitates everything else you do to be more effective and more valuable.

It was for empowering, keeping you in the spirit, keeping you at peace, keeping you out of anger so you could think clearly.

Many of you have had the experience of watching in seminars where we have put *Valor* on people's feet and watched the vertebrae on the spine move just from *Valor* touching it. How many have seen that? Wow! Because it is a perfect frequency it aligns the skeletal system and keeps you in balance, so that's the power of *Valor*.

Blend for Protection

White Angelica. This blend I created for protection and we have found it to be so powerful with emotional clearing (particularly after emotional

clearing). When you put it on the shoulders, the throat chakra, on the thoracic vertebrae, or up the spine it creates a frequency around the person that envelopes you into a cocoon.

This oil will protect you from outside negativity—it's not going to stop it from coming at you, but will prevent it from coming into the cell memory. It creates an energy shield there; it's a very energetic blend in protecting your body and protecting you from that outside bombardment. So balancing, protecting, supporting the things that you do in life is the mission for this blend. *White Angelica* is for protecting you. When I was broken and hurt a system or a method came to me. I envisioned myself being inside a cocoon and in the inside were mirrors, so everything I gave out came back. Then I put mirrors on the outside of it so that everything somebody sent at me went back to them. I still use that method today and whatever people send to me, I just put my cocoon of mirrors up and it goes out. When I am in a bad attitude I think of my cocoon and I can change my feelings just like that, because I know what goes out comes back. If that helps any of you and you can use it, go ahead and do so. It worked for me.

White Angelica is like a cocoon. It creates a frequency around you and it protects the negative energy from bombarding you. More importantly, it protects you from taking it on. Put it on the shoulders, the back of the neck and the chest—the four points of the body that create the energy field of protection around you.

White Angelica, a Wonderful Fragrance

Of course, as a fragrance, as a cologne—it is fabulous. When you are doing emotional work or you are working with someone who has been through trauma (because when you are in trauma, regardless of whether it's from the loss of a loved one, divorce, an accident, or whatever) it opens up the chakras in the human body and you become very vulnerable, so always be sure and use *White Angelica* with people in trauma so that they don't take on something they shouldn't be taking on.

A Matter of Chivalry

Chivalry. What does chivalry mean? Primarily, chivalry is about caring and protecting, it's also about charity—if you have charity in your heart. Chivalry and charity go together. We are

living in a world today that has forgotten chivalry. Not only that, but the medieval era was the reawakening of oils in our world and so it has created a heritage to that. Also, during the medieval times chivalry was taught and practiced on this earth at the highest level, and it has never been at that level since.

Of course, television has changed that with the movies and they have distorted it and made it look like it's something other than what it really was, but chivalry is something we need to bring back.

A knight was the highest form of chivalry that existed in the world, and if he didn't demonstrate chivalry he was taken out. His job was to protect the weak and the innocent, protect the land and fight for freedom and for what was right. That was chivalry—to honor the child, to honor the woman, to be a gentle gentleman. That was the role of a knight—not how Hollywood paints and portrays it, but to be a protector and to demonstrate that. That's why it took years for a squire to become a knight, because they first had to learn chivalry and they had to practice it.

Applying Chivalry

I created this blend to help bring back to our consciousness from our ancestors the desire to be chivalrous, so this is something I would like to see you wear when you are out in public and out doing meetings just to remind you to help the little lady across the street, open the door for your wife, open the door for your sweetheart, help her on with her coat. It doesn't matter how long we are married, we are never too old to be a gentleman to our sweetheart.

Just to bring up the respect I have for a man who was a very important figure a few years ago—David O. McKay. In his late 90's prior to his death this man still opened the door for his wife.

He still helped her on with her coat, he still held her hand when they crossed the street. This man demonstrated the role of a gentleman superior to any man I have ever known in my life. He portrayed that everywhere he went in everything he did. It was just the most incredible illustration of chivalry and I have never forgotten those examples he demonstrated. It was an example to the world, not just to the people of that religion, but to the world.

We need to look at people like that regardless of what religious beliefs they have. There are so many good examples everywhere and we need

to look at them and we need to look up to those people and emulate them. We need to take those things we learn from them and incorporate them into our lives and become better persons.

Essential Oils Help in Every Facet of Life

There is not a single thing you do or experience in life that the oils are not there to enhance and strengthen, to empower, to help take you to where you desire to be in life in so many ways. I used to talk about oils being a medicine and working like a medicine. I have changed that philosophy the last several years as I have watched them modulate hormones, modulate the immune system, increase nutritional intake, and increase protein absorption in the cell through the blood work and then seeing it physically manifest.

The essential oils are truly God's gift to mankind as a medicine and as food for physical, emotional, and spiritual. Do not be without them, no matter where you go in life. Take this a share it with the world and let's make this world a better place for tomorrow. Thank you!

Moderator

Thank you, Gary, and thank you for being with us on Training CD #69.

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KEY WORDS AND PHRASES USED IN YL TRAINING CD #69 INCLUDING REFERRAL PAGES

<u>Word or Phrase</u>	<u>Page Number</u>	<u>Grounding</u>	<u>5,10</u>
Abuse, many kinds	5-7	Hair regrowth	4
Airborne pollution	1	Harrison, Justin	8
Bacteria	1	Heart	2,3
Radioactive isotopes	1	Infants can be teachers	3
Amagydala	9	Island of Oahu experience	5
Bacteria, molds, fungi	1,2	Knights in medieval times	11
Bites and stings	1	Leadership responsibilities	6
Balancing with oils	10	Level One Training	4
Brain, emotions center there	3	Liver	2-4
Children, hyperactive	5	Love, we all need it	7,8
Close to previous existence	10	<u>Word or Phrase</u>	<u>Page Number</u>
Experiences raising children	6,8	Lung treatment with <i>Raven</i>	1
Greatest teachers	5,8,10	McKay, David O., great example	11,12
Coma cases using <i>Trauma Life</i>	9	Mexico, experience in	8
Constipation assisted by <i>Release</i>	3	Moderator	1,12
Dextrorotary spin	5	Mucous	2
Diffusing oils	1	MRNA	5,9
Ideal - 6 diffusers in home	1	Nerves and nervous system	1
Divorce, how do we handle it?	8	Sympathetic & parasympathetic	2
DNA	3,7,9	Oxygen exchange	2-4,9
Ego, use <i>Surrender</i>	7	Past life experiences	2
Emotions, begin in the womb	3	Beliefs about	2
Emotional work/support	2,9	Personal relationships	7
Clearing, Release	2-6,9	Physical release	4,5
In-uterine	2	Pineal gland	9,10
Energy, feminine & masculine	9	Protection	11
Environment, protecting it	8	Rejection	8
Essential Oils	1-9,12	Respiratory problems	1
Modulate all phases of life	12	Asthma, emphysema, pleurisy	2
Eyesight	1	Tuberculosis	1,2
Fear	7,8	Spine	4
Feelings of anger, etc.	5	Spiritual clarity	8,9
Fetus, in womb	2	Sunburn	5
Frequency	9,11	Testosterone	4
God, Deity, Father, Creator	3,5,7-10,12	Tibetan Llamas	9
Good examples	12	Topical Headings	1-13

A Burning Experience	8
A Gift for You	8
A Matter of Chivalry	11
A "Sacred" Blend	4
A Special Blend Spiritually &...	9
About <i>Relieve It</i>	4
"And a Little Child Shall Lead..	3
Applying <i>Chivalry</i>	11
Babies are Close to a Previous...	10
Birth Experiences with Oils	3
Blend for Abuse	5
Blend for Protection	11
Blends & Single Oils Work Tog..	4
Can You Accept Love?	7
Can You Surrender?	7
Coming to a Realization	6
Diffuse <i>Purification</i> Every Day	1
Dr. Gary Young - <i>Purification</i> ..	1
Emotional Outlet with <i>Sacred Mt</i>	5
Essential Oils Help in Every ...	12
Evaluate Your Own Issues	2
Experiment with Your Oils	5
<u>Word or Phrase</u>	<u>Page Number</u>

Topical Headings (continued)

Good for Hair Growth	4
In-Uterine Factors Influence Liv..	2
Many Facets of <i>Release</i>	2
More on <i>Trauma Life</i>	9
Most Effective Application for..	1
Parents Act on their own Role...	6
Physical Problems Abated with..	3
<i>RC</i> , Powerful Companion to <i>Ra</i> ..	2
Taking Responsibility	6
<i>Trauma Life</i> in Birthing Exper...	10
Use <i>Raven</i> for Respiratory Pro..	1
Use <i>Release</i> to Release Emotions	3
Using <i>Three Wise Men</i>	9
<i>Valor</i> , the Great Balancer	10
What a Sensation!	7
<i>White Angelica</i> , a Wonderful Fra..	11
Wonders of <i>Frankincense</i>	10
Transcriptase enzyme	7
Trauma	3,5
University of Washington	10
Experiments with <i>Frankincense</i>	10
Viruses	1,2
Visual experience	8,11
Cocoon visionary	11
Young, Gary	1-13
Childbirth with son, Joseph	3
Experiences, emotional release	3,6
Personal experience with father	6
Visionary experience with <i>White</i> ..	11
Young, Jacob, been a teacher	6,8
Using oils with Jacob	8-10

Young, Joseph, at birth	3,5,8,10
Trauma of losing sister	10
Using oils with Joseph	8-10
Young, Mary - giving birth	3,10
<i>Relieve It</i> released pain	4
Young, Todd, experiences with	6

**YOUNG LIVING ESSENTIAL OILS
AND
PRODUCTS MENTIONED
IN
TRAINING CD #69**

<u>Essential Oils or Products</u>	<u>Page Number</u>
<i>Balsam</i> , with other essential oils	3-5
Pain reliever with <i>Frankincense</i>	4,5
<i>Black Pepper</i> , anti-inflammatory	4
In <i>Relieve It</i>	4
<i>Blue Tansy</i> , in <i>Valor</i>	10
<i>Chivalry</i> , to awaken values	11
Uses and benefits	11
<i>Citronella</i> , antibacterial	1
<i>Citrus hystrix</i> , in <i>Trauma Life</i>	9
<i>Clarity</i> , companion to <i>3 Wise Men</i>	8
<i>Cypress</i> , use around eyes with <i>Lemon</i>	1
Other benefits and uses	2
<i>Davana</i> , in <i>Trauma Life</i>	9
<i>Eucalyptus australiana</i> , for fungus	2
<i>Eucalyptus citriodora</i> , for bacteria	2
<i>Eucalyptus globulus</i> , antifungal	2
<i>Eucalyptus radiata</i> , antiviral	1,2
<i>Fir</i> , in <i>Three Wise Men</i>	9
<i>Forgiveness</i>	5,7
<i>Frankincense</i> , to improve eyesight	1,5,8-10
Connection to the spirit via pineal	10
In <i>Three Wise Men</i>	8,9
Used in childbirth to reshape head	3,10
Use with other essential oils	3,9
<i>Geranium</i> , for liver	2,9
In <i>Trauma Life</i>	9
<i>Gratitude</i>	7
<i>Grounding</i> , used with <i>Frankincense</i>	10

Oil Blends for Emotional Health, Part 4

<i>Helichrysum</i>	4
<i>Hope</i> , companion to <i>3 Wise Men</i>	8
<i>Humility</i>	7
<i>Jasmine</i> , sexual oil	7
<i>Juniper</i> , in <i>Three Wise Men</i>	8,9
<i>Lady Sclareol</i>	7
<i>Lavenden</i> , antibacterial	1,2
<i>Lavender</i> , use around eyes	1
Other benefits and uses	2
<i>Lemon</i> , antiviral, antibacterial, etc.	1
Other benefits of	1
<i>Lemon Grass</i> , antifungal	1,4
For ligaments, internal supplement	4
<i>Marjoram</i> , smooth tissue repair	2
<i>Melaleuca</i> , antibacterial, antifungal	1
<i>Motivation</i> , diffuse it	1
<i>Myrrh</i> , a holy oil	3,8,9
In <i>Three Wise Men</i>	8,9
<i>Myrtle</i> , antibacterial, antifungal	1,2
<i>Oregano</i> , anti-inflammatory	4
<u>Essential Oils or Products</u>	<u>Page Number</u>
<i>PanAway</i>	4
<i>Peace and Calming</i> , diffuse it	1,5
<i>Peppermint</i> , calming for nerves	1
In <i>Relieve It</i> for fever	4
Other benefits of	1
<i>Pine</i> , increases oxygen in lungs	2
<i>Purification</i> , for wounds, bites, stings	1
Neutralizes poisons	1
Other uses and benefits of	1
What oils it contains	1
<i>Raven</i> , for respiratory virus	1,2
Rectal treatment	1
What oils it contains	1
<i>Ravensara</i> , respiratory viruses	1
<i>RC</i> , companion to <i>Raven</i> , for bacteria	2
Other uses and benefits of	2
What oils it contains	2
<i>Release</i> , emotional/physical support	2-5,7,10
Liver support	2-4
<i>Relieve It</i> , magic blend for pain	4
Other uses and benefits	4
What it contains	4
<i>Roman Chamomile</i> , in <i>Valor</i>	10
<i>Rosemary</i> , antibacterial	1

<i>Rosewood</i> , in <i>Valor</i>	10
<i>Sara</i> , for all kinds of abuse	5,7,9
Use with other blends	5,7,9
<i>Sacred Mountain</i> , antibiotic	4,5
For emotional/physical release	5
Wear as cologne, aftershave, etc.	4
What oils it contains	4
<i>Sandalwood</i> , for liver	2,8
In <i>Three Wise Men & Trauma Life</i>	8,9
Used for spirituality	9
<i>Sensation</i> , massage oil, lotion, oil	7
How to use it	7
Use with <i>Lady Sclareol</i>	7
<i>Spruce</i> , oxygen exchange	2,4,8-10
In <i>Relieve It</i> , methyl salicylate	4
In <i>Three Wise Men & Valor</i>	8,10
<i>Sunsation</i> suntan oil	5
Wonderful for skin, not sun blocker	5
<i>Surrender</i> , good for the ego	7
How and where to use it	7
<i>Thieves</i> , for viruses	8
Ways to use it	8
<i>Thieves Spray, Household Cleaner</i>	8
<i>Thieves Wipes, Thieves Lozenges</i>	8
<i>Three Wise Men</i> , for depression	8,9
A treasured blend, a gift	9
How to use it, opens the scalp	9
Oils contained in <i>Thieves</i>	8

<u>Essential Oils or Products</u>	<u>Page Number</u>
<i>Trauma Life</i> , used at delivery	3,9,10
Other benefits and uses	9
Oils contained in	9
<i>Valor</i> , for balancing	10,11
Other benefits and uses	11
<i>Valerian</i> , good with <i>Relieve It</i>	4
<i>Vetiver</i> , good with <i>Relieve It</i>	4
<i>White Angelica</i> , for protection	11
Like a cocoon	11
Uses and benefits	11
<i>Wintergreen</i> , anti-inflammatory	1,4
For bone	4
<i>Ylang Ylang</i> , to balance heart	2
Sexual oil with <i>Sensation</i>	7