

ESSENTIAL OILS FOR EMOTIONAL RELEASE WORK CHART

Oil or Oil Blend	Amount	Area of Application	Uses
Valor	10 drops	5 drops applied to the bottom of each foot.	This blend is all trees. It is for grounding the client while their fields are open and they are doing emotional work.
3 Wise Men	3 drops	Crown of the head.	This blend contains Frankincense and Myrrh and is for spiritual enhancement and awareness while doing personal work.
White Angelica	3 drops	Applied across the top of the shoulders by applying the oil to tips of fingers of one hand of client and then have them rub the fingers of their other hand and cross over in applying to shoulders, i.e., right hand applies oil to top left shoulder and left hand applies oil to top right shoulder.	White Angelica is known as "The Psychic Protector." It is used to assist one in staying in their own energy and not picking up the issues and energies of others. White Angelica is an excellent oil for you as the Technician to wear to assist you in not picking up your clients energy. A good affirmation for one to say while applying is: <i>"I send 100% of everyone else's energy back to them, wrapped in Ultra-Violet Light and I call home to me, 100% of my energies, wrapped in Ultra-Violet Light."</i>
Peppermint	3 Drops	Behind the ears, applied like perfume. Peppermint is a HOT oil. The oils will not burn the skin, but they can feel hot. If client complains, add a little vegetable or olive oil to cut the oil. Or buy V-6 oil from Young Living.	The mastoid bone behind the ears is an excellent place to apply Peppermint as this oil expands the energy field and energizes it. This gives clients a boost while they are doing the work of blinking and processing. Make sure to have wipes for your use and clients and that oil does not get into tender areas such as the eyes.
Thieves	1 drop	On top of your toothpaste and this oil will take away a sore throat. It is an anti-viral, anti-fungal, anti-bacterial. Also it is an excellent cleaning product.	If you have an oil diffuser, both Thieves and Lemon are excellent oils to clean the energetic space and the physical space. Can work as a hand sanitizer and is better for you and the environment.
Lemon	3 drops	In the washer, or on a tissue in a room.	Lemon is a room freshener, and a few drops on a tissue, even in the garbage will refresh the scent between clients. A few drops in your washer from time to time or down your sinks--it cleans and disinfects.
Other great essential oils:	PanAway StressAway	Contact Marion Baxter to obtain essential oils.	Call/Text Marion at 801-319-0036 She will assist you!