

Gary Young's 30-Day Emotional Release Protocol



Step 1: Valor ~ Apply Valor on the soles of both feet.

Step 2: Harmony ~ Apply Harmony to the Crown or the top of the head.

Step 3: Forgiveness ~ Apply Forgiveness around the navel with the right hand, going clockwise.

Step 4: Release ~ Apply a few drops of Release oil under the tongue, or over your liver Vita Flex points. (The liver is on the right side of your torso and sits behind the base of the rib cage.)

Step 5: Present Time ~ Apply 3 drops of Present Time by making clockwise circles with the oil in the palm of your hand and then apply it to your thymus (the gland just under your sternum or breastbone).

Step 6: Inner Child ~ Apply a few drops of Inner Child to the Crown of the head.

Gary Young said, *“Use the Feelings Collection morning and night for 30 days. You will feel enthusiastic and magnetic. Do it and see how you feel.”*

****You can also follow the directions offered to you during the workshop. These are noted in the handout “Feelings Collection Handout 2022”****

Follow your intuition. There is no wrong way to do these processes. I believe in the tenet “Less Is More” especially when we are working with essential oils for emotional healing. So start with only (1) drop of each oil, see how you feel and go from there.

Happy oiling with Love!

Ilene ~ The Heart Healer 