

# How to use the Young Living Feelings Kit

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Let me be honest and upfront. If someone had told me about how essential oils could help me deal with the stresses of combat before I landed in Baghdad I would have laughed them off. Yet after struggling with my post war trauma issues for almost a decade when I learned about essential oils to overcome traumas I was more than willing to try it!

Maybe you don't know about essential oils or you're not sure they can help you with whatever traumas you have experienced in your past. But I am here to tell you they can! I have found true freedom from my past traumas and the Young Living Feelings Kit made a huge difference in my healing journey.

There are plenty of resources that teach on the neuroscience of the brain and how essential oils can facilitate the releasing of emotional traumas, but this worksheet is to simply help you walk through using the Feelings Kit as you work on overcoming your past.

Let me cover a few basics on our emotions and our physical responses to those emotions that you may not even realize were connected. Have you ever been so upset that it literally made your stomach hurt? Have you ever been so scared that you couldn't control your bladder? Have you ever heard of the phrase "my stomach is in knots"? Although your stomach wasn't literally in knots, you were experiencing physical discomfort as an emotional response to a situation or stressful event. Our bodies need to deal with our emotions and we need to process our emotions mentally as well.

All too often we tend to just push away emotional hurts, mostly because we just don't know what to do with those emotions and we just don't want to hurt any more. Yet these emotions don't just go away, but they can fester in our bodies and even create physical dis-ease. It is important that we identify negative emotions and memories, accept them for what they are, process those emotions or in other words you must feel what you were meant to feel when those events happened to you, and then we must release these emotions and memories.

By letting go of our past traumas we are not trying to erase our memories but rather be free from the pain of those memories. This is where essential oils come into action. They can help us through our healing journey by offering a safe and effective way in processing our traumas and even letting them go!



Gary Young (founder of Young Living) said, “Apply feeling oils before work and every night before bed. Do this for 30 days and you will change your life.”

Are you ready for your life to change? Are you ready to be free from your past hurts?

When you open your Feelings Kit, you may want to open each bottle and smell each one and see what your emotional reaction is to each one. It is possible, and even normal that you could have a different emotional reaction than your family or friends. This is because essential oils have been shown to reach the limbic system of the brain which is where our emotions and memories are processed.



Continue to evaluate your responses to each oil by simply writing down what you feel, think or if you like/dislike an oil. Open one at a time and take 4-5 deep breaths. You may not have any reaction, or you could become overwhelmed, upset or even cry. All of that is ok, just write down your thoughts on these reactions.

If you feel that any of the oils are too much for you to use, that’s ok. Set it to the side and keep using the others. As time goes by, reopen those that you aren’t using and see if your reaction has changed. When you are ready, start using it!



## Positive View

As you begin the process of releasing past emotions it is important to shift your thoughts to a positive view of yourself and your future. Many use the concept of affirmations to do this, yet it doesn't have to be a set way of saying ideas or thoughts. Affirmations are just one way to accomplish the goal of viewing yourself and your future positively. Affirmations are mentioned in my book, [\*The Miracle of Essential Oils\*](#), so you can certainly refer to it for more details.

To shift your thoughts, you must be intentional when negative thoughts come to the surface. You then throw out the negative and speak a positive thought to counter the negative. For example, if a thought comes that you are not able to do a task then you recognize that and speak out that you can do that task, you are capable to success. Or if you feel shame from what has happened to you, you shift that to recognizing that you are full of worth and potential, your past doesn't define you.

By shifting to a positive view of yourself and the world around you, you will become equipped to process and release the pain of your past.

Start with the end in mind.

As you begin working through your past it is important to cast a vision of where you want to end up once you are free from the pain of your trauma. Here are a few questions to help you create this vision, this picture of a new you.

Who is the ideal person you want to become?

What aspects of your personality would you bring to life?

Which personality traits would you change or remove?

What attributes would you embody?

Now you have a good idea of who you want to become, start thinking daily of yourself as if you were already there, as if you were already that new you. When someone or something triggers a negative thought, remove it and think of this new you and keep your focus positive to move away from the negative.



## Using prayer with your oils

Christians already understand the value and importance of prayer, but did you know that praying while you apply your oils will increase their efficacy? God designed essential oils, so it is no surprise that God can amplify them when you pray while using your oils! Here is an example of a prayer while applying your oils. The most important part of prayer is being authentically you, honest with yourself and God in what you pray.

“Heavenly Father, I am thankful for this life you have given me, I am thankful for all that I have, and I ask that you bless me as I seek to become free from the pains of my past as I use your oils. Lord bless me to be free to become who you created me to be. In Jesus’ name, Amen.”



## My Feelings Kit Protocol

There are six amazing essential oils in the Feelings Kit (Valor, Harmony, Forgiveness, Inner Child, Release, and Present Time). Each essential oil works in a different way to help release whatever is holding you back from reaching your true potential!

You can really make this your own experience. If you feel that the essential oil will be better served placed on a different area than I recommend or in a different order, then I encourage you to try it! I based mine on other testimonies I read at the time and where I felt led to apply the oils.

Before you begin, get comfortable and relax. Try to avoid distractions so you can focus on your thoughts and prayers as you apply each oil.



Relax and just breathe!

Take a deep breath in and slowly exhale. When breathing in count to 4 (1 one thousand, 2 thousand, 3 thousand, 4 thousand) and when exhaling count to 6 the same way. Feel free to pray and think of the new you that you envision.

Now you are ready to begin applying the essentials oils in the Feelings Kit.

And remember-- let the emotions come! It is important to feel, truly feel whatever comes as that is part of the process to releasing. Don't hold back or repress thoughts and feelings. Allow them to come forward if they do.

Apply in sequence

Remember that you can change up the order and which oils you want to use and when. This is simply how I used these oils when walking through my trauma to freedom.

## Valor

Valor essential oil blend is a powerful oil that balances the body and emotions, allowing you to find more energy and courage. Valor can help you overcome anger and negative emotions.

Valor balances the body's energies and supports the pineal gland (aka: our higher intelligence and intuition).

One drop of Valor on the soles of both feet and/or your wrists and sides of your neck.

Positive thoughts and prayer: "Lord bless me with the courage to become the person you designed me to be, free from the pains of the past and confident in who I am."



# Harmony

When I think of the word harmony I think of music. You know when an orchestra is playing in harmony and you definitely know when they are not! This is how I view Harmony essential oil blend, bringing your mind, body and spirit into harmony, fully balanced and engaged in a positive direction.

Daily use can also release hostility, fear of being punished or the habit of beating oneself up

Can help restore hope, empathy, and faith in self once again by balancing the emotional body.

## How to Use Harmony Essential Oil

Apply to your wrists, top of head and over your heart.

Positive thoughts and prayer: “Lord, bless me as I apply this oil so that you bring my life into harmony with who you created me to be and what you have set me aside to accomplish.”



# Forgiveness

May help you release negative emotions of betrayal, distrust, and revenge & move you from self-denial to forgive, forget and let go of the past

Daily use can help release hurtful memories and move beyond emotional barriers

Forgiveness is vital to free yourself from the poison of the hatred that comes with unforgiveness.

A lack of forgiveness is one of the most common roots of physical, mental, and spiritual dis-ease and it is very important that it is released.

Apply Forgiveness to the navel and over the liver in a clockwise motion while thinking of anyone you may be angry with or who has hurt you in the past (including yourself). Forgive them and forgive yourself!

Positive thoughts and prayer: “Lord help me forgive those that have hurt me in the past. Allow me to forgive myself for holding any grudges and allow me to be free from these pains.”

# Release



Very effective for releasing negative memories that are stored on a cellular level. This oil is also very useful in releasing anger and other negative emotions. Apply over the liver, wrists and sides of neck. Diffuse to foster an attitude of releasing your pain.

Positive thoughts and prayer: “Lord bless me to release the emotions tied to the trauma of my past. Allow me to be free from future pain when I think of the past.”

## Present Time

Great for those who dealt with loss or buried emotions where they’re focused on the past. This oil can help them live now instead of in the past.

Apply Present Time to the wrists and behind the ears and to your thymus (center of your breastplate/sternum).

Positive thoughts and prayer: “Lord help me to be present in the moment, stay focused on what is happening now by removing thoughts of the past and not become overwhelmed with the future.”

## Inner Child

Our emotional patterning is developed as a child, life often times diverts us from this pattern such as hurt and trauma, yet this blend will allow you to return to a balanced emotional life

Can help bring us back to the core of who we are. When we learn to start loving and knowing our own soul, we can truly live a fulfilling life. Matt. 22:37-39

Apply 1 drop of Inner Child just under your nose to open the pathway to connecting with your inner self. Also apply to the bottom of your feet before bed.

Positive thoughts and prayer: “Lord bless me to become humble as a little child, allow me to be free from any pains from my past and allow me to be filled with gratitude for this life you have given me.”





# Valor

Reapply 1 drop of Valor to the bottoms of your feet and take several deep breathes while reflecting on your experience. Make a note of your thoughts and feelings throughout this process.

## What to Do After the Feelings Kit

After you finish applying the oils, listen to your body and pay attention to your mood!

You may feel a lot of emotions, that is ok. Allow those emotions to surface, then be ok to release them, let go and focus on the vision of the new you.

You may not feel anything initially and you may even have vivid dreams. Keep going with your oils daily and allow these past traumas to work themselves out however they come. Be open to being uncomfortable about the initial part of this process but on the other side of that is being open to being free from the pain of your past.

Enjoy this process and stay focused on the freedom you will find at the end of your journey! It is worth it! You are worth it! Now it is time to BE the new you that God created you to be!

Ready to order more oils? Be sure to order as a Young Living member where you get wholesale prices (24% off retail) on every order and no obligation to sell anything. If you are not a member in Young Living then be sure to contact the person who shared this with you so that you can enroll. If you are a Young Living member simply go to [www.youngliving.com](http://www.youngliving.com) and sign in. If you are unsure of who to contact to become a Young Living member then be sure to contact me by email at [jason@jasonsapp.com](mailto:jason@jasonsapp.com).

For additional support as you work through your trauma please go to Jason's coaching website and get plugged into his program!

[www.jasonsapp.com](http://www.jasonsapp.com)

