

Emotions & Essential Oils TAKE THE wheel

Feel like your emotions are running you?
Want to react less and respond more? Want more joy?

Emotions are normal, healthy responses to life. Their primary function is to move us to action and help us learn. Our emotional responses are crucial to our ability to survive and make even the most basic decisions. Additionally, they impact our mind-body connection in ways that are extraordinary, intricate, and complex. This process, in part, can be explained simply:



EMOTIONAL CRUISE CONTROL

Based on individual perception and interpretation of life experiences, each of us builds our own unique superhighways (neural networks) of programmed responses. We learn from experience and our brain intentionally establishes "memorized" routes for later use.

When recognizable circumstances occur, like switching on cruise control, our brain takes the wheel utilizing what could be called EPS (like a GPS), an emotional positioning system, or habitual pre-programmed pathways of emotional responses.

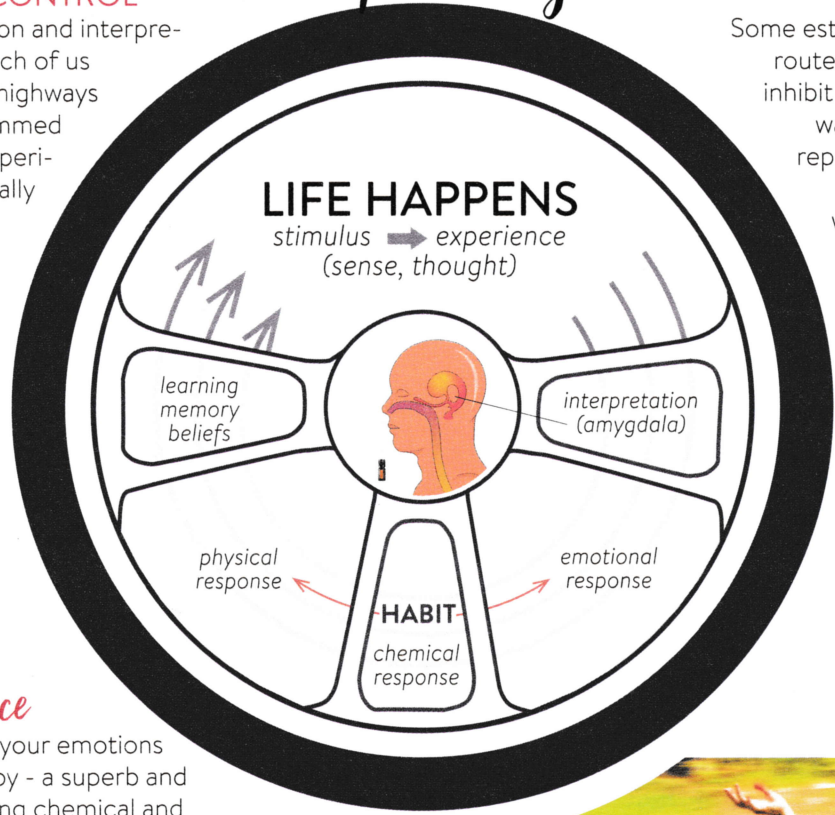
ROADSIDE assistance

Get in the driver's seat of your emotions with Emotional Aromatherapy - a superb and proven method for influencing chemical and emotional responses.

Aromas have a direct route to the amygdala and limbic brain where emotions and memories are stored. Their messages cannot be blocked by the subconscious mind. Introduce essential oil aromas as new positive stimulus to:

- **Interrupt** old mental/emotional response patterns and create new ones.
- **Stimulate** multiple regions of the brain, including those controlling endocrine, immune, and limbic (emotional center) functions.
- **Effect**, directly and profoundly, the deepest levels of body, emotions, and psyche.

the response cycle



BACK SEAT DRIVER

Some established emotional response routes are no longer effective and inhibit our ability to respond in new ways and can prove difficult to reprogram. Additionally, repeated use of these go-to pathways triggers the predictable release of certain chemicals. These chemical habits can be hard to break.

This is why it can feel like your emotions are running you. They've become your back seat driver! Your tires get stuck in the ruts of your well-traveled response roads and you feel like you can't change lanes once the process has begun.

Good news!!
There's roadside assistance!



Get in the driver's seat with *emotional aromatherapy*

awareness THE FIRST STEP TOWARDS CHANGE

By first acknowledging your emotional superhighways and then identifying what essential oils best address the associated emotions, you can redirect your emotional traffic and *take the wheel!* Follow along and discover how easy it can be!

ROADMAP TO EMOTIONAL CHOICE

① Consider what emotional reactions have become your habits, the negative go-to responses you want to positively redirect. Identify the emotions in the wheel to the right that best match these responses. Jot them down in the first column in the space provided below.

② Identify which of the essential oil (E.O.) blends shown correlates to each emotion you chose. Jot these down, along with their descriptive name, in the second and third columns.

③ Get to know each blend by opening *Emotions & Essential Oils* and read the description for those you've selected (look them up by their descriptive name) and smell to determine aroma preference. Add notes as desired to remember the personalized details you relate to.

④ Use the blend(s) selected aromatically and topically to experience the power of the aroma to create your new emotional response habits!



Take the wheel OF YOUR EMOTIONAL RESPONSES AND CREATE NEW HABITS!

NEGATIVE GO-TO EMOTION	E.O. BLEND	DESCRIPTIVE	NOTES
<i>gloomy</i>	<i>Cheer</i>	<i>uplifting</i>	<i>restores hope, inspires faith despite difficulties and setbacks</i>

USE THESE *Success* HABITS DAILY:

- ✓ *Identify emotion to overcome*
- ✓ *Choose best oil for support*
- ✓ *Read about it for awareness*
- ✓ *Use it aromatically and topically*

-  **MOTIVATE** promotes feeling: confident, believing, driven, trusting, courageous, energized
-  **CHEER** promotes feeling: optimistic, cheerful, happy, lighthearted, resilient, enthusiastic
-  **PASSION** promotes feeling: joyful, excited, spontaneous, creative, inspired, daring
-  **FORGIVE** promotes feeling: contented, relieved, patient, charitable, accepting, gracious
-  **CONSOLE** promotes feeling: comforted, hopeful, sustained, whole, reconciled, revived
-  **PEACE** promotes feeling: composed, calm, reassured, centered, at ease, brave

Change your thoughts and you change your world.

-Norman Vincent Peale

Want to learn more about emotions and essential oils? Visit www.enlightenhealing.com for additional resources and free information on fine-tuning your mind-body connection.