

# THE FEELINGS-KIT



and its application...



# What is the Feelings Kit, What is it for?

Inspired by Gary Young's experiences the Feelings Kit was created to solve negative impressions and open up our being for a new life and a new beginning.

Most of us have to go through painful experiences in life which leave scars in our mind and our being. These scars may become real hindrances to our inner growth and slow us down on our way to new achievements.

By applying the Feelings Kit, we walk along the path of true self-identification while balancing and adjusting our emotions.

**Valor™, Harmony™, Forgiveness™, Present Time™, Release™ and Inner Child™** create, in their coactions, a base for emotional health.



“Negative experiences and ideas are stored in our brain and influence our memories for a lifetime.

These memories vary from mild to extreme and have a deep impact on our health and happiness.

To become the person we really want to be, and to let our positive vision come true we have to let go these negative impressions and reprogram our mind and emotions”

**- Gary Young**



# Valor

It balances our being while increasing courage, faith and self-confidence. Valor helps the body to correct its malposition whereby we find back to our own core.

**Valor** has a base of fractionated Coconut oil and consists of:

- \*) **Rosewood:** acts grounding, stabilizes, increases inner strength
- \*) **Blue tansy:** supports purification of liver and lymphatic system and thus decreases anger and repressive emotions in our day-to-day live. Creates a feeling of self-determination



# Valor

**\*) Frankincense:** a holy anointing oil which has been used for spiritual ceremonies for thousands of years . It stimulates our limbic system which is where emotions are controlled and increases our mind's creativity. Frankincense helps us to overcome stress, despair and dejection. It is also used to cast out depression.

**\*) Spruce:** A good starting-point when it comes to releasing emotional patterns and getting grounded. Spruce not only brings harmony into our being, it is also known as the fragrance with the frequency of wealth.



# Valor

Application of Valor according to Gary Young's Feelings-protocol:

The application of Valor on the bottom of your feet is the first step to balance your “Feelings”...



# Harmony

This essential blend gives us the feeling of physical and emotional entity by harmonizing our chakras.

Therefore **Harmony** is especially helpful in times of stress where we feel shattered and lonely.

It enables us to live in harmony with others and with our own cycle of life and promotes an optimistic attitude towards life by clearing our thoughts.

## Harmony consists of:

\*) **Geranium** (*Pelargonium graveolens*): stimulates nerves and hormone system. Its fragrance encourages us to leave unpleasant memories behind and increase inspiration.



# Harmony

\*) **Lavender** (*lavandula angustifolia*): this Essential Oils acts calming and relaxing. It supports us in times of disturbed sleep, tension-type headache and fear.

\*) **Sandalwood** (*Santalum album*): Due to its high percentage in sesquiterpenes Sandalwood stimulates our pineal gland and limbic system. It enables us to become silent and dive into meditation. Sandalwood may release unfavorable cellular memories and reprogram the cells.

\*) **Orange** (*Citrus sinensis*): provides lightness, relaxation, and a feeling of security for body, mind and emotions.





# Harmony

\*) **Angelica** (*Angelica archangelica*) calms emotions. It may support us in resetting the mind after experiencing trauma and to release suppressed memories and emotions.

\*) **Lemon** (*Citrus limon*) acts invigorating and refreshing. It stimulates the immune system and clarifies the mind.

\*) **Hyssop** (*Hyssopus officinalis*) acts especially balancing on our emotions and brings the soul's consciousness to the fore.

\*) **Bergamot** (*Citrus bergamia*) balancing and invigorating at once. Decreases stress, fear and tension.



# Harmony

\*) **Jasmine** (*Jasminum officinale*) acts on the emotional and physical plane. It is an ideal companion in times of indecision, hopelessness and low vigor.

\*) **Roman chamomile** (*Chamaemelum nobile*) especially helpful when it comes to restlessness and tension. It removes mental blockades and purifies the liver from slag which is caused by suppressed anger.

\*) **Ylang Ylang** (*Cananga odorata*) supports relaxation, balances yin and yang energies and increases self-confidence.

\*) **Palmarosa** (*Cymbopogon martinii*) strengthens the vascular and nervous system, increases vitality and gives us a feeling of security.



# Harmony

\*) **Rose** (*Rosa damascena*) – this high-frequency oil brings balance, harmony and lightness to our body and mind. It invites divine love into our hearts and increases our joy of life.

\*) **Spanish Sage** (*Salvia lavandulifolia*) is rich in limonenes, which protect the cell nucleus. Its high percentage of phytohormones balances our hormone system.

**Harmony** also contains **frankincense** and **spruce**.



# Harmony

**Harmony** Essential Oil blend harmonizes the body's energy centers with the single oils of lavender, sandalwood and ylang ylang.

**Application of Harmony according to Gary Young's Feelings-protocol:**

**Apply Harmony on the chakras to release unpleasant energies...**



# Forgiveness

By bringing consciousness to past traumata, mortifications and unpleasant emotions we become aware of emotional blockades and release them. This Essential Oil blend enables us to forgive and let go.

## Forgiveness consists of:

- \*) **Rose** (*Rosa damascena*) an Oil with the high frequency of 320 MHz. Brings lightness into the aura.
- \*) **Melissa** (*Melissa officinalis*) - through its positive impact on the brain's emotional center, this calming and emotionally balancing Essential Oil accompanies us in times of fear, tension and despondency and brings our softness to the fore.



# Forgiveness

\*) **Immortelle** (*Helichrysum italicum*) enables us to let go of anger and to forgive ourselves and others.

Further **Forgiveness** Essential Oil blend contains: **angelica, frankincense, sandalwood, lavender, bergamot, geranium and jasmine**



# Forgiveness

Forgiveness enables us to leave unpleasant memories behind and fosters the will to go forward.

**Application of Forgiveness according to Gary Young's Feelings-protocol:**

**Apply Forgiveness on navel and let go of negative emotion...**



# Present Time

Intensifies the feeling of being in the now.

Physical symptoms occur when we are consciously or unconsciously attached to the past. To live in the “here and now“ is the key not only to physical health but to spiritual growth. We give up our mental patterns and make a further step towards the golden future.

## **Present Time consists of:**

\*) **Neroli** (*Citrus sinensis*) – blossom of orange – was used in ancient Egypt to cure body, mind and spirit. Its fragrance leads us to our core and stabilizes emotions. Neroli enhances inner peace, faith and awareness.





# Present Time

**Further Present Time contains ylang ylang, spruce and a base of sesame seed oil.**

This Essential Oil blend enables you to experience the present moment with an open mind and to see new ways and possibilities.

**Application of Present Time according to Gary Young's Feelings-protocol:**

**Apply Present Time on the wrists and behind the ears...**



# Release

Releases accumulated anger, especially from the liver, and makes us feel comfortable.

By letting go of these unpleasant emotions and memories we are able to establish an affirmative attitude towards life.

## Release consist of:

\*) **Lavandin** (*Lavendula hybrida*): purifies the body and may regenerate tissue.

\*) **Blue Tansy** (*Tanacetum annuum*): helps us to release accumulated anger and recurring thoughts. Enhances a feeling of self-determination.



# Release

Further **Release** contains **ylang ylang, geranium, sandalwood** and a base of **olive oil**.

Release promotes inner harmony and a balance between body and soul.

Application of Release according to Gary Young's Feelings-protocol:

**Apply Release over the liver and see how feelings of frustration disappear...**



# Inner Child

When children experience traumata they often lose connection to their inner self or inner child. Feelings of shame and confusion are the results of their shattered personalities. This can be experienced as a great hindrance especially in the time from adolescence until midlife. This condition is commonly described as a *midlife crisis*.

The fragrance of **Inner Child** revives memories which reconnect us to our true self. This is one of the first steps to harmonize and stabilize our emotions.



# Inner Child

**Inner Child** consists of:

\*) **Tangerine** (*Citrus reticulata*): contains ester and aldehydes which act calming and relaxing in times of fear and nervousness.

\*) **Lemongrass** (*Cymbopogon citratus*): supports blood circulation and invigorates the spirit. It acts purifying and increases wakefulness.

\*) **Neroli** (*Citrus sinensis*) – blossom of orange: brings what is important into our field of vision. Casts out fear, depression and disturbed sleep.



# Inner Child

**Inner Child** consists of **Orange, Jasmine, Sandalwood, Ylang Ylang** and **Spruce**. It raises up memories which reconnect us to our true and authentic self.

**Application of Inner Child according to Gary Young's Feelings-protocol:**

**Apply 1-2 drops of Inner Child under your nose, to open the path which leads to your inner self...**



# Valor

Application of Valor according to Gary Young's Feelings-protocol:

**Finally apply Valor once more to end the Feelings-Kit application. Valor completes our experience with the feelings of balance and integrity.**

You may repeat the Feelings-Kit application as often as you wish.



**Bonus:**  
Application of  
**Abundance and  
Highest Potential**





# Abundance

This Essential Oil blend consists of orange, clove, cinnamon bark, spruce, patchouli and myrrh to increase the frequency of our magnetic energy field.

This increased frequency is part of „the law of attraction“ - Abundance offers to us abundant opportunities.

The single oils included in this blend were a symbol of wealth in ancient times. Due to their high value myrrh and frankincense were even used as instruments of payment.



# Abundance

This Essential Oil blend reinforces the “**law of attraction**” also known as the “**principle of resonance**” – focused and framed thoughts which are underlined by strong emotions get even more virility when combined with **Abundance**.

Every morning after diffusing or inhaling **Abundance** concentrate on your goal and visualize it.

The fragrance of **Abundance** will emboss the mind and soon you will perceive it as the fragrance of wealth and success. (Some people already get this impression when they use **Abundance** for the first time!)



# Abundance

## Application:

This delicious blend can be drunk in water, tea, rice or soy milk. It is suitable for emotional therapy, inhalation, evaporation and for application on the chakras e.g. heart and forehead chakra.

Apply **Abundance** on your wallet while focusing on an appropriate mental programming. (since it does not contain fatty molecules, the oil will be completely absorbed by the leather). Spread **Abundance** on door frames of business and private rooms.

Spread **Abundance** in all corners of your business room where it will work according to the law of attraction.



# Highest Potential

**Highest Potential™** is an exotic Essential Oil blend designed to increase your capacity to achieve your highest potential.

It combines the uplifting and inspiring qualities of

**Australian Blue** (blue cypress, ylang ylang, cedarwood, blue tansy, white fir)

with the power of **Gathering** (galbanum, frankincense, sandalwood, rose, lavender, cinnamon bark, spruce, ylang ylang, geranium)

and increases our decisiveness when it comes to setting goals.

**Jasmine** is added to enhance self-confidence, while **ylang**

**ylang**'s calming, soothing and harmonizing properties help to release accumulated emotion.



# Highest Potential

**Application:** Suitable for emotional therapy, inhalation, bathing, application on chakras and for evaporation. Apply topically behind the ears and on the neck.

## REFERENCE:

After getting up apply Highest Potential on the central line between the tip of the nose and the hairline to activate the head's energetic centers.

Inhale for 2-3 minutes

Focus on your goals

Finally focus on your own highest potential and feel how it is fully blossoming inside your being.

