

Emotional Aromatic Touch Program

Overview

Description

All life is energy, and if the energy in our bodies cannot flow freely, we will emotionally and physically feel “unbalanced.” This energy, although subtle, affects every aspect of our lives, including our creativity, our vitality, and our passion—our over-all health and well-being.

The *Emotional Aromatic Touch* program is focused on work with the energy centers of the body, or “chakras” as they’re known in the energy healing world. The word Chakra is Sanskrit for “wheel” or “disk;” energy centers of the body that are sending and receiving energy.

Each of the seven major chakras that we work with in *Emotional Aromatic Touch (EAT)*, resides in a certain area of the body, and resonates with certain organs of the body, emotions, colors, and spiritual traditions.

First Chakra—Root Chakra—Represents our connection to the Earth and physical body, carries issues of our creation.

*Quiet Scent blend

Second Chakra—Sacral Chakra—Represents our connection to creativity, sexuality, and our relationship with self.

*Geranium oil

Third Chakra—Solar Plexus—Represents our place in the world, our personal empowerment and thoughts.

*Emotion blend

Fourth Chakra—Heart—Represents our source of love for humanity and our relationship with others.

*Charity blend

Fifth Chakra—Throat—Represents our center for communication and source for trust in Divine will.

*Lavender oil

Sixth Chakra—Third Eye—Represents our center for sight and connection to Celestial Love.

*Eye Vision blend

Seventh Chakra—Crown—Represents our connection to Divinity.

*Gratitude blend

If you are feeling sluggish in your body or in your life, you can be sure that the energies of your chakras are sluggish as well. Clearing the chakras removes toxic energies, both recent and longstanding, and your body becomes better equipped to adapt to whatever circumstances you must face.

Chakras govern the endocrine system, so bringing your chakras into balance brings your hormones, and thus your emotions, into balance as well. For many people, using essential oils to work with the chakras leads to an altered sense of consciousness, or a sense of being more spiritually connected. Essential oils can influence energy in a myriad of ways...calming or energizing...if you clear and harmonize your chakras regularly, you will begin to notice a cumulative effect.

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Emotional Aromatic Touch sessions will leave people feeling more centered, more grounded, more energetic, and will align them with a deep inner wisdom within themselves, often for the first time.

The latest research acknowledges that emotional imbalances are precursors to physical problems that lead to disharmony.

EAT on Toes:

Apply Lavender to the big toes.
Apply Charity to the second toes.
Apply Emotion to the third toes.
Apply Geranium to the fourth toes.
Apply Quiet Scent to the fifth toes.
Apply Eye Vision to the center of the bottom of the big toes.
Apply Gratitude to the base of the bottom of the big toes.

Success Stories

I have a somewhat amusing Be Young EO story.

I live in the Midwest and we had some awful weather come through a couple of nights ago. My family was sleeping and around 12:30 am the tornado siren goes off in an alert to a funnel cloud heading our way.

We sprang out of bed waking our teens that were not amused at us and headed down to our basement for cover. Now I had split seconds to act...did I grab my jewelry, family photos, insurance cards, shoes, bra???
NOOOO!!!! I grabbed my most valued possession. The one thing I cannot be without and that could help my family the most if we suddenly got injured or lost our home. I could lose a lot of things and get by, but I would not be without my Be Young Essential Oils!

KD

My results doing Emotional Aromatic Touch

I had only the Geranium, Lavender, Eye Vision, and Charity to start with. The Quiet Scent, Emotion, and Gratitude were on order.

My friend Tiffany P. told me how to put these oils on my toes starting with the right foot. I applied them before going to work.

What I noticed first was my state of relaxation. I was also more open to conversation with co-workers and felt less stress. I had a really good day. I continued to apply these oils each morning for three days. I must say it was a bit much but the weekend was here and I let my body "dry out."

Monday I received my order with the rest of the oils. Tuesday I used the complete EAT on my toes. The most remarkable thing happened. There are a few people at work I don't socialize with due to past conflicts. Was I surprised! First thing in the morning when passing one of these people I gave him a nice greeting. I had a sense or feeling of forgiveness. I didn't think ahead of doing this, it just happened. And it happened to others throughout the day. Again I had a really good day.

I talked with Tiffany again and told her what happened. She said the oils I added, Emotion and Quiet Scent did the trick. She said they are for anger, frustration, and fear. I totally believe this.

These oils worked "WITH" my body and personality. I was working harder against my personality. I made my own stress. Now I'm able to forgive. What a feeling! Thank you so very much Dana! --
Pennsylvania Bob

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I have a client who has a young son that is 11 yrs old and has been on two anti-depressant type of drugs to control his behaviors. We have been doing the EAT on him and each time, right after the oils treatment, he "wigs out" terribly for a few days. I talked to Dana about this and he said after removing the cause of the emotional outbreaks, the medication was too toxic for him. With the doctors consent, his medication has been cut in half a few times. After 4 EAT treatments, he is now completely off one of the medications. When he has an occasional "whiney melt down" his mom puts Venus on his toes, back of neck, pulse points, and/or lower abdomen. Within 5-10 minutes, he is able to control his emotions. Her older 14 year old son had serious withdrawal and anger issues. We also did the EAT on him which helped a ton, and when he has his anger moments, Mars blend goes on his toes or on the back of his neck. It works immediately on him also. They are both incredible young men and these oils truly help their real inner self to shine. –Nancy A.

I am writing to let you know about an experience. I've known a man who has been going through a lot of emotional challenges for several years. He helps himself and others using specific stones, etc. but he has been unable to eliminate a cough that's been there for years. After months of offering to do an EAT for him he finally was ready and willing. To his amazement, his cough completely disappeared. It's been 5 days so far. He said he's "SOLD ON THESE OILS" and plans to refer others he comes across over time. Have a great day! --Karen F.

To order, for class information, or if you have questions contact:
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