



**Greetings!**

**Happy Valentine's Day to My Young Living Family!**

February, 2010



Dear Friends,

Thank you for being in my Young Living family. My valentine to you is a method of purifying the blood through the **Feelings Kit**. This is important because we need to clear the DNA in ourselves, which will help to clear the DNA of our ancestors as well as our immediate family and loved ones.

In the early 90s, Gary Young was initiated in the Great Pyramid. At that time, he asked forgiveness of his family while using the blend **Forgiveness**. What he discovered was that the family, on returning to the United States, had completely changed and now accepted the oils and tried to understand the wisdom. His grandmother became very interested in what he was doing.

On this Valentine's Day I would like you to sit quietly and look at the oils from the **Feelings Kit** to see how they can help you raise your consciousness and heal your wounded heart. Intent is 95% of directing the ability to heal yourself with the oils.

Last weekend, my 7 year old great grandson had hernia surgery. When my friends and I visited him he was in terrible pain, so it was necessary for us to use the oils on him. The oil that he wanted was **Envision**. All four of us had to use this oil in a way to help him through his pain. But while we were working with him, I totally feel that we connected with his higher self and helped him to envision his role on this Earth. The first oil blend we used was the antibiotic formula. The second oil blend was **Envision**. After working with this oil for fifteen minutes his condition improved. I feel that we not only worked on his physical body, but also his spiritual body. I feel that we helped him understand his soul's purpose. This is what anointing the body is. Gary Young has many blends that are not in the **Feelings Kit**. So one should look at the emotions that they are experiencing and find an oil that best fits their problem. With Gary it was **Forgiveness**. With my grandson, it was **Envision**, because he need guidance in his life. And the people that were working with him could help him see his purpose while they were anointing him.

A friend of mine broke her hip on Halloween. Through the pain, she felt that she needed to use the oil blend **Gratitude**. All the time she was feeling gratitude, and anointing herself with Gratitude. She feels that the **Gratitude** brought her the best surgeon and also helped her heal the relationship between her mother, her sister, and herself. She feels that experiencing the opportunity to express gratitude in this painful situation helped her heal not only her physical body, but also her spiritual self.

The second short article is *110 Uses for the Everyday Oils Kit*. If a person is going to learn to use the oils on an everyday basis, they need a quick guide on how to use the nine oils that are in the **Everyday Oils Kit**. I use these oils for first aide, but they can also be used for emotional stress. The real gift that we have from Young Living Oils is that they are pure therapeutic grade oils and they work on all levels. They work on the physical, spiritual, emotional, opening up our consciousness to our real Christed beings.

In the past I have written about the glia brain. It is the covering of all the nerves and the brain and it is the largest organ in the body. Most of the research that has been done on the brain has been done on the neural brain. Science is now proving that the glia brain is the organ that transfers frequency in the body. If you step on a button of garlic, 30 seconds later you can taste it or smell it on your breath. It is now proven that the glia brain is the vehicle which transmits this frequency from the oils in seconds. To use the oils properly we must get the glia brain pulsing at one frequency. This is why we have our **Omega Blue**. **Omega Blue** is the essential fatty acid that feeds the glia brain. Whenever you use the oils for an emotional clearing, you should take one or two **Omega Blues** to stabilize the glia brain so the frequency transmission can be complete.

**Get a Free Helichrysum Essential Oil!** Each month Young Living has been offering a wonderful opportunity to get free product. This month, they are giving away a **free 5 ml bottle of helichrysum essential oil!**

During the month of February, order 215 PV\* on any of your favorite Young Living products, and receive one 5 ml bottle of **helichrysum** essential oil for **free**. That's a retail value of \$102.30! One of Young Living's most popular essential oils, **helichrysum** was traditionally used to mitigate bruising and varicose veins, as well as to support circulatory health and relieve muscle tension.\* Only the **Helichrysum italicum** grown in the Mediterranean region meets stringent Young Living Therapeutic Grade™ (YLTG) sourcing standards. Competitors commonly add various essential oil bases to produce a cheaper, synthetic helichrysum, but only **YLTG helichrysum** undergoes strict quality control standards and is proven to be pure, potent, and to contain the optimal levels of the important compound neryl acetate. Offer Details:

- Offer valid 12:00 a.m. MT February 1, 2010, to 11:59 p.m. MT February 28, 2010.
- Limit one free 5 ml bottle of helichrysum per order.
- Offer valid on all orders of 215 PV or more. No limit on qualifying orders.
- Offer available to Young Living Independent Distributors, preferred customers, and retail customers.
- Valid on phone, Essential Rewards, and web orders only.
- Offer does not apply to Essential Reward point redemption orders.
- PV not earned for free product.
- Customer responsible for shipping costs associated with free product.
- Offer valid in the US and all NFR markets, except where restrictions prevent promotional product(s) from entering your country.

I produce these newsletters simply to help you understand how to effectively use the oils and products. Please feel free to contact me if you have any questions about the oils and how to properly use them. If you have any questions or need help with your downline, please contact me at: mhardy@allegan.net, or (269) 673-4849.

Love and Light,  
Mary Hardy

\* Personal Volume (PV): Points calculated for a distributor's personal and customer purchases during any one calendar month.

\*\* Modern medical research has not yet validated these historical claims.

# Using the Feelings Kit to Cleanse the Flesh and the Blood of Emotional Trauma

Rev. Mary Hardy, Ph.D.



The original *Feelings kit* contained 12 oils: **Valor, Harmony, 3 Wise Men, Present Time, Inner Child, Release, Grounding, Forgiveness, Hope, Joy, SARA and White Angelica.** Gary has recently redesigned the kit to contain only 6 essential oil blends: **Valor, Harmony, Forgiveness, Release, Present Time, and Inner Child.** These oils are designed to help a person release their inner feelings and become one with themselves.

The Egyptians called this process a *Cleansing of the Flesh and Blood.* Before they would mummify a person, they would purify the mind, emotions, and spirit, by anointing the deceased with oils that are similar to the oils found in the *Feelings Kit.* I believe this would clear the DNA of many of the emotions that are trapped in the physical body before the soul enters the afterlife. After studying the process of healing with the oils, we know that the amygdala gland controls the trauma in the body. Due to TDA Lingo and Niel Slade's work we know that the amygdala has an anterior and posterior lobe. Clicking into the frontal lobe takes us into the forebrain where we can transcend time, space, energy and matter through consciousness. Lingo and Slade feel that when you enter the posterior lobe, you can process the trauma locked in the DNA. This is why the Egyptians anointed the body with sacred oils during the mummification process.

Many researchers have suggested that the DNA carries inherited emotional baggage from others in our blood line. The Bible speaks of the sins of the fathers effecting several generations. We can go back seven generations and clear the emotional baggage by doing the stress release through smelling and anointing the body with the oils in the Feelings Kit. Once the DNA is changed in you, it can change the DNA in your relatives. Gary Young learned this when he had an emotional clearing in the Great Pyramid. He felt that many in his family were healed when he went through this stress release. He stated that his grandmother who had had no previous interest in the oils, finally became interested in the oils and their benefits. He also talked of how his whole family looked at things differently after this clearing. He stated that we can heal the DNA in ourselves, past generations and future generations. He said that this information is stated clearly in the Bible, and that by healing ourselves in this manner, we affect seven generations.

Gary Young set up the smaller *Feelings Kit* so that we could anoint our bodies with these six oils everyday. While he was in the pyramid, he came up with a statement similar to the following: I lovingly and willingly release all that no longer serve me in a positive and progressive way. I now release these things back to the universe to be used in a positive and progressive way. Healing the inner child

within all of us is a difficult process. It is the responsibility of each of us to clear the trauma of not only ourselves, but also of our ancestors.

A researcher named Dr. William Nelson, the creator of the Eclonion testing equipment which utilizes Kirlian photography, presented documented proof to the British Royal Medical Society in late 1992 showing how the DNA would be cleared by activating the limbic system through smell. The limbic system contains the amygdala gland, and is the gateway into the electromagnetic field. In his demonstration, Dr. Nelson also proved that synthetics are not the same as natural and do not belong in living biological systems. Therefore, in demonstrating the clearing of the DNA, he proved that you cannot use synthetic oils and substances in the body because they do not activate the limbic system where the amygdala controls the clearing of the emotional body as well as the other electromagnetic bodies surrounding the physical body. Kirlian photography is a process where you can watch the aura, allowing one to see how the emotional bodies are cleared by the colors they represent on a video monitor.

The great gift the Gary Young has given us it that he provides us with pure essential oils so that we can clear the DNA within our physical bodies. This is the true value of the gift that Young Living Essential Oils provides for its members. The new *Feelings Kit* contains six essential oil blends. **Valor**, which gives courage and helps with anxiety. **Harmony** balances the chakra system. **Forgiveness** helps release negative memories and emotions in order to forgive and forget. **Release** helps to release anger and frustration. **Present Time** applied over the thymus can bring you up to the present time and allows you to go forward in life. **Inner Child** stimulates a memory response to help one to reconnect with their true inner self and identity. The remaining six oils that were previously in the kit are: **Three Wise Men** which can release deep seated emotional trauma encoded in the DNA through the pineal gland (third eye) stimulation. It helps to bring up courage and self esteem. **Grounding** helps to anchor your being so that you know how to deal with your emotions in a peaceful manner. **Hope** gives you a feeling of strength and grounding overcoming depression, and restoring hope for tomorrow. Joy produces a magnetic energy to attract love and enhances the frequency of self love, bringing joy to the heart. **SARA**, which stands for sexual and ritual abuse, enables one to release and let go of the memory of trauma due to a sexual assault, whether in this life or in an ancestor's DNA.. **White Angelica** is used to strengthen and to protect against the bombardment of negative energy so one can feel protected as they move into their higher self through the use of anointing themselves and activating the

amygdala gland.

# 110 Uses for Young Living's EVERYDAY OILS KIT

Reprinted with permission from Medicine Wheel Consultants

The **Everyday Oils Kit** was created by Young Living Essential Oils so that anyone could immediately use and appreciate the benefits of therapeutic-grade essential oils. Many of these oils can be used for emotional clearin. The Kit contains four single oils: **Lavender** (*Lavandula Angustifolia*), **Frankincense** (*Boswellia carteri*), **Peppermint** (*Mentha piperita*), and **Lemon** (*Citrus Limon*), plus five oil blends: **Valor**, **Thieves**, **PanAway**, **Peace & Calming**, and **Purification**.

- All single oils in the kit may be used as dietary supplements.
- All of the oils may be diffused allowing the oils to stay suspended in the air to reduce bacteria, fungi and mold. It also freshens the air with natural fragrances, eliminating the need for synthetic, harmful air fresheners. A nebulizing diffuser disperses the oils without heat, which could render the essential oils less effective. When inhaling it takes 22 seconds for an oil to reach the brain.
- All of the oils can be added to bath water, applied topically, or used with body and foot massage. Applied topically, it takes 2-3 minutes for an oil to reach the bloodstream; and 20 minutes to affect every cell in the body. They metabolized within 2 1/2 hours.

## ◆ LAVENDER - Single

1. Calming
2. Sleep Aid
3. Bee Sting / Insect Bite
4. Minor Burn
5. Cuts / Abrasions
6. Eczema / Dermatitis
7. Motion Sickness
8. Nosebleed
9. Unblock Tear Ducts
10. Dry / Chapped Skin
11. Chapped / Sunburned Lips
12. Scar Tissue
13. Deodorant
14. Hay Fever
15. Dandruff
16. Moths & Insects
17. Water Fountains
18. Sweeten Laundry
19. Cold Sores
20. Allergies
21. Sunburn
22. Rashes

## ◆ FRANKINCENSE - Single

23. Concentration
24. Immune System
25. Blisters
26. Insect Bites
27. Depression
28. Brittle Nails
29. Stretch Marks
30. Cysts
31. Skin Health
32. Warts
33. Breast Health
34. Health Maintenance

## ◆ VALOR - Blend

35. Emotional Strength
36. Back Pain / Injury
37. Joint Pain / Injury

38. TMJ

39. Sciatica

40. Anxiety

41. Sleep Apnea

42. Stiff Neck

43. Spinal Adjustment

## ◆ PEPPERMINT - Single

44. Indigestion / Flatulence / Diarrhea

45. Heartburn

46. Inflammation (unbroken skin)

47. Injury / Bruise (unbroken skin)

48. Fever

49. Itching

50. Poison Ivy / Poison Oak

51. Working Out

52. Nausea

53. Headache

54. Hiccups

55. Alertness / Concentration

56. Concentration / Recall

57. Travel Sickness

58. Congestion

59. Flavoring / Preservative

60. Rodents / Ants / Cockroaches

61. Paint Fumes

62. Tea as Coffee Substitute

63. Aphids

64. Summer Cooler

65. Arthritis / Tendonitis

66. Bad Breath

67. Curb Appetite

68. Ticks

69. Sore Feet

## ◆ THIEVES - Blend

70. Cold & Flu

71. Strep Throat

72. Household Germs

73. Gingivitis / Bleeding Gums

74. Mold

75. Bronchitis

76. Cold Sores & Fever Blisters

77. Fungal Skin & Toe Infections

## ◆ PANAWAY - Blend

78. Inflammation / Bruising

79. Sore Muscles

80. Headache

81. Growing Pains

82. Arthritis Pain

83. Sciatic Pain

84. Arthritis in Pets

## ◆ PEACE & CALMING - Blend

85. Sleep

86. Overactive Children

87. Relaxing Massage

88. Relaxing Bath

89. Teeth Grinding

## ◆ PURIFICATION - Blend

90. Air Purifier / Mold

91. Air Purifier / Smoke

92. Air Purifier / Toxins

93. Insect Bites

94. Skin Blemishes

95. Sore Throat

96. Blisters

97. Sneaker Odors

98. Humidifier

99. Flu

100. Insect Repellent

101. Cat / Dog Ear Mites

## ◆ LEMON - Single

102. Air Freshener

103. Gum, Oil, Grease Spots and Crayon

104. Varicose Veins

105. Lemonade

106. Calluses / Bunions / Warts

107. Prolong Life of Fresh Fruit

108. Counter Tops

109. Acne / Oily Skin

110. Public Bathrooms

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Visit Mary's website at [www.templeofsakkara.com](http://www.templeofsakkara.com)



FREE HELICHRYSUM THIS MONTH!

These God-given Oils.

the Gift of Healing Ourselves With the Use of

We are Surrounded by Blessings and

Gary has given us another wonderful new gift.

Emotional Blockage and Purify the DNA.

Using the Feeling Kit to Remove