

Greetings! May the Scent of the Oil s Bring You a New Worl d

Dear Friends,

March, 2004

The picture on the right is of Mary Magdalene. She is dressed in emerald green, heralding the wisdom of the Sisterhood of the Emerald Fire. It is time that the healers of oil understand the true wisdom of the Emerald Fire. Mary Magdalene, after the death of Christ, moved to France and taught for 30 years in a cave, teaching the wisdom of the Magi Mystery schools of Egypt.

The oils are truly a gift. We have the opportunity to share them with the world. Understanding the amygdala gland is the basis of aromatherapy. That is why I have reprinted this old newsletter article. It is announcing the work of T. D. A. Lingo, who has passed on, but has given us the legacy of smell, through his brain research. Neil Slade is now continuing this research and is touring the country with Lingo's information.

The amygdala gland has two parts: the anterior and the posterior. This is the gift that Lingo gave to the world - the realization that there are two parts to the amygdala gland. The posterior part keeps us in the present day world and deals with trauma. The anterior part takes us to the spiritual realms and allows us to advance into higher consciousness.

Anyone interested in increasing their downline, please contact me. I have purchased Vicky Opfer's computer program and am eager to send you a copy of your downline free of charge. Also, I am willing to travel anywhere to teach you the gift of the oils and the understanding of the Sisterhood of the Emerald Fire, and the wisdom of the amygdala gland.

Young Living oils is announcing 2 semi annual conventions for the East and West Coast, the first is in Anaheim, CA on April 1, 2, and 3, 2004, and the second is in Nashville, TN, on October 8 and 9, 2004. The Anaheim convention will be announcing the power of the blends, which is the real secret of increasing the power of the anterior gland. They are also planning a wonderful convention in Hawaii for the middle of June, 2004.

I truly believe that Gary Young has given us a world of wisdom because he has given us pure oils. While recently flying on a plane I put a drop of the essential oil blend *Highest Potential* on my wrist so that I could breathe better because the air on an airplane is recycled and can be damaging to us. I noticed that the stewardess started smelling several peoples wrists and asking who had just put on hand lotion, because the pilots in the cockpit were asking what the strange smell was. To them it smelt like hand lotion. At that time I told the stewardess that I had put a drop of oil on my wrist, and explained why. She wasn't angry, just wanted to know where the smell was coming from. This tells me that the essential oils and oils blends produced by Young Living are very powerful. Just a couple drops can purify an entire airplane, because within minutes, the entire airplane carried the scent of the oils.

Recently, Gary Young has encouraged us to help our downlines in any way we can. He has promised to improve customer service. If anyone is having a problem, please contact me, and I will try to have it taken care of through the proper channels in customer service. This is my pledge to you, and also the pledge of Young Living Essential Oils.

Love and Light,

Mary Hardy



The Amygdala Click Your Way to Happiness

By Rev. Mary Hardy, Ph.D

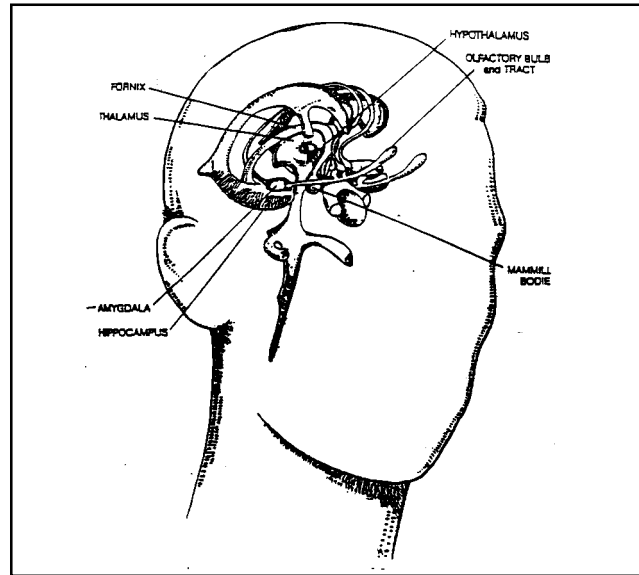
This is a reprint of an old newsletter article. Since I feel that understanding how the amygdala works is of extreme importance, I am running it again. By activating the anterior part of the amygdala gland we as humans can change the world, and bring peace and harmony into our souls.

Back in the time of ancient Egypt, Aromatherapy was a way of balancing the auric field with the physical. The sense of smell is depicted on the Egyptian walls by a woman smelling a lotus. This was secret knowledge. Only those trained in the temples were taught how to use this wisdom. They were known as the Sisters of the Emerald Fire because they had to keep the balance point of emerald green within their auric field. This knowledge of smell activating the higher consciousness is a way of developing the soul. Now, by studying research by T. D. A. Lingo, we understand that the olfactory bulbs stimulate the amygdala gland through smell and activate the frontal lobes of the brain - transcending space, time, energy and matter through consciousness.

We are entering a new era, where the magnetic fields of the Earth will be changed because of the Photon Belt. Now is the time that every human take charge of their own auric field or soul development and balance it through Aromatherapy. This knowledge must be given to the masses. It must not be regulated by laws and government regulations such as the FDA and FTC, or controlled by those that fear this information. Everyone must make peace within and balance their soul through understanding the knowledge of entering the limbic system through Aromatherapy. Aromatherapy is one of the easiest ways to bring about a balance of the physical body with the auric fields.

The limbic system consists of many glands. Not much research has been done on understanding the functioning of these glands. History has recorded that these glands can be activated by the smell of Essential oils. The Egyptians knew this. That is why the lotus blossom was used in many of the hieroglyphics.

A friend sent me a taped radio interview with T. D. A. Lingo, founder of the *Dormant Brain Research Center* in Denver, Co. T. D. A. Lingo is now deceased, but Neil Slade's web page at: (<http://www.h2net.net/p/nslade/music/flbook.html>), carries on his work.



T. D. A. Lingo was a member of general Patton's armored tank group in WWII, and was greatly disturbed by the acts of violence and homicide he witnessed. After the war, he studied at 4 universities, always asking the same question: "Why must mankind kill his brother?"

Finally, a professor in Chicago answered this question. He tapped on his forehead with his fingertips, and stated that the answer lies within the human brain, but that research to date had yielded no explanations. If Lingo wanted the answer, he would have to open his own research lab and find the answer himself.

After 15 years of studying brain research material, Lingo and his associates found that the anterior part of the amygdala gland is a gateway into the frontal lobes of the brain. By entering through this gateway, you can increase your consciousness and become more spiritually developed. You begin to use a larger percentage of the brain. Through his discoveries, Lingo felt that entering into this gateway enabled us to tap into a universal consciousness. In this way, those that learn to access the frontal lobes of their brain can bring about a peaceful harmony in the world.

When you are in the posterior amygdala, you deal with the traumas and dramas of life. If you can jump, or "click" forward into the anterior portion of the amygdala, you can reach euphoria. He calls this process, "clicking." As people learn to

control this function, they can actually feel and hear this click in their minds.

A simple way to locate the amygdala gland is by placing your thumbs in your ears, and then place your middle fingers near the inside corners of your eyes. The amygdala gland is found about 1" into the forehead where your index fingers fall. The frontal lobe of the brain can be located by placing your palm on your forehead. The entire area covered by your palm is where the frontal lobes are located.

On the tape, Lingo talks about three types of exercises: 1. Self-guided Imaging, 2. Closed focused Meditation, and 3. Self Trauma Drama.

The radio interview did not allow time for him to go into all the exercises, which is why you should visit the web page to learn more details. However, he did give one quick example on how to increase the energy flowing into the amygdala gland using the Self Guided Imaging technique. This imaging process will cause the ions in the cell walls to change from negative to positive charges. This causes the "click" forward. When done successfully, you will actually feel and hear this click inside your brain. The sensation will last for 2 to 5 seconds before you click back into your posterior, trauma consciousness. To achieve a universal consciousness and total love, you have to access the anterior portion of your brain through the gateway (the amygdala), into the frontal lobes. However, Lingo states that for humanity to deal with day-to-day life, like driving, working, shopping, etc., we must be in the posterior amygdala. With practice, you will be able to easily click back and forth.

A quick way to enter the gateway through the frontal lobes is to sit quietly, alone, and imagine an energy source coming from outside yourself—call this energy God, The Source, Light Energy, or whatever you like. See this energy entering your forehead like a laser beam and splitting in two. Guide each beam into each side of your forehead and see the beam enter the front (anterior) portion of both the right and left amygdala. Now visualize the energy increasing; 1 volt, 2 volts, three volts, etc. This simple exercise will cause the click forward and change the energy to allow you to use a larger percentage of your brain, and tap into the universal consciousness.

Lingo states that by applying what he calls "consciousness physics," we can save the world. The problems that we have with deforestation, overpopulation, air and water pollution, the greenhouse effect, etc., can all be resolved when humanity clicks into their frontal lobes and accesses the universal consciousness. He gives the acronym C-STEM (Consciousness creates Space, Time, Energy, and Matter). Throughout his 15 years of re-

search, Lingo found that those who learn to click into their frontal lobes become peaceful and harmonious and desire only to save the planet and experience pleasure.

Because we live in our posterior amygdala, dealing with trauma and drama, the human race is causing Mother Earth to die. If we can teach people how to click into their frontal lobes, Lingo feels that the planet could be saved.

This past week, since I have listened to the tape, I have been doing the exercises daily. When I click into the frontal lobe, I lose the tired feeling in my body and I feel like I could fly over the universe. One of the wonderful added advantages is that I have lost 4 pounds without changing my eating habits. When you try this, I would love you to send me information on your experiences. One thing that I have done differently, is that I apply one of the emotional oils from *Young Living* to the spot on my forehead where the amygdala lies. My favorite oils to use for this are *Awaken*, and *Motivation*.

Ever since I have been studying the oils, people have mentioned that the amygdala is affected by smell. It is time that we started using the appropriate blends and the exercises to stimulate consciousness. The Bible mentions in many places how oils were used to advance consciousness/spirituality. It is time that we begin to put this information into practice. Of course, we need to use pure Essential Oils, and allow the energy from the plants to guide us into the super knowledge that will save the planet.

How will you know when your advanced frontal lobes are on? Your amygdala is an automatic brain thermostat. It automatically tells you how much of your brain has been turned on by your emotions. Happy emotions indicate that your advanced frontal lobe circuits are connected. Miserable emotions indicate that you are in the posterior portion that deals with drama and trauma. We must overcome the fear and anger that is programmed daily into our lives. This is where the oils come in. All we have to do is smell an oil to turn on the amygdala glands. The names of the oils will help you select the proper constructive emotion that you need to deal with, such as: *Hope*, *Joy*, *Motivation*, *Forgiveness*, etc. Emotions are just like those indicator lights in your car: "Oil pressure," "Temperature," etc. When positive emotion is low, advanced brain function is low. Negative emotion (fear, anger, depression, boredom) is a warning signal. Positive emotion (happy) is a built-in reward mechanism to encourage you to keep your frontal lobe circuits open. This is nature's method for encouraging further evolution of mankind's consciousness.