

PREPARE

- Check in with yourself to ensure you are in the right heart and head space to facilitate as coach. (see pg. 6 Coaching Guide)
- *My heart is open to give and receive love. All of me is protected by a golden field of light.*
- Diffuse or spritz OnGuard, Tea Tree, Lemon Eucalyptus, TerraShield, or oil of your choice to clear and protect the space before the session.

OPEN THE SESSION

- *My intention for our session is to guide you in identifying and releasing unwanted emotions so that you can access the answers and solutions within you. I invite you to trust this process and see what unfolds for you.*
- *This is a safe space. Whatever comes up in our time together is strictly confidential.*
- Start with this question:

1. Which of these are you noticing most? Choose oil, emotion, or body.

Have them write their answers in the spaces below the circle of their chosen area.



What oil do you feel drawn to?
pg. 16 Coaching Guide



What emotion is coming up for you?
pg. 12 Coaching Guide

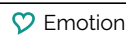


What physical issue or tension are you experiencing?
pg. 15 Coaching Guide



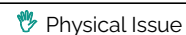
Oil

- Look up the Oil Description (pg. 16-173 Essential Emotions book or app).
- Explore companion oils (if needed).
- Choose the negative emotion that you identify with most and write it on the emotion line above.



Emotion

- Identify their emotion in either the Essential Emotions book, app, Wheel or Feelings Guide (pg. 292 Essential Emotions book) and write it on the emotion line above.



Physical Issue

- Look up your issue or area of the body in the Body Guide (pg. 174+ Essential Emotions book or app).
- Read the Emotional Root and Look Deeper questions
 - *What part stands out to you?*
 - *Why might you be experiencing this in your body?*
- Choose the Underlying Emotion that you identify with most and write it on the emotion line above.

2. Look up your identified emotion (pg. 211+ or app). Select 1-2 of the oils listed.

Choose your oil(s) by reading the Oil Descriptions (p. 16-173 or app), by aroma preference, intuition, or from the oils you have available.



Oil



Oil

Look up their specific emotion in the Emotions Guide in the book or app. If necessary, narrow down the oil selections (see pg. 13 Coaching Guide).

3. Read your chosen oil description(s) (p. 16-173 or app). Write down any insights. Deeply inhale the aroma.

What part stands out to you? OR Which parts resonate with you most?

(Note: If following the oil pathway, they can explore additional oils listed for their emotion.)

4. Come back to your emotion (p. 211+ or app). Ponder the Look Deeper question(s) and write down any insights.

Are you seeing any of these beliefs or patterns showing up in your life?

Close your eyes. Can you locate where this [emotion] is held in your body? What are you noticing?

How intensely are you experiencing this feeling? (On a scale of 1-10)

See yourself expending the energy to maintain this emotion.

If hesitant: Are you ready to begin the process of letting it go?

5. **Release the ♥ emotion:**

Speak aloud:

"I choose to release this [emotion] with all its negative attachments and hold on me. I now hand it over to the [Divine] for transformation and healing."

Close your eyes and visualize:

See yourself releasing the [emotion]. Visualize it floating out of you and away from you...higher and higher...taking all of its attachments with it. Feel yourself becoming lighter and more free as it leaves your body, mind, and spirit. See it completely taken away and dissolved by the [Divine].

🕯️ **Aromatic Anchor:**

Now inhale the aroma of your chosen oil as you take three deep, cleansing breaths.

6. **Receive a new way of being:** After this release, how are you feeling? How much of that emotion are you feeling now? _____
Are you ready to create a new experience? _____ (on a scale of 1-10)

7. **Declare** 🗣️: To activate a new way of being, speak aloud the declaration listed for your ♥ emotion. Write it down and personalize as desired. Keep declaring it until you begin to believe it.

Read aloud whichever parts resonate with you from the 'Declare' statement(s)—feel free to make it your own wording. You may want to repeat it up to 3 times to deepen its impact. What shift did you notice within you as you spoke that?

8. **Visualize** 👁️: Read the visualization listed for your ♥ emotion. Write it down and personalize as desired. Close your eyes and envision it.

🕯️ Read the visualization while they close their eyes. *Now, inhale the aroma again to 'aromatically anchor' in this new awareness.*

9. **Integrate through self-nurturing:**

Can you offer yourself compassion for what you've learned in this process? _____

Self- Forgiveness

Help them embrace their learning with compassion and release any feelings of shame or self-judgment that may surface.

If they're eager to forgive others, add: *As you give yourself grace, your desire to naturally pass on that grace to others will grow. You will be inspired on how and when to extend it to others.*

How else will you care for yourself to continue your healing?

(i.e. apply oil, rest, hydrate, bathe, journal, dance, stretch, music, time in nature, meditate)

Which self-care options would best support you?

Your transformation and breakthrough process will continue at home. You may receive added insights or experience other emotions surfacing in the days ahead, know that this is all normal and expected.

10. **Move forward with this new awareness:** What are your next steps?

(i.e. reach out for help, realign priorities, establish boundaries, reconcile with others, release self-judgment, forgive self or others)

What's one thing you can do that may make the biggest difference?

What could get in the way? (i.e. self-doubt, others' judgments, distractions, obligations, old patterns) _____

When it does, how will you respond? _____

11. **Wrap up with gratitude:** What has been the most powerful learning breakthrough for you in this process?

Place your hand over your heart and silently thank yourself for showing up to do this work.

12. **Return to this process:** Healing is a journey. Come back as often as needed. Know that you are divinely supported and trust that the power is within you to transform and heal!

Thank you for sharing this space with me. It is such an honor to feel of your brilliance and witness some of your journey. The best is yet to come. Let me know which oils would serve you best as you continue to move forward.

END THE SESSION

Post Session Reflection

Follow-up in 1-3 days via text

*The emotion that can break your heart
is sometimes the very one that heals it.*

—Nicholas Sparks