

# **Shortt's Shorts on Young Living's Inner Child** (day 6 of the feelings kit)

**Inner Child** – blend of Orange, Tangerine, YlangYlang, Royal Hawaiian Sandalwood, Jasmine, Lemongrass, Northern Lights Black Spruce, Neroli,

**Formulated to-** *revive memories which connect us to our true self*

**Supports** – *harmonizing and stabilizing our emotions, opening the cranial structures, stimulates the pineal and pituitary glands and other areas of the emotional brain*

**Releases-** *feelings of shame and confusion often exposed in mid-life crisis, undesirable personality traits, clearing cellular memory, distortion, desertion, erratic energy*

***“When you are a child, all things are possible. There are no limitations. When you find your Inner Child, you have found your true self. The child in you is your creativity.”*** D. Gary Young

**Reflection:** *When did you stop dancing and singing?*

**Apply** *protocols for valor, harmony, forgiveness, present time, release*

**Apply Inner Child** – *drop 3-6 drops in your hand. Swirl with your peace fingers to activate the oil to your energy. Take 3 deep breaths. Place a drop on your thumb, place on roof of mouth as though you were sucking your thumb. Walk backwards.*

***“This looks stupid and it changes the rotation in the pelvis, elongates the spine, decompresses the discs in your back, clears nerve channels to flow smoothy”***.D. Gary Young

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