

Shortt's Shorts on Young Living's Feelings Kit

In the temple of Isis, the hieroglyphics depict a ceremony 'cleansing of the flesh and blood of evil deities' so no one would go into the next life with emotional baggage

The hieroglyphics also showed the ancient Egyptians taking baths with essential oils at sunrise and sunset.

There is a direct connection between our emotions and our physical health

Our limbic system stores trauma, abuse, past experiences and is the

'Seat of Our Emotions'

"Trauma keeps us from reaching our highest potential"

Negative experiences produce fear, fear releases cortisol, creates acidic environment in body, leads to dis-ease

Emotion is Energy, let it flow, release it, let it go!

The Feelings kit addresses our emotional needs with valor, harmony, forgiveness, release, present time, inner child added extras - awaken, white angelica, into the future

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