

# **Shortt's Shorts on Young Living's**

## **10 steps in Emotional Reset**

**The 10<sup>th</sup> step uses valor – at the beginning and at the end.**

**First use Awaken** – Breathe deeply – inner ankles and crown of head

**Second use White Angelica** – Breathe deeply – sweep aura- “I am protected”

**Step 1** -Apply 3-6 drops of Valor to the bottoms of your feet. Breathe deeply. Lie still for 3-5 min.

**Step 2** – Apply Harmony to the chakras – base of spine, below the navel, between the breastbone and the navel, heart, throat and notch at base of skull, third eye and top of head. Lie still and feel your chakras aligning.

**Step 3** – Apply Forgiveness around your navel

**Step 4** – Apply Present Time to your thymus area (on your upper chest below the notch in your throat).

**Step 5** – Apply 3-6 drops of Release into your hand, swirl it around clockwise with your peace fingers, take several deep breaths, apply over your liver (right side of abdomen under ribs)

**Step 6** – Place Inner Child in your hand, swirl clockwise, take some deep breaths, put on thumb and gently press your thumb on the roof of your mouth and walk backwards

**Now apply - Into the Future** -breathe deeply – apply to shoulders

**Step 7** – Apply Valor to the brainstem clockwise and on both feet. This will anchor in the memory.

**Be still after applying each oil**

**Drink lots of water** – essential oils are detoxifying

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