

Shortt's Shorts on Young Living's Forgiveness *(Oil 3 of the Feelings Kit)*

Forgiveness – blend of Melissa, Geranium, Sandalwood, Frankincense, Coriander, Angelica, Lavender, Bergamot, Lemon, Ylang Ylang, Jasmine, Helichrysum, Roman Chamomile, Palmarosa, Rose

Formulated to release hurt and negative feelings, negative memories like betrayal, distrust, self-denial, repeating the past

Unforgiveness -most common root of physical, mental and spiritual dis-ease.

Lack of forgiveness does not hurt the other person, it hurts us!

5 steps to Forgiveness

Forgive yourself for letting the other person affect your happiness

Forgive the other person (this is internal – not in the other's presence)

Give the other person permission to forgive you and themselves

See the good in the situation

Be thankful for the experience and the lesson it taught you

Your navel- a powerful central energy meridian – all nerve endings here

Apply 3-6 drops of Forgiveness in your hand, swirl clockwise with your peace fingers, apply clockwise around your navel. Tent your hands and breathe in deeply 3 times saying

I forgive anyone who has hurt me consciously or unconsciously

I ask forgiveness from anyone I have hurt consciously or unconsciously

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