

Shortt's Shorts on Young Living's Present Time *(oil 4 of the feelings kit)*

Present Time — *blend of Neroli, Northern Lights Black Spruce, YlangYlang*

Formulated to *keep us in the moment*

Supports - *progressing and moving forward, stability with physical and emotional balance, being present in the moment*

Releases- *feeling flustered, illusion, loss, malice, repressed or stifled emotions, resistance to change*

“If you are in the past, emotions won't come up”

Dis-ease develops when we live in the past and with regret.

D. Gary Young

Drop 3-6 drops of Present Time *in your hand, swirl it clockwise with your peace fingers to activate the oil to your energy, apply to thymus area (on upper chest below notch in your throat), tent hands and breathe deeply 3 times.*

Lie still after each oil application. Pay attention to how you feel. Essential Oils are detoxifying so drink lots of water.

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