

Shortt's Shorts on Young Living's Release *(Oil 5 of the feelings kit)*

Release – blend of YlangYlang, olive oil, Lavandin, Geranium, Royal Hawaiian Sandalwood, Grapefruit, Tangerine, Spearmint, Lemon, Blue Cypress, Devana, Ocotea, Kaffir Lime, Jasmine, German Chamomile, Blue Tansy, Rose

Formulated to *let go of past anger and memory trauma*

Supports – *letting go of the past, emotional well-being, opens the subconscious mind through pineal stimulation to release deep-seeded trauma, promotes harmony and balance in mind and body*

Releases- *negative emotions stored in the liver, anger and memory trauma, dejection, fear of success, holding back, loss of identity, conditional love, rebellion, feeling wrong*

Repressed negative emotions lie at the root of many health concerns

Negative emotions go into the blood, then go to the liver for cleansing, where toxins remain trapped.

The liver becomes a storage place for *anger, resentment, bitterness, hatred, jealousy, envy, addictions, plus other destructive emotions*

Release is one of the most powerful emotionally supporting essential oil blends

Apply *3-6 drops of Release into your hand, swirl it with your peace fingers to activate the oil to your energy, apply over your liver(right side of abdomen under ribs), tent your hands and take 3 deep breaths*