

Shortt's Shorts on Young Living's Inner Child *(day 6 of the feelings kit)*

Inner Child – blend of Orange, Tangerine, YlangYlang, Royal Hawaiian Sandalwood, Jasmine, Lemongrass, Northern Lights Black Spruce, Neroli,

Formulated to- *revive memories which connect us to our true self*

Supports – *harmonizing and stabilizing our emotions, opening the cranial structures, stimulates the pineal and pituitary glands and other areas of the emotional brain*

Releases- *feelings of shame and confusion often exposed in mid-life crisis, undesirable personality traits, clearing cellular memory, distortion, desertion, erratic energy*

“When you are a child, all things are possible. There are no limitations. When you find your Inner Child, you have found your true self. The child in you is your creativity.” *D. Gary Young*

Reflection: *When did you stop dancing and singing?*

Apply Inner Child – *drop 3-6 drops in your hand. Swirl with your peace fingers to activate the oil to your energy. Place a drop on your thumb, place on roof of mouth as though you were sucking your thumb. Walk backwards. Tent your hands and breathe deeply 3 times.*

“This looks stupid and it changes the rotation in the pelvis, elongates the spine, decompresses the discs in your back, clears nerve channels to flow smoothy”. *D. Gary Young*

@sandishorttconsulting