

Shortt's Shorts

An addition to the Feelings Kit

Green oils – extra to Feelings Kit Purple oils – part of the Feelings Kit

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. Tent your hands – breathe deeply 3 times. Lie still and feel your chakras aligning.

Step 3 – Apply Forgiveness around your navel. Tent hands - breathe deeply 3 times

Step 4 – Apply Present Time to your thymus area (on your upper chest below the notch in your throat. Tent hands – breathe deeply 3 times

Step 5 – Apply 3-6 drops of Release into your hand, swirl it around clockwise with your peace fingers, apply over your liver(right side of abdomen under ribs) Tent hands – breathe deeply 3 times.

Step 6 – Place Inner Child in your hand, swirl clockwise, put on thumb and gently press your thumb on the roof of your mouth and walk backwards. Tent hands and breathe deeply 3 times.

Now apply - Into the Future -Put 3-6 drops in hand, swirl with peace fingers, – apply to shoulders – imagine your day ahead and what you want to bring into it, tent hands and breathe deeply 3 times.

Step 7 – Apply Valor to the brainstem clockwise and on both feet. This will anchor in the memory. Tent hands and breathe deeply 3 times.

Drink lots of water – essential oils are detoxifying
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