

# Shortt's Shorts on Young Living's Awaken

**Awaken** -blend of

*Joy- promotes an open heart and feelings of joy*

*Forgiveness- move into the mental state to forgive others and yourself*

*Present Time- brings one mentally into present time*

*Dream Catcher- opens mind, enhances dreams*

*Harmony- spiritual and emotional balance*

**Formulated-** help you become aware of limitless potential, stimulates creativity

**Supports-** balancing one's state of mind and emotions, awaken to our inner knowing - first step in making positive changes

**Release-** negative thoughts and memories

***“Awaken helps balance one's state of mind and emotions through self-adjustment, by allowing a gentle change toward renewal and balance and make a transition in life, enabling a person to reach his or her highest potential”*** D. Gary Young

**Apply Awaken** on your hands. Apply to your inner ankles, tent hands, breathe deeply 3 times

before your morning meditation or before working with the feelings kit.

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