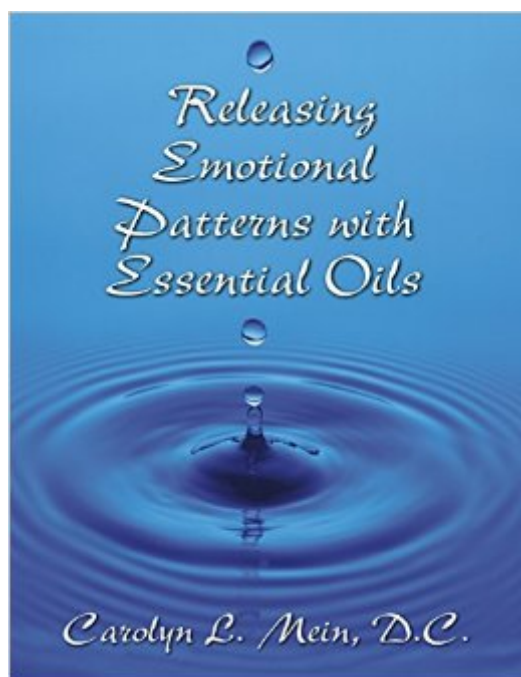


The book was found

# Releasing Emotional Patterns With Essential Oils



## Synopsis

NEW EDITION FOR 2015! Are you bogged down by your emotions? Do you feel trapped in emotional ruts? Are you frustrated trying to rationalize your way around your emotions? Happily, the process to clear stagnant emotional blocks and patterns is easy! Emotions are stored at a cellular level in specific organs within the body. They must be cleared at this level in order to be released. Essential oils access these stuck emotions at their deepest level, by accessing the limbic portion of the brain, which is the seat of emotions. This is not a new technique - it was employed by the ancient Egyptians. "Releasing Patterns With Essential Oils" is a practical, step-by-step guide providing a natural remedy for emotional cleansing. It offers over 130 pages including charts, diagrams, and easy-to-follow instructions. Join the thousands of people who have removed the emotional roadblocks to a happier life!

## Book Information

Paperback: 136 pages

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Product Dimensions: 8.5 x 0.3 x 11 inches

Shipping Weight: 14.7 ounces

Average Customer Review: 4.7 out of 5 starsÂ Â See all reviewsÂ (115 customer reviews)

Best Sellers Rank: #71,137 in Books (See Top 100 in Books) #83 inÂ Books > Health, Fitness & Dieting > Alternative Medicine > Aromatherapy

## Customer Reviews

Great for learning how to release emotions that can trigger or aggravate physical health conditions, using essential oils. I look through this book almost every day, learning which oils to use for specific emotional issues, where to apply the oils, and to understand the positive side of perceived negative experiences. I am trying to support brain health and detoxing from exposure to food toxins, antibiotic side effects, and emotional trauma. There are clear, precise charts that show alarm points, tables that list emotions, the positive emotion, and affirmations that can be used; muscle testing is described; determining body/emotion type. This book has taught me how to do all of this. I have the May, 2012, edition but I'm sure the 2014 is even better with an updated, longer list of oils to use.

I use this book on a weekly basis in my Young Living business, along with the Zyto Compass software ( [...] ) This book can be used as a companion with the software to learn how to release specific emotions with specific essential oils by anointing with knowledge. This is an amazingly powerful way to assist people in changing behaviors, releasing PTSD trauma, and emotional trauma, etc.

The book is practically useless unless you use Young Living blends. I like the charts and every now and then there is some reference about an single oil but very few. This book is clearly for the Young Living audience.

This book has interesting information, but it is very cumbersome to use. I do not like the author's references to her website to take online surveys at additional cost. If her additional information is valuable enough to warrant taking additional surveys or reading additional books, it should just be included in this book.

I wish I would have known how much it relied on ONE COMPANY'S selection of oils. If you do Living Young, you might like this book. Otherwise, you'll probably find it frustrating. I know I do. So disappointed. I wish I would have known.

Not the easiest layout to follow. Interesting read although much of it for me was repeat information from "Feeling Buried Alive Never Die". It is a book I will use to refer to about oils.

LOVE my Releasing Emotional Patterns with Essential Oils! I am learning so much and being healed from things that I have been searching answers for.

I use this book daily. Includes several, helpful cross references. I ended up purchasing the electronic version, too, for when I travel. I'm a huge fan of chiropractic medicine; this book was a blessing to stumble upon and a natural progression to care for my emotional health. I feel I am getting amazing and healing results from it. Thank you, Dr. Carolyn Mein!

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