



# Releasing Emotional Patterns with Essential Oils Class

## Class Description:

This two-day, 12 hour class establishes an understanding of how Young Living therapeutic grade essential oils can impact and unwind the emotional patterns and limiting belief structures of individuals. Through the use of Kinesiology, Chinese Alarm Points and Somatic Awareness, we will explore our personal state of emotional balance with the magic of essential oils. Each student will give and receive Emotional Release session in class. A small gland in our brain, called the amygdala, who's function is to store and release trauma in our bodies, does not respond to sound, sight, or touch. This gland releases emotional trauma ONLY through olfaction – the sense of smell. In this training you will learn to enhance your career as a health care professional or augment your knowledge as a student of aromatherapy with valuable tools to support yourself, clients, family and friends. Only Young Living essential oils will be used in this training!

## You will learn:

- ✓ How Essential Oils affect the Limbic System and the Quadrune Brain
- ✓ Origins of Anxiety, Depression, Addictions and Repetitive Patterns
- ✓ Healing Chronic Pain, Traumatic Injuries, and Generational Emotional Issues
- ✓ Establishment of Personal Goals & Affirmations for Empowerment
- ✓ Diagnostic Tools - Muscle Testing/Kinesiology/Reference Guides
- ✓ To Create a Safe Therapeutic Container and Self-Regulate Emotional Release
- ✓ How to Use Essential Oil Treatment Protocol and Become an Adept Facilitator
- ✓ Establish Awareness of Aromatherapy as a Means to Personal Transformation
- ✓ Strategies for Embodying Joy, Passion, Authenticity and Creative Energy

## Instructor: Ruby Gibson, ThM, educator, somatic therapist & author

Ruby has worked with adults and children for 30 years, specializing in compassionate recovery from trauma, abuse, injury and chronic pain. Ruby developed a generational healing technique called Somatic Archaeology and is currently doing Doctoral research on SA at Holos University. She has been playing with essential oils for 15 years, incorporating them into her practice, and produces an aromatherapy newsletter called *Message Scent*. An author and freelance writer, her book, *My Body, My Earth, The Practice of Somatic Archaeology*, is available on line at [www.mybodymyearth.com](http://www.mybodymyearth.com)

**Dates:** August 21 & 22, 2010 Saturday 10 am-5 pm and Sunday 10 am-4 pm

**Location:** People House, 3035 W. 25th Ave, Denver, CO 80211

**Investment:** \$225 (includes text *Releasing Emotional Patterns w/ Essential Oils* by Dr. Carolyn Mein)

**Register:** Freedom Lodge, PO Box 811, Evergreen, CO 80437 303-670-7300

**[freedomlodge@earthlink.net](mailto:freedomlodge@earthlink.net)**. Or register on line at **[www.somaticarchaeology.com](http://www.somaticarchaeology.com)**.