

Gary young meeting  
3/8/13, Teaneck, NJ

Young living new compensation plan  
created by [www.triharmonysuccesstraining.com](http://www.triharmonysuccesstraining.com)

new marketing director, Craig Aramaki (ylmarketing@youngliving.com)  
3 weeks with the company  
good news: YL has the best essential oil products in the world, bar none.  
there are companies that are trying to copy, but their quality cannot compare.

really good news: we are going to stay true to our core: about the purity and  
quality of our product.  
it will make a difference in your business

the really good news: we are going to add a new dimension: the marketing piece.  
now we are going to  
do that. I love this business model, network marketing. my goal, my role is to help  
you build your business. we have room to improve.

[marketing@youngliving.com](mailto:marketing@youngliving.com)

this email will be functioning soon. we want to hear from you. what can we do  
better to support you?

new comp plan  
residual  
bonuses

shares: this is new, the shares go up when everyone does good, not just people in  
our group. when everyone does well, we do well.

you have to do \$100 to get any of the bonuses. star, senior star, executive  
(executive is \$40 on \$100 order is executive=\$4,000) build executive legs  
you get 8% from anyone you sponsor who is new.  
as you advance you get paid deeper in your team.

what is a leg?—every person you personally enroll is the top of a leg

goal: you want to have 6 legs

residual

creating success

silver: \$100 ogv \$10,000, build 2 legs of 4,000

gold, 35,000 ogv PGV 1500, building leadership , 3 legs of 6,000

platinum, ogv 100,000—4 legs of 8,000

enjoying abundance

diamond—250,000 ogv, 3 legs of 10,000

crown diamond, 750,000, 6 legs of 20,000

royal crown diamond,1,500,000 ogv, 6 legs of 35,000

bonuses

25% paid to enroller on first 3 months

what should you do? when you first enroll someone, work with that person. for 3 months you will get 25% of what that person does. help them share. show them how to use their products and who do you know that we can share this with?

matching bonus: 10% for first 3 months orders for everyone the newly enrolled member enrolls.

help them sharee stanten

rising star team bonus

must be on \$100 pv essential rewards-2 year time limit. be on autoship!. free products! you have to help your people. 3 legs of \$300 ogv.

2 more shares:

3 more shares: 2 legs of \$1000

one share, anywhere from \$25 to \$50 dollars

rank advancement bonuses

silver, gold, platinum (you get paid deeper in your group)

diamond, crown diamond, royal crown diamond

trip bonuses:

clubs

leadership training

farms and harvest

help your team get as many shares as possible (rising star and leadership)

keep personally enrolling members on your front line

help as members as possible reach leadership levels (silver

build volume in all legs to achieve greater leader ranks—greater shares

people know people everywhere. can you come meet my friend? yes!

team young living

the more successful anyone is in the company, the more successful you will be.

gary young

2 schools in mexico

2 in Ecuador

1 will be in peru next year

9 farms around the world

most recent, in December, in olmog (sp?), Israel, east of jerusalem—in israel the  
business is very important to them, they teach the business there.

2<sup>nd</sup> distillery in Taiwan.

in 60 days peru farm 26,000 acres.

the new marketing plan has grown excitement.

about arase: the organization that was created to create a regularatory agency  
for oils. the processing has to be certified. the farms have to be certified.

the labs have to be certified. last year I started the process of certifying our farms. to certify our partners that are distilling oils. some of these partners do not use stainless steel distilleries. some say carbon steel is even better than stainless, due to continuity of temperature. they are correct in that respect. but because we are evolving the way we are and because some people use the oils internally, I want our distilleries to be food grade stainless. I have started to change the distilleries in Kenya and france Israel, Idaho, utah, peru, Ecuador, all stainless. we have the largest contingencies of distilleries in the world. gary is the only person in the world that has ever distilled on more than one continent. gary has distilled on 9 continents.

gary has started to write the standardization for distilling.

essential oils have no regulation

for example, in france you can't sell anis, since they make a liquor out of it there is no certification for essential oils

you have to have a standard first before you can have a certification if it says "certified" it is a marketing ploy to fool people there is no regulatory agency that says it is pure

there is no one that is doing what gary is doing

growing, cultivating, distilling, research (my 15<sup>th</sup> research paper was just accepted for publication), 13 books, the largest grower of aromatic plants in the world.

I got involved in essential oils when I was doing alternative medical work and was looking for something that would work. and they did.

we have to protect these oils for future generations to start an agency

we have 3 labs. newest one is now in Idaho

there is an essential oil company that has paraffin wax in it. on their label it says pure, unadulterated.

we must have a standardization board. that is what arase is developing. be a member of it. become part of a movement to protect our future. the FDA will regulate it if we don't.

the FDA will regulate it as drugs, it will become all prescription.

about the caravan: the 6 religions of the world join in a caravan.

convention center in jerusalem is booked

[www.worldpeacecaravan.org](http://www.worldpeacecaravan.org)

already 100 people registered for the caravan from all over the world, many of them not distributors.

the president of Jordan is supporting this

to bring the Arabian peoples together for a world peace march. no matter what our religion, we are all human beings. to learn to live in the same house. a chance for young living to become the world leader in peace.

I would like you all to be a part of this caravan. you can come for one day to 2 weeks. it's a 2 week journey from petra to jerusalem. we have temporary approval from a world renowned public speaker that he would participate, his holiness the dalai lama.

every day I have been working on this has been amazing, the doors that have opened. I want motivational speakers to speak around the campfires and the 3-day conference. it will be about health, booths on different cultures. gary wanted dr. wayne dywer would be good. nick, who doesn't have any arms and legs who is from Australia would be good.

this was this Tuesday morning I said this. Wednesday evening I get an email, just found that nick will be speaking at a school in utah, so we will have someone go and speak to him personally.

go on the webpage that is being built out, we will be identifying all the campsites from both governments. I need your prayers. I've appealed to the Israeli

government. I want to bring the king of Jordan and the head of Israel to grant me permission to go across the border. it will be the first time in thousands of years.

there is a petition part of the website. I want one million signatures then I will take it to the U.N. and ask that all the militaries stand down during tht time of conference. if they can stand down for 2 weeks they can stand down for 2 years.

be a sponsor. I want to raise 5 million dollars. I want tens of thousands of people on this caravan. we have talked to discovery, national geographic, BBC, CNN. I want this broadcasted all over the world. guess what oils will be a part of this caravan. I am designing 6 incense burners. we will burn 6 tons of frankincense and 6 tons of myrrh. they will burn 24/7 during the 2 weeks of the caravan.

we will fill the valley with the white plume of frankincense.

the money we raise will be divided between Jordan and Israel to rebuild schools and orphanages that have been destroyed.

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the history of young living

st maries farm in Idaho

farm in 1989 in Spokane, Washington. the first distillery.

common adulterating agents

peppermint, rose, sandalwood, ylang ylang, clary sage, geranium, all have adulterating agents. we have the technology to detect this.

synthetic myrrh. diethyl phtalate and cuzerenone.

this is not the essential oil of myrrh.

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ningxia red- the new ningxia has 7 times more oil in it

new oil: uzu: from Taiwan, high antioxidant  
the puree otherwise is the same  
higher antioxidant activity, doubled  
now we use stevia, not agave. almost zero on the glycemic index  
higher in the pH scale, not as acidic.  
higher quality than the old one.

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photos of the Idaho blue spruce (also called Colorado blue spruce) harvest and  
the balsam fir.

Idaho blue spruce should be used by all men, it makes you feel like a man!

photos of distillery in Ecuador

novavita natural health clinic- now is at the farm/10 patients a day

photos of young living academy in eucador with 169 students now. still 15 are not  
sponsored yet. go to the d.gary young foundation website to sponsor a child

photos of the Ecuador farm-2300 acres. 2007- undeveloped virgin organic land  
500 acres in cultivation. 14 oils produced there. built a 125 acre reservoir, 55  
foot deep

on the land a village was discovered from 380 BC  
stone artifacts from over 8,000 years

dorato azul-balancing hormones, allievating asthma, respiratory tonic, anti  
inflammatory, good for arthritis symptoms

this was an unidentified plant growing wild that gary distilled and then analyzed it  
anti cancer, anti bacterial

distilled 42 unknown plants, now distilling 6 that had no biological identity before

45,000 ylang ylang plants on the farm, we produce ylang ylang every day.

yacon - best sweetener in the world. zero glycemic. we have 5 yacon plantations in peru.

I want to bring you things that will heal your body. better than agave. most agave on the market is cut with corn syrup.

if you stopped eating wheat, you'd feel better, your allergies would abate.

read the book: "wheat belly"

wheat is in everything. even in your lipstick

also on your envelopes.

celiac disease, allergies, reactions to essential oils: why? because you are allergic to wheat.

wheat today has 42 chromosomes. the biblical wheat has 14 chromosomes.

coming: a new wheat bar that is totally wheat free that has wheat in it.

I found something in the jerico valley on the east side of the Jordan river.

you will get it if you are at convention.

don't miss convention this year. there will be some big surprises.

a learning time you will not forget

this year will be very exciting. training like you never experienced.

new things coming from other countries

oman

grow the frankincense tree

Idaho spruce

alleviate depression

effects on women in supporting bone density

good for men's virility

frankincense

5 anti cancer compounds

synthetic or adulterated oils



mislabeled

diluted

adulteration can occur at any point in production process.

the farms are what make young living unique

it's a lot of work, a lot of expense

we have a beautiful group of people in the company now.

tomorrow, we are going to talk about emotions.

big experiences

for instance, joseph, my youngest, was a twin. the other twin terminated. when joseph was born he had a rash and oozing sores from that termination. he refused to nurse. his skin erupted. when he finally decided to live he was an angry little boy. over the 9 years its been a continual process. he has had nightmares. I took him up to our cabin a couple of weeks ago, we started practicing what you are going to learn tomorrow. joseph did some of the processes. he wasn't thrashing in his bed. he slept the whole nite and didn't move. the next morning he said, daddy, last night was such a beautiful nite, I didn't have a nightmare. we did the exercises a few more times, and each time it is better. his behavior with Jacob has gotten better and better.

we all have ghosts in our closet, things we would like to erase. self worth issues.

I've found ways to move you through the blocks, within yourself, weight problems, relationship challenges, money issues. you can be set free to move forward. I've been working on it for years. every physical challenge has an emotional issue that has to be healed.

it will shift many of you in a greater way.

MLM-best free enterprise system. everyone has an equal opportunity to be more.

if we are struggling to pay our bills, its hard to be a contribution to others.

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Day Two 3/9/13

gary young

the soil: the first place to make an oil

the harsher the soil, the better the oil

have you seen the bristlecone pine in the sierra mountains and in the rockies.

1700 years old. strongest tree in the world, harshest climates, temps up to  
70-80 degrees below

rocks and stones in soil, roots have to go deeper to get to better nutrition

when I was looking for farms, until I found a farm with a lot of rocks and gravel

in the soil. they showed me nice soil farms, but I said no  
lavender loves rocks. most aromatic plants likes rocks.

I have written certification standardization for distillation. all my distilleries are  
upgrading to this standard

analysis: there has to be a standard for analytical process

first time of triple standardization

- soil, farming, harvest, climate, water
- distillation-right cooking temps, right cooling temperature, for every single plant. I have been doing this for 27 years. I have written volumes on distillation still in notebook form. dr. casabianca in france is helping me create the standards. for a 50 meter and 70 meter column in the gas chromatograph. you have to know how to ramp injection speed to get the right outcome.

adulteration is a joke in America. there are companies selling oils that are not even essential oils, they are made in a lab.

if we don't stand and protect what we have, we won't have it. we must create a standardization so people can see what they are buying. when standardization is in place, they will have to be tested or be sued for false advertising.

analysis- why did I spend so much money created lab in utah, Ecuador, france and now st maries? the fda required 3, we now have 4 labs, with the same standard. we use everything identical. when we analyze it in any of our labs, the results are exactly the same. now we have a standardization that cannot be questioned. why is this important? because there is so much adulteration. less than 1% of oil are unadulterated. I coined the term therapeutic grade. but now I am moving away from that since everyone is saying that. now I am using the term "genuine"

all the farms in south America are organic certified  
soil and pH are critical

there is no certification for organic in Idaho or utah. it doesn't exist. no standard.

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[worldpeacecaravan.com](http://worldpeacecaravan.com) a journey of a lifetime. launch in petra, king of Jordan and senator of Jordan and prime minister of Israel to speak. nighttime, dance, dinner Jordan style. 200 camels, horses, donkeys. trail to Jerusalem. I want one million signatures on petition on the website. set the example of what world peace really means.

we all come from the same god, we all have the right to believe the way we want to believe without ridicule

my goal is to reach 5 million dollars to rebuild health clinics, schools and orphanages that have been destroyed in these countries. Jordan. when the caravan reaches jerusalum then a 3 day peace conference. the dalia lama invited. responded if Jordan meets certain criteria, then I will participate. (the jordanian airlines has offered a discount for anyone flying to the peace caravan).

we have 256,000 distributors world wide. only 823 people have donated for the school project.

can you imagine how many more schools we could build if everyone contributed \$2/year

last time there was a caravan was 980 BC

imagine what \$10/year would do for the caravan

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the path of least resistance is to be negative

to be positive is unusual

from now on, tell people you are abnormal

how many of you feel you have blocks in your life that are impeding your success? we all do.

god gives us what we can deal with. whatever he has given you, be grateful

I call this session : emotional marketing

we all market ourselves every single day. you start marketing your will from the moment you wake up in the morning.

you live 24/7 in a life of Marketing

we are lied to constantly. advertising, just turn on the news. christopher columbus.

the first woman astronomer that discovered the world was round. she was stoned to death and burned at the stake because she told in 25 AD the world was round, to 1492 people still believed the world was flat.

you believed in a santa claus that didn't exist and would come down an invisible chimney.

the truth is different for each of you because you are each in a different phase of learning. you may not be ready to learn something, its about acceptance.

you don't know what is still serving you until you go through the process of letting go.

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emotional marketing

when something triggers a thought, write it down in your notebook  
write with a wooden pencil, lead transfers energy, ink does not.

is my life really working or am I fooling myself?  
honesty is one of the hardest virtues to acquire.

do I find myself trying to escape?

do I make excuses for not being what I could be?

is my life really successful?

what is success to me?

do I have great health? everyone has a different interpretation of good health.  
for me, good health is being able to do what you want in life without  
limitation.

am I financially independent?

do I have more than I need?

do I have enough that I can share with others?

is my life full of deep burning purpose? if not, you are treading water, you will be  
battling many things, not realizing you are losing the battle

do I know what I want in life?

am I fulfilled with what I do?

does my life make a difference?

write down: what is not working in my life

pass out **Valor**: best to put on feet, but for today, put on shoulders and breathe it.

remain quiet and reflect what you wrote down.

what do I want in life?

close eyes and feel the emotion it provokes in you. doesn't matter what emotion comes up.

attach a number to the emotion that comes up (1-10) what is the intensity level? if the feeling is not greater than a 7 you don't want it very bad. it should provoke a feeling of a 10. then see what color is attached to that feeling and color it in.

what you want in your life and what is not working in my life

close your eyes. on a scale of 1 to 10 what do you feel like? write it down.

close your eyes again. what color is it

apply the oil of **Acceptance** next

rub clockwise on your forehead.

am I a spectator or a participant in life?

be honest with yourself

am I rowing my boat through life or am I still trying to get in my boat?

am I trying to ride the wave of life, but forgot to put my board in the water?

if you don't put it into action, its useless

thought, undelivered, is useless.

am I behind the camera of my life or in front of it?

am I caught in my own web? this is why we make excuses for our behavior or

outcome. we like to blame everything around us. don't blame me, I didn't do it.

"excuseitis" we don't want to assume responsibility for our unproductive choices.

there are many ways to travel through life. be sure to choose one!

life is based on structure, belief and behavior patterns.

our parents taught us what to believe in. but belief is subject to change from moment to moment. as you become adult, you are told more lies, and you even believe some of those. we govern our life because of it. how many of you were told as a child you cannot make it in life, you will never be successful. you took ownership of it.

write it down. I took ownership of the lie

close your eyes and look at the lie and give it an intensity number. and then give it a color.

humans all work from belief systems, inherited or programmed verbally or visually.

a salmon returns to its birth place from the ocean after three years. from genetic programming. knows how to smell every particle in the water, from genetic programming. it can smell which tributary to swim up.

genetic programming:

a cougar has a territory and circles it every 10 days

a wolf marks its territory

a bear returns to its kill

the canadian goose migrates the same path every year

you pass your genetic programming on to your children. there is the same violence on this earth as there was hundreds of years back.

The U.S. is rated the most violent country in the world.

Oman wasn't even on the top list, 80 or 90 down. ecuador the same.

my behavior patterns are those of my parents and ancestors, and they are encoded in my dna and my mRNA.(memory side of the dna)

what chance do I have to be different?

the function of the dna is simply to be a storage of hereditary material and information (the blueprint)

from your parents, grandparents, great grandparents and great great great great grandparents. attitude, beliefs and behavior imprints. in scripture it says: up to 7 generations you have been programmed. I believe from the beginning of time you have been programmed.

but I don't have to accept limitations.  
if I can change my life, so can you

d gary young born in the mountains of central idaho in 1949 in a 30x30 log cabin,  
with no running water and no electricity  
I inherited my father's and mother's belief, personality traits, behavior patterns  
and a lot of their attitude  
we were very poor people and it was humble and poor  
gary grew up on a small farm. learned the logging trade from his father at a early  
age  
my father was poor, my grandfather was poor, all generations were poor on both  
sides of the family, what chance did I have? my father's favorite phrase: I  
don't have the money for that.  
I was voted the least likely to succeed in my high school class in 1966

**I can change how I see myself**  
**I can change my belief that will change my attitude.**  
**that will change my behavior**

if you don't, you won't

**iron will-**

a clip from the film- a boy, will stillman, wants to be in a dog sled race in canada-  
true story (great film to see!!)  
as it plays, write down notes in your notebook when you feel something. write it  
down and put a number besides it and put a color to it  
you have to want something really bad. it has to be a 10 or greater. when  
everyone tells you its impossible. the doctors told me I would never walk



again. or even if I did survive my kidney/bladder would not work again. I was told so many things.

**its not about what you can't do, its about what you can do**

what did it feel like when someone asked you to help them, but you couldn't. or your child asked for something and you had to say "we can't afford it"

If I can change my destiny, so can you.  
you can be whatever you want to be.

change your paradigm

there is not one person in this room who cannot be a royal crown diamond and make from 150,000 to 2000,000 a month!

some of you say, I don't like multi level marketing. we are going to explore that.  
some of you say: its not about the money for me, I just want the products  
you are lying to yourself.

its not about worshipping money. it's a medium of exchange in our society. or the government supports you. you create it. you write the script for your own movie.

how many people told me I was crazy to start growing crops on my first farm in spokane, washington.

then I bought the land in st maries, and I didn't even have money to buy it. I negotiated the sale with \$1,000. when I started planted in st maries, everyone really thought I was crazy.

when the sun sets at the end of my day, am I satisfied with what I have accomplished?

write it down.

negative energy isn't bad: its how you use it. you can use anger to motivate yourself.

emotional clearing doesn't work for everybody, you need to have someone help you go through it. I started working on a program that you can do yourself at your home, and that's what we are here for today.

are there some things I would like to change.

yes, but how, I have tried.

write down what those things would be. put a number to it.

prepare to apply **Gathering**. rub your hand that you have the oil in, if you know you are right or left brain, take your right hand and put it on your left temple.

rub it clockwise from forehead to ear, three times, then across forehead to right temple and go clockwise on right temple

now you have integrated your left and right brain. breathe and imprint.

if you are more right brained, then do the opposite.

put **Gratitude** on the sternum, on your face and smell it in. learn to be grateful for what you are, what you have NOW. every cell of your body needs to be grateful.

now see if the intensity of your emotion has changed?

first identify what it is that I do not like about my belief, behavior, attitude, actions and the direction I'm going.

write it down, identify the intensity of the feeling.

example: I do not like the feeling I never have enough money. I struggle to pay my bills. I do not like the feeling that I'm poor. I do not like telling my kids, "sorry we cannot afford it."

I've tried everything, I cannot lose weight/

eliminate "try" and "can't" from your vocabulary. they limit our potential

some of you have been through so many self help interventions, but you are still in the same place. why?

bob proctor, self help guru, I asked him: I notice you don't ask people what they don't want, only what they want. he said yes, I want them to focus on the positive, not the negative.

but have the people been successful in what he has asked them to do.

what is the percentage of people who have shifted from the self help seminars?

they never took a person to ask what they did not want.

that is the first thing I would have them do. my cancer patients, I would ask them, why have you chosen to have cancer. people would get mad. but yes, you did. you chose to have it. I want you to go back and write down why you chose it and when you chose it. people would get angry again.

I started the 5 notebook program.

you have to erase that negative blueprint before you can reprogram it.

take out the paper with the questionnaire.

fill it out

and write down your own feelings or limitations

(example of what is on paper):

tried it once

I can't do it

I don't have the personality

I am not a people person

I am shy

I am never successful

it doesn't work for me

I can't approach people

I am not a business person

I don't understand the marketing plan

I am a failure

I have bad credit

fill out the level of intensity for each feeling  
write down your own limiting beliefs.

this is about self discovery: knowing who I am

what is your name? "I am that I am?"  
where do you live? in your body.

we are given titles. we have identity crisis. you women have it worse: someones  
mother, someones wife. you are everything but who you are. you get an  
identity crisis on top of the hormone crisis.

we are programmed. we identify out there with who we are.  
I am a child of god, I live in the temple that was given to me  
write it down. see how that feels to you.

feel who you really are. that is the greatest power a human being can possess.

quit identifying with being someones mother, or being a certain job.  
own the greatness that is within you.

if there is anything under 5, that's not what is stopping you. above 5, that is what  
is stopping you. the higher the intensity, the deeper the storage in the DNA,  
the transcription.

does the eagle complain about the crows that are pestering him? does he even  
pay attention? no! he climbs to a higher altitude than they can fly. change  
your altitude by changing your attitude. fly like an eagle.

## **HOW DO I CHANGE?**

is there anyone here that does not want to change one single thing in their life.

every day I take time to reflect on my day, what can I focus on changing today?  
what can I work on tomorrow? change comes with persistence.  
commitment (discipline) and persistence.

first I must want to let go of those things that no longer serve me in a positive  
and progressive way  
second it helps to understand how our minds work, in negative and positive  
programming.

Pass out **CLARITY**

Be clear about what you want. the feelings that you are having.

let's look at the brain, it has a mind of its own.

the wiring in our brain looks like this, showing the many thousands of axons  
connecting to neurons through which an electrical impulse travels from the  
neuron body via the axon to the next neuron.

a simple neuron structure. neurons receive input from other neurons via the axon  
pathways from electrical impulses.

emotion, thought, everything in the brain, even genetic imprinted, are electrical.

what is a neuron?

there are two different kinds of neurons

1. sensory, which take signals from outside stimuli such as smell, touch, sight, sound, etc., and transmits them to the spinal cord and the brain for interpretation.
2. motor neuron, takes signals in the form of information from the brain and spinal cord and turns them into messengers to the muscles or glands. neurons do this through their chemical component called neurotransmitters

3. they cross the synaptic gap and connect into their corresponding receptor on the neuron. which electrically excites the neuron that sends a signal through the axon.

what if we could connect into the brain and delete what we do not want.  
would you like that?

neuron structure and neuron transmitters showing the electrical signal of a thought.

neurons typically operate at a maximum rate of about 100 hertz

DNA

double helix strand. showing the electrical illumination of a thought  
the dna stays in the nucleus to keep the master copy in place/

the master copy has never been changed.

the function of the RNA is to transfer dna's encoding or blue print to the ribosomes where proteins are made. both dna and rana contain a sugar from the phosphate group and the nitrogenous group of nitrogen

what is the tRNA

it is the template that the transcriptase enzyme encodes information on.

What is the mRNA

it is the messenger that mediates the transfer of genetic information from the cell

nucleus to ribosomes in the cytoplasm where it serves as a template for protein

synthesis. it is synthesized from DNA template during the transciption process.

all inscription or encoding is first created from an electrical charge. transcription starts at a specific site on the DNA which is inside each cell. the DNA acts like an instruction manual, however, the actual work of translating the information into a medium that can be used directly is done by the RNA

(how can I possibly change that transcription?)

an amino acid's roll in the function of the tRNA and mRNA for each kind of amino acid there is a specific tRNA that will recognize the amino acid, that is being attached to the protein that is being synthesized. The protein in the form of amino acids carries the information, and replicates it genetically.

**During the process if something causes a disruption in the sequence than the synthesis or replication is stopped.**

we could make the next generation a better people? the transformation on this planet, the dysfunction, if we could stop the replication of "I can't do it"

all of that could change - by interrupting the replication.

(now, if we go forward, it will cost you. for a small fee, a small request, stay with me.

now that we know this secret that took me years to find through a neurology research program, studying autism. our children don't deserve to be autistic, to be on ritalin. I have not yet met a child who has a ritalin deficiency!)

**until this takes place replication will continue for ever.**

what can cause a disruption in this process?

the difference of the genetic code from certain amino acids could .....

the astrocytes in our brain are like a motherboard they integrate all the different messages being transferred through the neurons and then multilex them to the brain circuitry. then to the LC, the brain switch board that is the beginning of the spinal cord carrying all messages to every cell in the body.

major depression neurological mechanics

LC

DR dorsal raphe

MR median raphe

RM raphe magnus

what are DNA and RNA made of?

amino acids, sugars and nitrogens

in order to create a disruption in the replication there must be a material of similar structure that has an electrical charge, #1 and has the ability to cross the blood brain barrier

what is made of amino acids, nitrogens and sugars with an electrical charge?

**essential oils**

brain cell

the universe

we are very connected to the universe. that is why we respond to thought. it is all electrical.

(the photo of the brain cell and the universe are very much the same!)



rna is a sugar molecule

all structures that transmit information are all electrical

essential oils are electrical.

the studies have been published.

why didn't I test all the essential oils for their frequency?

is there value in knowing the electrical charge in every oil? not really.

you learn to connect to the oils through your impulses, not because of what is published in the book. the frequency might be right for your intention, but you may not be ready to release.

a electrical impulse from a thought

the thought traveling through the axon

do I know who I am?

am I a product of my parents and their DNA

am I in charge of my own destiny

are there things I would like to change about my beliefs and behavior?

Oil: **TRANSFORMATION**- helps to bring you into the frequency to be able to change.

put on your temples and back of neck if you want to transform your mind

you are accepting the frequency to move you into a new realm, into a realm of change.

write the number of intensity.

one or two drops can do as much for the body as 10 drops, which can be too much. if you get a rash, it was too much.

5 or 6 years ago people started developing rashes with young living oils.

I know the purity of my oil. why are they getting rashes from my oils?

it was upsetting to me?

one gal: was allergic to phenols. reacted to oregano.

put her on sulfurzyme. phenol allergy is because of deficiency of sulfur.

was OK. then rashes came back.

stop eating bread. wheat. no spelt. it's a hybrid. stop all bread period. the rash was gone.

wheat disrupts digestion and causes a deficiency in sulfur.

if someone has an allergy with oils:

get off bread

use sulfurzyme

cleanse the liver

bread is the most deadly sin you can eat these days.

is there any type of grain or flour that is usable?

all grains, all are hybridized.

spelt was hybridized over 2,000 years ago.

what we are using now, growing a grain on our farm in france, that has never been hybridized.

rice flour, quinoa flour, tapioca flour, golden mung flour, doca flour, kamut and amaranth has been hybridized

gary is growing test patches of einkorn wheat.

in gary's true grit pancake.

was grown in hunzaland. never saw grain that tall before. it had holes in it, just like it used to. now we have linked dementia to wheat, heart disease, cancer, alzheimers,

we used to shock the grain, (teepees of the grain)

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if I do not understand how I became who I am, how can I change?

am I satisfied with my life just like it is?

if I want m life to improve, change and be better, I have to be the one to change it

however 99.8% of the people go through life and never change their behavior patterns or destiny  
so what chance do I have?.

if you want to change, let it be known.

its all about choice

its is my choice whether I look at my belief and behavior patterns that are imprinted in my DNA

we have all been through traumatic experiences.

pass out

TRAUMA LIFE

you can use RELEASE as well

if trauma is in memory: rub on temples and neck

if physical trauma: rub it there. the memory of that tissue is retaining that.

any traumatic experience that causes an imprint is a traumatic experience.

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after lunch

**HARMONY** balances your body, put it on your heart, energy centers.

self discipline and willpower mean dedicating in depth thinking to 4 areas

leadership, creativity, communication, and intentional networking

you are intentionally networking every time you share about a movie or a book or an article you read. you don't get a commission check for that!

when you say, I'm not a networker, I don't like selling.

when you realize the moment you wake up in the morning, you are networking, you are selling.

write down what you do not want

mark the intensity level

and the intensity of the emotion felt when you think about it.

are the feelings still the same? same intensity? give it a number.

go on the graph page and see if the number has changed in intensity with your negative emotions.

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now we start the emotional mapping. start with the issue, from which you want to be free, that has the highest intensity. then connect it to every negative emotion that comes up

go to your pad of paper with no lines. (no limitations)

example: "I can not be successful in network marketing. I have tried it"

then add in the circles periphery issues that mirror the issue. i.e. "I hate meetings. I hate MLM, it doesn't have credibility. I'd rather work at the 7-11, I'd rather have a "real" job, I can't sell, I don't understand the marketing plan, I don't want to be a diamond, I never have enough

money, my friend tried it and lost everything" write it and then put the intensity of emotion--rate them 1-10.

my problem is that I'm mad that I can't pay my bills and I can't go on autoship. this shows you where your blocks are. you can do this every day and unfold and unfold.

those are your emotions. but is that really the problem? its everything in the periphery that is feeding the negative emotion that causes the outcome.

no.

ie. I don't want to have cancer. is this really the problem?

how to erase it out of the dna and rna

example:

I can't lose weight

periphery:

I tried every diet, I like eating, I can not afford a new wardrobe, I do not have discipline, I can't fast, I have hypoglycemia, I have allergies, my husband says I'm lazy. I get emotional when I diet, I hate counting calories, my parents were fat, I will have sagging skin, I like eating. rate each from 1-10—which has the intensity of emotion. (I like eating!)

to be successful it takes discipline, it takes commitment.

what I would like you to do is take your paper, and create this yourself.

take **RELEASE** and rub it over the liver with the non-dominant hand. if you are left handed, receive oil with right hand, rub it over liver,

color the circles the color of the energy intensity while breathing

release and joy

then repeat

I lovingly release and let go all things that no longer serve me in a positive and progressive way.

now start drawing circles counter-clockwise until the intensity has decreased to a 2 or is gone  
go around the center counter clockwise till you feel it decrease  
then go to the islands and go round and round  
then go back to the center

repeat the affirmation.

close your eyes and see if the emotion has changed. write it down

mRNA (memory RNA)

tRNA (transcription RNA)

when someone says something negative, a surge of acid, starts to transcribe that feeling. anything transcribed is clockwise. to erase we have to go counter clockwise.

now review everything that you have written. check the intensity and record.

when you are doing your mapping, when you are looking at the emotion, what does a 10 in negative energy look like to you? for some, its black, for me its red with black in it

those are the colors you will fill in those circles with. you can even do the counter clockwise circles with the colored pencils.

when you are erasing, the dna doesn't care what color it is.

you always want to do this exercise in a joyful way, with gratitude.

**JOY**

apply **Awakening** on forehead and temples and on LC point

once you decide to change, you can  
change your belief system  
change how you see yourself  
change your thinking. change your life.

"thinking is hard work, that is why so few do it."  
--albert einstein

I use the emotional oils every day because they are so supportive  
I use highest potential, valor, sacred mountain at least 5 times a week.  
depending on what my focus is  
three or 4 oils at a time, after my shower am and pm is when I like to  
apply them.

a person with the ability to think well is like an artesian spring in the  
nevada desert  
you will spend your life any way you want, however you will only spend it  
once

the harvard graduates who came west with the military in the 1800's  
were called "educated idiots" by the pioneers

the more educated a man is the less common sense and possibility  
thinking he has.

how many impossibility thinkers do you know who achieved greatness?  
none  
you must prime the pump. One good idea doesn't mean a good life.

the first thing is to stop lying to yourself. stop telling yourself it is impossible and stop dwelling on what you do wrong  
did christopher columbus believe the lie?

give yourself permission to expand your world.

most people want what was, rather than what can be.

ask yourself, "do I think out of the box?" some will say "yes' however they will still operate in the box. some just have a different size cat box but still scratch in the same sand.

what do I want in my life?

- 1.
- 2.
- 3.
- 4.

look back on your notes and see if there is anything you want to add.

you can't find the word faith in the old testament.  
they worked on a higher level, its called knowing

then what happened? the fall.

we're still trying to find our way back.

this is a time of transformation

we need to clear out our garbage, no matter where its coming from.

who I looked up to as an authority that lied to me. our world want to control us. it can change as soon as you change. as soon as you find out who you are, then no one can control you. when you become a spirit of freedom, health and liberty. the energy coming out of you will be like ripples on a pond. people will be attracted to you. yes, we can change the world.



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PROGRAMMING:

anchor to what you love doing.

I want to be successful in young living. I love to share the oils (10)

I have enough money to share (10)

I can build a successful business (10)

I can help my family (6)

I love being with people (10)

I have freedom (6)

no money worries (9)

I don't have to have a 9 to 5 job (4)

I can travel when I want (8)

all of a sudden I have four 10's

the by-product that comes from sharing: my love of the oils.

fill out your new chart.

oil: **INSPIRATION**

everything you put on this map is what we are going to reprogram it. we have just emptied the bucket. we don't want to pick up any hitch hikers.

then we are going to use

**DREAM CATCHER**

tonite use inspiration and dream catcher on your pillow, chest and temple

and rub your head really good with into the future

you will have vivid electrical dreams

your word is electrical  
speak it and it will be fulfilled  
write it down  
dream big

what you put in your map is what is going to be replicated in your DNA

have your family dream map together  
we are going to do this for the kids camp at convention.

people speak out some of their intentions  
be very specific. your mind works with specifics. when I want it to  
happen I use timelines.

even though I am not a diamond, I am going to oman with the diamond  
trip this april

I am going to the peace caravan

I want to be like jeffrey when I grow up!

I want to bring young living into the hospitals

(gary says: YL is going into 7 hospitals!)

I will incorporate young living into a program for brain injury

gary says: use the emotional release oils and frankincense--

frankincense opens the reserves for regeneration in the brain.

phd in health psychology: I am going to do my thesis on how to

incorporate young living in health psychology and then after create it  
into a book.

I am a cancer survivor for 5 years after they told me I would die, I  
want to help other people with cancer.

cancer is rooted in bitterness and fear

look back on your dream map. make sure you are specific. be clear  
about what you want.

I take frankincense internally every day, 1 cap a day. I also do frankincense intravenously.

21 drops in a capsule.

layering the oils is very common.

come in from the field, back is sore. I'll layer oils on my back

start with pan away, to pull inflammation down

and copaiba

took a capsule of copaiba today. its an anti inflammatory

idaho blue spruce regenerated a rat spinal cord.

**idhao blue spruce regnerates spinal cord/nerve regeneration**

sometimes I'll put frankincense on.

when I broke my finger:

frankincense on

myrrh to stop infection

lavender to balance harmonics of sympathetic and para sympathetic

then blue spruce to regenerate

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now we are going to imprint you are now imprinting yourself for life.

into the rna so it can be duplicated.

all imprinting is clockwise

take **BELIEVE**—on the brain stem, etc. with the non dominant hand

breathe it in and then start drawing circles clockwise with such

intensity

Believe until you have knowing.

believe in what you are creating until you really feel you can have, it is

yours now

then **PRESENT TIME** be in the now of what you are creating.

then **LIVE WITH PASSION**, on your chest on your neck , wherever

passion is electric

live with passion and people will come to you like a magnet.

reality:

mary says "you don't live in reality"

gary says, I don't believe in stress.

stress doesn't make a difference, its what we make of it

start outlining how you are going to get there

dream, but take action

create the map for success

what does it take to become a royal crown diamond?

it takes people.

so then how many people are you going to share with?

this month, just share with 2 people and help them share with 2 people.

after one year you will have 531,440 people

network marketing-people sharing with people, sharing with pople  
we need to be aware of the difference, evaluate what we're doing, and  
make a conscious decision about where we want to invest our time,  
energy and resources. the 531,440 allows us to help more people, over  
time

not everyone we enroll will share with and enroll 2 people a month. by  
consistently scheduling as many follow up events as possible, it will  
make it easier for them to do so

if you have a limited amount of time to invest in your young living  
business, make sure to do as much of the 531,440 activities as possible.  
set aside a specific number of hours, every week for "24" activities,  
you'll continue to get the same results as you've been getting.  
even if we fail by 95% that first year, we will still have over 25,000  
people in our organizations.

**pubmed article by gary young, frankincense for breast cancer**

<http://www.ncbi.nlm.nih.gov/pubmed/?term=gary+young%2C+frankincense+for+breast+cancer>

make the right choice. bring it up, cultivate it, nourish it.

if you feel discouraged, call your leader.

your leader will ask: have you been doing your success mapping.

that's where you start. call me when you have completed it

if you get 5 or 6 people at your home and I'll teach you how to give a presentation.

or, I'm giving a presentation tonight, why not come on over.

you benefit when you help anyone, not just people in your own organization.