

TOOLS AND TECHNOLOGY #2

"Conscious Language and Young Living"

with

Marcella Vonn Harting and Robert Tennyson Stevens

This is Tape #2 in a series of empowering tools and technologies Young Living Essential Oils is sharing with you to reach your full potential in your personal life and in your business. This is Tape 2, "Conscious Self Talk."

My name is Marcella Vonn Harting and I'm here today with Robert Tennyson Stevens, Founder of "Mastery Systems Conscious Languaging." We are going to explore inner talk and how inner talk creates our reality. We are going to expand and demonstrate various possibilities and options with the use of Conscious Languaging to upgrade our internal dialogue (or inner self talk) into self empowerment (or self victory).

Robert Tennyson Stevens

Hi, Vonn. I am excited to share what we are going to be doing in this particular Tape 2 of our taped series. I realized just before we began, this will be the first time I have actually shared this much material in such a short period of time. The tools I use and am sharing with other people allow me to remain self-empowered, independent of whatever is going on in my life, or independent of (or in relationship with) the reactive patterns that may come up in me or my limited belief systems. So this is a profound opportunity to share tools with our team on how to be in our life, have reactivation come up, hear our own limited dialogue, and make shifts in our belief systems through our language.

Marcella Vonn Harting

So, what this really looks like is we are going to go into exploring our specific personal belief systems about prosperity, worthiness, receiving, (receiving acknowledgment, receiving money, receiving thanks from those we help, and receiving large checks from *Young Living Essential Oils*).

Robert - What is Internal Dialogue?

One of the first things I am aware of in languaging is-and I am going to set this as a matrix so we will understand and I am going to come back to it over and over again-I have internal dialogue. What that means is any phrase, any body sensation, any aspect of my life that is going on for me that's keeping me from being fully and completely present in my life.

So I could be worrying, "What if I can't, what if I could" or "I've got to, I should" or "I wish they would do so and so" or "How am I going to get this to happen" or just the dialogue that can go on in our lives that keeps us from experiencing *now*.

Vonn - That Little Voice Inside

You mean that little voice that is constantly talking to me, that's judging, that's keeping me here, that I continuously hear in the back of my head-are we talking about that little voice?

Robert - I Have a Little Voice, Too!

You mean you have one of those! I do too! Yes, that's the one. We are going to talk about that little guy inside or the little gal inside who is going, "Oh, no, no, no-I don't think you can. That's not a good idea." Or there are other voices that we resist or may have resisted in our lives that we still carry around, and sometimes it is played across the screen of our awareness as if it's us, and usually we picked it up from someone else.

We are going to talk about the relationships of our belief systems as we find them in internal dialogue. In other words, internal dialogue literally reveals our belief systems, and internal dialogue will start coming up the minute we start making new choices. If I say, "I choose to be abundant.." then any of my belief systems stored in my being (recorded in my body, recorded in my memory banks, recorded in my DNA, possibly) will have an opportunity to say, "No, no-what about me?" or "You can't" or "You can't afford" or "You're not that type of person" or "You're not good enough" or whatever. We are going to find those word patterns and shift them.

Vonn - Seminar Changed my Life

Bob, this takes me back just with my little voice going on when you are talking right here. It takes me back to when I was 22 years old and my husband and I had just been married a year, and we took a course on Time Management and Priorities in Our Life.

In this course it was the first time in my life that I actually sat down and put my goals on paper. My experience of this for the first time was a stretch for me, to actually look in the big picture of life and ask, "What are my heart's desires?" It was a challenge for me actually to write down my goals, to even look at, "Am I worthy to have these goals, to receive these things in life?"

Writing Goals is Worthy Effort

And in this course my husband, Jim, and I wrote down our goals. The way that been aligned on how to do this in this course is we wrote down our goals (our heart's desires) for one year, then we went to five years, and then we went to ten years in our lives. It was a push for me; it was a stretch for me. We had written all those things down, put our pencils back on the table, and the instructor of the class went on with some explanation on goals and what goals look like in our life. Then he said to us, "Pick up your pencil and take that list of goals and get outrageous with that list!"

Get Outrageous with Your Goals!

For me, just going right back into that moment, I picked up that pencil and I thought, "Oh, my gosh, how do I make this list outrageous!" The truth of it is for me, just writing that list was really a push in my life, and I got outrageous with that list.

We were timed on this. We put down our pencils and the instructor actually took us through the process three times to a place where I took my original list and got outrageous, and then got outrageous on my outrageousness! It actually pushed me beyond what I ever thought I could do with my life, because the truth of it is, when I got outrageous on my outrageousness, my original list was like it was already there for me.

Robert - Going Beyond Your Reality

So, in other words, ponder the idea that the brand new piano teacher for the young student comes and he teaches him something that is very difficult to a child who has never done piano before. He says, "Practice that" and the kid's not doing very good. The piano teacher comes back a week later and listens to

what he does and then he teaches him something very difficult. The parents are watching and thinking..“What’s this?” (This is important to stretch our reality.)

Well, the kid now is practicing that music with great difficulty, and the piano teacher comes back one more week later and now he is starting to get him into some Mozart, something really profound and very deep. The kid is really struggling with that.

The teacher goes away and comes back and the parents say, “Look, something is off here. He’s not learning anything. You’re teaching him the stuff that’s really difficult. What’s up?” The teacher says to the boy, “Alright, go back and play the first piece.” And the child could play the first piece now. “Go back and play the second piece..” and the child could begin to play the second piece.

So what I am hearing you say is you are going beyond your known reality, which is really what we all require.

Vonn - Goals Make a Remarkable Difference

Yes, and I would like to share that there was a study taken, and in the book, *The Pact of Power*, written by Mack Newton (who has been a mentor in my life since 1994), he shares this: “Analysts studied the Harvard graduating class of 1953 and found that only three percent had a clearly-defined goal for their future. The study was followed up twenty years later, and they found that those three percent were worth more in financial terms than the entire other 97% put together! So I think it is a really good place to start, actually writing down our goals. What that can do in our lives is remarkable.

I want to go back to my story and share with you how all of this really came about, how I got to actually look in my life and see how this made a difference.

A year ago I was with my parents coming back on a trip. It was just me with my parents. My father and my mother and I got into some conversations of our life. This whole conversation happened when I offered to pick up the dinner tab one evening when my parents and I were on this trip.

My father, being the man that he is and the father-always taking care of me, his daughter-was in the habit of just picking up the check. Financially, I am in a place where picking up this check was just like breathing for me, and in the past (a year ago) for my parents this was a little bit of a challenge.

I share that in a way that my parents have worked and were working 9 to 5, punching a time clock, and for me, it was real simple to pick up this check.

For my father, it may have meant that he may not have had lunch next week; it could have been his lunch money to pick up this dinner for us.

We got into a conversation and my father looked me right in the eye and he said, “Vonn, what makes you so different than us?” I said to my father, “Daddy, I have different belief systems than you do about money.”

A Change in Belief Systems on Money

Why I relate this story is it all happened 22 years ago when I took this course and wrote down my goals. For the first time in my life I evaluated my belief systems about money. I looked at my life, I looked at my parent’s life, I looked at my grandparent’s life, I looked at my great grandparent’s life. I looked at my genealogy and looked at how my parents and the people around me thought about prosperity and about money.

The thing that I noticed is my mother. It looked like she had a belief system in the past that you had to work hard for the money that you get. And in that course, I looked at my life and I thought, “No, I

don't have to work hard to receive money in my life. Money grows on trees." And actually, the funny thing about that is, money does grow on trees!

In that course I got to reevaluate my life and I looked at a belief system of always having enough money to do whatever is in my heart's desire, and do you know-all of my life I have always had enough money to do what's ever my heart's desire.

What Makes You Different?

So, when my father asked me, "Vonn, what makes you different?" I shared with my father, "Daddy, I have different belief systems than you do." In looking back at my life, my grandfather was a millionaire. He made millions of dollars in his lifetime. I look at that as being my birthright; it's in my genealogy to have millions of dollars-it's my birthright! And it is amazing how those belief systems have influenced my life.

When my father asked what made me different I shared with my him this whole course that I had taken when I was 22 years old and how I had actually written this outrageous list of goals in my life, making it up from one year to ten years. After we finished the course I had taken that list for both me and my husband (we had been married a year) and I put both of our lists, all of them from outrageous to outrageousness on our outrageous-ness in an envelope and I labeled that file *Potential for My Life*.

My Potential for Life..

I choose to know why I did what I did. It was not part of the course; they did not instruct us to take these goals and file them away, but that's what I did. I came home with it, looked at it, and thought, "What am I going to do with this now?" I put it in a file and labeled the file *Potential for My Life*.

There were years down the road when we were moving and looking at records at tax time and I came across that file in the file cabinet. I pulled the file out and Jim and I went through those goals and what was amazing for us, we had actually attained everything on those goals!

When my father said, "What makes you so different?" I told my father, "Daddy, I really think this is what makes me different-the fact that I held that back as potential for my life, that I did not go in and justify not having those things or look at, "Well, I'm not really worthy" or "This isn't really working" or "Maybe this isn't really what I choose to have in life." No. I just held it as potential for my life.

Robert - Potential with Specificity

..or the idea of, "It's not possible." I love the trainer who was with you asking you to go beyond your current reality or any of our current realities.

The definition of insanity is: Doing the same thing over and over and over, day in and day out, and expecting a different result. What you did is you created a mental image or an emotional picture (a file, so to speak) of your personal potential and you did it in what we call "exacting specificity" and you filed it. What I love is you filed it in a manilla folder. In other words, you put it somewhere in your consciousness and took your attention off it as a potential possibility with specificity, and you got it!

Vonn - Dream Home Became Reality

Let me share with you how this actually showed up in my life. In February my husband, Jim, and I will have been married 20 years, and ten years ago we looked at building our dream home. Actually, our dream home was on that list of goals up to ten years in our life.

At the time, Jim and I (when we first got married) actually bought a new home and it was a tract home in a little subdivision. I think we paid about \$76,000 for this home and for us, in that time in our lives, that was a push. The truth of it is, it took us three years to put landscaping in our home.

Ten years later my husband and I went from this little tract home to a million dollar home! There was no in-between; we went from that tract home into a million dollar home. We built this home. It took us a year and a half to build it. We did it by putting on paper our hearts' desires.

When I look back, for me it was a place in my life (through the tools and technologies I have learned in Conscious Language and with you and your influence in my life) for me to actually look back and see what I did that gave all of this to me.

That's why it was so profound when my father said to me, "Vonnie, what did you do? What makes you so different from all of us-we all grew up the same. We have all been punching a time clock from 9 to 5-what makes *you* so different in abundance in your life than where we are?"

In looking back on my life, I really see now that it was that file of potential for my life.

Robert - Learn to Make Miracles

First of all, I love your story. It's an inspiration to me personally, and anytime we have a miracle-in essence that's like a miracle for me even though we are following divine laws-it is still miraculous. We have laws that we can follow.

My goal is to find the system within how you did that miracle and bring it to my conscious awareness and be able to do it in my own life, day to day, moment to moment.

That is what we are going to do in this Tape 2 series, find the tools that you use. Number one, as I found it in listening to you is: **You went beyond your known reality**-way beyond without any thought of , "Is it possible" or "How is it going to happen" and **you filed it**.

And so we are going to share today with all of you who are partnering with me in listening to Vonn's story. The minute I heard you say this, the first time I ever heard you share this, I immediately went.."Oh, I'm going to get beyond my known reality!"

We now call it "quantums outrage" (and it has the word "rage" in it, so that's outrageous) and let's go to quantum leaps; let's go beyond, beyond the beyond of our known reality and what our heart's desire is. Obviously, the universe has got the capability to supply us.

Vonn - What are the Tools?

So, with specificity, what are some of these tools and technologies where we can actually start to apply this in our lives? Where we can actually look at, feel, hear, and experience that little voice in our head? When that little voice is saying things that are other than our highest choice, what are tools and technologies for us to shut that off, or just to acknowledge, or to look at our highest choice?

Robert - Sharing What I Do

That is a great question. The first thing is, I will share some of what I do, and then we will find out what you do, Vonn, because we all have different tools. I have found out (and a lot of books talk about this, so this may or may not be new and yet I will share it) that the instant I wake up in the morning: I remember to **give thanks to my Creator** for my day. (That's for me. That's my truth, and I honor everyone else's truth.) Then, the next important tool is to begin to **create my day** or to think of my day fulfilled, in specificity, with exactness.

In other words, if I wake up in the morning and the first waking conscious I have is my gratitude for life (and I do that specifically in my own way). I begin to think of my morning, my afternoon, my evening, and my completion. In other words, I see the end from the beginning of my day.

God created the earth and He saw the end from the beginning and He said, "It is good." So there may be some truth in this particular model. For me, one of the first steps is the instant I wake up in the morning or as soon as I remember to (whatever time of day it is when I finally wake up) is to say, "Oh, yes-create my day! Very good idea!"

I imagine my day with wording. I imagine my day being successful, happy with so and so, meeting so and so, having this happen, having this amount of abundance come in and feeling comfortable in enjoying it, having harmonious communications-whatever is up for me in my day. Instead of having it be a worry, I turn it into my heart's desire.

Vonn - Do it with Grace and Ease

So in applying these technologies and tools with our *Young Living* business, it's very easy then to create in our day that we qualify with grace and ease, that people who are attracted to *Young Living Essential Oils* come into our life somewhat to this degree. Is that what you mean?

Robert - Finding Passion

Yes, that people will find me. In other words, have fun because we are doing an event here in our Center. We are both sitting right now and you are speaking and it's just wonderful. People have had maybe a week to even hear about this and we are getting phone call after phone call. I believe this is happening because we are in agreement with people finding the truth of what we are passionate about, what we believe in (which is *Young Living Essential Oils*, how effective it is in our own personal experience, etc.).

So, yes, as we add specificity of "Oh," instead of "I just want"; "I wonder if"; "Gosh-I hope so and so will call"; "I'm not quite sure how to get hold of so and so"; "Gee, no one is really interested in my business"; "It's kind of hard to get started"; "I'm not sure if I'm going to qualify this month."

That's the kind of internal dialogue to pull out by the roots and change into something else

Vonn - Controlling the Inner Voice

So what does it look like for us to change this? How do we really get hold of this little voice that is actually self-sabotaging? For some of us, this may be the first time we really consciously thought about the thoughts of the little voice in our head and how it is influencing our life.

Robert - Sharing Four Domains of Language

Exactly! The whole idea is to become consciously aware. So in the domains of language we have designed (or remembered may be more accurate) eleven domains of language from the Language of Mastery and we are going to share four domains for now. The first domain is: The domain of **Limitations of Non Choice**, which are words like "I don't want to be"; "Stop this"; "Not be fat." Those kinds of words that really aren't our highest choice. They are just "notting" us (notting us up). Like the words "try" which we all (on some level) know is ineffective. At least we "try" to know

Vonn - Limitations of Non Choice

Okay Bob, so let's go back to Limitations of Non-Choice. Let's look at a way to really get down and see what we can do with this, how that little voice in the back of our head is using these words and how it is actually showing up in our life.

Robert - Changing Belief Systems

First, I would like to share one thing. If "want" shows up in our internal dialogue, it's having "returning." In other words, the counterfeit can show up. All of a sudden I choose abundance (or my successful business) and any belief, any experience, any memory that gets to be changed by me can potentially pop up.

So many times I am with people and they choose abundance and they go home after the training and some more bills show up. The bills (the idea of owing) came in because they won't fit into their abundance consciousness. So in other words, they didn't fail. They are actually succeeding because the limited belief of "I owe" or "I can't afford" will come to them to be changed. All internal dialogue is coming up for a new option. In other words, it's floating around as a memory, so it's coming up.

Vonn -Creating Reality with Beliefs

So we actually are creating our reality with our beliefs and it brings it back in to prove to us that our beliefs are working or are not working in our lives.

Robert - Don't Give Up on Change

Yes, if something didn't come up to be changed, we are probably not doing something. In other words, if I choose to be clean in my body (any of you who have done any of the cleansing techniques that we have know what it's like), if I go clean a closet, the whole room might get really messy before I get my clean closet.

And yet, we don't give up. We don't go, "Oh, there's more dust on the floor-I'm not going to do this anymore!"

That is what in the past-I am affirming in the past -I noticed I have heard a thought pattern of, "I don't know" or "I'm not good enough" or "I can't afford." And I believed it.

So within the model of taking our inner talk and taking internal dialogue and turning it into empowering internal speech, the key is, if I hear or feel or am saying internally (or externally even) a want, it's not bad. It's just my wanting self coming back for a new option, and I have choice in any moment.

Vonn - Lessons from Life

So, for me, when I look in my own life and I look at my childhood and my mother who worked three jobs at one time (this happened at one time in my life) to put food on the table for my brother and sister and me, I look at what seemed to me to be her belief system and it is, "I work hard for the money that I get in life.." and yet, her father was a millionaire.

At one time in her life she lived in a beautiful abundant mansion. There were servants. She grew up a good part of her life in this abundance. Where is it my mother came to that place of punching a clock and holding down three jobs and life looking really hard.

For me, when I evaluated that, I really got the answer. It was my father's belief system. The man my mother married, his belief system is, "You work hard for the money you get.." and for my mother, she took on my father's (her husband's) belief system.

Robert - An Honorable Belief System

By the way, one thing I want to share is that anyone's belief systems aren't bad, like your father, for instance. His was a really pure belief system. "I work hard. I'm a good person. I'm a good man."

It's what I call a "European work ethic." You work hard forever just to barely break even and you don't spend any money and you save it for a rainy day. Well, that's a belief system, it's not good or bad. It's heart-felt and it's real and it's a belief system.

Allow Yourself to Receive Abundance

How about we make new options of abundance? We allow ourselves to receive goodness just because we are good, just because we love.

These are some big shifts we are introducing today. We will go through some of the concepts of languaging and you and I will play back and forth to help anyone listening, on how to take a word pattern or belief system that comes up inside and what to do with it.

Realize that wanting isn't bad. Any word pattern isn't bad, or even where it comes from. If we took it on, like an influence (influenza, the same idea), it just means it's not good or bad. Even if we took it on, we can change it.

Vonn - Define "Want"

So let's go back to the word "want" and let's define the word so we can really look at, "Is that word our highest choice?"

Robert - Want = Lack

So if I say the word, "I want," what I'm saying is "I lack." If I say, "I want to do this or that," even waking up to what's going on inside of me, it's a huge step, and I am aware of it. If I catch myself, even if I go, "I want to wake up to what I'm wanting.." there is a want to want. I could say, "I make a new choice."

Vonn - Dr. Young's Story

What comes up for me is Dr. Young's story. Some of you know Dr. Young's story, that when he was in his 20's a tree actually fell on his head and knocked him a foot and a half through a pair of snow shoes. This man was actually paralyzed on one side of his body and from the waist down and was in a wheelchair for 20½ months. In a personal conversation with Gary, I asked him one day, "Gary, what really got you out of that wheelchair? What was life for you in that wheelchair?"

Again, it's like my father asking me, "What makes you so different?" I was in a conversation with Dr. Young and I asked him, "What got you out of that wheelchair? What did you do that you got out of that wheelchair?"

Gary said to me, "You know, Vonn, the first year I was in that wheelchair I was depressed. I was really looking at my life and I was angry that my life as I had known it was taken away from me. I was depressed and angry." He added, "The second year I was in that wheelchair (and he was actually in that wheelchair 20½ months), in my depression I attempted suicide on my life three times."

Actually, the third attempt of suicide was what got him out of that wheelchair. He was going to "fast" himself to death, and in fasting he started to gain his health back. Gary said to me, "You know, when I was in that wheelchair, I was in a place where I didn't want to read, I didn't want to do anything like that. I would just lie there and go into an imaginary state. I would dream I was walking!

"I just fantasied of what my life would look like not being in this wheelchair, of what life looked like when I was walking and playing on two feet."

So when you were sharing this, it reminded me of that story and how profound, again, this imaginary state is. This little voice in our head and what that does for us is powerful, because what I see with Gary is that he partnered in fantasizing with that little voice in his imaginary state. He imagined playing on two feet.

Robert - Magic of Imagination Activation

He did it with exacting specificity. I am involved in imagination activation, as you know, in a technology called "Outcome Facilitation" which works like this: It takes our "I wants" and it turns them into

"I choose to have" and make a new choice. "I claim" is another phrase, and the next phase is, "Now that I have it, how do I feel?"

In other words-own it, claim it, and then imagine from it. So as we go through each one of those we will even add more.

Let's say if I have a word pattern of, "I can't"; "I can't do it"; "I can't understand.." it might be, "I choose to understand." That's the process of moving toward our outcome. Then go to, "Now that I understand, how do I feel.." or "What am I smelling?" And, of course, those of us who love our oils, can add in these beautiful aromas that we are given through our company. So, if I say, "It's too hard," I can say, "I choose to make this easy." Then add to it, "Now that it's easy, what's my life like?"

Let's use our imaginative personality or capability or divine ability. Take the words, "I am, I am that I am, I am a genie." I love the word "imagine" as a possibility of who we really are.

What are we capable of? Everything that is in our world today has been literally imagined before it came here, whether God imagined it first, or we are imagining it second. Do we use the energy?

Vonn - Daydream about Your Heart's Desires

So in these tools and technologies, one of the first tools that we are bringing forth here is to go into that place of, "I am a genie.." in you life and daydream about your heart's desires. And then to take it to the next step and write it down.

Robert - Write it Down!

Yes, write it down! One of our things is "Con-scious Creative Mind Mapping" (which I know you share in all the trainings you give for *Young Living Essential Oils* and also in teaching Conscious Languageing.

To be able to just simply write down with exactness what our choice is-including who, what, when, where, how often, what way, shape or form, what smelling, what feeling, what seeing, what hearing, what tasting, what emotion, what direction is it going-brings our subconscious to our current reality.

In other words, our subconscious will leave our current reality (that may not be our highest choice) and will actually bring to us our newly-imagined state because it literally becomes more real than our unwanted state.

Of course, if we resist our current reality-if we don't want it, if we hate it, if we judge it-we will have it forever. Because what we resist we become-that old model-what we put our attention upon.

Learn to Imagine..

It's important to get to the dreaming. I remember my wife was in a class I was teaching at one time. We were helping her imagine-and to imagine takes the entire endocrine system to work (pineal, hypothalamus, pituitary, medulla, thyroid, parathyroid, all the way down). It takes the entire system. I finally figured it out. That's why some people imagine and some people are learning to imagine. They are raising their body frequency to imagine. They are cleansing until they can imagine. So to ask people to imagine is a big step.

As my wife was into this opportunity to imagine, she couldn't get it. Somebody turned around and said, "Helena, just pretend!" And that's all she required, and she was off and running. What she imagined (what she pretended) could happen. Look at the word "pretend" (like intend), we "pre" have it happen. It's not just a fake thing; we actually pre-intend it.

So as she pretended this amazing healing with our 25 year-old daughter, Minyon, it literally transpired, because she could conceive it and was in that moment receiving it. It is done in imagination; it's done with feeling and all of our senses, and it's done in language.

Vonn - Brain Power Activates Brain

Brain Power is a wonderful new oil that Gary has presented and just given us in this company, and what I see in the future where we are going, is there is so much more information that is coming to us right now on our brains. Just in the last 15 years we know more about our brains than we have known in all the years prior. And *Brain Power* is an oil that literally activates, puts oxygen in the brain so that we are in a place of "then," starting to breathe and looking to activate the brain. Your dialogue with me right now has, again, helped me recall what Dr. Young shared with me about a story of when he had his cancer clinic down in Mexico. One of the imagination activations he used to do with his patients was he would bring them all up into a family room and everyone was just very comfortable with couches and recliner chairs or whatever. I have actually seen pictures of his clinic where he taught in this room. One of the things Dr. Young would do with his patients was he would have them go and fantasize what their life looked like and felt like. He asked them to experience their life in a healthy body. Gary said to me, "This was so hard. In the past this was so hard for my patients. I literally found it difficult to get them to imagine life because they were so caught up in their physicalness, in their pain."

Robert - Give Yourself Permission

They were caught up in their internal dialogue, and I experienced the very same thing as Gary did, where when people would say, "I can't.." until I learned about conscious languaging, I would actually think they couldn't as well. I would want for them to be able to, and now the individuals who say, "I can't." (now that we are learning conscious language) they go, "Oh, I choose to be able to, and I give myself permission to.." and just by languaging and changing our belief systems, it happens more and more easily.

Vonn - Let's Go on Vacation

So Gary found that it was actually easier just to say, "Okay, let's go on vacation. If you are on a vacation, who is with you? Where are you? What are you doing?" That actually was a model.

It puts a smile right on my face being in this room with you, thinking about how Gary (and thank you, Gary and Mary, for allowing Bob and I to share this information, because you have been doing this for 25 years with all of your patients). Our languaging is so important in our health, and Gary has seen this.

He has applied it and he has looked at, "In the beginning there was light," and wow, there was light. Words really do create our reality.

Robert -

Even the "Let there be light" wasn't an effort thing. It was just the consciousness of, "Let there be light" for you in my prosperity possibilities." You triggered something for me, Vonn.

Dr. Gary, I believe, is creating the combinations of nutrients and oils that make it easy for us to attain what he has attained in resurrecting his own life, to share with us just some of the oils in combinations for emotions.

Vonn - Oil Blend Names Tell All..

This gets really fun. We have an oil blend called *Joy* and so *Joy* brings in the resonance, the frequency of joy in our life.

We have a blend called *Forgiveness*, it brings in the frequency of forgiveness. *Harmony, Peace and Calming*, and what is really fun is, it's very simple. The names of our oil blends literally are what they say they are. How simple can it get! *Peace and Calming* brings in peace and calming in our life.

A blend called *PanAway*-actually this is a great place to reiterate what happened with *PanAway*. This blend was called *PaneAway* and the FDA came in and say, "Can't call it *PaneAway* anymore." So we just took the 'e' out of *PaneAway* and it's now called *PanAway*. This is for some of you who have questioned, "Well, what's *PanAway*?"

We have blends called *Release, Relieve It, Passion*. Our whole theme this year is on passion. How many of you have passion? You wake up in the morning and you have passion to live your life, and if you are other than in a place, if you are finding it difficult to find passion in your life, I encourage you to play with that oil. Put a little *Passion* behind your ears, on your wrists, rub some on your feet, just smell it. Bring in passion in your life.

Robert - Frequency in all Things

All words are frequency. All feelings are frequency. I studied with Dr. John Christopher and many of the other herbalists and the native American approach to herbology. The concept I learned so beautifully was, every time there is an illness or weakness or a toxin on whatever it is, God has an herb to take care of that.

You know, the universe has balances and so Nature will bring something forth (even if it's not on the planet now). Every time man comes up with a new toxic chemical, it seems like the botanists will say, "There are five new plants over here that will actually take care of it." The oils, I believe, are divine personalities (is the way I approach them) to give us the frequency until we, ourselves, return to our divine or our full healthy frequency.

So work together with our plants to let the plants help us remember joy or passion. Even the word "passion," the root of it is "entheos" or "enthusiasm." Entheos means God in you, God in me. We take something like "I want" as the state of not having. It's the state of lack. It's an impossibility to our "I am." So if we say, "I choose to have.." that's moving toward it. Then, now that I have it, what's going to return is, "I enjoy something, I flourish now." And the concepts of thriving instead of just surviving get to be restored to us as human beings.

Vonn - Experiment with *The Feelings Kit*

We have wonderful tools in this company. We have a kit called *The Feelings Kit* where actually *The Feelings Kit* (if you just follow the directions on it) tells you what every oil is a resonance of in your life. It tells you exactly where to put that oil on your body, and then just allow yourself to feel and just be in your feelings.

My observation of the world around me is, it has not been okay in the past to feel feelings. What I noticed in traveling all over the United States and sharing essential oils with people is how essential oils are catalysts for our emotions. We are seeing this more and more.

Emotional Clearing Technique

I just returned from Egypt with Dr. Young and 97 *Young Living* distributors and trainers, and Gary actually taught the distributors in Egypt an emotional clearing technique that he studied and learned from Egypt, called "the cleansing of the flesh and blood" and how right now emotions are so important for us.

Where I see emotions come up is in that little voices, so here again, we are right back into self-talk and this internal dialogue.

Robert - Watch Your Word Patterns

I, too, have found the same thing. That's fun that we are all on the same page or in the same chapter of our lives. For me, I also had worked with oils long before I met Gary, and I just love what he has put together, so I am on to this system now.

Again, the frequency of "want, need, should have to," or "hate, judgment" or "pain, anger, fear, grief" are all frequencies that contain word patterns. When a word pattern returns to us, especially when it's repetitious and seemingly keeps us from being fully and completely present, it is not bad and we are not in a bad space.

What I feel is a greater truth that is coming back home to us, is created (or even if we took it on from somebody else, we are now feeding it), and it's asking to be renamed.

Vonn

So how do we feed this? Do we feed this with emotion?

Robert - We "Feed" by Many Methods

We can feed it by resisting it. We can feed it by judging it; we can feed it by condemning it; we can feed it by believing in it and talking it. One of the ways to feed it is to just let it revolve inside of us or say, "I can't," actually voice it. Even if I say, "I can't"-I can just say, "Oops, cancel! Clear!"

I know you have some additional ones that you use.

Vonn - We Can "Delete"

How about, "Thank you for sharing!" "Next!" Let's take this back just a little bit for clarification here. If the mind works like a computer, then what we say happens, and the more specific we are, the more instantaneous the manifestation. So if I make a mistake on a computer, what do I do? Do I delete? Yes! That's a great one.

In the past it has been a wonderful tool, and we have an oil called *In the Future* and we have an oil called *Present Time*. It puts us right in the moment. Breathe it, put it on your feet, on your wrists.

Robert - Grateful for Essential Oils

I also choose to remind us all that these oil combinations were put together extremely consciously by someone who has literally what I call "resurrected himself." I am so grateful that he has had a chance to give us these tools.

Vonn - Let's Wrap up..

Let's go into just wrapping up on our domains and look at, really quickly, how we can see ineffective choices in our self-talk and in our business and what it looks like in our *Young Living* business.

So "ineffective choices.."

Robert - Beware of Self-Sabotage

I'll give an example: Say there was a whole row of people each in a canoe and they were on this raging river and they were all on the same side of the river you were. You wanted to get across, so you walked up to the first person and you said, "Can you get across this river? Can you get me and my family across this river safely?" This person said, "I'll try to.." Would you jump in that canoe? No way!

Next canoe. The next person answered your question by saying, "I hope so." I wouldn't jump in that canoe either!

Next one. "Can you get across this river?" "Well, I intend to." Nope, I wouldn't jump in that one either!

So, in other words, our words can be self-sabotage. It is the same in the way we join or be in our business. For *Young Living Oils*, if we are trying, hoping, intending; if we say, "I think I can do it" or "Perhaps I can do it" or "I'm kind of committed" or "Possibly, I can do it" or "Almost" or "I would like to," all of those are ineffective and pure self-sabotage.

Vonn - Am I Actually Doing the Job?

So, for me, what this brings us back to is my organization, is my partnerships, is my team with *Young Living*. Is this organization one that people choose to join? Am I out there just self-sabotaging myself and my organization in attempting and trying and thinking that I can build a business, or am I actually doing the job?

Robert - Bottom Line

The bottom line is to speak what we choose, to hear any internal dialogue, and ask, "Is this my highest choice?" Let's move out of trying into committing, to remembering who we are. Remember that "I am" is power. It has an action or a life force in action.

So let us speak and make choices of what we choose and literally imagine our highest choice from the position as if we already have it!

Vonn - Goals - Do It!

In review, set your goals. Get outrageous. Write them down, be specific. Do it again and again and again. Now imagine having, doing, and enjoying your wildest dreams and your hearts' desires.

Robert

Thank you, Vonn.

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