

TOOLS AND TECHNOLOGY #3

"Conscious Language and Young Living"

Oils and Emotions

with

Marcella Vonn Harting and Robert Tennyson Stevens

This is Tape #3 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. Tape 3, "Words, Feelings, and Oils."

My name is Marcella Vonn Harting and I'm a Trainer with Young Living Essential Oils. I'm here today with Robert Tennyson Stevens, Founder of "Mastery Systems Conscious Languaging." We are exploring our words, conscious self-talk, our emotions (with a scale of emotional harmonics), and essential oils and supplements, and how Young Living Essential Oils and supplements can help us resolve patterns into our highest choices.

Robert Tennyson Stevens

Hi, Vonn. I am excited to be here today. What we are going to do is explore in greater detail how our worded expressions reveal certain emotions and how certain emotions that are coming up will actually be able to find worded expressions and certain possible body signals. Now this is all exploration instead of a matter-of-fact. It is simply, "Let's explore."

Do the words, "I can't" have a direct relationship to our bodily system? Does a thought pattern or belief of, as an example, "I can't do it.." does it influence something we now know or experience?

It may influence some lymphatics; it may influence some spleenitic (spleen) actions in our body, or lack of actions. And are there some worded expressions? And then bridge it together with how to move upscale or increase our vibration, or move instead of resisting a certain feeling-actually be able to resolve or dissolve-like an oil can dissolve the counter top, as many of us have experienced before.

A certain type of oil can actually dissolve our paint (so to speak). The oils can actually speed up our body and dissolve the old crystalline forms of our reactive patterns that can even be stored in our bodies. Any of us who have done any form of reflexology or vitaflex therapy have experienced this (working with the crystal-line structures in our bodies), and so what I love about the oils is that they can dissolve so many things.

I have worked with oils for over 25 years and when I found Gary was doing what he did, I said, "Thank God, someone has really gone in and found a great quality oil that is really, really pure."

He has made it and is giving it to us in a way and form with the different blends that we can use it to help in our mental, emotional, and physical states of health. So we are going to find and explore today a relationship with our words, a relationship with our feelings, a relationship with possible body signals, and then explore the possibility of using different oils or blends of oils to help us reach our strong, healthy state.

Marcella Vonn Harting

So, for clarity with this, what I am receiving from you is that just by the words someone is saying to you, you know what is going on emotionally from them. This is really fun for me to share because I have

experienced some wonderful results with a combination of oils—a number of oils—in looking at our emotional state.

So, okay Bob, let's start with the scale of harmonics—emotional harmonics.

Robert - Emotional Harmonics

This scale of emotional harmonics in some form, some shape, or some design has been around, I am sure, forever—definitely through Freud all the way through now. I learned about these particular emotions and their particular form (or scale is what I call them) by doing this sustained form of acupressure and the emotions would come from unconsciousness, then apathy, grief, fear, anger, pain, and enthusiasm.

Vonn

Let's go back to the word "emotion" and let's start with this word.

Robert - About E-motion

I have found just within the last year that I have really become aware of the word "emotion," and the more I study language, the more I realize it's all in our language. So the word, to me, is "e-motion." E-motion means usually "against motion."

Love is emotion, love is action. Anything less than love is a re-action, ultimately, an e-motion, so if I am in pain usually I am resisting something. If I'm in anger I am usually judging something. I am not talking about the one where I have my healthy answer. That's really a different form of anger. Anger expressed usually turns into a strength. Pain expressed usually turns into a strength. Grief expressed usually turns into a strength. What I have begun to understand after working with so many people is that an emotional state is a reaction. Many people come and say, "I feel fear. I am really terrified." I say, "Are you feeling it, or are you avoiding feeling it? Are you e-moting or are you in the emotion of it?"

The moment I add love or consciousness or just be willing to feel whatever I do feel (instead of what I am afraid to feel), I find it turns into its attribute, its strength.. Fear, when loved, turns into courage, confidence, security, assuredness, faith (as an example). And so there is a model (or a scale, is what I call it) of emotions. As we begin to move upscale we can first be aware of (beware of our language patterns) and then what I love to do is bring in *Young Living Essential Oils* and use them as a way to increase our frequency or to dissolve or resolve the old pattern.

Vonn - An Exciting Concept!

Neat! This is very exciting! Through the emotional scale of harmonics, we have an emotion; we have possible body signals that happen in the body physically, and we have words that are expressed that we know were in the emotion, and then we have the counterfeit that shows up.

Robert - Counterfeit Emotions

In other words, fear is the counterfeit of faith. Anger is the counterfeit of forgiveness and loving action. The minute we get to anger and finally express it, we start taking action. That just keys right in with bodily activity. Thyroid and parathyroid, I have found, are directly involved with anger, and once my metabolism starts (which is a thyroid response), I take action. My metabolism starts, so there is a direct relationship.

I can build the model of what I call the Scale of Emotional Harmonics and then let's go back in and relate how Gary has put together certain oils or blends of oils that you are working with (and I am now learning and working with) to help us increase our frequency at a particular band of e-motion and turn it into motion.

Vonn

Transform it into motion through the frequency of the oil. Hey! This is exciting! So let's start with the scale.

Robert - Let's Go "Upscale"

I chuckle a little about this because, frequently, what happens is we "explore" oils. Many people become aware going downscale. As I talk about it, I might start at enthusiasm and I'll talk about that, and then pain and I'll talk about that, and anger. Pretty soon I'm talking about unconsciousness and I'll look out and the whole class is just barely there. Their eyelids are drooped! So I am going to go downscale quickly so we understand the scale of emotions, and then we are going to go back upscale so we can all be wide awake while we are listening!

Enthusiasm is our ultimate goal. Again, the word "entheos," from the second tape we did in our series, means God in us. This is, again, the model that I use frequently, so it's an option; it's a possibility.

If I suppress enthusiasm, my life force normally would say, "Well, here's pain. Get back on track." If I touch a hot stove it teaches me not to touch the hot stove, so enthusiasm suppressed brings a pain.

If I suppress pain, that can bring up anger. In other words, the enthusiasm now gets to go somewhere. It's not allowing me to have pain because I learned how to suppress it or avoid it, react to it, not have it, or deny it. And then anger could be the next e-motion if I'm not willing to own that, feel that, be in a relationship with it, go down to fear.

If I suppress fear, I go down to grief. If I suppress grief (now remember, my life becomes less and less effective if I am suppressing my life force or my enthusiasm, my entheos), so if I suppress grief, apathy can show up. If I suppress apathy, unconsciousness can show up.

So what I choose to do is start with a level of "I could be in unconsciousness," and I know any of us working with oils today, or nutrients today, or any modality-whatever the modality is-ultimately the goal is re-oxygenate our body.

Oxygen is Life

Once we really study our biochemistry, the whole goal is oxygen. When we have enough oxygen in our body we cannot host disease. It's an impossibility, according to my understanding, and the people I have studied with say the same thing. If we get enough oxygen in our cellular structure, in our blood, in our body, oxygen is life.

Oxygen equates to me enthusiasm. So if I am in unconsciousness, I have a lack of oxygen. That's a bodily sensation, also it tends to influence the male and female reproductive system. So with any reproductive challenges that go on, there is probably some aspect of our life (not our entire life), but some aspect of our life that relates to something I don't even want to be aware of to the point of "I don't want to know" or "I don't know."

The worded expressions are, again, the key that we are really doing here. I love to know what the worded expressions are and be able to immediately go.. "Hmmm, that is unconsciousness! Oh, okay, have I been uncon-scious? I can change it!"

So for unconsciousness, the worded expression frequently is "I don't know"; "I'm not aware"; "I'm not clear" or "I'm confused." Anytime I start to feel unconscious, usually if I am moving in any direction upscale, consciousness (or remembering) is starting to push the unconsciousness to the surface of my aware-ness.

Just understand that if I love unconscious-ness, if I accept unconsciousness, and I can support myself with certain frequencies-certain oils, certain nutrients-it can potentially help move me upscale.

Again, this is an exploration. I'm not saying it is a matter of fact. I'm not saying, "This is a protocol, you do it every time and it will work." No, this is an exploration into ways to help us move upscale.

Vonn - Disease Starts with an Emotion

Yes, I have been involved with this company for close to six years and in all my conversations with Gary,

we have talked on how emotions are so important. We live in a world today where we are finding out all diseases (dis-ease, being in a state of no ease) really start with an emotion. So, this is really profound to go down to the grass roots of this, to the very bottom of it and get to the source of how we can transform our lives into love, health, success, and everything that we do in our lives. So I am really excited. This is a lot of fun and it's a lot of fun to play with the oils.

Like we say, we are exploring these oils with these emotions. Okay, let's go on.

Robert - Understanding the Oils

Also, one idea I have is that Dr. Gary Young so effectively helps me understand why these oils work. I am beginning to understand the concept of, "What in this oil makes it work for me? Is it affecting the blood brain barrier? Exactly, what is going on?" There is a lot to learn here and the man is a genius-truly, a genius.

Vonn - Constituents in Essential Oils

And if you're really left-brain dominant, then we need to open up the chemistry books and look at the fact that there 20 to 800 chemical constituents in essential oils that give them their therapeutic quality. Look in chemistry as to why this is becoming a credible science in the United States and the world we live in.

Today you can go into a laboratory in chemistry and, guess what, the same results show up each time! And that is the exciting thing that's happening in this whole world of aromatherapy and essential oils today. *Young Living* has introduced a therapeutic grade-A essential oil-a pure, organic, therapeutic grade oil to the world today.

Robert - Natural Oils Versus Synthetic

Again, that's why I'm here, because this is exactly what you are saying. Having had a company some 20 years ago where I carried every one of the oils that I could purchase, even *Rose* oil (only I had to save for a year before I could get it!) And I knew just by smelling it that some was natural and some wasn't. I worked at the A. M. Todd Company in Kalama-zoo where I went to college at Western Michigan University, and I was just a college student working at this *Peppermint* plant. I worked with *Peppermint*, *Spearmint*, and *Centrada*-and those were pure oils. I would smell different oils that I purchased from all over world, and some were natural and some were not. You could just tell by the smell.

There would be a repulsion to smell some of those things. What Gary has done is upgraded the oil (the quality of the frequency of the oil) to speed up, for me, the work that I am involved in, which is moving upscale in an emotional or "motional" way. It speeds up. The quality of the oils we are now using from *Young Living Essential Oils* has dramatically increased the response time for me in my own life and my own exploration and those people that I support and share with.

Gary knows how this stuff works, and I am now taking his knowledge, bringing it into my study of emotions and languaging, and finding out how quickly we can add to moving upscale. It's not such a big effort to move upscale anymore. It's actually becoming easy (which is something I have been choosing now for a long time) and now it is actually here!

Vonn - It's Joyful!

And it's as easy as putting an oil like *Joy* on your temples, on your wrists, rubbing *Joy* oil on your feet and just feeling joy being expressed in your life.

Robert - Hormonal Relationships

Gary can explain why it changes our hormonal relationship. One of the things I learned when I studied in my personal research-I go the library for my research of our endocrine system and our hormonal relationship to life-is all thoughts take hormones. And hormones-to have them in our body-create all the building blocks, coenzymes or nutrients. And Gary is now getting right into how the substances actually work to support our

endocrine system (which is what I call supporting our emotional or feeling relationship with our life).

Vonn, because of your vast understanding as a Trainer and your personal experience of these last six years, will you share with us your insight.

If I am at a level of unconsciousness or if I am feeling numbness on my body (and again, this is not the allopathic model, this is just "explore these substances, these oils"), if I have any reproductive challenges, or if I have got the language pattern of "I don't know"; "I'm not clear"; "I choose to be clear, yet I'm not"; "It's kind of hard to remember.." what might be a great thing in oils?

Vonn - "Play" with the Oils

We need to really play and have some fun. I have had some wonderful results with the oils *Awaken* (that is a blend of oils), *Hope*, *Mister* and *Dragon Time* (the latter two are oils that really support our reproductive systems, male and female). Actually, when Gary did the blend, *Dragon Time*, he was really doing it for females, and when he made the blend, *Mister*, he really did that one for males. And now we find that they both work for both systems. Women are having fabulous results from *Mister* and men have actually had some wonderful results from *Dragon Time*. So it's the reproductive system for both male and female.

A wonderful blend for unconsciousness and numbness would be *Clarity*, a blend that has profound effect in my own life with my daughter and many challenges I have had in our history of just bringing clarity in her school and in her learning.

Another wonderful blend would be *En-R-Gee*. Look at the way it is worded and the name "En-r-gee".

Robert - State of Unconsciousness

A reminder-any of us who do experience numb-ness, unconsciousness, and not knowing, all it takes to upscale is love. So loving any experience will help move upscale. Adding the oils to dissolve or resolve this state is extremely helpful.

Then remember to add in there, "My choice is.." For unconsciousness, the way to resolve it is to say, "I choose to know." If I'm not clear, I might say, "I commit to *Clarity*," or "I can be clear." It could be (if you have a spiritual relationship), "God, give me clarity" or "I am God's clarity" or whatever our relationship is.

Move Upscale with Apathy

The next emotion that I am aware of as we begin to move upscale is apathy. Frequently, people go, "I don't know," and I'll say, "What if you did.." and they will say, "I can't."

Apathy is "I can't." Apathy is "I don't care." Apathy is "It's hard." So "I don't know" has no knowing unconscious. "I can't"; "it's hard"; "I don't care" is the beginning of moving upscale. It's a language pattern and it also has a direct relationship to our spleen, I find, which is the powerhouse to our lymphatic system. That's where maybe there's difficulty sleeping like, "I have a hard time going to sleep at night," "I have a hard time waking up in the morning."

There's something going on with our lymphatic system. It's kind of tired of cleaning our blood. Which came first, the chicken or the egg? Was it the worded expression that got our body to this state? Was it our emotional expression that turned our body to its own state? Or was it our body that did it to us?

I believe it's "as a man thinketh in his heart," or "as a woman thinketh in her heart, so are we." So it's our thoughts in words, in our heart, in feeling which brings about our physiological state. Scripture says, "A man who offendeth not in word, the same is a perfect man and able to bridle the whole body." Whether that's a story or whether it's really true (and that's up to us and our belief systems right now), by controlling our tongue we control the whole body (or the whole horse). We can do it by controlling our tongues as human beings and our thoughts and those we perfect or raise, allowing our body to be the divine nature it is.

Vonn

In Tape 2 we really got into conscious self-talk. This could be talk literally vocalizing those words. It's the self-talk dialogue that we have in our head that shows up physically in the body.

Robert - What Oils Can Help?

Yes, very much so. Apathy is the counterfeit of love and caring. If I say, "I can't" or "I'm not able to," what is starting to return, what is pushing the "I can't" to the surface is, "I do care" or "I am able to." So someone could simply say, "I choose to make this easy" or "I can."

When we are dealing with the lymphatics or blood (which is another aspect) or whenever the body is tight and hard or when there isn't enough energy-"I'm just so tired I can't get moving..."-what are some of the oils that can help to dissolve and resolve these states?

Vonn - Try *Brain Power!*

A brand new oil, a wonderful one that Gary has just introduced-and he introduced the oil at the Scottsdale Practitioner's Conference in Phoenix, Arizona-is called *Brain Power*. I will share with you just what little time this oil has already been out in the field and the phenomenal results! This oil stimulates oxygen into the brain and this is what it really all comes down to. It contains *Cypress, Rosemary, Sandalwood* and *Frankincense* (which are very high in sesquiterpenes). There is a blend that Gary has already blended up in a V-6 oil called *Cell-Lite Magic*. These are wonderful for the lymphatic system. I also had *Purification* written down on my paper. It literally can take us into that place of caring.

Robert -

So a point of clarification-and I already know the answer-are we actually claiming these will heal apathy? These oils? No! What are we saying?

Vonn - Essential Oils and Frequency

We are saying that we are exploring and having a lot of fun with the application of these oils in feeling what's going on in our body. What is really exciting is the fact that *Young Living Essential Oils* has been first to document and go in and research on frequencies with oils. So we ask ourselves, "What is a frequency?" Frequency is a measurable rate of electrical energy that is constant in between any two points. Everything has an electrical frequency measured in hertz, megahertz, or kilohertz. Grade-A essential oils, which are all of the oils that *Young Living* has on line, have a high frequency, and essential oils range from 52 megahertz (which is *Basil*) to 320 (which is *Rose* oil).

Is It Coincidence?

For me, I look in life and I say, "Okay, are there certain things that are coincidences? Is it a coincidence that 320 is the highest frequency that we have in an oil, and that oil is *Rose* oil? I go to places like the Catholic church and churches where they denote Saints, and they usually have the scent of roses for the Virgin Mary and for other Saints.

Two years ago when I was in Izmir, Turkey studying an oil course at the university there, my understanding was that Turkey is mostly a Moslem culture, but we had a professor come into the university and he shared with us the Moslem culture beliefs. The smell of God has the fragrance of roses. When I share that with you, the hair on my arm stands up! Is that a coincidence!

I choose to know in the big picture, and yet frequency is a very important thing. Everything has a frequency, including our health, including a healthy body, including the food that we eat, our thoughts and our words. It has been recorded that positive thoughts bring up the frequency of a body, prayer brings up the frequency of a body, and negative thoughts can actually bring down the frequency of the body.

I will share with you-go to the library with this. There are many, many books written on the subject and where we are going. We are going into a place of electrical medicine and that's the future. It's one of the

things we are going to start hearing more about in the future, and aromatherapy and essential oils have a great part to play in frequencies and what we are doing in bringing about balancing in our lives and in our health.

Robert - Pure Oils can Heal

I really believe aromatherapy and essential oils will ultimately be where most of us end up. Truly, as I study it, it's as pure as we require to heal our bodies, and when we add consciousness to it (which is obviously the result of taking these substances and enjoying these substances), we increase or experience a higher rate of consciousness.

Vonn - Professionals in Aromatherapy

I am just going to share with you what is really exciting to me: I just came back from Salt Lake City where I attended the Doctors' Practitioners' Protocol where Dr. Young actually worked with 15 prominent medical, chiropractic, naturopathic, and veterinarian doctors who were all using essential oils and aromatherapy in their practices. We are going to start to see more and more of this.

Robert - Be Willing to Listen and Share

I feel it's important for all of us who are trainers, distributors-whatever we are doing-to remember how we discovered the oils. The way I found out about it is somebody loved me enough to knock on my door and say, "Hey, Bob. Check this out!" I was so sure of myself. "I know aromatherapy. I used to have all the oils, I know all that stuff!"

They said, "Well, explore this, experience this, check this out." And they shared their experience with me and that's what it took for me to actually be willing to get over my "been there, done that, already know it.." into "I have been waiting for this for a long time!" Yet, if this person hadn't stuck with me and told me, I might not have got it as quickly as I did.

Move Upscale into Higher Frequency

I am reminding us all-if I am thinking "I can't"; "I don't know"; "they're not interested.." I am at a lower frequency to even find the leaders in our own organization yet to be. I get to move my frequency up to get out of "I can't"; "I don't know how" or "I don't remember" into "Well, I can," and "I choose to know how" and "I empower myself to know how."

And that's the aspect of moving upscale through our emotional harmonics and giving ourselves the next frequency in our building blocks of expanding our own consciousness and our own life force.

Vonn - Young Living Provides it All!

This is exciting to the degree the *Young Living Essential Oils*, Gary and Mary, are committed to finding the truth. They are truth-seekers and we are a company that really goes down to the grass roots of actually planting seeds, growing plants, distilling plants, packaging, shipping out, and then we actually are training. So, for me, this is really the big picture and what it all comes back to is here is a company that is providing me with phenomenal, pure, grade-A essential oils and yet they are giving me the education that is credible, that has a science background to look at and see, "Is this my highest choice?"

I think you and I acknowledge you, Bob, for being in a place in your life where, even though you knew (or in the past thought you knew) all about aromatherapy and essential oils. I acknowledge you for taking that step and getting an essential oil from *Young Living* or supplement from *Young Living* and playing with it.

How Do You Start?

People ask me, "How do you start?" The basic bottom line is start with one oil or one product. Play with it. See if there is value for you.

I thank you for being a place in your life where, with all the knowledge you have in your background (so diverse as it is) that you said, "Okay, let me take this product, let me take this oil, let me put it on my body, even if it's just to rub it in on my feet. Let me smell it and see if there's value for me."

Robert - Unforgettable Experience

I'm going to share with you how I really got it. I was out stacking firewood to be prepared for the winter and also be prepared for Y-2K and I got stung inside my nose by whatever it was. I was screaming, yelling, swearing, jumping, hopping, skipping! I mean I was really in pain and my head started to do what I call "hystemic response." Some type of reaction was going on big-time. I was in pain and anger and fear because I was hopping, jumping, my heart was thumping, my thyroid was cranking, my pituitary was bumping. I'm sure my pancreas and adrenals were going for it as well!

To make a long story short, I found Helena and she said, "Put on *Lavender*." I put *Lavender*-I just got it in my nose because it was running-and that took the pain instantly away. That's how fast this stuff works!

Then my ears were filling up and I told Helena, "My ears, my ears are filling up!" I felt this very strange feeling. Whatever type of response, I was pretty concerned about it. And Helena just put *Thyme* on either side of my ears, ran it down my eustasian tubes, and I was instantly, completely back to my healthy state, and I said, "Alright, teach me!" (because she was already into them) and I said, "Alright, that's much faster than anything I have ever experienced before!"

Vonn - Wives are the Starters!

That's an awesome story and thank you! And do you know what is amazing for being in this company for so long, it's usually the wives that get involved! And the checks get bigger every month in our program and all of a sudden we start getting quite a bit of money in and the men go, "Maybe I should take a look at this!"

Robert - Moving from Apathy to Grief

Yes! I'll continue to move upscale if I go from unconsciousness through apathy into grief, because that is really important for us to be aware of (how to use these oils, in my opinion), especially understanding that there is the biochemical relationship; there is the body symptom relationship; there is also our feeling-word relationship that play at a first causal relationship.

In other words, if I go to unconsciousness and apathy, eventually I move up to grief as a potential. By the way, grief is where allergies are. Suppressed grief and allergies tend to hang out together. Grief influences the pancreas and the adrenals, or vice-versa. This is where we see mood swings, emotional highs and lows, sugar craving, and some of the other factors relating to sugar, and I will leave it at that.

The thought pattern (or the worded expression) is "There is nothing (keyword) I can do"; "I've always (keyword) felt this way." In other words, it's the absolutes, the grandiosities. Some people call it the "pancreatic platitudes."

Grief, when it's being pushed out is being pushed out and up to be experienced. When e-moted to be felt and released, the grief turns into joy. All it takes to turn grief into joy is by being specific. All it takes to have grief show up is to be specific. Specificity is the key and most of us in our sugar addiction reality and those of us who love our sweets and love our ice creams and that kind of stuff, know that we're feeding ourselves sugar instead of giving us the joy of life.

Gary has come up with some beautiful blends and individual oils, so will you please share with us what you recommend.

Vonn - Joy and Harmony!

Joy! The first oil *Joy!* *Harmony*. I was mentioning *Harmony* to you earlier. Just my experience with *Harmony* has been wonderful for allergies.

Robert - Grief and Allergies go Together

Yes, and again, grief and allergies hang out together. Usually allergies is a belief that something outside of us has control over us. I believe everything is directly related to our thought process, so if somebody has environmental allergies (you know, allergic to the 21st century!) they have a resistance and a feeling of being overwhelmed. I have people who relive a grief memory and get over their allergies instantly! I've seen it work, and yet, the beauty of having oils directly helping the pancreas and the adrenals or supporting our transformation of allergies is beautiful.

So *Harmony, EndoFlex*, single oil *Nutmeg, Peppermint*. In *Peppermint* my mentor, Marian Jager, found many years ago in her research of the oil of gladness stated in the Bible, that it was *Peppermint*. Having worked in the largest *Peppermint* company (maybe in the world), the A.M. Todd Company, I was fascinating to be in so much *Peppermint*, so I know that one very well.

Vonn - Biblical Origins of Essential Oils

Fun! I'll just state that there are 188 references to essential oils in the Bible. That is one of our sources. Go to the library where the Bible is a wonderful source. And Dr. Young has actually taken has some recipes right out of the Bible. The last oil for that category would be *Rosemary*.

Robert - Fear Follows Grief

Once you move up through grief, the next emotion that can show up is fear. Fear is the "what if I can't"; "what if I could." Fear (to simply understand it)-when loved, when felt instead of avoided-turns into faith, confidence, security, assuredness, courage. Fear tends to be around the energy of the thymus, any activity, any hard stuff, any tension, any stress, any shallow constricted breath. Fear is faith returning.

Vonn - Try *Grounding*!

So one of the oils that we have had a lot of experience and wonderful results with here has been *Grounding*. Look at the name "Grounding."

Valor, this is an oil that also grounds us. Dr. Young put into *Valor* a blend of oils that the Roman soldiers of past centuries put on their bodies to ground them and give them courage.

Present Time. Let's be in the moment. *White Angelica* is another. And finishing up in that category, *Ylang Ylang*. It's really supportive of the heart.

Robert - Anger Associated with Thyroid

The *Present Time*-I have studied language and the Hopi language doesn't have a word for "now" because they can't get out of "now" to get back into "now." The ultimate healing of people in my own life (I will speak for myself) is in being fully and completely present. I have yet to experience *Present Time*. I am very fascinated to experience it.

The next primary emotion where action and inaction hang out is anger. In anger, we see the thyroid and parathyroid potentially being involved in it. Ener-gies and lows-maybe we are sensitive-teeth issues, fingernail issues, any metabolic stuff where it is on or off. I believe they have a test now to find out about thyroid.

Vonn - Basal Temperature Test for Thyroid

Actually, the best test, Bob, is to just do your basal temperature. What that means is there is a basal thermometer that you can buy from a pharmacy or drug store and it is a thermometer that basically goes under your arm pit. You are actually recording your temper-ature every morning.

The most important thing about basal temperature is that you have to record this in the morning before you get up, before you move anything. So you record that, and from that we have a wonderful supplement called *Thyromin*. I am happy to share with you that the basal temperature will be in Dr. Young's book. All that

information will be available so that you can record, take responsibility for your life, and see if this supplement would support your body.

People say, "Well, how do I know if I need this?" Well, I'll tell you. This is how you know. You start to monitor your own temperature and see if this is a supplement that would benefit your body.

Robert - To Transcend Anger

An additional way-and I really say "additional" -to find out what's going on with our relationship with anger and whether we're feeling it or emoting it, is if we have word patterns like, "They did it to me"; "she did it to me"; "he did it to me"; "it did it to me.." In other words, "something has control over me, I don't have power of action."

The way to transcend anger, first of all, is to allow yourself to be specific and to bring in forgiveness, and then take a loving action. So that's the concept within the matrix of the scale of emotional harmonics. Then, additionally, to dissolve or resolve this anger or reactive anger state.

Vonn - Three Oils to Help

We have three oils in this category. The first one is *Forgiveness*, then *Acceptance*, and then *Motivation*. These are the three specific oils. They are three different blends of oils.

Robert - Through Pain to Love

Then, as you can see, we are moving upscale back into enthusiasm, and that's the beauty of it. By the way, these oils (as we know) can work anywhere, so we are not limiting them to say, "Only use them if you have anger.." No, you can use it anywhere in your life, and the more you learn about them (and the more I learn about them) the more I will know where else to apply it. This is a suggestion to make it potentially extremely effective.

The next emotion after anger is pain. We realize how we created the situation. Once we heal our anger and take personal responsibility-it's called pain. Pain opens up the intuition.. Intuition is the pituitary. A pain anywhere in my life-whether it hurts to talk, walk, eat, breathe, sleep, whether it hurts in my body or in my feeling realm, or I feel pain that other people feel-that's pain. The thought pattern usually is, "It hurts!" or "hurts too much. It's too painful."

The action to take that resolves pain is love. What I see as pain is love returning. If I slept on my arm, I wake up and think, "Oh, I'd better roll over," and my hand starts coming back to life. The life returning can take the pain out of it. That pain can be the restoration of my nerve supply in my life. And to dissolve the pain, (memories to dissolve the blockages that I have allowed myself and my nervous system, as an example), what do you recommend?

Vonn - Oils and Oil Blends for Pain

I recommend *PanAway*, *Relieve It*, *Surrender*, *Frankincense*, *Sandalwood*, and *Lavender*. *Lavender* is the mother of all oils and it is amazing when you are in a lot of pain. Who do you first call out to? For a lot of us, it's Mom.

I will share something with you. We have a brand new product called *UltraYoung*. This oil supports the pituitary. Gary shared with me just recently that for the first time, he has really been out of pain in his life with what's happened with his nervous system, having been in a wheelchair all of those years. The man has actually lived in pain, and this product has just turned that all around. We are finding that *UltraYoung* is a product that is a catalyst in helping everything else work because the pituitary gland is so important in the body to have everything be in balance and work.

Robert - Functioning in a Healthy State

There's a whole world of study in the endocrine system, and that is some of my history. If we look at

light coming into our body and going through what's called a "neuro-endocrine transducer" (taking light and turning it into hormonal responses), what I understand is it goes through the pineal into the hypothalamus into the pituitary.

What I love is to be able to have the frequencies that remind our organs and glands to function in a healthy state. That is the whole goal. Of course, our Creator has put in us whatever we required to be healthy, so I love that we are getting these pure substances. I also am working with *UltraYoung* right now with tremendous results-I really love it!

Once we've loved pain, the next motion-because it's not really a e-motion ultimately in the way I have defined it-is enthusiasm. Enthous-I-am (enthoes I am) means that we have high light force; we have the worded expression, "I can"; "I am"; "I will"; "I choose"; "I have"; "I love"; "I create"; "I enjoy"-the little language system I call the "Language of Mastery."

And how do we resolve it? So there are some oils that actually will help us become more of who we are.

Vonn - It's All in a Bottle!

Passion. I mean passion in a bottle! This is wonderful *Magnify Your Purpose* and, again, *Rose* oil, the highest frequency.

Robert - "Upscale" with *Young Living*

Ultimately, "We can!" What I've learned is I don't have to wait to be enthusiastic. I can be enthusiastic in my pain, my anger, my grief, my fear, and I can use the God-given substances in the pure form now that *Young Living Essential Oils* bring to us to allow me, to help me upscale. Consciousness, the right nutrients, love -bottom line! It's allowing me to become what I really am.

Vonn - Thanks for Sharing!

Thank you, Bob, and thank you for sharing with me this whole scale of emotional harmonics. Thank you for exploring into the field of how we can empower ourselves to take responsibility for our lives and come into balance with our words, our feelings, and actually play with the oils and the supplements that Dr. Gary Young and Mary Young have given us with *Young Living Essential Oils*. Thank you.

Robert

You're welcome, Vonn.

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