

YOUNG LIVING TRAINING CD #80

“Time for an Oil Change?”Part Two

Gary Young, N.D.

We welcome you to Training CD #80 from the 2004 Young Living Semi-Annual Convention, a highly informative lecture by Gary Young. This is Part Two of “Time for an Oil Change?” And now, here is Gary Young.

Gary Young - Read and Reread

I am just going to share a little scriptural thing with you to think about a little bit. I'm not preaching—just sharing! You've all read (and it's fun to continue to read and reread). How many of you have read a book and you've gone back and read a second time and got something altogether different or more? We all have! Well, your Owner's Operator's Manual is the same way. If you read it a second and third time, you'll discover how important it is to change oil and do other things.

Let me just share a thought with you. Through the book of John there are all kinds of wonderful promises—Mark, Luke—there are many of them, but John is really specific for absolute, beautiful promises. Just spend some time (maybe tomorrow) and just browse through it and look at some of those things. Luke, chapter 10 is another one that is full of promises. Look at it. I say that for this reason. We are told in that beautiful book that if we keep the commandments and we live in grace, that “if you ask me something (paraphrasing) that it shall be given.” Is that correct? Do you believe in that?

Ask and You Shall Receive

Then when you get sick and you ask to be made well, how come you are not? And when you're sick and you put on the oils and you're not made well, what happened? What happened! Why is it not happening? Faith and belief—not enough of, lack of, the wrong kind. What is it? Is it aligning? Is it forgiveness? Thank you—forgiveness. Who is the first person you have to forgive? Yourself!

Now, let's just take it a step further and then I am going to come back to this, just to add a little something here for you to think about. Whether you have faith, whether you believe in the Bible or believe in God, it doesn't change my life. It may change yours—I don't know. That's a personal thing and I am just sharing some thoughts.

If what it says is true and what it says about being in grace is true, and if you are in grace and you ask, then all things shall be given. If you have the faith of a mustard seed and you say, “Mountain move!” the mountain shall move. Does it not say that? (I'm paraphrasing—not being exact). What is wrong with us then? We get sick and we put oils all over us and we say, “Father, make me well..” and we wait for ten days. Is it because His answering service is on hold? What is wrong? Just ponder that for a moment.

Have We Fallen from Grace?

Let me share a thought with you with that. How many times, perhaps maybe we are not in grace? And what takes us out of grace? I will tell you what I have learned for myself (and this is for me). This was my lesson. I paid the price. Anger takes us out of grace (snaps his fingers) just like that! So think about it, and if that's a possibility. Do you think it's a possibility? Fear—out of grace; self-pity—out of grace; criticizing others—out of grace. See where it goes and what it feels like for you. And what happens if that were true (and if we believe that to be true) and we all worked up about moving back into grace (whatever that means to us individually) and then we use this substance that God has ordained, that's written of in “the book” for the healing and anointing of men—oils of Exodus.

And if we were to go there and use them, and then we ask for these things—what could happen? Could not every person be healed? I just share with you my personal feeling and that is “yes.” There is not one person in this room that may have a problem (physical or emotional) that if you were absolutely in grace (if these things are true) and you stayed there and you ask with the anointing, that all things would be given. Because if what I read is true, that says so to me. If that is not true, then none of this really matters, does it?

You see, it's one thing to use oils. It's one thing to drink *Berry Young Juice*—we can all go through the mechanics, but how many of us here really want to be on that level?

Take Your Life to a Higher Level

How many of you here really desire to take your life to a higher level? Yes! Okay, take it to a

That was my lesson? I really wouldn't want to do it again, but what I learned from this experience was worth it a hundred times over because it shifted my life, because I was denying things that I wasn't looking at. I just worked harder. How do I say it? This is for me; it's my lesson. You can't have it, but I'll share it with you. If it feels right, if it fits—just try it on. Okay!

Promises in the Bible

Let's go to the promises here. It's so beautiful. *Frankincense*, one of the oldest, most highly respected essential oils. This was the oil given by the three wise men to the infant, Jesus. "And the Lord said unto Moses, "Take unto thee sweet spices, stacte and omycha, and galbanum; these sweet spices with pure frankincense: of each there shall be a like weight: and thou shalt make it a perfume, a confection after the art of the apothecary, tempered together, pure and holy."

This oil was prized as a medicinal herb and skin tonic in the Middle East during the time of Christ. "Then took Mary of Bethany a pound of ointment of spikenard, very costly," and anointed the feet of Jesus.

I am going to ask you a question, (this is a guy question): When was the last time you got up in the middle of the night and went in where you have your oils (maybe in the bathroom, in the bedroom, in the living room—wherever you stash them for the day), when was the last time you went in and got an oil of choice and went into the bedroom while your sweetheart was sleeping, and just turned the blankets back and anointed her feet? Think about it.

The week after my injury before I had the surgery I couldn't sleep. I was tossing and turning and the *valerian* had worn off, and Mary said, "Do you want more?" (And I said, "If you can mix it with a little Jack Daniels, bring it on, honey!") She was sound asleep and I didn't want to disturb her. I got up and went in the sitting room where we have a

higher level! And everyone of you can. Is there any one person in this room today that absolutely cannot let go of anger? How many of you don't want to let go of anger? That's another big question. Anger is one letter away from DANGER.

little refrigerator there and I got a few more ice packs and came back and went to get into bed, and she was making this melodious, beautiful "music." You haven't heard a more beautiful snore until you have heard an opera! It kind of "squooze" me a little bit and I went back into the bathroom and I got *Valor* out and came over and turned the blankets back and anointed her feet and massaged the oils on her feet. Gentlemen—do it! I was smothered with kisses the next morning! Boy, it's worth it! Just some wonderful things that you can do that really makes it work.

"And ye shall take a bunch of hyssop and dip it in the blood that is in the basin, and strike the lintel and the two side posts with the blood that is in the basin; and none of you shall go out at the door of his house until the morning."

Based on Egyptian record *hyssop* oil was put in the blood—I share that from writings and legends from Israel—that the *hyssop* was mixed in the blood because they knew that the *hyssop* would evaporate if they just put the *hyssop* on the door post. And they used the blood as a carrying agent and a symbol, like we put the oils in V-6 as a carrying agent.

"Purge me with hyssop, and I shall be clean; wash me, I shall be whiter than snow and blot out all my iniquities." These are such beautiful things that we can do. How many of you have felt sick and you've taken your oils out and you've anointed yourself, you've washed yourself with the oils, and then you have gone into your bedroom or into your study or your little sanctuary (wherever), or out into the garden or under the tree in the mountain, and you've just knelt down and had communication with your Father, and you've asked for forgiveness and you've moved yourself back into grace, and you've dispelled the anger and felt the healing flow through your body? It really is something to look at doing, perhaps.

Myrrh Supports the Immune System

This oil is anti-infectious and supportive of the immune system. *Myrrh* oil. The Arabian people found it beneficial to skin conditions..”*and when they were come into the house, they saw the young child with Mary, His mother, and fell down and worshiped him, and when they had opened their treasures, they presented unto him gifts; gold (or should we say balsam? We don’t really know, do we?) frankincense and myrrh..* We just look at the legends and read the stories and surmise.

But the Hebrew people say it was “oil,” that it was liquid *frankincense*. The research that we just got a few weeks ago said it was *balsam* oils, so we don’t really know.

Myrrh has been used for hundreds of years in the Middle East and in the orient for fighting viruses and infectious diseases. “*Take thou also unto thee the principle spices of pure myrrh five hundred shekels, and of sweet cinnamon, half so much, even two hundreds and fifty shekels, and of sweet calamus two hundred and fifty shekels..and thou shalt make it an oil of a holy ointment, an ointment compound after the art of the apothecary; it shall be an holy anointing oil.*”

What Does Healing Mean?

So here we are being told how to heal. What does healing mean? Does healing mean it’s only for people in the Bible? Does it mean that we children of God today cannot be healed, that we have moved away from perhaps not being in grace because of why? Because we have a Gary Young attitude? Do you think because you are working your guts out, you are serving people, you are helping the neighbor, you’re helping the child, you’re giving to the needy—that everything is well? That you are doing all the right things while you hold anger in your heart?

That was my problem. I wasn’t really looking at it because of why? Because I was in denial—denial that I was holding anger, because I didn’t want to go there. I’ll tell you a little experience that we had that was kind of fun.

A Testing Experience

We were on our way to Wichita. We were on the freeway and were trying to make a flight in an hour and a half, when BANG! A roll-over was in front of us. The freeway was blocked, and cars moved little by little. As they finally started to clear

the traffic and the car started moving a little bit, here comes this Blazer right up the shoulder just going like crazy, spraying rocks and gravel all over everybody. He darted right in front of Mary. Her quick reflex (if she had not been on the spot and tromped the brakes) we would have broad-sided him.

My old feeling started to rumble inside, and I was getting the pump! I felt it swelling up, the old tape was playing! He put my family at risk (the old tape) and real quickly I just checked it because Mary and I had had this discussion only the day before that we were taking a new direction in our life—we weren’t going to go there anymore. We agreed that when she would go there I would remind her, and when I would go there she would remind me. We were doing this as a team, and I just blurted out, “God bless you!” And at the same time Mary was saying, “Did you see...that?” and I said, “Yes, God bless him, honey.” And I even made the gesture just to reinforce it.

We had four non-refundable tickets—and we missed the flight. I was on the phone calling the travel agent to try and see if we could find another flight (and he found us a flight to Kansas) and we had to drive another four hours that night to Wichita. Mary got on the phone and started calling, and guess what—after it was all said and done they refunded all four tickets 100%! Now that may not seem like anything, but it was to me. It was a confirmation to me that we did the right thing. And here is the thing that took me to the next space. It was really interesting.

After we were going onto the airport and we had a little time, I started thinking about it. I started to have that old reaction—get mad immediately. Why? Because he put my family at risk. It was self-defense. It’s a natural response. But who was hurt the most? And do you know what else? I don’t know but what that man in that car had just received a call saying that his family’s house was on fire and his son was trapped inside of it—and he was trying to get home.

Do you see how easy it is for us to move into a space when we don’t know and how quick it is for us to make a judgement and put ourselves ultimately as the one in jeopardy. So again, it’s part of the old conditioning; it’s part of the old habit. If we are going to go to the next level, we have to go with all areas, do we not? And these oils, do they not lift you? Yes!

Cassia, an Oil of Gladness

Calamus, cassia. Psalms: “*And all thy garments smell of myrrh and aloes.*” Now, don’t misunderstand this. *Aloe is Sandalwood, and Cassia..”and out of ivory palaces whereby they have made thee glad.*”

How many of you have had Kathy Cowley come around and give you a drop of *cassia*? I call her the “*cassia queen.*” Make thee glad.

Calamus. This oil in *Joy* had the same high regard as *cassia* in ancient times. It was also used in many healing and anointing rituals. “*Damascus was thy merchant in the multitude of the wares of thy making, for the multitude of all riches; in the wine of Helbon, and white wool.*”

Bright iron, cassia and calamus were in thy market.” I would like you to just go through that and mark how many times healing is mentioned just on this text alone. Just go through all the scriptures there and count how many times healing is mentioned there, or anointing of healing. How many times have you sat down and gone through your Bible and counted how many times healing is mentioned? Oh, have you got homework to do!

Find the Message for You..

Go through and do it! Read it. Even if you just take the book of Exodus and read and count how many times healing is mentioned. Then go back and look at what is the root connection to that healing. Go in John and do the same thing and just do it for fun and see what you find. See if there is a message there for you that leads you to something else, or another way of thinking or another way of feeling.

We have been given the most beautiful tools that exist in the entire world and the Owner’s/Operator’s Manual on how to do it.

Chemical Compounds in Oils

I want to go just a little bit my chemistry up on *cistus* and *lavender* and *peppermint*. We’ll just do a few of these because I want to explain some of the chemistry functions here, if I may. And then we will talk about blends.

As we go down through, this is *cistus* and this comes right out of the French Medical Textbook. We look at some of the compounds here. Alpha pinene –Nicole talked a little bit about that in some of the oils in showing aggressive inhibition against cancer cells, and yes it is. And here we seen alpha pinenes are pretty high in *cistus* oil. *Cistus* oil

was not one of the ones that we studied in that particular two-year project with BYU, but we are going into another project now that is going to be very interesting, as we are studying some of the other single oils and now blends and combinations and it is very exciting.

Camphene—this compound here we find in a lot of the *eucalyptuses* because camphene is penetrating and very good for penetrating deep tissues. We look at esters which are the compounds that are sedating to the central nervous system. It is very interesting. Also, when you find esters a lot of the times you will find aldehydes which are very calming and that’s why *Peace and Calming* is created with the oils that are in it because those oils put together raise the percentages of aldehydes and esters that are very relaxing and sedating.

No Abnormal Space with Essential Oils

This is the next big question. It’s very interesting to try to understand, so we have *Peace and Calming* that is very high in esters and aldehydes and that is calming and sedating to the central nervous system. So in theory, whoever you give that to or use it on, it should calm them down. It should relax them and quiet them.

Here’s a thing that’s important to keep in mind: Essential oils will not take you into an abnormal space. How do I define that? I will define it this way. I have a little four-year old son that you’ve all got to see and he is a very, very active child. Hyper? No. Active? Yes! It’s been a few months ago (maybe even a year ago) when he was with me in a store or some place and he was just being Jacob, just full of energy and doing his thing.

Some woman was walking by and she saw it, and I could tell by the expression on her face that she was not pleased, and she turned and said, “He’s a hyper child, isn’t he!” and I said, “Do you mean you’ve never seen a healthy child before?”

Individual Responses to Oils

Unfortunately, that’s a big issue, but *Peace and Calming* does not quiet Jacob down because he’s not hyper—he’s immune to *Peace and Calming*, so it doesn’t always work 100%! But I can put *Valor* on him and in 60 seconds he’s out like a light. But *Peace and Calming* is higher in aldehydes and esters than *Valor* is, so this comes back to the question, “How do you know what to use, because everybody’s chemistry is a little bit different.” That’s why you

don't just try one thing and then dispel it because you didn't get a result, or you give something to somebody and they say, "Well, it didn't work for me!"

Ultimately, aldehydes are very calming. Phenols and eugenol and thymol—these are your antibacterial and antiviral agents, antifungal agents, but here we are at 1%. So *cistus* wouldn't be an oil that you would select to go and attack scoliosis or herpes virus or AID's or something like that because the antiviral action here is very low at 1%.

But *Cistus* oil, because it contains eugenol and thymol, is a very good oil to mix with *oregano*. It's a very good oil to mix with *thyme*. It's a very good oil to mix with *mountain savory* because the phenols and thymol and eugenol in *savory*, *thyme*, and *oregano* are much higher and these compounds now create a synergism with it and it increases the activity, while at the same time buffering the caustic compounds of phenol that are high in them.

Gary's Experience with Deadly Blood Clots

We come down through here and *cistus* does not show any coumarins. Let's pull up the research on the blood clots. Blood clots are quite common because of injury, lifestyle, age, various different things. They are very deadly or can be, depending on the location. Blood clots create a lot of strokes in people and we are seeing more and more young people in their 40's having strokes because of blood clots.

This was April 16 (and you see the arrows right here and here), that's where the two blood clots were. If we have the written report, I believe that they were 16 centimeters long each (which is approximately 6") in my right leg. This was diagnosed at the University of Utah. The internist said to me, "Mr. Young, do you realize how serious this is?" Yes.

"I want you to take this prescription and we are going to start you at 30 mg and we're going to increase it daily, and I want blood tests every three days so we can monitor the amount of Cumadin that is in your blood so we can control this. You are to go home, elevate the foot, and not move for ten weeks." Okay. Then he went on to tell Mary, "Mrs. Young, do you understand that if a piece of this blood clot breaks loose and moves on your husband, it's called a pulmonary embolism and he will be a dead man in seconds."

They have a couple of options for doing this and what they normally do is they go in and insert a filter beside the heart to filter the blood going into the heart, so if a piece breaks loose they can hopefully catch it in the filter in the lung before it creates a pulmonary embolism. That's the medical treatment, or sometimes they will try laser.

Following Doctor's Orders

I was a very good patient. I was very obedient. I went straight home; I went straight to bed. I put his pills straight in the garbage. (Actually, I didn't. I took them back to him.) I stayed in bed for ten hours and forgot the 10-week thing. I started taking *cistus* and *helichrysum* in capsules (half and half), six capsules a day orally. I started rubbing oils on topically, five and six and seven times. The pain was excruciating. It felt like there was something inside my leg just expanding the tissues like they were going to explode at any moment. What happens when there are two blockages or even one blockage? The veins have to re-route, and it hurts a little bit!

In three days of doing this I was pain-free. But the very next morning I got up and went into the sitting room (our study) and I have a recumbent bike and I sat there on that bike and I just peddled and peddled and peddled for 3½ hours—and that is NOT the thing that you are supposed to do!

Final Results

Let's go to the final one. There was a test in May showing that the clots had dissolved at 60%, and then this was the final scan on June 8 a year later. Look there—nothing! Just beautiful blood! This is June 16, the first one. Previous—the span (the thrombosis) measured at least 15 centimeters. Now there is no evidence of thrombosis. That was the report that was completed on May 23, so it was 15 centimeters, there were two blockages—and then go to the June 8 report. When compared to the prior study May 23, the previous noted condition of the veins (thrombosis) is now absent.

The radiologist did the scan and it was really interesting watching her, because when they are doing a scan on a blood clot on the leg they always start up in the groin and they put the thumb down lower and push it to create pressure so it expands and goiters the vein so they get more imaging. She kept going along and nothing was expanding, and she went down, down, down and then she said, "Mr.

Young, did the clots move up behind your knee, or are you here to have them removed?” and I said, “No.” And she said, “Well, why are you here?” I said, “I just want to see what the results are a year later.”

No Blood Clots

So when she got down over the area where the clots were she said, “Hmm, I’m not finding anything.” and she kept going up and down and up and down. She looked at my file that she had laying in front of her and the photos that you just saw, and then she looked at me and she looked back and she said, “I’m not finding any blood clots.” I said, “That’s good.” Then she said, “But you had two very large blood clots.” and I said “Yes.” And she said, “Did you follow the protocol?” and I said “No.” You see, they give you the blood thinners, but blood thinners don’t dissolve existing blood clots.

That’s only there to prevent future blood clots developing, not for dissolving and getting rid of the present ones.

My job was not to manufacture blood clots—there is no point in taking it. She looked at me and said, “What did you do to get rid of your blood clots?” and I was a little bit reserved because of the attitude I had when I went back on May 23 and they saw that they had dissolved 60%. The doctor said to me, “Don’t bother coming back...” so I was kind of expecting a similar attitude, and I said, “Do you really want to know?” She said this: “Yes, I do because I see approximately 27 patients a day with blood clots, and we have no treatment except Cumadin, and that does not dissolve blood clots. Mr. Young, whatever you have done here, you have made medical history! In 27 years of practice as a radiologist I have never seen this!”

I said, “Well, I used essential oils, and she pulled back and said, “Young Living!” She looked back at my chart and she said, “Dr. Young!” We had a wonderful visit. She’s been down to the Clinic and visited. She refers her thrombosis patients to the Clinic.

The “Scientific” Explanation

When you put *peppermint* on or *helichrysum*, we look here and see the same thing. We don’t see coumarins in *helichrysum*, so why in the world would I use *cistus* and *helichrysum*, two oils that contain no coumarins? Now put

peppermint up. Look right here, we have coumarins. So why in the world didn’t I use *peppermint*? Put *lavender* up. There it is—coumarins. Why didn’t I mix *lavender* and *peppermint* together and use that instead of *cistus* and *helichrysum* that contain no coumarins? A natural hemostat works in thinning and thickening. With that said, then why would I have not chosen *peppermint* and *lavender*?

Let’s move it over to the other side and show the attributes of *lavender*. Anticoagulant (and if you are dissolving a blood clot, is that not anticoagulated? If you were a scientist and you were looking for an answer, would it not make sense that you would look for something that was anti-inflammatory and anticoagulant if you were trying to thin the blood or trying to dissolve a blood clot?

So why would I choose two oils that had neither action? I will give you a scientific explanation as to why I choose those two. It’s called a “gut feeling.” There’s not a scientific explanation why I chose them. If I go and look at the chemistry it would tell me that *helichrysum* and *cistus* were not the two oils to use on a blood clot, because based on the chemistry it tells me it wouldn’t work. It was strictly an intuitive feeling. I hope that you are listening to what I am sharing with you, that not all things in science are applicable. Listen to your gut feeling and your intuition.

Science is really great for documenting and supporting, as we have been showing you for the last three days. It’s wonderful; it has a role to play in life, the same as medicine does. But don’t trade one off for the other. Find your balance and pay attention, and if you are not getting results with one oil, then switch to another oil. The answers are there.

Experiences with *Helichrysum*

If I had just used *helichrysum* alone (because I put *helichrysum* on for the pain), but it didn’t dissolve the blood clots, guess what? I would be here telling you that it helped reduce the pain, but it didn’t get rid of the blood clots. If I had used *peppermint* and *lavender*, it would not have dissolved the blood clots, but here is a little advantage that I had. A few years ago my son slammed his thumb in the car door and it split it and it was bleeding profusely. This was back in 1990. I had just received my first liter of *helichrysum* oil. It was sitting on the counter; I knew nothing about it, but I just grabbed it, opened it, put an eye dropper in, squeezed it, put it on his finger, and it coagulated the blood instantly. My gut feeling

was this: If it will coagulate blood, it will thin blood because oils are neutralizers.

***Cistus* Regenerates Tissue**

I watched *cistus* numerous times for myself on cuts that I have got from working with the horses or what-ever. You put *cistus* on and you literally can sit there and watch it regenerate the tissue. I have not (in all of the oils that we have) seen an oil that is more powerful in action for regenerating open tissue than *cistus* oil. It is absolutely remarkable!

When they examined my leg they thought it was broken. In fact when they took me in the hospital in the x-ray room, the doctor that saw me said, “Your leg’s broken.” The nurse that took me in said, “Your leg’s broken.” The radiologist put me up on a table and pulled up my pant leg and took an x-ray and said, “Your leg is broken” because it looked pretty bad, but the leg wasn’t broken.

However, all the blood vessels were broken and it was engorged with blood. During the surgery they put in a needle with a little tube and drained the blood off to relieve some of the pressure, but as soon as I knew that it wasn’t broken I knew that I had broken blood vessels, and *cistus* went to work.

Cistus and *heli-chrysum*, *cistus* and *peppermint*, *cistus* and *tansy*, *cistus* and *marjoram*, *cistus* and *lemongrass*—you just work with them and you watch the healing process begin and take place.

Seek for Direction

So much of what I leave with you at this time and at this conference is again: move in the space where you are clear. And how can you be the most clear? Being in grace—whatever that means to you—but being as clear as you can be and having that heart/spirit connection and then asking, and let the direction come to you of what to do.

There is not anyone in this room—Dr. Gill, myself—that is exempt from being in a space in a place from time to time where we have no answers. We didn’t come here with all the answers. That’s why we’re here—to gain them. That’s the best place to go to get them, to know where to go and what to use and what to do, and you will be directed, so experiment with them.

Some Favorite Oil Blends..

I’d like to close with one of my favorite blends, one of my 40+ favorite blends—*Highest Potential*. How many enjoy that? I wear *Highest Potential* as an aftershave, as a cologne, as a body

oil. I put it on my horses. It goes with me just like *Valor* does—*Valor* on the feet and *Highest Potential* from there up.

It is really interesting because last year at the World Jousting Tournament when I was competing after training for two weeks and jousting up against men that had been jousting for 20 years and placing third and second in the games, missing by one point in the skilled at arm games.

People were coming up and asking, “Gary, how did you do this?” I wore *Highest Potential* and I rubbed it on Goliath’s ears several times a day through the joust. Here’s a horse that had no more training than I did—it was his first time. Being in this Colosseum there in London in Ontario and the people screaming and cheering with flags and all the paraphernalia and the clashing of the armor and the shields and the banging—and boy, he just dialed right in and we came down that tilt full bore! *Highest Potential* was my edge and he loved it, too.

Creating *Highest Potential*

When I created *Highest Potential*—and you probably do this, too—for those that have it, do it and have fun with it! I asked myself, “What is it that I want? I want to increase my potential, I want to achieve my highest potential. That’s my goal.”

So I just write it down on a piece of paper, put it in front of me, and I just start reaching for the oils. I don’t open my eyes until I have all the oils pulled that I feel. Then I open my eyes and I write them down in order, and then I close my eyes and I go back to each oil and I see how many drops that is supposed to go with each oil. Now, that’s the scientific way of mixing blends!

Australian Blue happens to be a blend, and it contains primarily *blue cypress*. The *blue cypress* is being studied now in Australia for its ability for an anti-cancer agent and there are several clinics using the *blue cypress* now for that purpose in Australia. It remains to be seen where it is going to go in the future, but that’s one of its attributes at the present time. It’s a very beautiful oil for relaxing muscle; it’s a beautiful oil for improving circulation and improving lymphatic flow, and it’s a great antiseptic oil as well. It’s an oil that blends well with any other oil because it has such beautiful, calming ester and aldehyde properties and is very easy to blend with any oil.

So I took the *Australian Blue* because of just the feeling and I took *Gathering* (which is another

blend)and I used those two blends to put the single oils with, adding a little extra *blue cypress* and *Ylang Ylang*.

Why Ylang Ylang?

Why would I use *Ylang Ylang*? The reason I chose that (and a lot of my rational behind it) is simply to look at balancing eastern and western, kind of getting into what some people would call the Ayurvedic philosophies, perhaps. We know that *Ylang Ylang* is really supportive of hormones and it is even written in some books as being an aphrodisiac. I absolutely do not believe that oils are aphrodisiac; I believe that if your hormones are low, there are oils that will raise them. I know that. They bring you to balance.

Even over the five years that I have been working with Mary, I've never been successful in taking her hormones above a normal range yet, and she's adjusted more oils than anyone in this room combined.

When it comes to *clary sage*, I just know that I am going to wake up one of these mornings and there is going to be *clary sage* coming out of her ears! So it's been beautiful in that regard to watch that you cannot push the body with oils beyond where balance counts.

Other Oils in Highest Potential

Cedarwood. Now this is not the Cedar of Lebanon. *Cedar* in one country may carry a frequency from another country, but *cedar* is beautiful because it is antiseptic. *Cedar* has an very empowering, grounding feeling to the spirit and the soul. One of the things that I feel strongly about is that we have a purpose and a mission here on this earth, and we need to be anchored while we are going through that process.

There are times when you may feel like you just want to leave the planet. Well, I don't believe it's our choice to choose to leave—but I could be wrong, but that's my feeling. I really feel that *cedar* was important to me to anchor and ground that core of the body to earth while going through and achieving your highest potential.

Blue Tansy. *Tansy* was an oil used by the Roman soldiers. They used it to help relax them, but empower them to go into battle, and so it has a double combination. *White fir* for opening the respiratory tract to breathe in the breath of life. *Gathering* for pulling in information and holding

your focus to take you to your highest potential. *Lavender* for balancing. *Galbanum*. Do you know that the *balsam* tree was the Balm of Gilead? Many believe it was *galbanum*. The *galbanum* is very powerful for focusing the mind and some people refer to the pineal gland as the "third eye" or the "mind's eye," and so whatever it means to you, you call it in your language. It doesn't really matter, but that third eye or God's eye, your mind, or whatever is the gland that we communicate spiritually through, it has been said that *Galbanum* is very powerful for helping to keep that in focus.

So those are the oils that are chosen. *Frankincense* for opening the crown, the energy center, or in oriental language it's called the "crown chakra." Sometimes people get upset with these languages because they don't understand, but it's just the energy center of the crown and *frankincense* is really powerful for that. It brings gifts. That's its makeup, its custom. It's tradition is bearing gifts.

Geranium for balancing the endocrine system and the lymphatics, *sandalwood* for the DNA repair, *spruce* for empowering the breath of life, *rose* for raising the frequency, and *jasmine* for the beautiful fragrance of excitement, and just creating the overall balance of blend for fragrance. That's the *Highest Potential* all wrapped together to create the frequency for each and every one of you, to motivate you to know that you have a higher potential and that you have the divine right granted to you by your Creator to take you to your highest potential!

How Do You Use It?

How do you use it? Anyway you like. The same with all the oils. *Valor* on your feet in the morning when you get up, *White Angelica* on your shoulders before you go out the door. Why? Is not everything in life creation? It is frequency. Oils have frequency—it's been measured.

Have you ever seen a Kirilian photograph of essential oil? It is absolutely beautiful. When you put *White Angelica* on it increases your frequency to help your body resist the bombardment of outside negativity. Why? Because it was created with intent. Don't leave home without your *Highest Potential*. Don't leave home being out of balance.

Harmony. How many times do you feel frustrated or upset? Maybe it's because the solar plexus is out because of the Twinkie that you had. Put some *Harmony* on with *DiTone*.

Dr. Hill gave us a beautiful presentation on *Thieves*, and again I am going to close with this. All the wonderful oils, all the products in the world, all that *Young Living* has will not have near the value in giving you what you want if you defeat it by what you put in your mouth.

So as we talked yesterday about higher choices, look at the higher choices that you are choosing to make. Continue to write down a new choice every single day. Look and see if you are out of grace—if that means anything to you. Look at who you can forgive, who you need to forgive besides yourself.

Forgiveness oil—I created it for that very reason, not that you put it on and that just forgives you of everything. It's not that purpose. I gave it the name of *Forgiveness* so it would remind you to use it to help move you into a space to seek forgiveness.

One of the most powerful places is on the naval. Why? Because it goes into all the meridians of the body through the umbilicus and the nerves connected thereof. How many of you have put *Forgiveness* on and a few minutes later you feel the feeling of moving in that space?

Yes, again—intent because sometimes we get so caught up in life. Just utilize the oils that you have and share them, and the more that you use them, the more you move in that direction, the greater you are going to feel.

It's been a grand conference. We have enjoyed being with you. Again, thank you. Every year every conference gets better and better. It would not be right without thanking my precious sweetheart first and last. We love you! We will see you. Bye!

Moderator:

Thank you, Gary, and thank you for being with us on Training CD #80.

For additional Young Living authorized transcriptions, contact

**Joan H. Smith - 558 Montcliff Drive
Idaho Falls, ID 83401
(208) 522-4717 -Fax: 208-552-2390
E-mail: cjackandjoan@msn.com**

**KEY WORDS AND PHRASES USED IN YL TRAINING CD #80
INCLUDING REFERRAL PAGES**

<u>Word or Phrase</u>	<u>Page Number</u>		
		Exodus	1,4
		Jesus Christ	2
		John, Luke, Mark	1,4
		Scriptures	4
		Three wise men	2
		Blood clots, dangers of	5
		Dissolved 60% in one month	5
Anger	1-4		
Anointing	1-4		
Arabian people	2		
Ayurvedic philosophy	7		
Bible, Owner's/Operator's Manual	1-4		

Time for an Oil Change? Part Two

Medical protocol for	5
Blood vessels	7
BYU	4
Central nervous system	4
Chemistry in oils	4,6
Choices we make	8
Courmarins	5,6
Cowley, Kathy	3
Cumadin	5,6
Does not dissolve blood clots	6
Denial	3
Egyptian records	2
Essential oils	1,2,4,6-9
Aldehydes	4
Alpha pinene	4
Blends	4,7
Camphene	4
Chemistry of	4,6
<u>Word or Phrase</u>	<u>Page Number</u>
Esters	4
Eugenol	4
Frequency of	8
Phenols	4,5
Thymol	4
Faith and belief	1
Fear, self-pity, criticizing	1
Forgiveness	1,2,8
French Medical Textbook	4
Gill, Dr.	7
God (Father)	1-3,8
Goliath (Gary's horse)	7
Grace (being in that state)	1-3,7,8
Healing	3,4,7
Heart, insert filter into	5
Hebrew people	4
Highest potential	7,8
Hill, Dr. David	8
Hormone	7
Intuition (gut feeling)	6
Jack Daniels (whiskey)	2
Laser	5
Middle East	2
Pulmonary embolism	5
Radiologist at hospital	5,6
Research	3,5
Science/medicine	6
Stevens, Nicole	4
Strokes	5
Synergism	5
<u>Word or Phrase</u>	<u>Page Number</u>
Thrombosis	5,6
Topical Headings	1-9
Ask and You Shall Receive	1
A Testing Experience	3
Cassia, an Oil of Gladness	3

Chemical Compounds in Oils	4
Cistus Regenerates Tissue	6
Creating <i>Highest Potential</i>	7
Experiences with <i>Helichrysum</i>	6
Final Results	5
Following Doctor's Orders	5
Gary's Experience with Blood Cl	5
Gary Young - Read and reread	1
Find the Message for You	4
Have We Fallen from Grace?	1
How Do You Use It?	8
Individual Responses to Oils	4
Moderator	9
<i>Myrrh</i> Supports Immune System	2
No Abnormal Space with EO's	4
No Blood Clots	5
Other Oils in <i>Highest Potential</i>	8
Promises in the Bible	2
Seek for Direction	7
Some Favorite Oils Blends..	7
Take Your Life to a Higher Level	2
The "Scientific" Explanation	6
What Does Healing Mean?	3
Why <i>Ylang Ylang</i>	7
University of Utah	5
World Jousting Tournament	7
Young, Gary	1-9
Broken leg, not really broken	6
Experience with rising anger	3
Gary's injury and surgery	2,5-7
Rubbed oils topically	5
Took oils internally	5
Young, Jacob (4 years old)	4
Story of	4
Young, Mary	2,3,5,7,9
Young, older son - story of	6

YOUNG LIVING ESSENTIAL OILS AND PRODUCTS MENTIONED IN TRAINING CD #80

<u>Essential Oils or Products</u>	<u>Page Number</u>
<i>Aloes (Sandalwood)</i>	3
<i>Australian Blue</i>	7
<i>Balsam</i>	2,3
<u>Essential Oils or Products</u>	<u>Page Number</u>
<i>Berry Young Juice</i>	1
<i>Blue Cypress</i>	7
<i>Blue Tansy</i>	8
<i>Calamus</i>	3
<i>Cassia</i>	3
<i>Cedarwood</i>	8

Time for an Oil Change? Part Two

<i>Cinnamon</i>	3	<i>Peppermint</i>	4,6,7
<i>Cistus</i>	4-7	<i>Rose</i>	8
Regenerates tissue	6	<i>Sandalwood</i>	3,8
<i>Cistus and Helichrysum</i> combo	5-7	<i>Spruce</i>	8
Rubbed topically 6-7xday	5	<i>Stacte</i>	2
Used half and half 6xday	5	<i>Tansy</i>	7
<i>Clary Sage</i>	8	<i>Thieves</i>	8
<i>DiTone</i>	8	<i>Thyme</i>	4
<i>Eucalyptus</i>	4	<i>Valerian</i>	2
<i>Forgiveness</i>	8	<i>Valor</i>	2,4,7,8
<i>Frankincense</i>	2,3,8	<i>V-6</i>	2
<i>Galbanum</i>	2,8	<i>White Angelica</i>	8
<i>Gathering (in Highest Potential)</i>	7,8	<i>White fir</i>	8
<i>Geranium</i>	8	<i>Ylang Ylang</i>	7
<i>Highest Potential</i>	7,8		
How do you use it?	8		
Process of creating this oil	7,8		
<i>Myrrh</i>	2,3		
<i>Harmony</i>	8		
<i>Helichrysum</i>	5-7		
<i>Hyssop</i>	2		
<i>Jasmine</i>	8		
<i>Joy</i>	3		
<i>Lavender</i>	4,6-8		
<i>Lemongrass</i>	7		
<i>Marjoram</i>	7		
<i>Mountain savory</i>	4		
<i>Omycha</i>	2		
<i>Oregano</i>	4		
<i>Peace and Calming</i>	4		