

5 Elements, 5 Prayers, 5 Essential Oils

Rewiring The Brain, Gut, and Emotional Connection for PERMANENT HEALING

My Purpose

To give you solid tools to rewire your neurophysiology and subconscious mind towards achieving optimal brain-body-gut health and well-being for you and your clients.

3 Levels of Your Self

SuperConscious



I AM

Conscious



I Think

SubConscious



I Feel

“For as a woman (man)
thinketh in her heart... so
is she.”

Book of Proverbs 23: 7



The Wisdom of Carl Jung

"Until we become conscious of what is unconscious...
the outer world will rule our lives and we will call it
fate."

~Carl Jung

Illuminating our subconscious & unconscious minds
can make our whole journey towards achieving optimal
digestive health **easier** and more rewarding.

Hidden Emotions Preventing Healing In The Subconscious Mind of The GI Tract

<u>Primary Organ</u>	<u>Primary Blocked</u>
Emotion	
Stomach	>>> Disgust
Spleen	>>> Low-Self Esteem
Small Intestine	>>> Overwhelm
Large Intestine	>>> Feeling Stuck
Adrenals	>>> Apathy - Sadness
Liver	>>> Anger - Frustration

How To Transform Your Subconscious Mind... *Consciously!*

The subconscious mind, which is expressed through our amygdala, hypothalamus, brain and central nervous system is re-programmed and fully healed by:

REPETITION + DEEP FEELING + RHYTHM =
Transforming The Root Emotional Cause!

The Human BioField: Director of All Biological Systems In Your Body



You Live in a Field of Energy

The Study of our
Plasma Energy
Field will bring the
**GREATEST
ADVANCES** in
21st Century
Medicine.

*Google - Dr. Fritz Albert
Popp and Bio-Photons*

“We are still on the threshold of fully understanding the complex relationship between light and life, but we can now say emphatically, that the function of our entire metabolism is dependent on light.”



BioPhysicist - Dr. Fritz Albert Popp

Energy Medicine to POWERFULLY Upgrade Your Human BioField

Essential Oils

Gemstone Energy Medicine

Flower Remedies

Homeopathics (*passive*)

Hydrotherapy

Light Therapy (*passive*)

Emotional Freedom Technique
(Tapping Techniques - *active*)

Esoteric Acupuncture

Gemstone Acupuncture

Sacred Body Language
Translations

Dynamic Docees (*active*)

Why Heal & Repattern the Human BioField???

Every **chronic symptom or disease** in the GI tract is initiated in the neurological dissonance, subconscious blocks and/or emotional components within a person's BioField.

When you bring **coherence** to the BioField... you will bring coherence to the Brain, CNS, Enteric Nervous System and Subconscious Mind, thus creating long-lasting health and well-being.

Going Further - Molecules of Emotion

Dr. Candace Pert discovered how our entire neuro-endocrine system communicates through "neuropeptides" - *Look up: "Molecules of Emotion."*

“Your body is your subconscious mind. Our physical body can be changed by the emotions we experience.”

~ Dr. Candace Pert

Russian Biophysicist: Pjotr Garjajev



An innovative Russian team, led by biophysicist and molecular biologist Pjotr Garjajev, discovered that our DNA stores data like a computer's memory system.

Not only that, but our genetic code uses grammar rules and syntax in a way that closely **mirrors human language!**

They also found that even the structuring of DNA-alkaline pairs follows a regular grammar and has set rules. It appears that all human languages are simply verbalizations of our DNA.

Changing DNA with Words & Phrases

“Most astounding of all, Pjotr and his team discovered that living human DNA can be **changed and rearranged with spoken words and phrases**. The key to changing DNA with words and phrases is in using the **right frequency**. Through the application of modulated radio and light frequencies, the Russians were able to influence cellular metabolism and even remedy genetic defects in the DNA.”

Once More....

The team achieved incredible results using vibration and language. For instance, they successfully transmitted information patterns from one set of DNA to another. Eventually, they were even able to reprogram cells to another genome – they transformed frog embryos into salamander embryos without lifting a single scalpel or making one incision.

Proff. Fritz Albert Popps



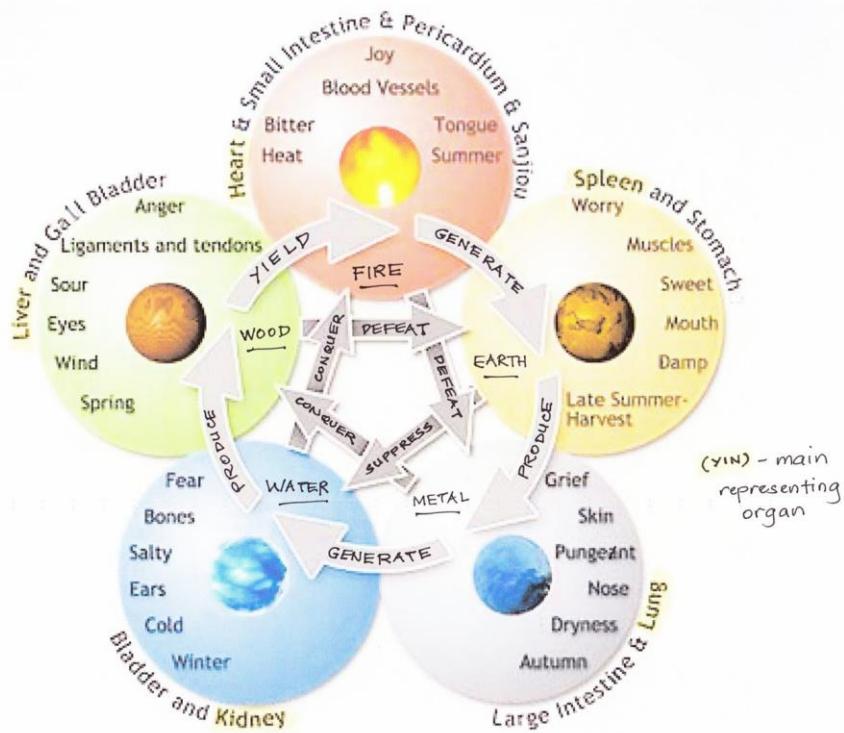
“We know today
that man,
essentially, is a
being of light.”

Changing DNA and Rewiring Your Subconscious with Conscious Language & The Power of the Spoken Word

I can't (<i>lymphatic</i>)	>>> I Can (<i>self-confidence</i>)
I won't (<i>gallbladder</i>)	>>> I Will (<i>forgiveness</i>)
Confusion (<i>heavy metals</i>)	>>> I AM Clear (<i>clarity</i>)
Numbness (<i>skin</i>)	>>> I Can Feel My Feelings
Anger/Blame (<i>thyroid</i>)	>>> I Now Author My Life
Judgement (<i>thyroid</i>)	>>> I See Perfection (<i>edify</i>)

Introducing Chinese 5 Element Theory and Emotional Alchemy of Your GI Tract

LINEAR - Left Brain Perspective

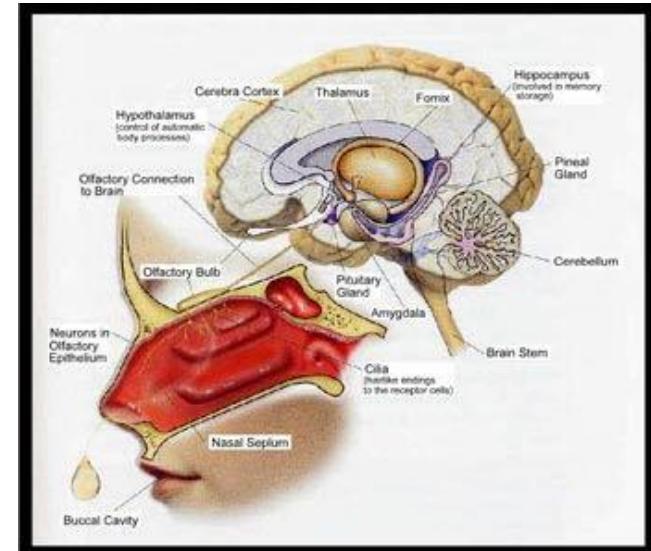


FLOW ~ Whole Brain Perspective

Smell (Breath) + Word (Conscious Mind)+ Feeling (Subconscious Mind) = **Healing**

Our Sense of Smell brings our most powerful emotional response of all the 5 senses!

Using Essential Oils can: balance the Hypothalamus, decrease sympathetic overide, and calm the Amygdala to DRIVE in the healing affirmations DEEPER into your Subconscious Mind. Breath essential oils daily using the following words of affirmation.



Repetition is the Mother of Perfection for Healing the Subconscious Mind



REPETITION + DEEP FEELING
+ RHYTHM =
*Transforming The Root Emotional
Cause!*



Earth: Spleen & Stomach

Low-Self Esteem, Worry, Distrust INTO High Self-Esteem, Self-Confidence, and Contentment

Spleen Energetic Blocks: I Can't, My life is a struggle, My Life is hard, It's hopeless, I don't care (apathy), I am Not worthy

Symptoms: Weakness In Arms & Legs, Varicose Veins, Bloating, Weak Digestion & Assimilation, Organs are Prolapsing, Lymphatic Congestion (being tired all the time, cold hands and feet)

EOs For Physical: Citrus Fresh, DiGize, EO Lymphatic Massage Oil after bathing

EOs For Emotional: Magnify Your Purpose, Believe, Live With Passion

Healing Affirmations: I Love my Self... I CAN Be Loved... I honor myself... I Know Who I AM... I AM Strong... I AM Clear... I Love Myself... I Deeply and Completely Love, Honor, and Accept Myself...

Spirit of Earth Element (Spleen)

Shen = **Spirit**, or the Mechanism of Change and Mystery of Sudden and Profound Transformation

Contentment

Self-Love

Self-Confidence

EOs: Live With Passion, Magnify Your Purpose

Metal: Lung & Large Intestine

Feeling Stuck, Grief, and Yearning INTO
Joy of New Life and Moving Forward w/Ease



Large Intestine Energetic Blocks: I feel stuck, I feel sad, I'm confused, This is hopeless, I don't know what to do, I can't let go... shallow breathing...

Symptoms: Constipation, Rashes, Overweight, Problems Letting Go, Chronic Mucous in Ear, Nose and Throat, Allergies

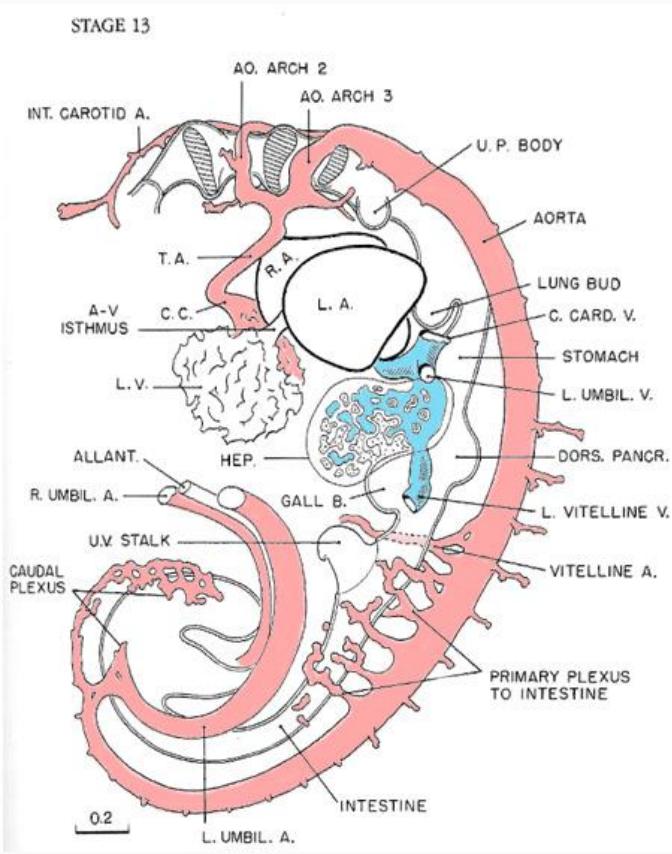
EOs Large Intestine: DiGize, JuvaFlex, Peppermint,

EOs Lung: RC, Raven, Clarity, Blue Spruce, Pine

Healing Affirmations: I Can Feel My Feelings... I Can LOVE What I Feel... I Let Go with Ease.... I let go... I Can Now Move Forward in My Life... I Value Myself... I Value Me!

Cleansing the Colon

Your Colon is neurologically connected to every major organ system in the body through early embryological development - every major organ buds off of the large intestine around week 5 of development.



Spirit of Metal Element (Lung)

Shen = Spirit

Self-Worth
&
Inspiration

EOs: Abundance, Live With Passion, Clarity



Water: Kidney & Bladder

Resentment, Bitterness, and Fear INTO
Forgiveness and Conscious, Empowered Partnerships

CL Blocks: Partnerships are hard, I
won't, Resentment, Bitterness

Chinese Medicine Blocks: Fear, Dread,
Impending Doom, Trauma - **Bladder:**
Paralyzed Will, Timid, Wishy-Washy

Symptoms: Lower Back Pain , Poor
Short-term Memory, Weak Knees or
Ankles, Balding, Teeth Problems, Weak
Bones

EOs For Physical: Juniper, Ocotea, GLF,
EndoFlex (adrenal)

EOs For Emotional: Release,
Forgiveness, Inner Child, Sara

Healing Affirmations: I Forgive... I Let
go... I Forgive Fully... I Love with All My
Heart... I Know Who I AM... I Now
Forgive with ALL MY HEART!

Spirit of Water Element (Kidney)

Shen = Spirit



Faith
Aligning With The Will
Of Heaven

EOs: Faith, Present Time, Awaken

Wood: Liver & Gallbladder

Anger, Aggression, Frustration INTO Forgiveness, Compassion, and Authoring Your Life



Liver Energetic Blocks: Anger, You did it to me, He did it to me, She did it to me, Blame, Frustration, Aggression

Symptoms: Rashes, Tension in Tendons, Vision Problems, Chronic Constipation, Acne, Waking up every night between 1pm & 3pm

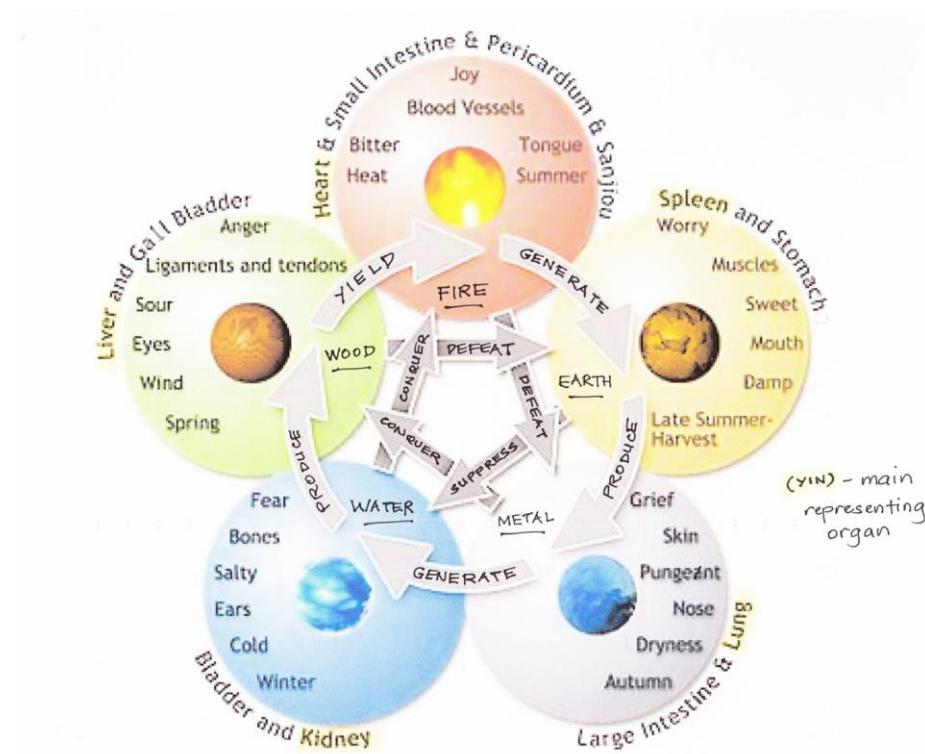
EOs For Physical: Peppermint, Lemon, JuvaFlex, GLF, JuvaCleanse

EOs For Emotional: Release, Forgiveness, Inner Child

Healing Affirmations: I Forgive: Who? and for What Specifically? How and In What Way? I Love and Honor Them... just the way they are... I NOW Forgive and Author My Life!

Water Generates Wood

Align With Your Faith and Develop Your Inner Vision



Spirit of Wood Element (Liver)

Shen = Spirit

Benevolence

Compassion

Spiritual Vision

EOs: Humility, Inspiration, Idaho Blue Spruce





Fire: Heart & Small Intestine

Feeling Lost, Confused, and Overwhelmed
INTO Security, Trust, and Living Your Life In Flow

Small Intestine Energetic Blocks: Lack of Enthusiasm, Mental Restlessness, Depression, Despair, Confusion from lack of discernment, Overwhelm,

Symptoms: Fungal Overgrowth, Leaky Gut, Constipation, Parasite Infection, Weak Liver, Chronic Shoulder Tension

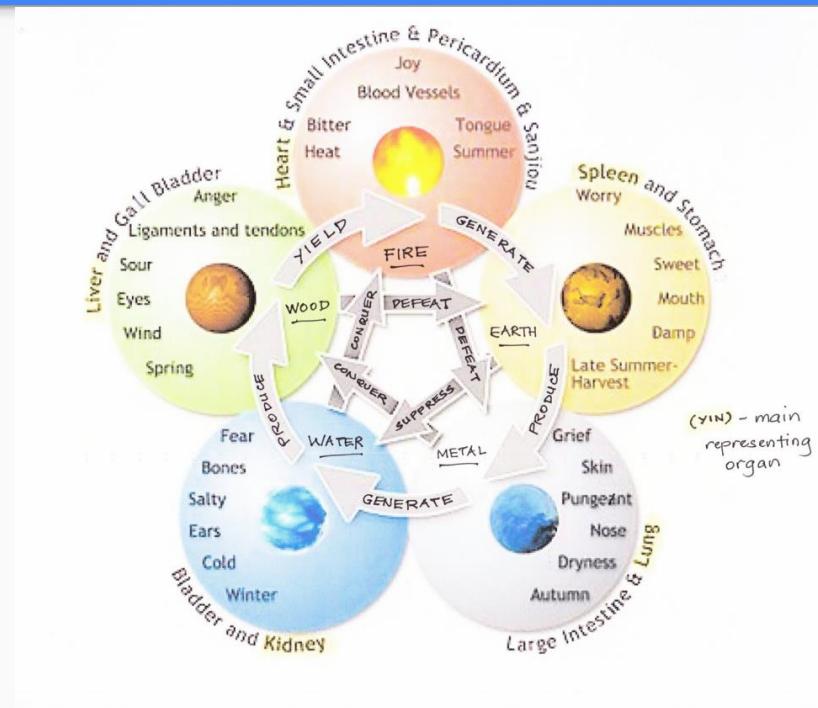
EOs For Physical S. Intestine: DiGize, Enteric Coated Digest & Cleanse, GLF

EOs For Emotional S. Intestine: Valor, Frankincense, Believe,

Healing Affirmations: I surrender to the flow of my life... I live my life in flow... My life is for me!!! I trust in myself... I live my life in flow :)

Wood Generates Fire

Empower All Your Relationships with Inner Vision



Spirit of Fire Element (Heart)

“Shen Resides in the Luminous Heart”

Joy

Purpose with Passion

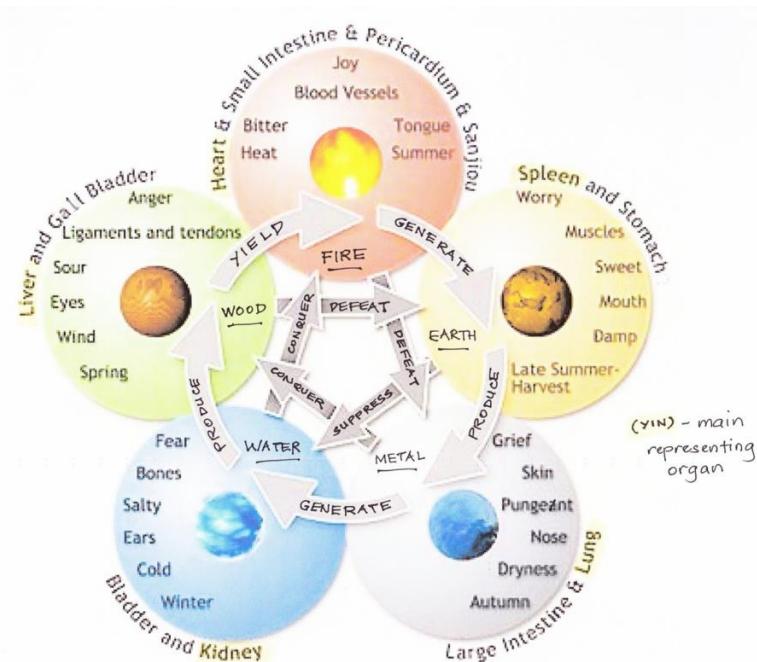
Empowered Relationships

EOs: Joy, Build Your Dream, Abundance



Truth is Simple... We Live in A Very Well Organized Universe

Study the 5 Elements and Understand Your Inner and Outer Universe



Come See Me At My Table for More Information on Essential Oils



Essential Oils for DEEP Healing of
Your GI Tract:

- Physically -
- Mentally -
- Emotionally -

**PLUS Free Protocols & Free Video
Training from Green Living at my
table!**