

# 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

## Primary Organ

## Emotion

Stomach

Spleen

Small Intestine

Large Intestine

Adrenals

Liver

## Primary Blocked

>>> Disgust

>>> Low-Self Esteem

>>> Overwhelm

>>> Feeling Stuck

>>> Apathy - Sadness

>>> 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 Decree (*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 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.”

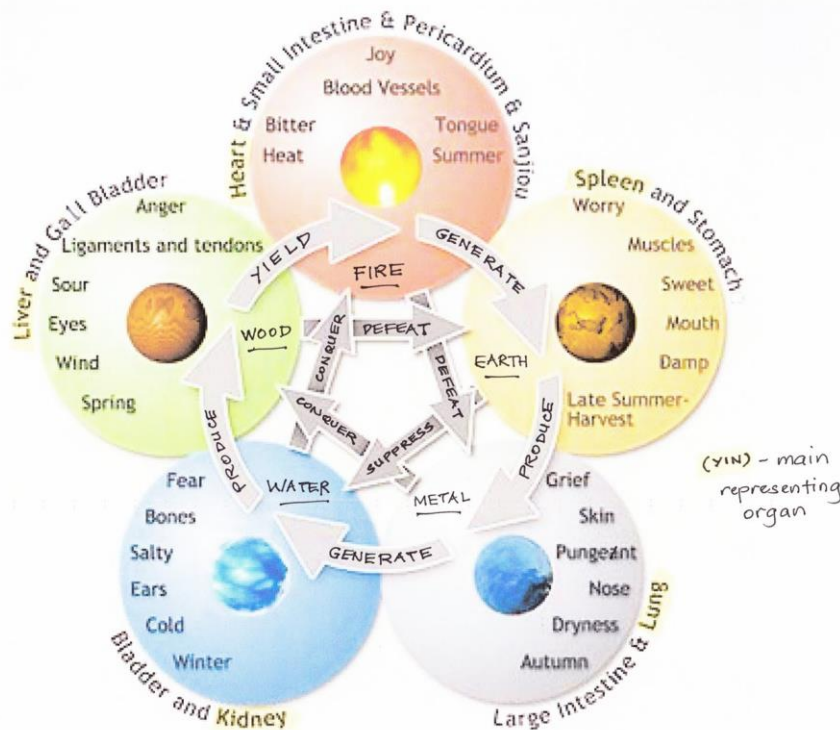
# Changing DNA and Rewiring Your Subconscious with Conscious Language & The Power of the Spoken Word

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

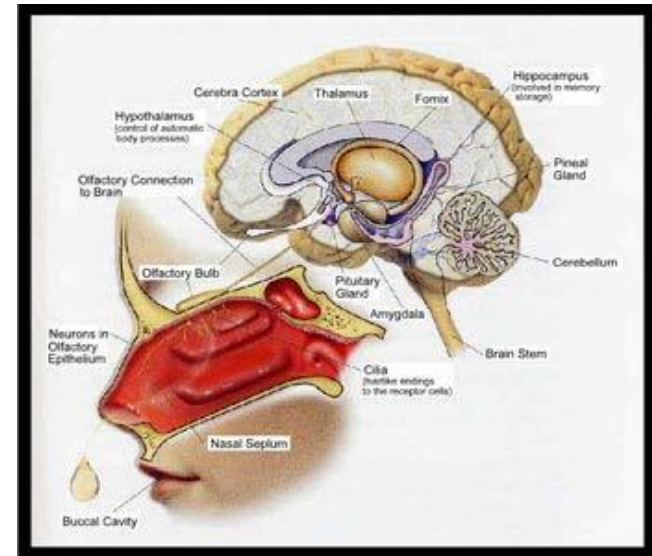
FLOW ~ Whole  
Brain Perspective



# 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 override, and calm the Amygdala to **DRIVE** in the healing affirmations **DEEPER** into your Subconscious Mind. Breathe 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

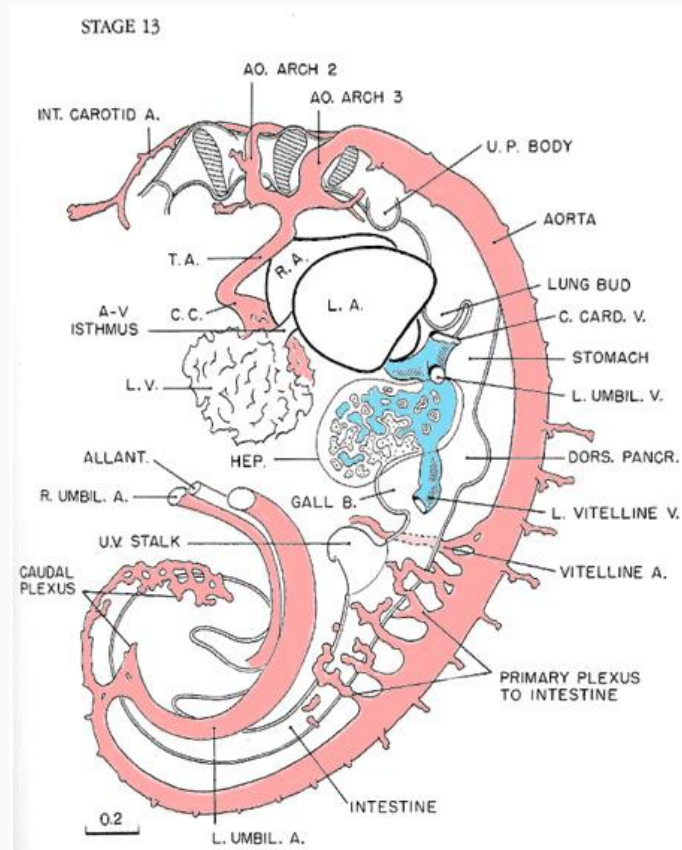
**EOs Large Intestine:** DiGize, JuvaFlex, Peppermint,

**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

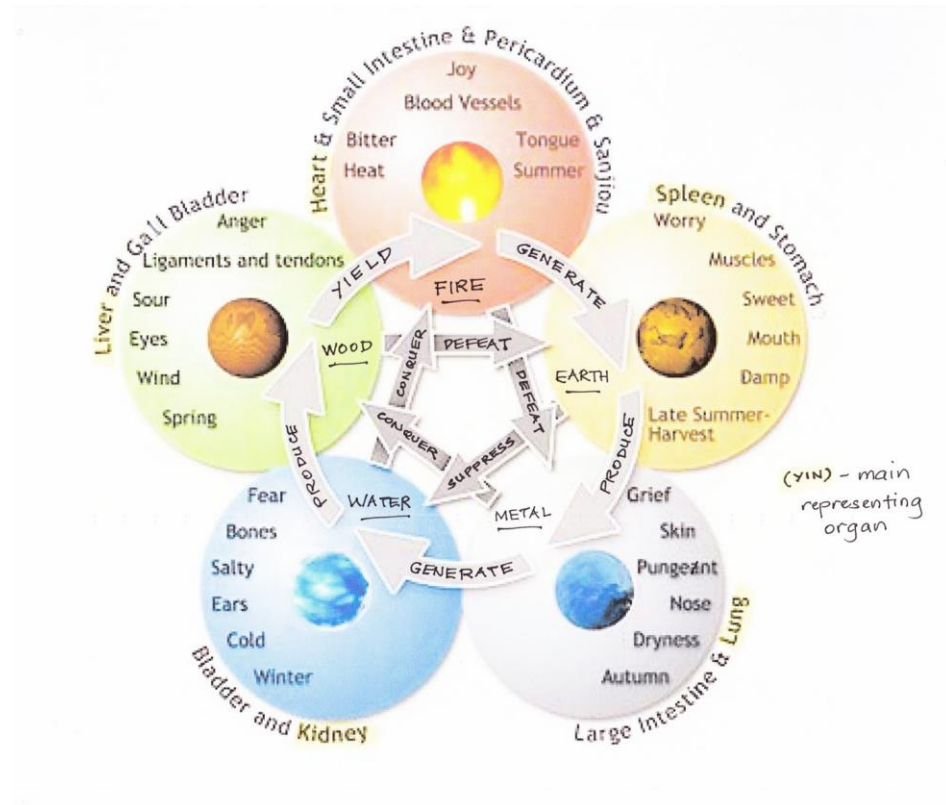
**EOs For Physical:** Peppermint, Lemon, JuvaFlex, GLF, JuvaCleanse

**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

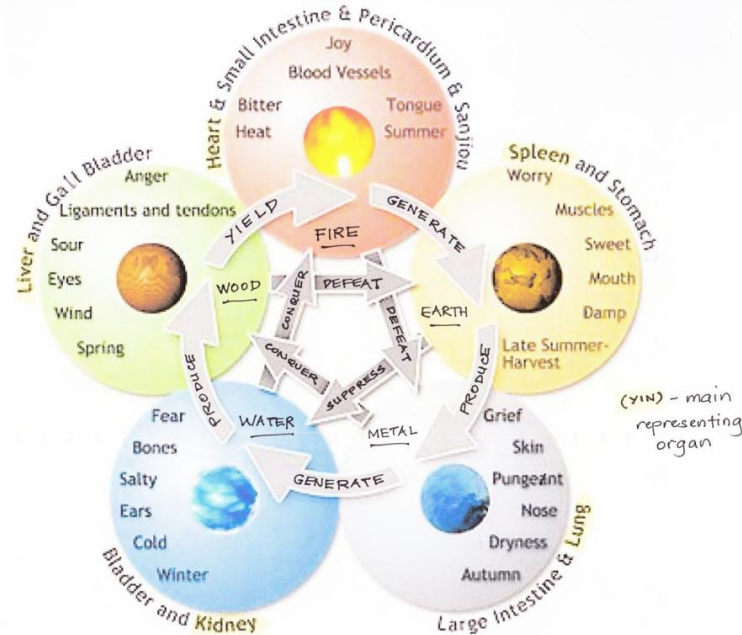
**EOs For Physical S. Intestine:** DiGize, Enteric Coated Digest & Cleanse, GLF

**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

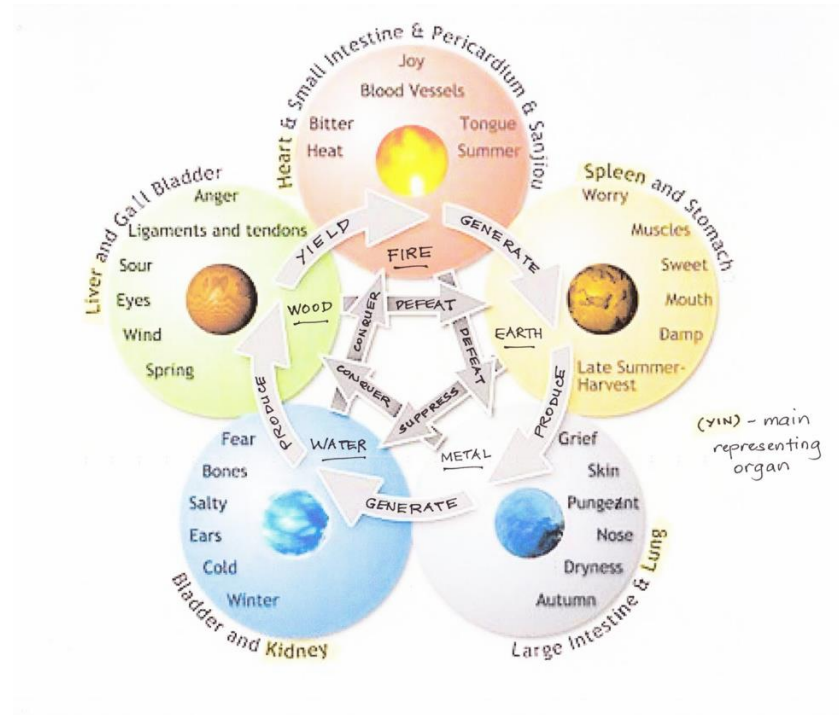
**EOs:** Joy, Build Your Dream, Abundance



# 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!