

ESSENTIAL
EMOTIONS

**BREAKTHROUGH
TRAINING**



September 14, 2022

PROCESS, RELEASE & LIVE FREE

AGENDA

12:00 PM	Proven Movement
	Intention & Overview
	Foundation
<i>PROCESS</i>	
	Prepare
	Group Experience
	Identify & Oil up
	Role Play
2:15 PM	Break
<i>RELEASE</i>	
	Look Deeper
	Role Play
	Group Takeaways
	Declare & Visualize
	Role Play
	Group Takeaways
3:35 PM	Process & Release Practice & Break
	Group Takeaways
<i>LIVE FREE</i>	
	Integrate
	Practice
	Integrate to Create
	Action Plan for You
	Express Gratitude
	Practice
	Shine
	Practice
	Next Steps
6:00 PM	Close

Intention: Create a space for your emotional breakthrough and inspire an emotional breakthrough movement.

Your intention: _____

Process → *Release* → *Live Free*

- Prepare
- Identify
- Oil Up

- Look Deeper
- Receive
- Forgive

- Integrate
- Express Gratitude
- Shine

Emotional Breakthrough Worksheet

Which of these are you noticing most?

1 PROCESS



What oil(s) do you feel drawn to? Repelled by?



What emotion(s) are coming up for you?



What physical issue(s) are you experiencing? Where are you holding tension?

Look Up what you're noticing in the *Essential Emotions* book or app.

◆ **Oil Up:** Choose the oil(s) that resonate most for you. Apply under nose, over heart, to pulse points, temples, or back of neck and inhale deeply.

oil

oil

2 RELEASE

⇓ **Look Deeper:** What stands out from the Look Deeper questions in the Emotions Guide of Book or App?

↩ **Declare:** Write the declaration(s) listed:

⊙ **Visualize:** Write the visualization(s) listed:

3 LIVE FREE

Integrate: How will you nourish this new awareness?

(i.e. apply oil, rest, hydrate, bathe, journal, dance, stretch, music, time in nature, meditate)

How will you move into action with this new awareness? What is your next step?

(i.e. reach out for help, realign priorities, establish boundaries, reconcile with others, release self-judgment, practice self-compassion)

What could get in the way? (i.e. others' opinions/judgments, discouragement, distractions, old patterns)

Express Gratitude: What is the greatest gift you've received from this experience?

Remember: Healing is a journey. You can always return to this process whenever needed. Know that you are divinely supported. Trust that the power is within you to transform into who you are meant to be!

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META PWR™

Body Acceptance

MetaPWR™ addresses the underlying emotional patterns which contribute to one's body size, shape, and self-perception. This blend seeks to return individuals to emotional regulation and physical homeostasis. Individuals in need of MetaPWR™ may have repeatedly set strict standards for themselves in diet or weight-loss programs. They believe that by controlling their bodies they can force their desired result. Instead, their punitive withholding often results in backlash from the body as it desperately seeks to survive. The craving for certain foods can become excessive, resulting in dramatic swings in diet, weight, and mood. This usually leads to discouragement and feeling out of control as individuals berate themselves with criticism or self-hatred. MetaPWR™ can support individuals in releasing the heavy emotions and self-blame which contribute to physical and emotional pounds.

Alternatively, individuals may be trapped in cycles of perpetually withholding nourishment because of a distorted self-image, resulting in physical and emotional deprivation. This blend can help them return to loving, nurturing, and honoring their body and treating it with the respect it deserves. It also supports them in discovering feelings of self-worth that aren't skewed by perfectionism or outside approval.

As individuals learn to accept their body as it is, the body can more easily move toward its ideal expression. MetaPWR™ encourages individuals to rise above self-judgment by embracing the body's natural beauty and inherent value, regardless of weight, shape, or appearance.

SUGGESTED USES:

Aromatic: Inhale from bottle or diffuse.

Topical: Dilute 1-3 drops with carrier oil and apply anywhere the body needs additional love and approval.

Internal: Take 1-2 drops under the tongue, in a capsule, or in water.

INGREDIENTS: Grapefruit, Lemon, Peppermint, Ginger, Cinnamon

NEGATIVE EMOTIONS: Self-criticism, worthless, disgust or hate for physical appearance, strict, self-judgment, body shame.

POSITIVE PROPERTIES: Worthy, self-acceptance, confident, embracing the body's individual beauty

Quick Reference Guide

OIL	OIL OF	EMOTIONS ADDRESSED
Abode	Accountability	Accountable, Self-aware, Progressing, Realigned
Adaptiv™	Adaptability	Reassured, Self-acceptance, Trusting, Upheld
Air-X	Discerning	Discerning, Clarifying, Realigned, Attuned
Align	Centering	Centered, Aligned, Integrity, Loving
Amāvī®	Balanced Masculine Energy	Stable, Strong, Aware, Balanced Masculinity
Anchor	Steadying	Present, Supported, Clear, Courageous
Arborvitae	Divine Grace	Peaceful, Trusting, Relaxed, Surrender
Arise	Enlightening	Intuitive, Joyful, Enthusiastic, Actualized
AromaTouch®	Relaxation	Relaxed, Balanced, Flexible, Comforted
Balance®	Grounding	Grounded, Stable, Committed, Persevering
Basil	Renewal	Energized, Renewed, Strengthened, Rested
Beautiful	Self- Respect	Confident, Capable, Loved, Worthy
Bergamot	Self- Acceptance	Self-Acceptance, Optimistic, Confident, Hopeful
Bergamot Mint	Revived Heart	Uplifted, Hopeful, Loving, Open
Birch	Support	Resolute, Strengthened, Grounded, Receptive
Black Pepper	Unmasking	Authentic, Motivated, Self-aware, Integrity
Black Spruce	Stability	Stable, Resolute, Grounded, Balanced
Blue Tansy	Inspired Action	Inspired, Committed, Responsible, Purposeful
Brave™	Courage	Courageous, Respectful, Worthy, Resolute
Breathe®	Breath	Loved, Healing, Trusting, Open
Calmer®	Restful	Calm, Surrender, Reassured, Peaceful
Cardamom	Objectivity	Self-control, Respectful, Tolerant, Patient
Cassia	Self-Assurance	Courageous, Self-assured, Unashamed, Authentic
Cedarwood	Community	Connected, Belonging, Supported, Acceptance
Celery Seed	Detoxing	Restored, Cleansed, Well, Aligned
Cheer®	Cheerfulness	Hopeful, Uplifted, Determined, Restored
Cilantro	Releasing Control	Purifying, Liberated, Non-attachment, Releasing
Cinnamon	Sexual Harmony	Intimate, Secure, Healthy Sexuality, Body Acceptance
Citronella	Averting	Conscious, Choosing, Discerning, Forgiving,
Citrus Bliss®	Creativity	Invigorated, Creative, Motivated, Spontaneous
Citrus Bloom	New Beginnings	Metamorphosis, Adventurous, Excited, Optimistic
ClaryCalm®	Vulnerability	Receptive, Empathetic, Nurtured, Bonded
Clary Sage	Clarity & Vision	Spiritually clear, Intuitive, Open-minded, Discerning
Clove	Boundaries	Empowered, Clear boundaries, Independent, Assertive
Console®	Consolation	Comforted, Whole, Healing, Upheld
Copaiba	Unveiling	Worthy of love, Forgiven, Redefined, Purposeful
Coriander	Integrity	Authentic, Integrity, Unique, True to Self
Cypress	Motion & Flow	Flexible, Flowing, Trusting, Adaptable
Davana	Uninhibited Flow	Creative, passionate, Sensual, Flowing
DDR Prime®	Transformation	Transitioning, Vitality, Transforming, Belief
Deep Blue®	Surrendering Pain	Strengthened, Acceptance, Comforted, Healing

OIL	OIL OF	EMOTIONS ADDRESSED
DigestZen®	Assimilation	Present, Nourished, Enthusiastic, Engaged
Dill	Learning	Engaged, Motivated, Integrated, Mental Clarity
Douglas Fir	Generational Wisdom	Generational healing, Inherited Wisdom, Respectful, Bonding
Elevation™	Joy	Joyful, Optimistic, Carefree, Elevated
Eucalyptus	Wellness	Protected, Able to heal, Whole, Liberated
Fennel	Responsibility	Proactive, Attuned to Body, Accountable
Forgive®	Forgiving	Forgiving, Loving, Tolerant, Empathetic
Frankincense	Truth	Aligned, Enlightened, Discerning, Spiritually Connected
Geranium	Love & Trust	Empathetic, Forgiving, Gentle, Loving
Ginger	Empowerment	Empowered, Committed, Capable, Purposeful
Grapefruit	Honoring the Body	Body acceptance, Self-care, Gratitude, Nourished
Green Mandarin	Pure Potential	Excited, Hopeful, Fearless, Childlike
Harvest Spice®	Belonging	Connected, Centered Giving, Present, Grateful
HD Clear®	Accepting Imperfections	Self-acceptance, Worthy, Forgiving, Expressing
Helichrysum	For Pain	Healing, Courageous, Hopeful, Transforming
Hinoki	Natural Harmony	Sacred Calm, Relaxed, Respectful, Fluid
Holiday Joy®	Centered Celebration	Warm, Connected, Balanced, Celebrating
Holiday Peace®	Contemplation	Forgiving, Peaceful, Calm, Generational healing
Hope®	Overcoming	Courageous, Self-acceptance, Believing, Rebirth
Hygge	Sanctuary	Content, Sheltered, Sharing, Grateful
Immortelle®	Spiritual Insight	Grateful, Hopeful, Divine Grace, Spiritually transformed,
InTune®	Presence	Focused, Calm, Grounded, Present
Island Mint®	Respite	Relaxed, Reinvigorated, Enthusiastic, Optimistic
Jasmine	Sexual Purity & Balance	Healthy sexuality, Pure intentions, Intimate, Respectful
Juniper Berry	Night	Protected, Dreaming, Courageous, Secure
Kumquat	Authentic Presence	Authentic, Honest, Sincere, Aligned
Laurel Leaf	Triumph	Confident, Believing, Overcoming, Victorious
Lavender	Communication & Calm	Calm, honest, aware, Self-expression
Lemon	Focus	Energized, Happy, Reasoning, Committed
Lemon Eucalyptus	Protected Space	Secure, Protected, Self-contained, Resolute
Lemon Myrtle	Clarifying	Mental Clarity, Calm, Intentional, Rational
Lemongrass	Cleansing	Spiritual Clarity, Non-attachment, Discerning, Releasing
Lime	Zest for Life	Courageous, Revitalized, Determined, Grateful
Litsea	Manifestation	Inspired, Intuitive, Pioneering, Aligned
Magnolia	Compassion	Interconnected, Empathetic, thoughtful, kind
Manuka	Being Upheld	Loved, Cared for, Known, Healed
Marjoram	Connection	Warm, Open, Loving, Trusting
Melissa	Light	Enlightened, Enthusiastic, Liberated, Optimistic
MetaPWR	Body Acceptance	Worthy, Self-acceptance, Confident, beautiful
Midnight Forest	Nature's Rhythm	Grounded, Restored, Attuned, Peaceful Coexistence
Motivate®	Motivation	Encouraged, Hopeful, Energized, Confident
Myrrh	Mother Earth	Bonding, Nurtured, Loved, Safe
Neroli	Shared Purpose & Partnership	Patient, Empathetic, Cooperative, Intimate
Niaouli	Perceived Threat	Emotional Clarity, Rational, Humble, Considerate
Northern Escape	Stable Transitions	Stable, Adapting, Enduring, Accepting

OIL	OIL OF	EMOTIONS ADDRESSED
On Guard®	Protection	Boundaries, Protected, Capable, Reinforced
Oregano	Humanity & Non-Attachment	Humble, Non-attachment, Teachable, Flexible
Passion®	Finding Your Passion	Passionate, Inspired, Spontaneous, Creative
PastTense®	Relief	Calm, Relaxed, Relieved, Grateful
Patchouli	Physicality	Grounded, Moderation, Body acceptance, Strength
Peace®	Reassurance	Serene, Content, Trusting, Spiritually Connected
Peppermint	A Buoyant Heart	Mental Clarity, Buoyant, Optimistic, Relieved
Petitgrain	Ancestry	Chain-breaking, Pioneering, Preserving Traditions, Generational Healing
Pink Pepper	Intrinsic Equality	Non-judgmental, Self-accepting, Kind, Merciful
Purify	Purification	Cleansed, Unencumbered, Releasing Toxicity
Ravintsara	Expansion	Open, Receptive, Clear, Flowing
Red Mandarin	Childlike Perspective	Sweetness, Innocence, Perspective, Simplicity
Rescuer™	Soothing	Resilient, Comforted, Capable, Courageous
Roman Chamomile	Spiritual Purpose	Purposeful, Peaceful, Fulfilled, Spiritually Connected
Rose	Divine Love	Love, Compassion, Healing, Acceptance
Rosemary	Knowledge & Transition	Mental Clarity, Teachable, Adjusting, Inspired
Sandalwood	Sacred Devotion	Spiritually Connected, Believing, Still, Surrender
Serenity®	Tranquility	Peaceful, Relaxed, Compassionate, Connected
Siberian Fir	Aging & Perspective	Wisdom, Comfort, Forgiving, Honest
Spearmint	Confident Speech	Confident, Articulate, Expressive, Courageous
Spikenard	Gratitude	Grateful, Acceptance, Content, Abundant
Steady™	Grounding	Centered, Stable, Reassured, Strengthened
Stronger™	Protective	Strengthened, Protected, Independent, Secure
Sunny Citrus	Enjoyment	Childlike, Carefree, Spontaneous, Humor
Tamer™	Integration	Assimilating, Clear, Aligned, Honest
Tangerine	Spontaneity	Creative, Lighthearted, Spontaneous, Optimistic
Tea Tree	Energetic Boundaries	Safe, Protected, Empowered, Resilient
TerraShield®	Shielding	Brave, Self-contained, Self-assured, Safe
Thinker™	Focus	Calm, Attentive, Engaged, Clear-minded
Thyme	Releasing & Forgiving	Forgiving, Patient, Understanding, Openhearted
Tulsi	Spiritual Integration	Integrated, Alive, Flowing Energetically, Healed
Turmeric	Restoration	Faith, Resilient, Restored, Trusting
Vanilla	Unfolding	Desire, Synchronicity, Possibility, Wonder
Vetiver	Centering & Descent	Self-discovery, Centered, Grounded, Present
Whisper®	Femininity	Acceptance, Healing, Softening, Connected to Divine Mother
Wild Orange	Abundance	Abundance, Playful, Generosity, Joyful
Wintergreen	Surrender	Surrender, Grace, Letting go, Strengthened
Yarrow Pom	Energetic Safety	Discerning, Safe, Supported, Peaceful
Ylang Ylang	The Inner Child	Tenderhearted, Childlike, Innocent, Emotionally Connected
Zendocrine®	Vitality & Transition	Open, Adjusting, Revitalized, Releasing

ESSENTIAL EMOTIONS

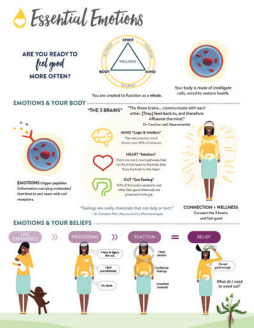
Resources

Intro Tools



Feelings Guide

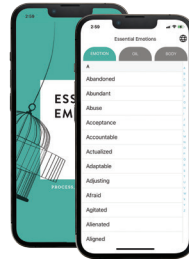
Core Content



Class Handout



Book



App

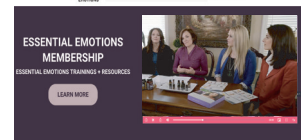
Ongoing Support



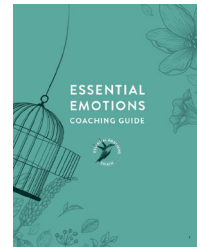
Breakthrough Worksheet



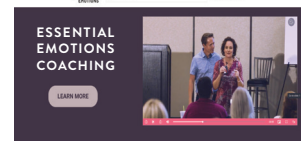
FB Group & Lives



Trainings & Courses



Coaching Guide



Certifications



Wheel



Cards

Watch a video on how to use these resources:



Become an Essential Emotions Coach

Help others Process, Release, & Live Free

As an Essential Emotions Coach you receive:

- The validity behind a proven system & tools that has supported individuals and families in 14 languages & 11 countries for over a decade.
- The Essential Emotions Coaching Kit which includes:
 - The Coaching Guide (50+ years combined experience from masterful coaches)
 - Emotions Breakthrough Worksheets
 - Waterproof Coach's Pouch for your coaching materials
- Ongoing support through the Essential Emotions Coach FB Group & Community
- Specialized Training from master breakthrough coaches
- Be listed as a Coach on the Essential Emotions Coaching Directory
- Personal link for 10% discount on all Essential Emotions tools at www.essentialemotions.com
- PLUS receive a 10% Affiliate pay out

BECOME AN ESSENTIAL EMOTIONS COACH TODAY FOR \$149!!!



To be whole
is to make space
for the whole range
of human emotion.

- DANIELLE LAPORTE -

Live Free