



## **Emotional Support with Young Living Essential Oils** **With special focus on the 'Feelings Kit'**

Essential oils are the lifeblood of the plant, and contain complex constituents which cleanse, protect, oxygenate, nourish and offer many therapeutic benefits. Essential oils are 50 times more potent than herbs because their lipid structure allows them to penetrate the body's cells rapidly and effectively, promoting healing by transporting oxygen and other vital nutrients to the body. Essential oils can play an important role in supporting our emotions and releasing feelings that are not beneficial to us. We all experience a wide range of feelings including happiness, joy, anger, sadness, hurt, fear, to name a few. And, there will be times for each of us when we may be unsure about how to take care of ourselves around certain feelings.

In this presentation, Arlene Anisman will talk about feelings, something that we all acknowledge. There is more focus now on psychological and emotional conditions than at any time in our history. According to Gary Young, founder of Young Living Essential Oils, 99% of our life's decisions are made from feelings. Therefore, it makes sense that if we want our lives to be guided by good decisions that lead to health, happiness and fulfillment, we need to be aware of our present feelings and learn how to release any feelings that may be interfering from our past.

The '**Feelings Kit**' contains 6 essential oil blends made by **Young Living Essential Oils**. These include 'Valor', 'Harmony', 'Inner Child', 'Release', 'Forgiveness' and 'Present Time'. There are many other Young Living essential oils, both single oils and blends that also can support our emotional balance and wellbeing. Guest speaker Arlene Anisman will present information about each oil/oil blend, how to use it, and answer any specific questions relating to these oils. You will leave this presentation with a greater understanding of how to incorporate essential oils into your daily routine for emotional self care.

**Arlene Anisman** is a Certified Clinical Aromatherapist and a Psychotherapist. She has been in private practice for over 30 years. Join Arlene as she shares her wealth of knowledge on the many uses of therapeutic grade essential oils in the home and in clinical practice.

**Date:** Sunday, March 27, 2011  
**Time:** 1:30 pm. - 3:30 pm Registration starts at 1:15pm  
**Location:** The Rising Sun, 10330 Yonge St., Richmond Hill  
(on west side of Yonge 3 blocks north of Major Mackenzie)  
**Cost:** \$20 (handouts provided)  
**RSVP:** Angela Shim [angela@vibrantbalance.com](mailto:angela@vibrantbalance.com) 416.723.7324

Registration and payment in advance, in person at The Rising Sun, or phone to RSVP.  
Registration at the door as space allows. \*\*Session will be videotaped\*\*