

TEACHING GUIDE for the ESSENTIAL EMOTIONS CLASS

(Coinciding with the EE Class PowerPoint as well as the EE Class Handout)

- **What your class members will need:** Pen or pencil, Pitcher of ice water, disposable cups, Essential Emotions Class Handout: <https://essentialemotions.com/essential-emotions-class-handout/> (optional, but highly recommended)
 - **What you (the instructor) will need:** This Teaching Guide, Essential Emotions book, Diffuser, Wild Orange oil, Balance oil, Peppermint oil, Breathe oil, OnGuard oil, and 2-3 Emotional Aromatherapy blends (*Motivate, Cheer, Peace, Console, Forgive, Passion*)
-

Slide 1:




Welcome! I acknowledge you for being here, and for choosing to learn more about supporting your emotional health.

Give a brief background on why this topic interests you

ARE YOU READY TO
feel good
MORE OFTEN?

“Feeling good” -*wellbeing*- is what we are all seeking...subconsciously or consciously.

Slide 2:

In this  ESSENTIAL class, you will learn:

- ❖ The science behind emotion & essential oils
- ❖ Tools & habits for healthy body chemistry
- ❖ **Practical** emotional wellness steps you can take *NOW*

My intention is that you will learn something new about essential oils and emotions, and that you will leave this class feeling empowered to take your health to the next level. Essential oils are an incredibly effective emotional regulation tool.

Slide 3:

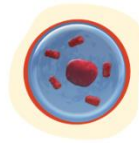
You are created to function as a whole.



Spirit, mind & body are inseparably connected, communicating at a cellular level.

Slide 4:

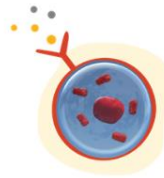
Your body is made up of intelligent cells,
wired to restore health.



Your body is brilliant in its design and seeks to be balanced and whole. To learn the authentic language of your body, it's important to understand what emotions are and what they are communicating.

Slide 5:

EMOTIONS are information-carrying molecules that:
1) Bind to -and react with- cell receptors
2) Get into cells 3) Impact cell function & behavior.



Emotions, in their smallest and most basic form, are chemical molecules. In this image, the cell is receiving these molecules on one of its **receptors**. There can be up to a million receptors on the surface of a cell (*this receptor is greatly enlarged for illustrative effect*). **Receptors** are molecules that function as senses or scanners, much like our eyes and ears. These receptors gather in a cluster at the surface of a cell, waiting for a chemical to attach a message. This new information is received inside the cell - impacting your energy level, your behavior, and your mood.

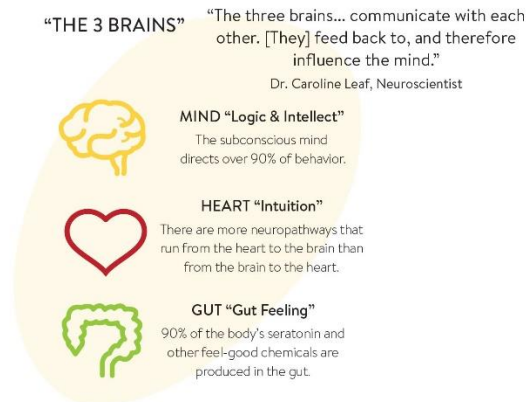
Dr. Candace Pert's pioneering work, *Molecules of Emotion*, along with other advancing research in mind-body medicine, substantiates this model.

Slide 6:

Emotions are processed
throughout the body.

Because emotions are chemicals, they are not limited to the mind. Emotions are stored in every area of the body and flow throughout all our biological systems.

Slide 7:



Science reveals there are complex neural-processing functions in the mind, heart, and gut. These "**3 brains**" are neural networks with independent memory and intelligence. This means you can actually process feelings in each of these brains.

The **mind** is like a conductor, directing the body to feel emotionally and behave physically. The **heart** discerns the messages our brain receives. The **gut** responds accordingly, distributing health or toxicity to the rest of our body.

Slide 8:



CONNECTION = WELLNESS
Connect the 3 brains
and feel good

When your 3 brains are *communicating*, they are connected to each other. And when your centers are *connected*, you generally feel good.

Slide 9:



Emotions & Your Beliefs

We form beliefs based on our emotions' chemical “wiring and firing” processes. This happens on a subconscious level. Let me walk you through how it works:

Slide 10:

Your “3 Brains”
instinctively
process every life experience.



Have any of you ever felt like the woman in this picture? Life’s demands can feel overwhelming! At any given moment, there is an immediate “recording” -within our subconscious mind-body -of what is happening within and around us.

Slide 11:



Here is where **perception** comes in. Our subconscious constantly seeks to make sense of our environment. In this image, you can see how each “brain” sends its own message. The **mind** might think, “I have to figure this out” (*it’s my responsibility after all, right?*) The **heart** may intuit, “I feel overwhelmed” (*maybe I’m holding too much?*). The **gut** reinforces, “I’m stuck” (*I don’t know what to do*). The stress and resistance we feel to what is happening is largely influenced by the past conditioning and programming we’ve internalized about life and ourselves. Our **perception** of what is happening within and around us affects our ability to respond.

Slide 12:



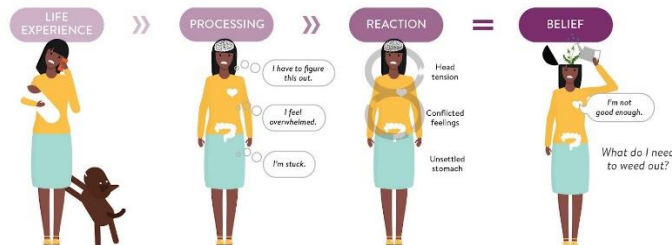
A **biochemical reaction** then occurs, based on our perceptions. One may feel conflicted, confused, even notice an unsettled stomach or heart ache. These uncomfortable physical reactions are the consequence of conflicting messages, which disrupt internal balance. This can result in disconnection and “dis-ease.”

Slide 13:



When we think and feel something simultaneously, a **new belief** is created. In this example, she now concludes, “I’m not good enough.” We are always reinforcing old beliefs or planting new ones. Nurturing a belief produces some kind of “fruit.” A question to ask yourself as you process emotionally is, “Am I cultivating a *seed* or a *weed*?”

Slide 14:



Here is the chain of emotional events: A life **Experience** prompts internal **Processing** & perception, leading to a biochemical **Reaction**...that produces a new **Belief**.

Slide 15:



To have optimal health and feel good, there are beliefs and emotional patterns that need to be weeded out. What is one “weed” you want to remove from your mind/body? It might be a negative thought, relationship, or substance. For instance, I may have the thought pattern, “I’m overwhelmed. I feel stressed.”

Slide 16:

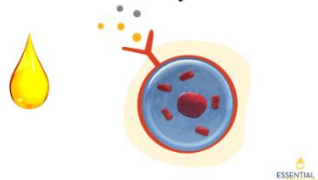


Essential Oils Support **Healthy Emotions**

Essential oils are pure, potent, and powerful. Let’s talk about how essential oils work on the biochemical level to support healthy emotional expression:

Slide 17:

Emotions & Essential Oils
interact **chemically**.



Because both emotions and essential oils are chemically based, a powerful reaction occurs as they make contact. Essential oils are very *chemically complex*, which is why each oil has multiple uses and applications.

Slide 18:

- Anchor in healthy biochemistry
- Support healthy cellular function
- Promote physical *and* emotional detox



Slide 18:(continued)



(Wild Orange pictured)

Oils anchor in healthy biochemistry.

Hold up Wild Orange oil

I'm going to pass this Wild Orange around. Take a moment and really inhale its wonderful aroma. Wild Orange invites connection and stimulates energy. Citrus oils like Wild Orange are great at lifting mood & promoting toxic release.

You may wish to put a drop or two of Wild Orange in your water for a refreshing drink.

Hand out cups and pour water into them

Pass Wild Orange around

Due to their chemical complexity, essential oils promote emotional *and* physical *detox*.

- Oils help remove conflicting cellular messages and encourage cellular *restoration*.
- Oils support the receptor sites on the surface of our cells - reviving and enhancing them. *This is one of the reasons pure essential oils do not carry side effects!*
- Oils' molecules go into the cell efficiently, after binding to the receptors on the cell's surface. This process enhances cellular function.
- Essential oils are able to restore and maintain the state a cell is *naturally and intelligently* designed to embody!

Slide 19:



These oil sacs sitting on the surface of the peppermint leaf (*in the magnified photo*) are the volatile *life-force* of the plant. Essential oils course through the plant as its “life blood” - helping the plant defend, nourish, and repair itself. Essential oils have a similar function in the plant as blood has to the human body.

Slide 20:

DID YOU KNOW?

1 single drop of oil = 40 million trillion molecules
These chemical compounds service every cell of the body in a matter of minutes.



One of the reasons essential oil molecules go cellular so quickly is because they are extremely *molecularly dense*. Tiny molecules from the chemical compounds in essential oils can service *every* cell of the body within *minutes*.

Slide 20: (continued)

DID YOU KNOW?

1 single drop of oil = 40 million trillion molecules
These chemical compounds service every cell of the body in a matter of minutes.



(Balance oil pictured)

Hold up **Balance & Frankincense oils**

This is a special dōTERRA mood blend called **Balance**. It contains trees oils and is very grounding to the nervous system. Balance contains **Frankincense**- a powerful oil that magnifies the effects of other oils. Frankincense is considered the “Master Mood Oil” and has over 2,000 different chemical constituents.

Pass **Balance and **Frankincense** around the room**

Would anyone like to share your experience with Balance or Frankincense? Have you noticed a difference, emotionally, when using them?

Slide 21:



The quality and grade of an essential oil will determine its effectiveness. dōTERRA’s **Certified Pure Tested Grade** (CPTG) oils are rigorously tested to ensure they are the safest, purest oils to support the physical & emotional needs of your body.

Slide 22:



How to Use Essential Oils *for Emotional Wellness*

Now we will go into the practicality part: how to actually use oils to feel better!

Slide 23:

Essential Oils are **dynamic**...
supporting your body physically
and emotionally.



As we go into usage, remember that essential oils are DYNAMIC - shifting and changing intelligently as they interact with your body’s biochemistry. **You will discover that each and every essential oil has both physical and emotional components and applications.** Again, this is because of their chemical diversity.

Slide 24:



There are 3 ways to experience essential oils. The first is **AROMATICALLY**. There's a reason it's called "aromatherapy": **Smell** is the fastest way to affect mood and access the deepest parts of the limbic brain (including the amygdala). As you inhale an essential oil, those aromatic molecules travel to the olfactory bulbs, which are linked directly to the emotional seat of the brain. This is how inhalation creates an *immediate* emotional impact. Our sense of smell is more complex than any of our other senses, including sight. *There are smell receptors on EVERY organ of the body!* I like to diffuse oils so that its aromatic molecules can disperse throughout my home.

Slide 25:



(Peppermint oil pictured)

Hold up **Peppermint oil**

This is Peppermint, one of dōTERRA's most popular oils. Physically, Peppermint is energizing, oxygenating, and supports mental focus. Emotionally, Peppermint invigorates and dispels mental fog. Either way, this oil destresses and "PEPS" you up!

I'll pass Peppermint around so you can experience it aromatically, by putting a drop into your hands and inhaling. Take care not to get it into your eyes! Peppermint is an intense and potent oil.

Demonstrate the "human inhaler" by placing a drop in your hand, rubbing your hands together, cupping & inhaling. Then, pass **Peppermint around**

Slide 26:



The second way we use essential oils for emotional support is by applying them **TOPICALLY**. Essential oils are *transdermal*. Their tiny molecules can pass through your skin and go straight into your circulatory system. Applied anywhere on the body, essential oils will penetrate every cell.

Here are some great tips for TOPICAL application, to affect the "3 brains" of the body. **Wherever you are holding occasional tension, you can massage an oil into that area for localized support.**

Share any of your favorite applications

Slide 27:



GRIEF
Supports emotional
cleansing and respira-
tory function

(Breathe oil pictured)

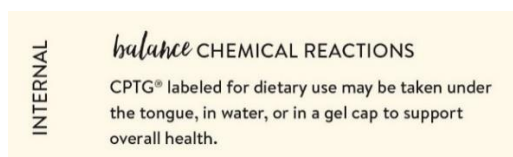
Hold up **Breathe oil**

This is Breathe, one of dōTERRA's most popular blends. Physically, Breathe is effective at opening airways in the lungs and supporting the respiratory system. Emotionally, the **lungs are the area of the body that typically store sadness**. Breathe is effective at cleansing and opening respiratory pathways so a person experiencing anxious feelings can "*just breathe.*" This is a topical-use-only oil blend.

Pass **Breathe around**

I'll pass this Breathe around. Please feel free to put a drop or two into your hand and rub it into your chest or on the back of your neck to breathe easier!

Slide 28:



The third way we use essential oils is exclusive to dōTERRA's *CPTG (Certified Pure Tested Grade)* standard: **INTERNALLY**.

Slide 29:



VULNERABILITY
Gives emotional
strength and boosts
immune function.

(OnGuard oil pictured)

Hold up **On Guard oil**

On Guard is a protective blend. Physically, it protects the body against seasonal threats. Emotionally, On Guard protects against environmental threats and promotes emotional boundaries. It can protect against feelings of vulnerability.

You may choose to demonstrate internal use by licking a drop from the back of your hand, and then passing it around to give others the same option

The essential oils we've highlighted are just a small sampling of the power of essential oils for maintaining physical & emotional wellbeing. All of dōTERRA's 100+ oils and blends have emotional *and* physical benefits.

Slide 30:



What is *one thing* I can plant to nourish healthier emotional patterns? For example, I may want to plant a healthy new lifestyle habit. I may want to plant the new belief, “I am completely supported in every moment.” Personally, I like to close my eyes and deeply inhale an essential oil as I anchor in my new, positive belief.

Slide 31:

Foundational, cellular support for the “3 brains”



Increase energy and decrease pain.
Daily support with minerals, micronutrients, and healthy fats.
Essential oils enhanced absorption of nutrition on a cellular level.

Essential oils are most effective when combined with smart nutritional supplementation. The ***Lifelong Vitality Pack*** (LLV) is a daily trio that lays a strong foundation for physical *and* emotional health.

Together, these 3 supplements provide our “3 brains” the cellular support they need for us to FEEL GOOD:

- **xEO Mega** provides 9 essential oils and omegas...supporting brain nourishment, heart & circulatory health, and digestive functioning.
- **Alpha CRS+** contains potent antioxidants... promoting chemical communication in cellular pathways.
- **Microplex VMz** provides trace organic minerals and micronutrients... supporting immune function & energy.

Another key factor in mental health is **METABOLIC function**. This **MetaPWR Advantage** drink sachet has 9 types of collagen tripeptides and *NMN*. Many are experiencing elevated mood, improved cognitive performance, and enhanced energy when consistently using this product.

dōTERRA has an entire line of *MetaPWR* products that target and support mental health and metabolism.

Slide 32:

Gut cleansing restores clear thinking and improves mood.



Low digestive function has been scientifically linked with low mood. Remember, 90% of your body's serotonin and other feel-good neurochemicals are produced in the gut! Regular cleansing of the gut restores healthy physical function...but is also necessary for clear thinking and mood management.

- **PB Assist** contains pre & probiotics that help sustain healthy colonies of microflora and good bacteria in the gut.
- **TerraZyme** is a digestive enzyme complex that supports healthy production of metabolic enzymes.
- **GX Assist** provides a natural but powerful cleanse of the GI tract.

Slide 33:

Manage the effects of stress & anxious feelings to ease body & mind.



dōTERRA carries additional products that support nervous system regulation. **Adaptiv** oil and capsules work synergistically to improve focus and attention span, while calming and soothing the body's stress response.

This **Turmeric** supplement is the only one to incorporate both Turmeric oil & extract in a dual chamber capsule. Turmeric contains curcuminoids, which have been well-researched and found to support healthy inflammatory response at the molecular level.

Slide 34:



Moment-by-Moment Support

That was a lot of information, was it not? You may be asking, "**Where do I begin?**" As we've discussed, emotions are dynamic & shift from one moment to the next. Therefore...

Slide 34: (continued)



Moment-by-Moment Support

...it requires that you “check in” with yourself and assess what you need in any given moment. Healing is a process of not just daily, but MOMENT-by-MOMENT support.

Slide 35:



dōTERRA has 6 Emotional Aromatherapy blends specifically formulated for mood management. This **Aromatherapy Wheel** is a great assessment tool for moment-by-moment emotional support.

Notice in the outer ring the 6 different types of plants. Each plant family produces its own unique chemistry. Where and how plants grow is similar to how they react in our bodies biochemically.

Citrus plants grow in warm, sunny climates; elevated high off the ground. Citrus oils are uplifting, elevating and “happy” oils! **Trees** are rooted deep into the earth, offering stability and a strong foundation. Tree oils offer us the same properties - they help us to feel more balanced, grounded, and secure. **Mints** are energizing & cooling, **Spices** are warming & stimulating, and **Herbs & Grasses** address bitterness and renewal. **Florals** are calming & beautifying.

Let’s put this **Aromatherapy Wheel** to work!

Identify an emotion you are feeling NOW, in this particular moment. Maybe you are feeling more than one thing. What speaks loudest to you? Then, choose one or two oils that best fit. For example, if I am experiencing anger or bitterness and have agitated feelings, I might want to try **Forgive**. I would place a drop or two of *Forgive* over my heart, on the insides of my wrists, or across my forehead.

Demonstrate on heart, forehead, wrists

Or, let’s say I have just lost a loved one and am in the grieving process. Which oil blend would best suit my needs? That’s right, **Console** would be an excellent choice to

offer that kind of support. Again, I would place a drop or 2 over my heart, on my forehead or temples, and on the insides of my wrists.

Slide 36:



The 6 blends come in 2 different kits: One, with roller bottles for topical use (called the ***Emotional Aromatherapy Touch Kit***). The ***Emotional Aromatherapy Kit***, in the purple box, is for topical & aromatic use. I like using both! The Touch Kit is great for fuss-free topical mood management, and the other kit allows me to drop oils in my diffuser.

Slide 37:



www.essentialemotions.com

Hold up Essential Emotions Book

For those of you wanting to dive deeper into the emotional and spiritual properties of each oil and blend, I highly suggest this ***Essential Emotions Book***. I use it daily! It's a great resource for very targeted and detailed emotional support with essential oils.

On the website, www.essentialemotions.com, there are wonderful tools, like this Wheel, a Feelings Guide, and even information on how to certify as an Essential Emotions Coach.

You may choose to read a small section of an Oil Description in the book

Slide 38



This *Essential Emotions app* is a popular on-the-go guide to emotions and essential oils. You can identify which oils you need and exactly how to use them, quickly and immediately, wherever you are. It is laid out with 3 main tabs: Body, Emotion, and Oil.

Slide 39:



- Increase Water Intake
- Increase Exercise & Movement
- Rest & Meditate
- Improve Diet

Becoming happy, connected and empowered requires choosing healthy habits. As you *release unhealthy emotional patterns* and foster new beliefs, you free up more room inside yourself, energetically. This *naturally creates the energy & motivation* needed for you to **WANT** to do the healthy lifestyle habits!

Slide 40:



"You fill a bucket drop by drop.
You clear your mind thought by thought.
You heal yourself moment by moment."
Lisa Wimberger, Founder, Neurocoping Institute

Drop by drop... As you claim greater wellness, remember that small and simple changes can yield great results!

In this class, we have discussed practical emotional wellness steps you can take **NOW**. It's exciting and rewarding for me to offer the "gift of change" to others. I invite you to let me be your guide in starting your new habits and I ask, "**Are you ready to begin creating new habits today? Are you ready to claim the gift of feeling good?**"

While you've sat through this class, you may have asked yourself, "Which tools will I use to nurture my healthy body chemistry?"

One of my favorite parts about doing what I do is helping others get these beautiful emotional wellness tools into their homes....so they can begin using them day by day, *moment by moment*.

Slide 41



Here is the best way to get started with essential oils: through our **STARTER KITS**. You can either order doTERRA products **RETAIL**, through whomever invited you to this class. Or...doTERRA offers the ability to get products wholesale by becoming a “**WHOLESALE CUSTOMER.**”

Become a Wholesale Customer and get 25% off retail. Simply pay a \$35 membership fee and receive any of doTERRA’s products at wholesale for a full year.

doTERRA offers a number of different enrollment kits, like the one pictured here. Most people enroll with a **KIT** because:

- The \$35 membership fee is waived
- You receive free product credits
- You get bonuses to your membership

One of our most popular kits is the **Natural Solutions Kit**. It includes a free diffuser and most of the oils and supplements we’ve talked about today, including precious *Frankincense*. You will notice it includes the Lifelong Vitality Pack and other spa and wellness products we didn’t have time to cover. Many people start with this kit because it has such a comprehensive array of natural products for a very affordable price point.

Slide 42:



Two other popular kit options are the **AromaTouch Kit** & the **Aroma Essentials Kit**. These are a great value and offer a wide selection of oils for both emotional and physical support. The AromaTouch Technique is the clinical application of oils to the back and feet. It is a wonderful essential oils experience with great therapeutic benefits. Many people take the course and become certified in the AromaTouch Technique.

I would love to connect to each of you personally after this class. Together, we can figure out which kit best meets you and your family's physical and emotional health needs.

When you enroll in doTERRA and become part of our organization --- *we take care of you!* We help you get to the bottom of your health concerns and create a wellness plan to support your body's emotional and physical "roots" so you can FEEL GOOD MORE OFTEN! doTERRA -as a company and as a culture - offers free education and support to help you learn to live life to its fullest.

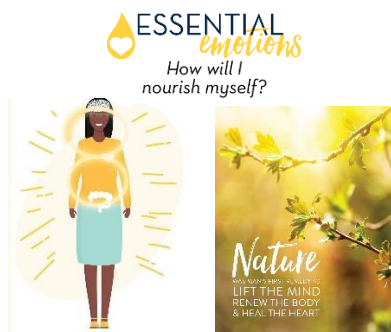
Slide 43:



There are 3 pathways in doTERRA: **Live, Share, and Build.** We will not only support you in your personal health journey, but if it is your desire, you can join with us in sharing this movement with others. A number of our Wholesale Customers become **WELLNESS ADVOCATES** and build a profitable and rewarding business by teaching and sharing about holistic health and the power of essential oils.

No matter what pathway you choose, we are here for you!

Slide 44:



I want to acknowledge you for showing up today to learn about maintaining your emotional health. Please remember that YOU are own *your own* best advocate and that wellness is a gift that you CAN claim!

I look forward to getting to know each of you better and having you part of our tribe and movement! Let's stay connected. And thank you!