



Basic Aroma Reset Technique

Aroma Reset is a wonderful emotional support tool that helps with stress, overwhelm, procrastination. It's quick, simple and can be easily incorporated into your daily morning ritual to help start your day in a peaceful way and can also be used throughout the day as needed.

- 1) Think of a situation that feels stressful, overwhelming or frustrating. If more than one situation comes to mind, just choose one. Get a mental picture of the situation.
- 2) What is the one-word feeling you get when you picture that situation?
- 3) Where do you feel that feeling in your body?
- 4) What is the negative thought that connects to that feeling?
- 5) Place 1 drop of Memory Release Blend (or 1 drop each of Lavender, Frankincense and StressAway blend) into your non-dominant hand, rub palms together and cup your hands over your nose. Breathe the oils into the picture and feelings of the situation for about a minute. Notice what happens.
- 6) Decide what is next:

If the feeling relaxes and you feel calm and clear, you are done. Simply move on with your day.

If something shifted but you still feel some emotional charge do another round of Reset on that situation starting from Step 1 above.

If necessary, connect with an Aroma Freedom Techniques certified practitioner to do a full AFT session on the issue. Visit www.theaftteam.com for more information

Aroma Reset is a simple, powerful and effective emotional support tool that can be used throughout the day as desired. Feel free to share it with friends, family, colleagues as well.

To order your Aroma Reset Kit, visit tinyurl.com/2p99b9kv

Aroma Freedom Techniques were developed by Dr. Benjamin Perkus, PhD. Due to the nature of this process and the effect of oils in the limbic system of the brain, it is recommended that Young Living brand of essential oils be used as they are pure, authentic and high quality oils.

