

Aroma Freedom Technique

12 Steps

By Dr. Benjamin Perkus

- 1) State a goal aloud. How likely is it to be reached on a scale from 1 to 10?
- 2) What thought comes to mind to resist your goal?
- 3) What emotion is linked to this thought?
- 4) Where in your body do you feel this emotion?
- 5) With your eyes closed, recall a time in your past when you have felt this way.
- 6) While thinking the thought & feeling the feeling, inhale a drop each of Frankincense, Lavender, & Stress Away from your palms.
- 7) Accept the feelings & notice if your thoughts or feelings change.
- 8) Write down these new changes.
- 9) Repeat your goal aloud. Now how likely is it to be reached on a scale from 1 to 10? If not yet 10, then start again at Step 2.
- 10) Turn the new thoughts & feelings that you wrote down into a positive affirmation.
- 11) For three days, repeat the positive affirmation aloud twice per day for 2 to 3 minutes each time until you feel the affirmation taking hold.
- 12) Create a plan & start taking small action steps towards your goal. We climb a mountain 1 step at a time.