

# AURICULAR EMOTIONAL THERAPY

## MOTHER: Geranium

Sexual Abuse: Geranium, Ylang Ylang  
Abandonment: Geranium, Forgiveness, Acceptance

## FATHER: Lavender

Sexual Abuse: Lavender, Ylang Ylang, Release  
Male Abuse: Helichrysum, Lavender

## DEPRESSION

Any of the following: Valor, Joy, Hope, White Angelica, Peace & Calming, Citrus Fresh, Christmas Spirit, Gentle Baby  
Use whichever blend(s) work best for you.

## OVERWHELMED

Use Hope and Acceptance

## BEARING BURDENS OF THE WORLD

Use Release and Valor

## ANGER & HATE

Use Joy to stimulate the pituitary.  
Use Valor and Release to release the anger.

## SELF EXPRESSION

Use Valor and Motivation. Take deep breaths to express oneself.

## FEAR

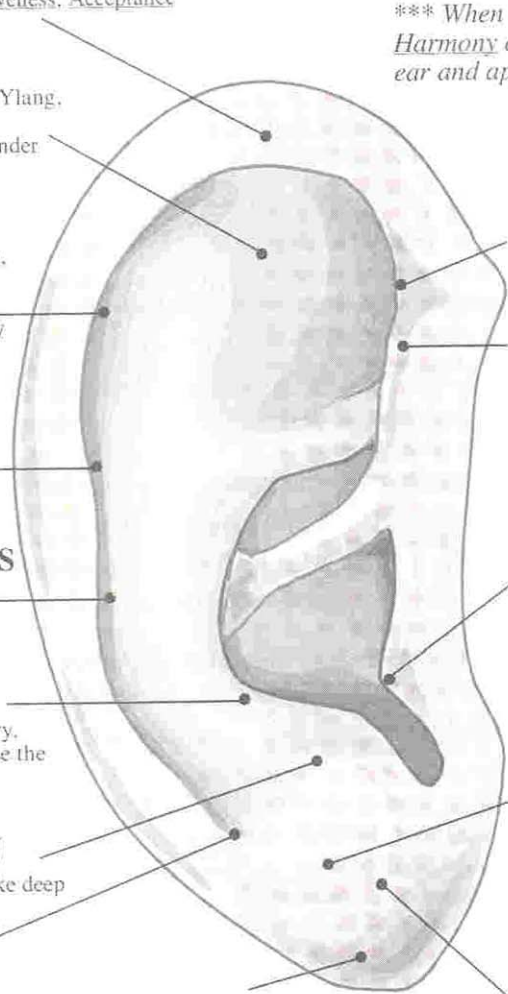
Apply Valor, Release, Joy.

## OPEN THE MIND

Apply 3 Wise Men.

\*\*\*If more than one oil/blend is indicated, layer them one at a time.\*\*\*

\*\*\* When working on the ear, apply Harmony and Forgiveness to the entire ear and apply Valor on the feet.\*\*\*



## SYMPATHY & GUILT

Use Joy and Inspiration.

## SELF PITY

Use Acceptance.

## REJECTION

Use Forgiveness and Acceptance.  
Work the rejection points on both ears. For rejection from Mother, use Geranium. For rejection from Father, use Lavender. While applying the oils, say "I choose to accept my Mother/Father for what they have done or not done. It is their life and not mine."

## EYES and VISION

To improve eyesight, use 10 Lemongrass, 5 Cypress, 3 Eucalyptus, in 1/2 oz. of V-6 Mixing Oil.  
For Vision of goals, use Dream Catcher, Acceptance, and 3 Wise Men.

## HEART

To strengthen the heart and lower blood pressure, use Aroma Life. For self acceptance, apply Joy, Forgiveness, and Acceptance.