

Introduction to Emotional Release – Part 1

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September 18, 2009

Essential Oils Introduction by Holger Grimme Host: Joseph Dumond

SHALOM ESSENTIAL OILERS

Lesson 7: INTRODUCTION TO EMOTIONAL RELEASE (I of II)

But fear not thou, O my servant Jacob, and be not dismayed, O Israel: for, behold, I will save thee from afar off, and thy seed from the land of their captivity; and Jacob shall return, and be in rest and at ease, and none shall make him afraid. Fear thou not, O Jacob my servant, saith the LORD: for I am with thee; for I will make a full end of all the nations whither I have driven thee: but I will not make a full end of thee, but correct thee in measure; yet will I not leave thee wholly unpunished. Jeremiah 46: 27

Shlama (Aramaic form of Shalom). Today I like to cover a topic that is most important in essential oils from my viewpoint. We have realized that essential oils are powerful agents of our Creator for our wellbeing, as many of you have already seen in theory and practice. Man consists of body, soul and spirit. Many applications of the oils are directed to correct malfunctioning cells of our bodily organs and prevent disease. Today we will have a closer look at our emotions and feelings that are determining our moods and decisions mainly unconsciously, so we are usually not aware why we do certain things and why we do it the way we do them. This introduction will show how our interaction with past and present feelings determine our decisions. We will also see how we can alter the impact of former decisions of our life, if we are willing to apply change to the needs of our soul according to the Word of Elohim. It is a complex field, yet quite simple once we understand and have the will to deal with buried emotions successfully. Applied emotional release will change our perception of truth, as Yeshua said to the Jews who followed him in John 8: 31?32

If ye continue in my word, then are ye my disciples indeed; And ye shall know the truth, and the truth shall make you free.

We will indeed be free when we let go the results of fear that may reside in us and determine our course of life. The oils are unique helpers, servants or facilitators to achieve emotional release of the remnants from unresolved emotions. Who made the oils? Who wants us to be His free children who have the quality to be a light to the world? Who loves us beyond our understanding? Abba. We just need to get rid of prejudice, preoccupied minds and feelings, misconceptions and human teachings and human made theology that all finally lead to nothing but destruction, separation and pains.

The oils bring peace and calming, nourishing of dire needs in a world that has been dominated by darkness for too long. And as darkness increased around us, so is the need for redemption and restoration of the principles of Yahweh, the owner of the universe. He surely has the power to do it His way – and this is His loving way, to allow us, His children, to participate in

this restoration. By doing so, we need to accept His ways of doing things. Before we are able to do so, we need to understand these principles. Before we apply emotional release with others, we need to be open to apply the divine principles to our own lives. The oils are facilitating this powerful and life changing application that can take away emotional baggage.

This poisonous baggage is determined to finally destroy us – would you want that this to happen to you? In our days we see the restoration of many wonderful things. To accomplish this for our own life we need to seek the solutions and ways how to do that in a way that is pleasing and honouring to YHWH. Yeshua set us free from bondage and we have been given the tools and knowledge by Scripture to apply this, if we want to. This is our part: we need to be willing to listen, to pray and to make steps in His direction.

I give credit to my mentors David Stuart and Kathy Spohn who have worked on this and have taught me. The following is what they are teaching about emotional release. I have seen this applied and I have seen people released emotionally. Yet the master of all this is our great Elohim alone, our Creator. All glory and honour be to Him!

And the things that thou hast heard of me among many witnesses, the same commit thou to faithful men, who shall be able to teach others also. 2 Tim 2:2

This biblical principle in Paul's 2nd letter to Timothy is valid for the teaching of the Good News of Yeshua in the context of the Tanakh. It is also valid for discipleship. It is my desire, that you all apply this to the teachings on the essential oils of our Creator and upon your study and practice pass it on to others who shall be able to teach others. Apply the oils and bless others.

Apply this precious knowledge and be a blessing. It will be a blessing to yourself also as you see the wonderful healing and release of people from disease, trauma and bondage. Let's always do this to the honour of Yahweh who gives true healing.

The principal purpose of these notes is to provide background information for those who do practice aroma anointing so that they will know what to do if a client goes into an emotional release during or immediately following the receiving of a raindrop. The information given in what follows can leave one with the impression that facilitating an emotional release during a raindrop is complicated. It is not.

THE MOST IMPORTANT POINTS IN FACILITATING AN EMOTIONAL RELEASE DURING AN AROMA ANOINTING

The information contained in these notes is helpful to obtain an intellectual understanding of the process as well as acquiring some specific skills such as scanning, downloading, sweeping oils from right to left brain, unwinding the DNA memory strand, etc., but all a raindrop facilitator really needs to know and do can be summarized as follows:

The sole intent of a facilitator during an emotional release is to provide an unconditionally loving and accepting environment in which the client feels safe to release whatever it is they need to release. This is achieved in general by just being there silently and in body contact

while maintaining a totally unjudgmental attitude continually praying for God's guidance and God's will be done for the benefit of the client; whatever that may be. When you sense that the client has completed their release, simply ask, "Are there any other issues you wish to deal with at this time?" If the answer is that they have more to deal with, then continue in silence and love. If the answer is that they are finished at this time, then begin the Grounding procedures.

The main point is that you don't have to do anything at all but be there in silence with the right attitude of love, prayer, and unconditional acceptance. That is all. The less you say and do the better. Your loving touch and accepting presence is sufficient.

What If You Do Anointing and Aren't Ready to Facilitate an Emotional Release?

Don't worry. The consciousness of the Client will sense if you are capable and ready and if you are not, they won't have a release in your presence.

Therefore, if a client begins to release while you are doing a raindrop, know that you are ready and able and will know what to do. Otherwise it would not be happening.

THEORY AND PHILOSOPHY OF EMOTIONAL RELEASE

Philosophical Basis

We are created in the image of God (Genesis 1:26-27), which means that there is a blueprint of perfection within every aspect of our being and every cell of our bodies waiting to become manifest.

Repressed emotions block us from access to our cellular record of God's perfection thus preventing us from attaining the full measure of our creation.

Stored emotions are living, intelligent centers of energy that broadcast their influence in our lives as long as they remain buried within our being.

Negative emotions become lodged in our memories when we are confronted with situations we feel to be too powerful for us to deal with at the time and which we have misjudged reality and incorrectly perceived ourselves as helpless.

Our repressed feelings and unconscious memories of these original emotive experiences represent our immature coping mechanisms of the moment, experiences set aside to be dealt with later when we are ready.

Resolving old feelings results in replacing our immature understandings and incorrect perceptions held at the time the feelings were first imbedded in our consciousness and replacing our faulty beliefs with God's truth.

Releasing stored emotions at their origin within our beings, when they were first locked into our cells, uncovers the memory of perfection in the cells throughout our bodies; thus enabling us to manifest a fuller measure of the image of God implaced within us when we were created.

What Happens When Emotions are Resolved:

When we are in an emotional experience and we own, accept, face and deal with that emotion as it occurs, never losing our awareness of it, seeking to learn the spiritual lessons that experience can teach us, then that emotion has been resolved.

Choosing to maintain conscious awareness of your thoughts and feelings and dealing with them as they occur is an act of faith and facing reality and leads to correct perception of truth.

(See If ye continue in my word, then are ye my disciples indeed; 32 And ye shall know the truth, and the truth shall make you free. 8:32)

When an emotion has been resolved, we gain a spiritual lesson and our lives move onward in a positive and productive way without storing any negative memory from the experience, only the newly acquired wisdom that experience has brought to us.

An emotional experience resolved is a spiritual task completed. When emotions are resolved our lives become more productive and our sense of peace and happiness increases.

When a negative feeling is released and deleted from our DNA, we open the way for every physical, mental, emotional and spiritual problem and inappropriate behaviour based on the old feelings to quickly disappear from our lives.

What Happens when Emotions are Not Resolved

When we are in an emotional experience and we refuse to face or accept our emotions, deny responsibility for them, and repress them in such a way that we lose our conscious awareness and memory of them, then we have chosen to postpone the spiritual lessons that experience can teach us and those emotions remain unresolved.

Choosing to avoid conscious awareness of your thoughts and feelings and not dealing with them as they occur is an act of fear and denying reality and leads to delusion and incorrect perception of truth.

When an emotion has not been resolved, we fail to learn from the experience and our lives move in negative and unproductive ways, controlled by habits and repetitive emotional reactions to life's situations.

An emotional experience unresolved is a spiritual task uncompleted. When emotions are unresolved our lives become dysfunctional and our sense of peace and happiness decreases.

When negative feelings remain stored in our DNA, we retain an environment that leads to innumerable physical, mental, emotional and spiritual problems and inappropriate behaviours based on these feelings.

How Unresolved Emotions (Thoughts and Feelings) are Stored

Unresolved emotional experiences are recorded in cellular memory (DNA) and remain stored there as live programming until dealt with.

Each strand of DNA contains 6 Gigabytes of memory. Your body contains 100 Trillion of them.

More memory capability than all the computers of the world combined.

Emotions can be stored anywhere in the body, not just in the brain and heart.

Consequences of Repressed Emotions

Stored emotions serve as energy-charged programs that control our lives largely on an unconscious level.

This cellular programming determines our habits, our likes, our dislikes, our state of physical and mental health, our ability to function socially, our ability to make spiritual progress, and our attitudes and reactions to life's challenges.

Repressed emotional memories remain alive and active, influencing and directing our lives for good or for ill, until resolved. They never disappear on their own and ignoring them only perpetrates them.

The consequences of repressed emotions are virtually all negative. They restrict and warp our lives in innumerable ways, enslaving us with compulsions and negative habits, causing us to act socially in inappropriate ways, creating illnesses in our body, sabotaging our efforts to achieve success, and leading us into socially undesirable situations and relationships while destroying the good situations and relationships in our lives.

Unresolved emotions can misguide our judgment in financial matters and blind us to a realistic view of the world. Buried emotions can rob us of a sense of purpose in life and prevent us from gaining a sense of direction or focus in choosing a mate, a career or a livelihood. They create a sense of instability in our lives and can block or retard our spiritual growth.

Harbouring hidden emotions can lead to depression, anxiety, severe mental illness, a sense of hopelessness and even suicide.

In the worst cases, emotional repression can produce sociopathic disorders including absence of conscience, wanton disregard for others, crime and violence.

To be freed of unresolved emotions, the receiver must:

Be willing to be aware of emotions past and present, pleasant and unpleasant. Be willing to accept personal responsibility for your emotions, and Be willing to release and let go that which no longer serves them in a positive and productive way.

HOW AND WHY ESSENTIAL OILS FACILITATE EMOTIONAL RELEASE

Essential oils are extracts from the natural juices of plants that circulate through the leaves, stems, roots and flowers that constitute their lifeblood. The molecules of essential oils are small enough to circulate through human tissue bringing nutrients to the cells and carrying waste products out of the cells. Essential oils also carry electrons and oxygen into human tissue. Essential oils also carry coded information that can be translated by cellular DNA and which can be of great therapeutic benefit to people; physical, mental and emotional. There are hundreds, if not thousands, of different compounds found in Essential oil molecules each with

an affinity for certain cells of the human body. In addition to the electrical nature of the body by which it functions, the intracellular communication system of the human body also consists of thousands of compounds (called ligands) manufactured within the cells and sent out as messages and messengers to other cells in other parts of the body. The information carrying molecules called ligands include peptides, neurotransmitters, steroids, and hormones. The varieties number in the tens of thousands. Peptides are composed of amino acids of which there are twenty known. Peptides consist of chains of amino acids. Consider the amino acids as an alphabet of twenty characters that can form an unlimited variety of words (ligands) by which cells send messages between themselves. On the surface of all cells are thousands of receptor sites, each designed to accept only certain types of ligands and to reject the rest. At the same time the organs send out vibratory messages that attract or draw appropriate ligands to themselves. This is how a ligand released by one set of cells finds its way to the specific cells of the organ or tissue that was intended by the cells sending the message. This is how a ligand, like insulin, can circulate throughout one's body and yet only be picked up by the cells that need the information that it carries. In one sense, ligands are like keys that fit only certain locks (specific receptor sites). Ligands of the right shape (molecular structure) are accepted by cells with matching receptor sites (matching locks) while ligands of another shape are rejected (the key doesn't fit). The molecules of essential oils are like enzymes, hormones, vitamins, and ligands. They carry information that is pertinent only to the cells with the receptor sites able to accept that specific ligand.

Hence, some oil molecules gravitate to muscle tissue, others to nerves, others still to the digestive system, and others to the heart, etc., each administering benefits, including the removal of toxins and the opening of emotionally stored memory in the DNA. Not only can oils help release cellular memories stored anywhere in the body, depending on the oils applied, they also directly stimulate the limbic system or emotional brain, which is in the center of our heads. Our eyes, ears, tongue and sense of touch are all wired so that their messages pass to the brain via the reasoning cortex first. The nose, however, is wired differently. It connects directly with the limbic brain such that one's response to an aroma is going to be emotional before it can be rational.

Therefore, because inhaled oils directly affect the emotional seat in our brains where traumatic memories are often stores and because oils can release cellular memories stored anywhere in the body, they can be of great value in helping us clear ourselves from the unconscious, hidden emotional patterns that can control our lives and hold us back from the full manifestation of our potential.

OILS TO HAVE ON HAND (If Possible)

Single Oils: Frankincense, Sandalwood (or Vetiver), Sage, Orange or Bergamot, Tangerine, Grapefruit and Oregano. Scriptural Oils: Aloes, Cassia, Cedar wood, Cypress, Frankincense, Galbanum, Hyssop, Myrrh, Myrtle, Onycha, Cistus and Spikenard.

Special Notes on the emotional impacts of Bible Oils:

* Galbanum, Cypress, Spikenard, Cinnamon and Cassia are grounding.

* Sandalwood, Hyssop, Myrtle and Frankincense produce balance and harmony.

- * Spikenard, Frankincense and Myrrh produce peace and acceptance.
- * Cedar wood, Frankincense, Hyssop, Myrtle, Myrrh and Sandalwood are spiritually elevating and help awaken one's higher consciousness.
- * Frankincense and Cedar wood are mentally and spiritually focusing and assist in gathering and clarifying one's thoughts.
- * Hyssop, Sandalwood and Myrrh are protective against negative influences.
- * Sandalwood facilitates forgiveness.
- * Cistus (Rose of Sharon), Frankincense, Sandalwood and Onycha are mood elevating and antidepressant.
- * Spikenard and Hyssop are calming and relieve anxiety.
- * Myrrh promotes a sense of security and wellbeing.
- * Cinnamon and Cassia stimulate abundance and prosperity consciousness.
- * Cedar wood and Sandalwood stimulate melatonin production leading to deep sleep.* Myrrh, Cedar wood, Sandalwood, and Spikenard clear misinformation in cellular memory and are emotionally releasing.
- * Onycha is healing, soothing, mood elevating and relaxing when used in massage.* Frankincense, Hyssop, Cistus (Rose of Sharon), Myrtle and Cypress help us to remember the image of God's perfection within us at the level of the cellular blueprint or DNA.
- * Myrtle is balancing in that it can be either energizing or calming depending on the needs of the individual.

THE PROCESS OF EMOTIONAL RELEASE

During a raindrop session the subconscious mind may open and the receiver may begin to have an emotional release. This may be manifested by tears, sounds, words, heavy breathing, body movement, body temperature changes, laughter, etc. As a facilitator, you may support this process of: Releasing, Grounding & Reprogramming.

Most important to facilitate a successful emotional release is PRAYER.

All healing comes from God and can only be received when we are open to His power. Faith, love and forgiveness for others, as well as for ourselves, are the spiritual prerequisites that provide us with the receptivity to receive God's grace and are, thus, the basis of all true healing; physical, spiritual, mental, social and emotional. The root cause of all types of suffering is fear (the opposite of faith, love and forgiveness). When Yeshua healed He often added "Thy Faith hath made thee whole." (See Matthew 9:22, 29; Mark 5:34, 10:52; or Luke 7:50, 8:48, 18:42). The opposite of fear is love (and vice versa). (See I John 4:18) The Receiver may pray silently or aloud during the session as they are replacing incorrect perceptions with truths.

Example of a prayer given by the facilitator:

Dear Lord,

Thou art the sole Source of all healing in all areas of our lives.

Bless this session with Thy presence.

Bless these oils that they may facilitate Thy healing.

Bless the Facilitator that they may be an instrument of Thy will.

Bless the Client that they may be open and receptive to Thy Grace.

Lead us to the origin of our feelings or thoughts.

Give us courage and understanding to face those feelings or thoughts In ways that will resolve them perfectly with Thy truth.

Heal every incident in our lives that was based on these feelings or thoughts From the first to the present, according to Thy will.

Bless us that every physical, mental, emotional and spiritual problem and inappropriate behaviour based on old feelings discovered in this session quickly and permanently disappear from our lives.

We love you and thank you for coming to our aid in helping us attain the full measure of our creation. AMEN

For so hath the Lord commanded us, saying, I have set thee to be a light of the Gentiles, that thou shouldst be for salvation unto the ends of the earth. Acts 13:47

We will continue this lesson with its second part, Yah willing, coming week with practical application. It may be new to you, yet now that you understand the basic principles; there is only the practical step to apply the theory. This can be done in a course on the oils. I am going to teach a course today in Bavaria and will be also available in the coming months to do the same in places to be announced. I have talked with Joe about this and we will see from your response where such a course will be held. We basically need a minimum of 6?8 people to participate and then can schedule the training for 3 to 4 days. The time frame will be in the second part of October and November in North America, December or January in Israel. In Europe any time. Other locations: upon request. I will give you a reading list for recommended books in one of the coming lessons. Coming week I will meet with some American, English and European leaders of aroma therapy to discuss a new biblical based essential oils company.

I hope that I will be able to send you a good report on that meeting before Sukkot.

I will also introduce you to a housing project with the Mongolian ger as a healing place. We plan to assemble 8?12 Mongolian gers (felt covered wooden housing structures with round shape) as used in Central and East Asia. The main healing place where oils are applied is a larger ger or yurt with 12 meters of diameter as a community center and healing place. This is an interesting project now in advanced planning state. A rehab center in the Negev is also planned with yurts / gers by Swiss people; another place is in the north near the sea where some American people are setting up a housing project, and some other such facilities. Upon initial imports we plan to produce these dwellings locally. All materials are available. Pray that Abba may bless all involved.

The cost is comparably low, and a ger community will house about 50 people comfortably for the same cost as the setup of one house for one family costs. If you are interested, I will send you a detailed PDF file. Just send email to Joseph with the word "ger", then he will forward it to

me and I will send you information. This may also be interesting for people who are in need of living place that is hygienic, warm and of low cost. I used to live in such dwellings at temperatures of minus 40 degrees (really freezing cold, but not inside) and it is also cool during the heat in the Gobi desert with 40° C or more which translates about to 100°F.

Eze 38:8 After many days thou shalt be visited: in the latter years thou shalt come into the land that is brought back from the sword, and is gathered out of many people, against the mountains of Israel, which have been always waste: but it is brought forth out of the nations, and they shall dwell safely all of them.

May Abba bless you all and give you confidence in all things, and that the seed that Yeshua planted in you may grow strong and pure and multiply abundantly. Shalom, Holger

As you know, we offer some of the oils at http://libanonlife.com/html/order_oils.html