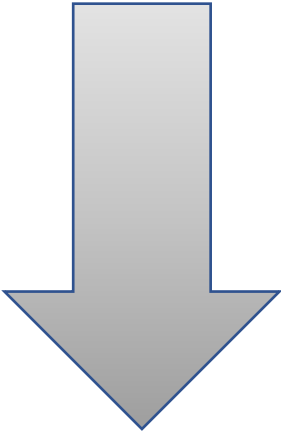


4 Ways to Enter The Pathway

Begin with the EMOTION.	Begin with the SYMPTOM.	Begin with the ESSENTIAL OIL.	Begin with the SPINE.
	What physical symptom or illness do you wish to address? _____	What essential oil do you feel led to? _____	Which vertebrae are misaligned or inflamed? _____
	Locate the symptom in the Symptoms Chart (pp. 101-113).	Locate the essential oil in the Essential Oils Chart (pp. 115-120).	Locate the vertebrae in the Spinal Misalignments Chart (p. 121).
	Read through the list of related emotions in the selected chart and write down the one you wish to release. (If there is more than one, choose one to start with and repeat the process as necessary.)		

EMOTION: _____

Now that you've identified your emotion, locate the following information in *The Pathway* (pp. 62-99):

OPPOSITE of the emotion: _____

ESSENTIAL OIL: _____

CHAKRA and/or **APPLICATION POINT:** _____

SCRIPTURE:

AFFIRMATION:

Step 1: Breathe

Apply a drop or two of the essential oil to the chakra or application point. Apply another drop of the oil to your palms, and breathe in the aroma. You may wish to recite a simple prayer as you begin your release. For example:

“Father, thank You for loving me and wanting me to be free of my emotional burdens. I welcome Your Holy Spirit into this time to gently guide me.”

As you inhale, reflect on the emotion you wish to release. Do not dwell on any event related to the emotion. Just acknowledge its presence.

Step 2: Surrender

Now, release the emotion. Simply ask it to go. Remember, you do not need to ask God to take the emotion. Instead, let it go and surrender it to Him with gratitude. Recite the scripture or affirmation out loud if desired. You may also recite the following prayer if you wish:

“Father, thank You for helping me identify the emotion of [state emotion]. I now lovingly and willingly surrender this emotion to You and receive Your grace and freedom.”

Step 3: Replace

Finish your session with a prayer of thanksgiving and ask God to replace the negativity with His light and truth:

“Father God, thank You again for setting me free from [state the emotion(s) you released]. I now receive Your truth and Your light in place of the negativity that was there. I declare that I am now set free from [state emotion(s)] and I freely receive [state opposite]. Lord, please guide me and protect me from further manifestations of this emotion in my life. In Jesus’ name, Amen.”

Step 4: Follow Up

It is common to experience doubt following an emotional release. The enemy has lost ground in your life, and he will do all he can to try to take it back. He will try to convince you that it didn’t work or it wasn’t real. When you feel these thoughts creeping in, go before the Lord and ask Him for reassurance and peace in the situation.