

## DREAM YOUR REALITY USING YOUNG LIVING ESSENTIAL OILS

### DREAM YOUR REALITY USING YOUNG LIVING ESSENTIAL OILS PART 1: THE WHY

#### Section 1: Why Dream Your Reality

##### 1. Acknowledgement and resources:

- Mary Young always says, “Good people with money do good things”
- My spiritual self-help journey started at the age of 23 with the birth of my son Michael – by looking to create a better life for both of us
- Studied successful people and read as much self-help as I could
- Before bed (the easiest time to access your subconscious) listen to or read inspirational and positive messages or focus on visualization
- A list of resources is provided as “inspirational reading and listening”

#### Section 1: Why Dream Your Reality

##### 2. The dream state allows you to connect with your subconscious:

- Your subconscious takes direction from your Higher-Self, your Creator, your God, or your Source – whatever your belief system is
- Your subconscious works behind the scenes to pull together “coincidences” that provide opportunities for you to create, to experience, to manifest, to inspire, and to shape your world
- Your subconscious is like an innocent child and needs to be cared for with unconditional love, protection, and careful word choices

#### Section 1: Why Dream Your Reality

##### 3. Strengthening your connection with your subconscious:

- Your subconscious reacts to your feelings and your internal dialog
- Feelings of depression, anxiety, and jealousy along with words of discouragement disempower your subconscious and make it more difficult for you to connect with your High-Self, Source, or God
- Feelings of joy, love, acceptance, and abundance along with words of encouragement empower your subconscious and strengthen your connection to your High-Self, Source, or God to receive insights

#### Section 1: Why Dream Your Reality

##### 4. Strengthening your connection with your subconscious:

- In times of stress and difficulty, inwardly preserve your self-confidence
- My older sister Janice always says, “Everything has a way of working itself out” and I found “This too shall pass” soothing
- Avoid looking too far ahead and focusing on goals not yet achieved if it brings you regret, desperation, and feelings of unfulfilled desires
- Focus on the next steps in life and enjoy the journey
- Look for the simple, positive, and happy moments in everyday life

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### Section 1: Why Dream Your Reality

5. The dream state allows you to express your subconscious:

- Nightmares and stress dreams indicate that you are consciously too focused on negativity and your subconscious is warning you that you are drifting too far from your High-Self, Source, or God
- Not remembering your dreams means you are intentionally not working with your subconscious or are shutting it down
- Waking up with negative thoughts indicates your subconscious is focused on too much negativity throughout the day

### Section 1: Why Dream Your Reality

6. Passive dreaming versus active dreaming:

- Passive dreaming occurs when we are watching ourselves from outside our bodies – can be negative or positive
- Active dreaming allows you to control what happens in the dream state or shape the progression of the dream
- You may or may not remember the active dream state, the key is that you wake with focus and direction
- Active dreaming triggers inspiration, a hunch, an idea, or a vision

### Section 1: Why Dream Your Reality

7. Shifting passive dreaming to active dreaming:

- Intentionally working with your subconscious gives you access to active dreaming
- Going to bed with focus, attention, tools, and essential oils will help you shift from passive dreaming to active dreaming – discussed in detail in section three
- Always look to how you feel when you wake up as an indicator of the work you need to do with your subconscious

### Section 1: Why Dream Your Reality

8. Victim consciousness creates blocks to manifesting:

- Victim consciousness disempowers the victim and makes it more difficult to create an empowering life and opportunities for change
- Labeling situations with victim consciousness makes it more difficult for you to create an empowering life and opportunities for change
- “That’s not fair” vs “There is opportunity for change and growth here”
- “There is nothing \_\_\_\_\_ can do” vs “I hope they find peace and positive change comes from this”

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### DREAM YOUR REALITY USING YOUNG LIVING ESSENTIAL OILS PART 2: THE TOOLS

#### Section 2: How to Dream Your Reality

##### 1. Focus on a positive internal dialog:

- Align your words to how you would like something to be
- Choose words that create a positive response
- Remember to \_\_\_\_\_ vs Don't forget to \_\_\_\_\_
- Would like, will have, am open to \_\_\_\_\_ vs want, should, can't, and won't
- Conscious language as a choice is taught by Marcella Vonn Harting through her Highest Potential Academy (break vs rest, weight loss vs releasing weight, I would die for that vs I would love that)

##### Ideas for affirmations

- I am permanently releasing \_\_\_\_ pounds of stored fat with grace and ease
- Create "rank up" times on your schedule
- I \_\_\_\_\_ easily attract people who would like to build a YL business with me

#### Section 2: How to Dream Your Reality

##### 2. Shift any negative internal dialog and limited views:

- Work with Dr. Perkus's Aroma Freedom Technique™
- Work with Carolyn Mein's *Releasing Emotional Patterns with Essential Oils*
- Work with forgiveness prayers before going to bed
- Forgive yourself for anything you said or did with another that wasn't in alignment with your highest good
- Forgive others for anything they said or did to you that wasn't in alignment with their highest good

##### Ideas for affirmations

- I am not happy with \_\_\_\_\_ and wish it was more \_\_\_\_\_
- I do not like \_\_\_\_\_ (what is happening) and will create opportunities for change (what you would like to instead)

#### Section 2: How to Dream Your Reality

##### 3. Shifting away from victim consciousness is a requirement:

- Carolyn Mein's *Releasing Emotional Patterns with Essential Oils*
- Being a victim - Peace and Calming blend with the affirmation "I am real and self-responsible"
- Victim consciousness – Magnify Your Purpose blend with the affirmation "I am cause and connect with my inner strength"
- Negative or erroneous thoughts – Purification blend with the affirmation "I let go of illusions and face a new truth"

##### Ideas for affirmations

- Now that is a difficult situation and hopefully they can find a positive solution to it
- I am committed to sending positive thoughts to encourage change and growth
- Every day brings new opportunity for growth

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### Section 2: How to Dream Your Reality

4. See events and circumstances as “situations” you can change:

- Ellen Powers taught me to reframe problems, challenges, and negative situations as opportunities for growth or change based on the work of Eckhart Tolle
- There are three ways to respond to situations -
- Accept them without complaint – Acceptance blend
- Choose to change the situation – Transformation blend
- Choose to walk away from the situation – Release blend

Clues you are dealing with a “situation”

- Something “rubs” you the wrong way
- Noticing a repeated complaint
- Wanting to change another person
- You wake up stressing about it

### Section 2: How to Dream Your Reality 5. Oil blends to encourage active dreaming:

- Dream Catcher or Envision blend when you are unsure of your desires or intentions – “My desires and actions are made clear”
- Believe blend when you are feeling undeserving or unworthy – “I am worthy and deserving and have significant talents to share”
- Inspiration blend when you need direction – “I easily find direction and follow my intuition”
- Build Your Dream blend – when you are scattered or disorganized – “I have the tools, focus, and ability to construct my future”

Goals vs Intentions

- Goals are limiting, can trigger feeling of failure and lack, and create emotional highs and lows
- Intentions provide focused direction and the opportunity for change and betterment

## DREAM YOUR REALITY USING YOUNG LIVING ESSENTIAL OILS PART 3: ACTIVE DREAMING

### Section 3: Active Dreaming

1. Shifting passive dreaming to active dreaming:

- Going to bed with focus, attention, tools, and essential oils will help you shift from passive dreaming to active dreaming
- Pay attention to your first thoughts and feelings when you wake up for an indication of how your subconscious is working and hidden feelings
- According to Gary Young, active dreaming is how he accomplishes everything he sets out to do
- Cultures from around the world have realized the benefits of active dreaming

## DREAM YOUR REALITY USING YOUNG LIVING ESSENTIAL OILS

### Section 3: Active Dreaming

#### 2. Active dreaming the Gary Young way:

- Using a note pad or a poster board draw your intentions as pictures (the subconscious works with pictures easier than words) and these can be stick figures, simple sketches, or you can cut out pictures from printed materials
- Choose an oil blend to work with to encourage active dreaming – apply to temples, back of neck, outside of the ears, or diffuse as you go to bed
- Study your drawing as the last thing you do before turning out the lights
- Imagine yourself doing the activity, achieving your intentions, and feeling a sense of accomplishment as you fall asleep

### Section 3: Active Dreaming

#### 3. Active dreaming the Gary Young way:

- As you wake up you will begin to remember key steps needed or additional aspects of the manifestation that are beneficial for you
- Make sure to add these key steps or additional aspects to your original drawing, note pad, or poster board as soon as you wake up
- These are key pieces to achieving the end result or the next steps to take
- According to Gary, he had done this for decades and continues to do this every night and every morning

### Section 3: Active Dreaming 4. Empowering affirmations:

- I am willing to change, I am willing to release old negative beliefs, I am open and receptive to new \_\_\_\_\_ (avenues of income/expressions of health/direction in my career), I am worthy and deserving and have significant contributions to make, I see \_\_\_\_\_ (abundance/vitality/self-expression) all around me. I am thankful for the perfect opportunities presenting themselves – Anonymous
- “Everything I deserve and desire flows to me freely and easily in accordance with God’s divine plan” - Susan Stone

Create your own affirmations that rhyme, make you smile, and feel childlike to work with your subconscious

Add “grace and ease” to your affirmations

Say your affirmations when you exercise, find yourself feeling fearful or have anxious thoughts