



Find your joy

Aroma Freedom Technique

Aroma Freedom is a simple, effective technique to clear away the negative emotions creating roadblocks in your life. The negative thoughts and feelings that arise when you dream about doing something new, the unresolved memory that gets triggered when you least expect or want it, or a current situation that feels overwhelming, frustrating or confusing.

Developed by US psychologist, Dr Ben Perkus, Aroma Freedom combines recognised psychological practices with the therapeutic benefits of Young Living essential oil blends. Using the sense of smell, Aroma Freedom works to create a new experience towards that traumatic memory, or current difficulty or out of reach goal. It very simply and permanently clears away the associated negative emotional charge to create an opening for a more positive response.

The Science

Our human wiring is designed to do three things:

- a) explore & grow
- b) learn from experience
- c) create 'inner rules' based on that learning.

Because we are innately wired to survive these inner rules are all about being safe, and reflect the limiting and disempowering beliefs we develop about ourselves as a result of our experiences ...what's safe and not safe for 'ME', what 'I' can or can't do.

These rules develop predominately in our formative years from 0-7 and continue to be reinforced and strengthened throughout life with no consideration that time has passed, and circumstances have changed. They tell us that something that felt unsafe for us as a 4-year-old is still unsafe for us now. And when the rule is triggered, we feel just like we did when it was created, a scared, or sad or angry 4-year-old.

One way to think about them is as little land mines. They offer protection if we stay safe behind the line. If we venture out from behind that line they detonate, not just once but repeatedly, every time we come out. The aim is to send us back to where it is 'safe'. Sometimes we think we know where they are and try and go around them, but because they are buried in our subconscious mind, we have no idea when they will go off. So, the emotional roadblocks that we experience in life are created by inner rules that sit in our subconscious mind hidden from our conscious awareness.

Research suggests that 95% of our response to life happens this way so as we move through life this focus on safety inevitably begins to conflict with that part of us that wants to explore and grow. It is why we feel so torn at times, wanting to do something but not daring to.

Experiencing regret for the things not done, the dreams not followed. Have you ever started down the path towards something you really wanted, feeling excited and alive, and then somehow it got lost or sabotaged? It no longer felt 'feasible/possible', or you no longer felt 'capable/confident' enough. That was your inner rules saying no.



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Our sense of smell is also an important part of our wiring. We are attracted and repelled by smell and use it to choose our food and a mate, so it plays a key role in our survival. It is also the first sense to develop and the only sense directly connected to the brain. The olfactory nerve runs directly to the limbic brain, which is the seat of our emotions and memories. The Amygdala is also located in the Limbic system and triggers our survival response in the sympathetic nervous system, to run away, hide or fight.

This is why the sense of smell plays a key role in creating our inner rules and why smelling essential oils can change them.

Process:

The Aroma Freedom technique works by activating and reconstructing components of what is known as the memory complex. A construct created for every experience and stored as:

- A feeling
- The physical response to that feeling
- The associated thought or voice
- An image/memory

Smelling the oils while focusing on the components of the memory complex causes the brain to reconstruct how the memory is stored. A negative memory/thought/feeling/physical sensation becomes associated with a new smell, one the bodymind associates with feeling calm, safe and in control. The memory remains but the feeling, the physical sensation and thought components shift to a more positive energy.

Young Living Oils:

Dr Perkus has worked with Young Living essential oils for over 20 years and developed the Aroma Freedom technique based on specific blends unique to Young Living. Because the process involves breathing the oils directly into the brain it is important that they are of the highest therapeutic quality. [Young Living](#) has a seed to seal commitment. Oils are sourced globally from either its own farms, partner farms or certified suppliers, extracted without the use of solvents and guaranteed 100% pure with no synthetic constituents. The seed to seal guarantee lies at the heart of everything Young Living does and is closely monitored to ensure that every aspect of the process is ethical, legal and sustainable.

If you would like to talk about how Aroma Freedom might be able to support your journey contact me on 0400 494 166 to arrange a free 30 minute WellBeing conversation.

xMary Girishaa