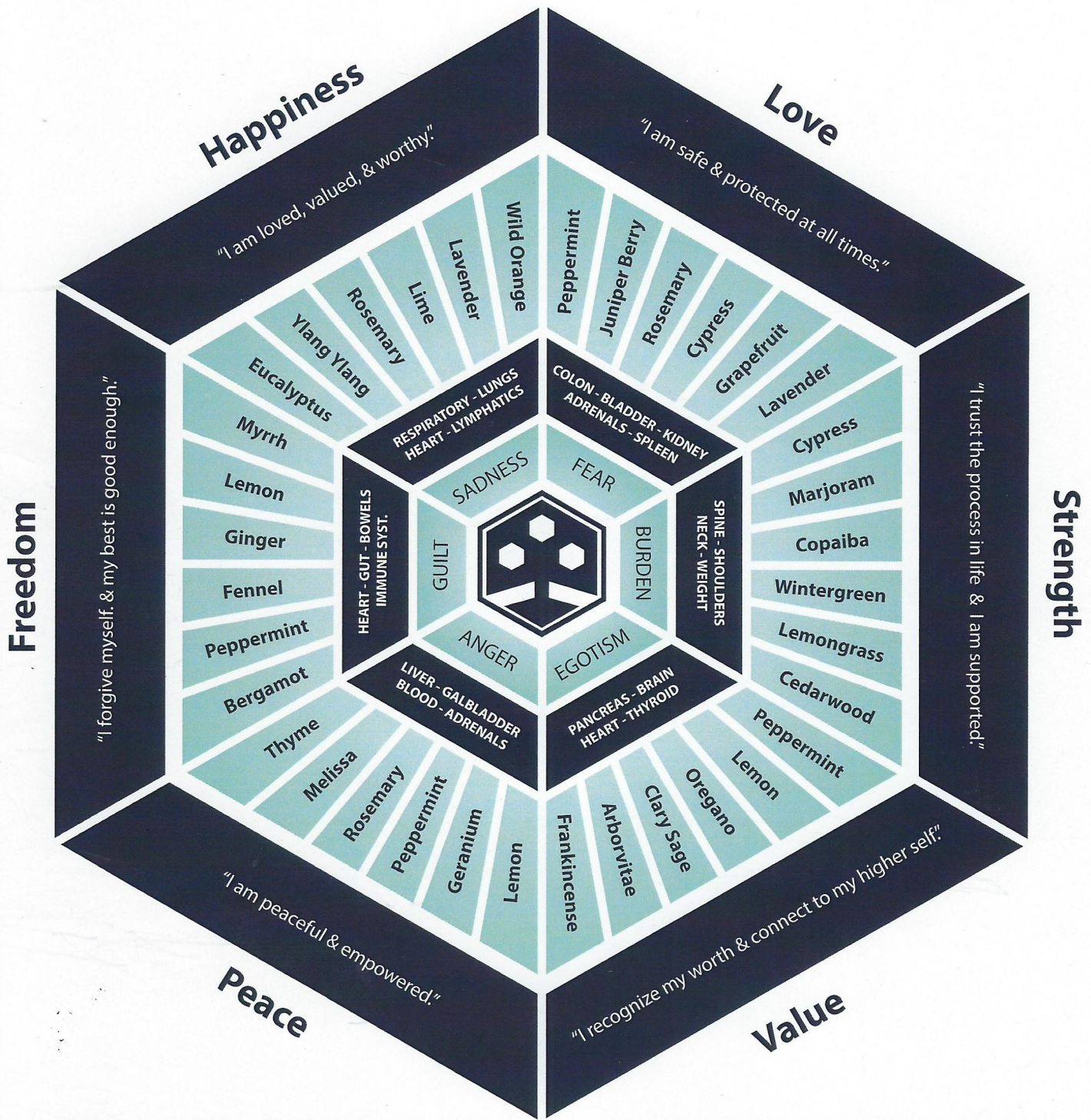




THE EMOTIONS MENTOR WHEEL



1

Select the emotion that you may be feeling on the innermost tier.

2

Notice the parts of the body listed in the next tier. These are parts of the body that may be affected by the emotion in the previous tier.

3

Select the essential oil that corresponds with that emotion.

4

Next, repeat the following affirmation in order to reach the desired emotion on the outer tier.