

The 12 Steps of AFT - The Aroma Freedom Technique. The Aroma Freedom Technique is a simple **process** that **uses** Young Living **Essential** Oils to anchor permanent shifts in thoughts, feelings, and attitudes.

Steps	WRITE DOWN YOUR RESPONSE
<p>REVEAL. 1. GOAL? RATE 1-10. Set your goal or intention – rate how likely it seems that this goal will come to pass (0-10). OPTIONAL: Use Clarity, Inspiration, or Highest Potential Oil Blends.</p>	
<p>2. NEGATIVE RESPONSE: Say the goal out loud and notice the first negative thought that automatically comes up – the one that tells you why this can't happen.</p>	
<p>3. FEELING? Identify how you feel when you think about the negative thoughts. A feeling is one word.</p>	
<p>4. WHERE FEELING? Notice where you feel this negative feeling in your body.</p>	
<p>5. MEMORY? Drift to an earlier time, it could be recently or long ago, when you felt the same way. Find a "snapshot" or "movie" of that time.</p>	
<p>RENEW. 6. SMELL & REMEMBER. Close your eyes. Focus on snapshot, feeling, negative thought, & body sensation while smelling Memory Release (Stress Away, Lavender & Frankincense) or Release, Inner Child, Peace & Calming, etc. Use different oils for 2nd, 3rd & 4th rounds as needed.</p>	
<p>7. RIDE THE FEELING. Allow whatever feelings surface to just pass through you as you smell the oil. Ride wave of emotion if it gets intense. See what happens to the image & how you feel in your body.</p>	
<p>RENEW. 8. NEW BELIEFS? Notice new beliefs starting to emerge. Find the "light" breaking through the memory. Do you get any new creative ideas?</p>	
<p>9. RATE GOAL AGAIN. Read the original goal. Rate it again from (0-10) based on how likely it seems it will manifest. If the number is less than 8, you may return to step 2 to identify additional negative thoughts.</p>	
<p>10. CREATE AFFIRMATION. Create an affirmation that expresses the new, positive belief you wish to instill.</p>	
<p>11. REPEAT AFFIRMATION in POWER POSE. Smell Believe or Transformation Essential Oil Blend, Lemon, Peppermint etc. Repeat the affirmation for 2 minutes with confidence, morning and night, while standing in a "power posture." Do this for at least 3 consecutive days or until you update your affirmation. Never stop doing your affirmations!</p>	
<p>12. TAKE ACTION. Make a plan, and take action daily. When you have reached your goal, set another. Find what is in your heart and pursue it!</p>	

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