

EPRT™ Emotional Reflex Area List

Reflex Area	Old Emotional Pathway	New Emotional Pathway	Innervation	Mental Release	Essential oil
Adrenal	Exhaustion Anxiety Victim	Energy Confidence Self-Responsible	T9	I nurture myself Peace, Be still I am centered	Nutmeg Ylang Ylang Lavender En-R-Gee 106mHz
Bladder	Pissed Off Fear	Resolve Faith	T3	I accept life's lessons I face the unknown	Lemongrass Thyme Lavender Stress Away
Brain	Confusion Addiction	Focus Freedom		I am centered and focused I am wanted & lovable	Frankincense Cedarwood Sandalwood Transformation
Breast	Overmothering Feeling of Emptiness	Nurture Self Full	T3 -T5	I receive and accept I am complete	Fennel Geranium Clary Sage SclarEssence
Bronchial	Sorrow Disappointment	Peace Joy	Vagus n.	I accept life I trust life	Eucalyptus Peppermint Thyme Raven 70mHz

Diaphragm	Despair Yearning Criticism	Dignity Grateful Acceptance	T8	I am open to guidance I am aware of who I am I receive	Myrtle Eucalyptus Lavender Raven 70mHz
Ear	Not wanting to hear Dizziness	Harmony Stability	C2 & 3	I listen with Love I take back my movement	Juniper Basil Helichrysum Forgiveness 192
Esophagus	Scared Paranoid Worry	Safe Surrender Trust	T1	I am still I am trusting All is well	Lemon Ginger Rosemary Valor 47mHz
Eye	Not wanting to see Blindness	Awareness Illumination	CN 3	It is safe to see I see with certainty	Frankincense Cypress Carrot Envision 90mHz
Gallbladder	Bitterness Frustration Resentment	Forgiveness Accomplishment Satisfied	T4	I release I move beyond limitations I embrace my life	Grapefruit Lemon Rosemary Forgiveness 192mHz
Heart	Fear of Intimacy Loneliness Panic Unloved Not Enough	Trust Connectedness Courage Worthy Plenty	C5-T5	I allow myself I am in a loving space Peace, Be Still I allow myself to be real I ask and I accept	Ylang Ylang Cypress Frankincense Lavender Abundance 78mHz

Kidney	Fear of Love Unloved Persecuted	Detachment Cherished Revered	T11-12	I am worthy I am more than enough I express wisdom	Juniper Lemongrass Geranium Release 102 mHz
Jaw (TMJ)	Holding Back Loss	Openness Gain	CN 3	Change brings growth I allow myself to give and receive	Eucalyptus Peppermint Bergamot 3 WiseMen72mHz
Lg Intestine	Holding On Stinginess Procrastination	Letting Go Surrender Action	L1	I love and approve of myself I am enough I take action now	Peppermint Ginger Thyme Surrender 89mHz
Leg	Stuck Rigid	Move Forward Flexible	L5	I move forward with ease I flow with life	Basil Marjoram AromaSeiz54mHz
Liver	Anger Frustration	Laughter Accomplishment	T5	My direction is clear I move beyond my limitations	Ledum Geranium Lemon Humility 88 mHz
Lung	Grief Rejection Unappreciated Disappointment	Peace Acceptance Important Acceptance	T3	Change brings growth I accept all that I am I live my purpose I trust my vision	Eucalyptus Dorado Azul Myrtle Raven 70 mHz
Lymphatic	Being left behind Depletion Inner Crying	Move Rejuvenation Joy	T12	I am free to move forward I take care of myself I am worthy	Lemongrass Cypress Lemon Inner Child 98

Neck	Stubbornness Overloaded Strained	Flexibility Relief Joy	Cervicals	I see all sides of an issue I am supported Love relaxes	Basil Lavender Frankincense DeepRelief
Nerves	Victim Misunderstood Irritated	Inner Strength Communication Resolved		I am connected I am understood I am centered	Peppermint Geranium Copaiba Acceptance 102mHz
Pancreas	Betrayal Irritability Lack of Sweetness	Trust Content Gratitude	T7	I have the courage to accept the truth Bliss runs through me My joy comes from within	Jasmine Copabia Blue Tansy Gratitude
Parathyroid	Disharmony Entitlement	Balance Realistic	C7	I am centered I can do it	Lemongrass Rosemary Frankincense White Angelica 89mHz
Pineal	Disconnected Sleepless	Secure Rejuvenated	C1	I am safe I let go and allow	Valerian Vetiver Cedarwood Believe
Pituitary	Fear Depression	Faith Alive	C1	I face the unknown I am glad I am alive	Geranium Frankincense Sandalwood Highest Potential
Prostate/ Uterus	Distrust Loss of Identity	Integrity Purpose	L4	I honor truth I know my purpose	Sage Blue Spruce

	Loss of Creativity Violated	Vision Honored		My purpose is magnified I am respect/respected	Myrrh Awaken 89mHz
Ovaries	Inadequate Not safe to be me	Complete Protected	L3	I am full of vitality I am free to be me	Clary Sage Bergamot Fennel Harmony 101mHz
Sinus	Irritation with Someone Stuck	Harmony Transformed	C2	I allow I experience	Eucalyptus Tea Tree Ravintsara Transformation
Sm Intestine	Indecision Envy Nervousness Insecure	Discernment Humility Ease Confidence	T12	I have clarity I trust I can change I am confident I am able	Patchouli Ginger Marjoram Release 102mHz
Spleen	Guilt Ungrateful	Confident Gratitude	T8	I forgive myself I am worthy	Helichrysum Marjoram Thyme Live with Passion 89mHz
Stomach	Abandonment Control Pessimism	Cherished Flexible Confident	T6	I am precious and embraced I am open to alternatives I am confident and secure	Basil Ginger Peppermint Grounding 140mHz
Testes	Inhibited	Self Assured	L3	I am confident in myself	Rosemary Goldenrod Blue Spruce Shutran

Throat	Fear of Speaking Out Dread Grief	Inner Strength Serene Happy	C5	My words are heard I am grounded in truth I can accept all of life	Myrrh Grapefruit Oregano Motivation 103mHz
Thymus	Vulnerable	Protected		My heart is protected	Ravintsara Thyme Lavender Joy 188mHz
Thyroid	Doubt What about me? Misunderstood	Unity Recognition Clarity	C7	I am one with all that is I am important I speak less and say more	Myrtle Spearmint Spruce Valor 47mHz
Uterus/ Prostate	Distrust Loss of Identity Loss of Creativity Violated	Integrity Purpose Vision Honored	L4	I honor truth I know my purpose My purpose is magnified I am respect/respected	Geranium Frankincense Sage Harmony 101 M