

"Happiness is not a goal in and of itself; it is a side-effect of doing what you are meant to do in this life."

DR. BENJAMIN PERKUS



## About Young Living Essential Oils

With over 20 years in the essential oil business, Young Living is proud to set the standard for essential oil purity & authenticity by carefully monitoring the production of our oils through our unique Seed to Seal process. From the time the seed is sourced until the oil is sealed in the bottle, we apply rigorous quality controls to ensure that you are receiving essential oils exactly the way nature intended. No chemicals or pesticides are ever used on our plants. We have the largest selection of essential oil singles, blends, & products on the market.

For more information on Young Living's commitment to essential oil purity, visit [www.SeedtoSeal.com](http://www.SeedtoSeal.com)

### FOLLOW ME

Living Abundantly Well w/Michelle  
<https://www.facebook.com/livingabundantlywell>  
YL Member #1182921

*Empowering others in their pursuit of quality self-care and balanced living.*



# The Aroma Freedom Technique

Experience the  
Breakthrough

# Aroma Freedom Technique

Aroma Freedom Technique (AFT) was developed by Dr. Benjamin Perkus, a Clinical Psychologist since 1996 and veteran essential oil practitioner.

It is a step-by-step process for identifying and releasing negative thoughts, feelings and memories that interfere with reaching one's goals and dreams. AFT uses only Young Living Essential Oils to trigger a permanent shift in how we view ourselves and the world.

Through this process you will learn how to identify what you really want in life, what is blocking you, and how to release those blocks in a matter of minutes. You then apply daily practices to keep you on track and solidify your positive intentions.

What are people saying about AFT?  
[www.AromaFreedom.com/pages/testimonials](http://www.AromaFreedom.com/pages/testimonials)

## BENEFITS OF AFT

### 1

Obtain clarity of purpose

### 2

Remove mental blocks

### 3

Release negative emotional patterns

### 4

Overcome doubt & procrastination

### 5

Build confidence

### 6

Realize goals

**AFT is gentle, powerful,  
& effective!!!**

## Who is AFT for?

*Individuals ~ Groups ~ Families  
Businesses ~ Churches*

Sessions available In-Person  
or Remote via Zoom

## Ready?

**Questions? Contact me today!**

**972-841-7821**

Living Abundantly Well w/Michelle

<https://www.facebook.com/livingabundantlywell>



Michelle is passionate about living intentionally, abundantly and well. Her energy, enthusiasm and faith are the well she draws from to transform the way she responds to the burdens in life. Instead of feeling drained and defeated, she chooses to laugh, love and live with grace and ease.

She understands how it feels to face life's challenges and the energy required to survive a health crisis. The knowledge she has gained from overcoming dis-ease conditions within her own body and the compassion she gained while supporting her husband, Danny, when he was severely ill and at a crossroads in his life are what inspired her to affirm and empower others in their pursuit of quality self-care and balanced living.

By bringing balance and harmony to the body, mind and spirit you can live victoriously! If you seek to transform your life, desire to live intentionally and tap into that contagious energy Michelle has to offer, she is here to guide you and serve you.