

New *Renaissance*

"It's our time to Shine!"

**Experience Vibrant Health through
Healing Your Emotions**

KARI BROWNING

- * Seminars on Releasing Toxic Emotions
- * Releasing Toxic Emotions Appointments
- * Online Releasing Toxic Emotions (RTE) Certification Course
- * Wellness Intensives
- * Wellness Retreats
- * Personal Mentoring

www.newrenaissance.us

208.640.9292 | kari@newrenaissance.us



Rosemary

Juniper

Lemongrass

Nutmeg

Balsam Fir

Clove

Black Pepper

“Three Thumps”



This process consists of tapping on three different meridian points.

Tapping on these points will restore your energy when you are tired, increase your vitality, and keep your immune system strong. Use this technique when you need a pick-me-up!

A vibrant, multi-colored nebula in space, featuring a bright star on the left side. The nebula is composed of various colors including blue, green, yellow, orange, and red, with a bright white star on the left side. The background is dark with scattered stars.

Session Two

Releasing Toxic Emotions

A dirt road splits into two paths leading towards a bright sun in a cloudy sky. The sun is low on the horizon, creating a golden glow and long shadows. The sky is filled with dramatic, dark clouds, some of which are illuminated from below by the sun. The ground is a mix of dirt and sparse green grass. The overall mood is one of hope and guidance.

**“Stand at the crossroads and look;
Ask for the Ancient Paths, ask where the good way is,
and walk in it, and you will find rest for your souls”**

Jeremiah 6:16

*Beloved, I pray that you may
prosper in all things and be in
health just as your soul prospers.*

(3 John 1:2)

A woman with long dark hair, wearing a pink t-shirt and dark pants, is sitting in a meditative lotus position on a sandy beach. She is facing away from the camera, looking out at the ocean. The sky is filled with soft, colorful clouds in shades of orange, yellow, and blue, suggesting a sunset or sunrise. The water is calm with gentle waves lapping at the shore. The overall mood is peaceful and serene.

*Finding Rest
for
Your Soul*



RTE Technique:

Release Toxic Emotions with Essential Oils

Re-image Traumatic Memories

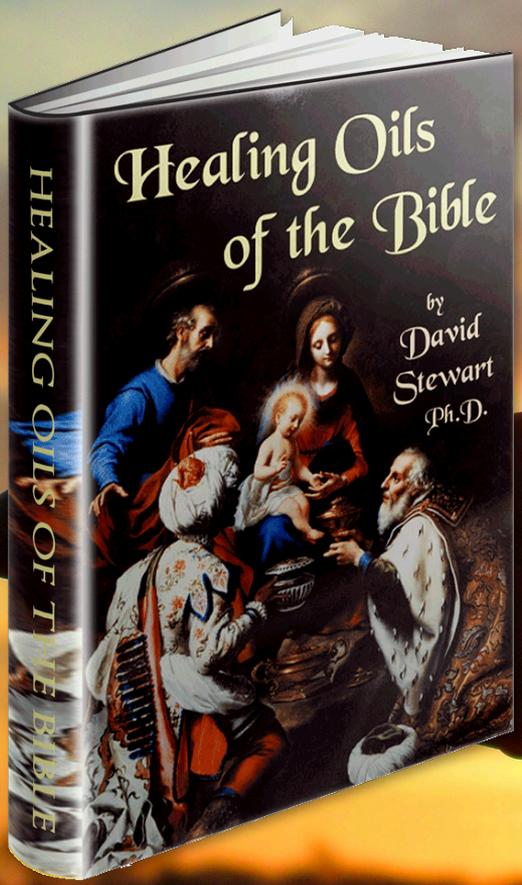
Renounce Negative Core Beliefs

Rewire the Brain

Regulate the Nervous System

Rewrite Your Story

REPEAT, REPEAT, REPEAT



Sozo – Healing Spirit, Soul and Body

Iaomai – Sudden, Instantaneous Healing

Therapeuo – Healing Over Time With Care

“And they anointed with oil many that were sick, and healed (therapeuo) them.” (Mark 6:13)

Is anyone among you sick? Let them call the leaders of the church to pray over them and anoint them with oil in the name of the Lord.

And the prayer offered in faith will make the sick person well; the Lord will raise them up. If they have sinned, they will be forgiven.

Therefore confess your sins to each other and pray for each other so that you may be healed.

(James 5:14-16)

Perhaps this
is the
moment
for which
you have been
created.

Esther 4:14





*Six months with the
oil of myrrh....
(Esther 2:12)*



QUANTUM PHYSICS AND ENERGY MEDICINE

www.newrenaissance.us



*If you want to find
the secrets of the
universe, think in
terms of energy,
frequency and
vibration...*

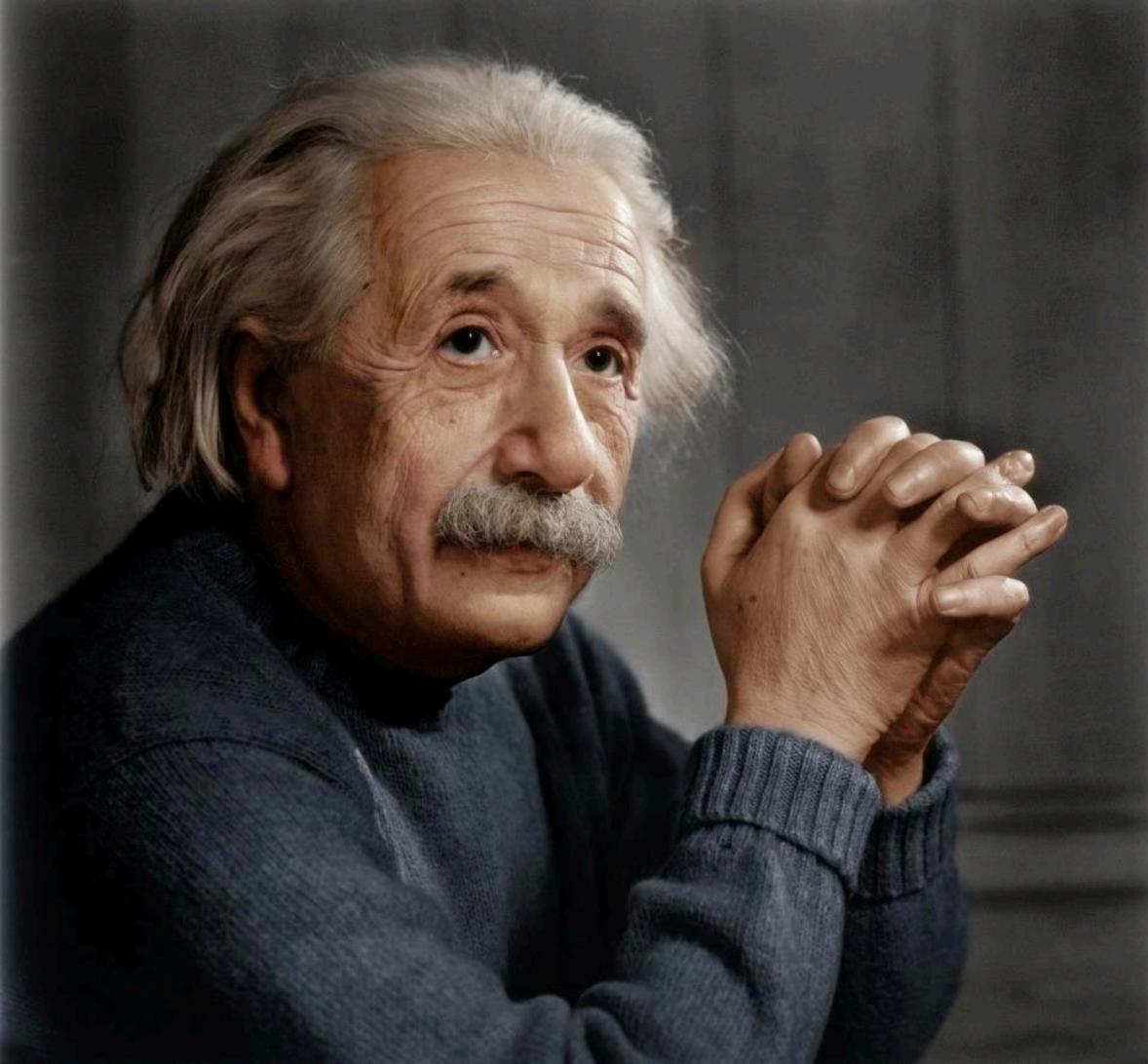
- Nikola Tesla

JoAnn McFatter



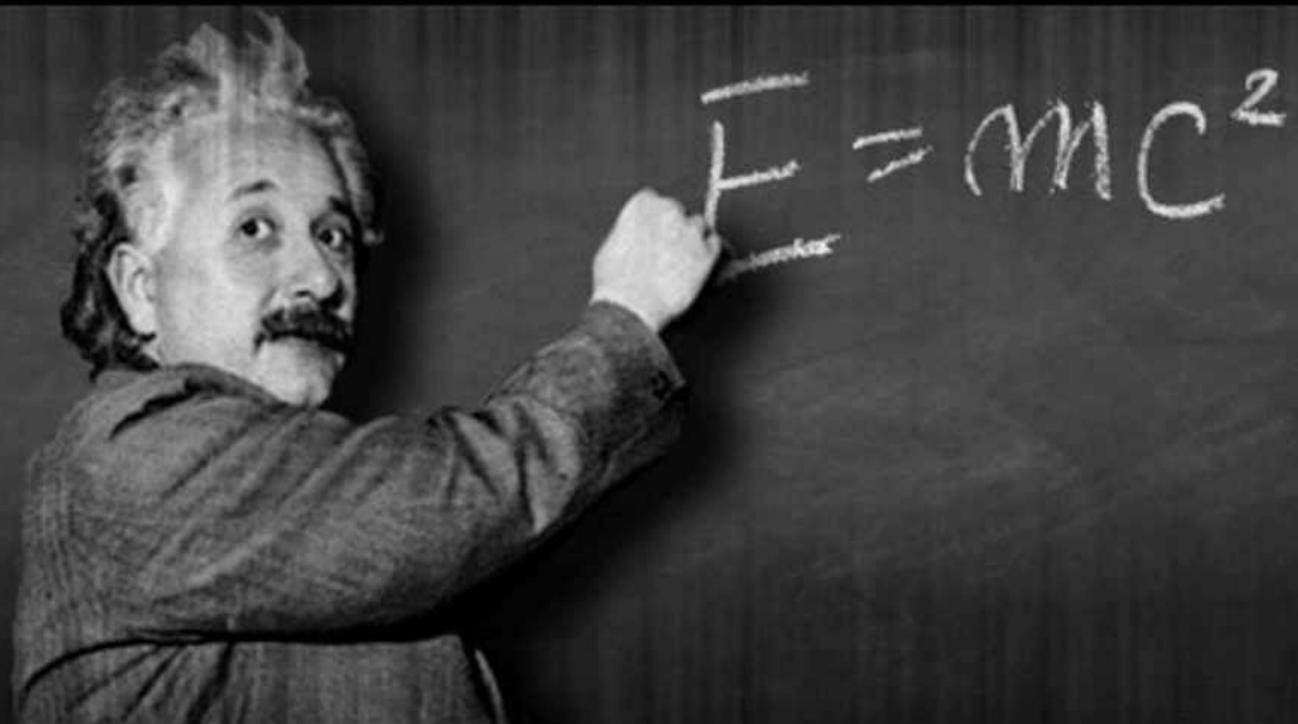
Quantum Physics

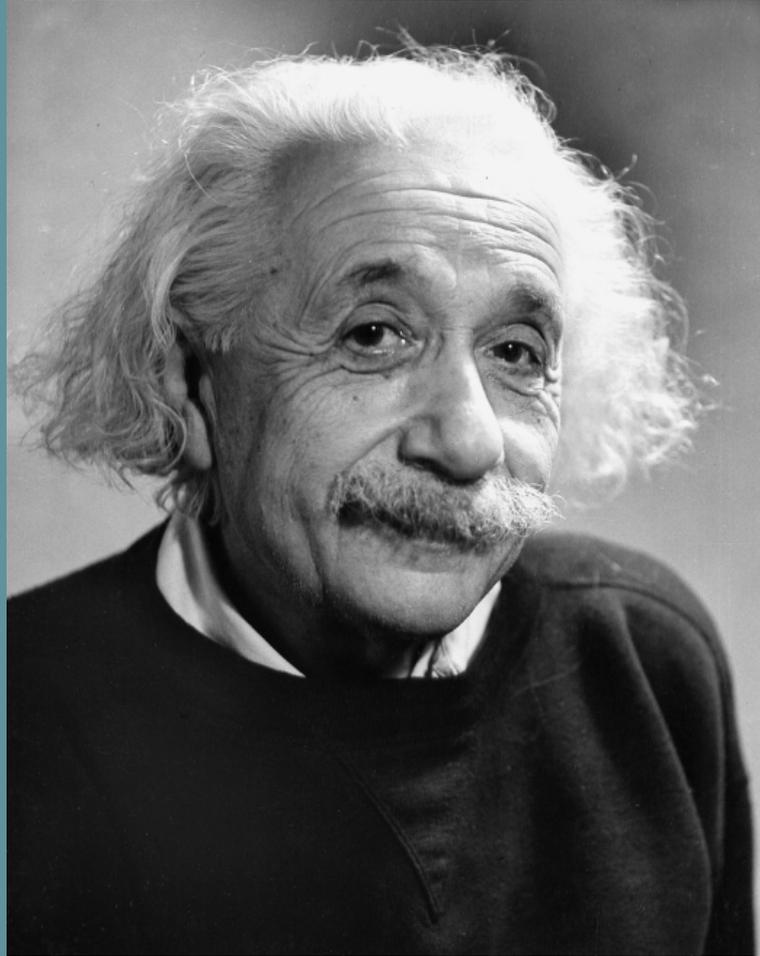




*If you can't
explain it simply,
you don't
understand it well
enough.*

- Albert Einstein





Everything is Energy!

We are all vibrating.

*“Future medicine will be
the medicine of
frequencies.”*



*A single moment
of understanding
can flood a whole life
with meaning*







***The next
big frontier
in medicine
is
energy
medicine.***

-Dr. Oz



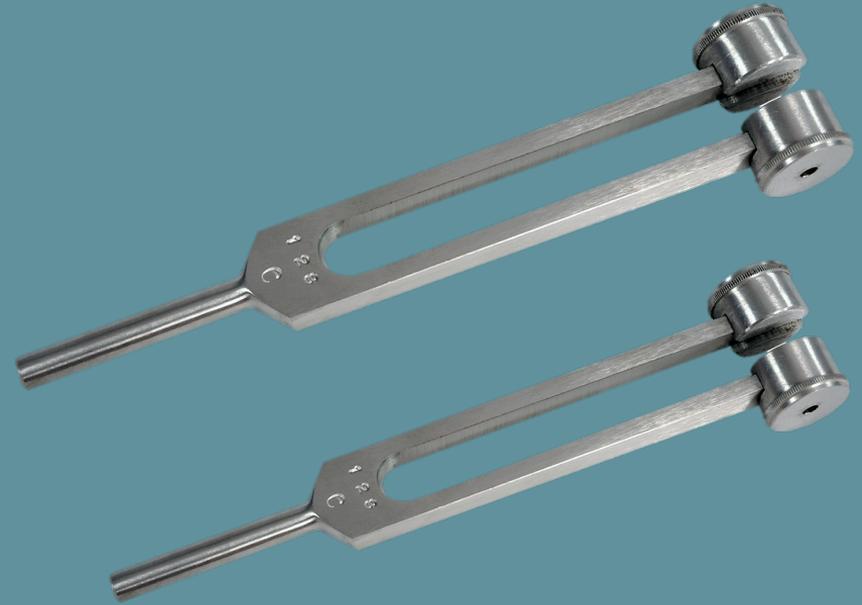
John Wesley used a static electricity machine to heal many disorders including blindness, gout, sprains, deafness, toothaches, and stomach and back pain.

It was one of his favourite remedies and he says it is "far superior to all the medicines I know."



Vision







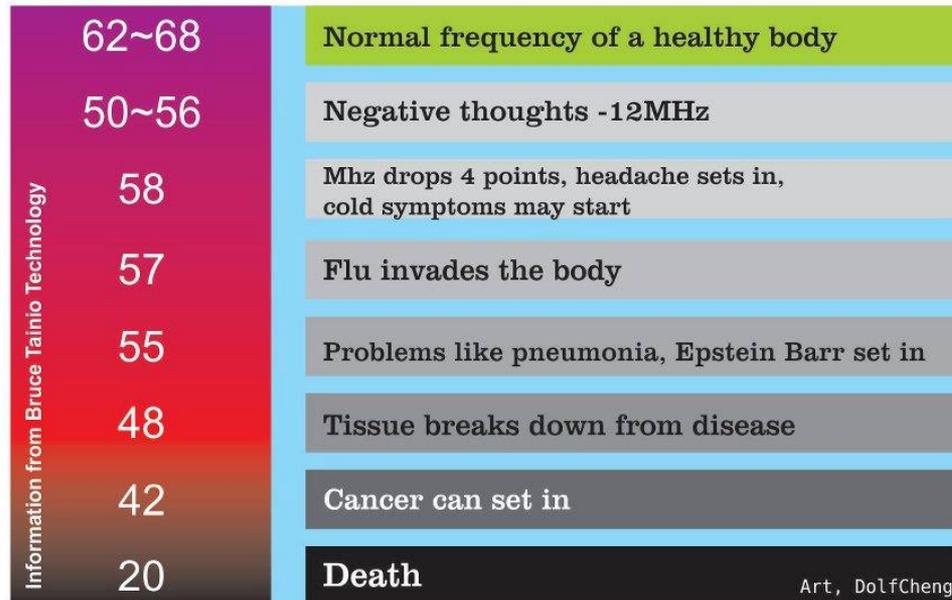
*Raise Your Vibration
To Change Your Life!*

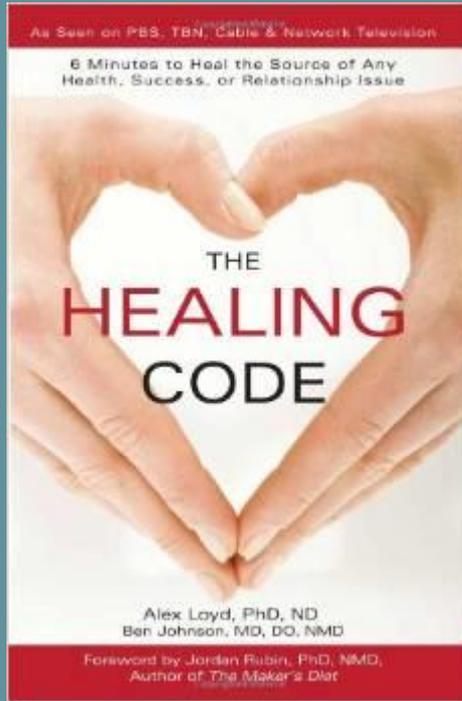
“Much about a person's health can be determined by the frequency of the person's body.”

- Dr. Robert O'Becker

We found that disease begins at 58 hertz frequency, flu starts at 57, Candida at 55, Epstein Bar at 52, and cancer at 42. What this tells us is when we do things in our lives that compromise the frequency in the human body, we can become a victim. Essential oils re-establish the normal frequency of the human cells (documented at Eastern State University.)

Excerpts from The Missing Link, 1988, D. Gary Young





*“All sickness and disease
is caused by insufficient
energy at the cellular
level.”*

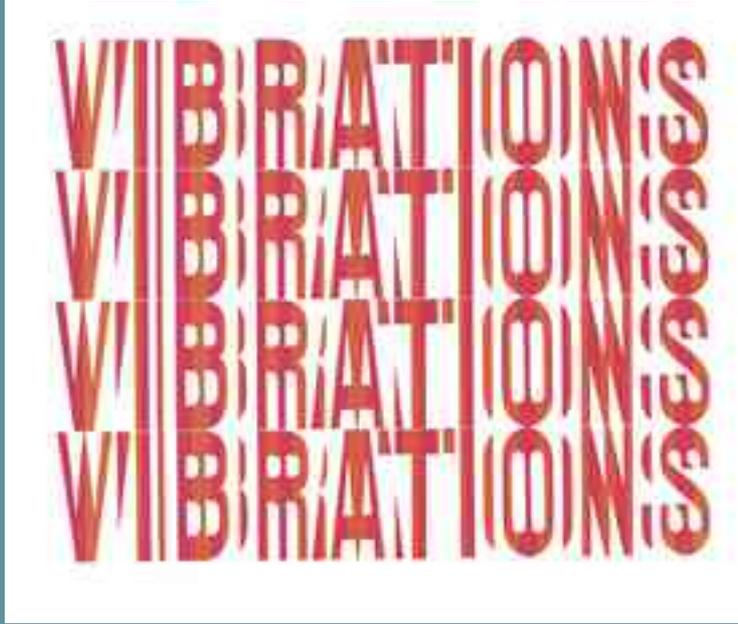
~ The Healing Code

“In every culture and in every medical tradition before ours, healing was accomplished by moving energy.”

~ Albert Szent-Györgyi

(Hungarian biochemist who won Nobel Prize in Medicine in 1937. He is credited with discovering Vitamin C.)

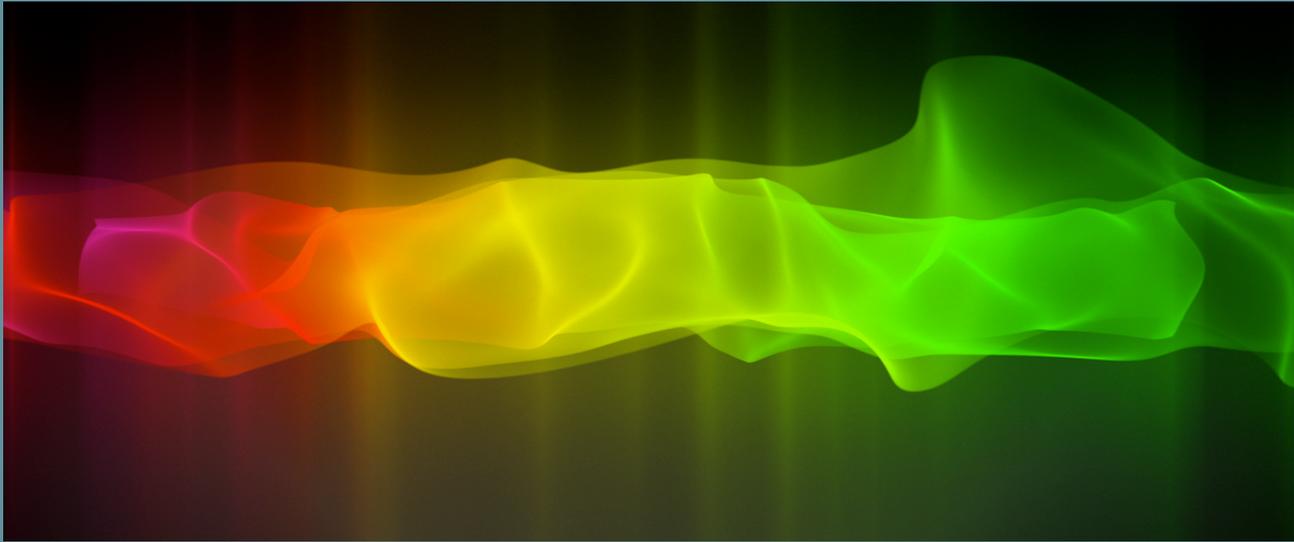




High vibrations are generally associated with positive emotions such as love, peace, and joy.

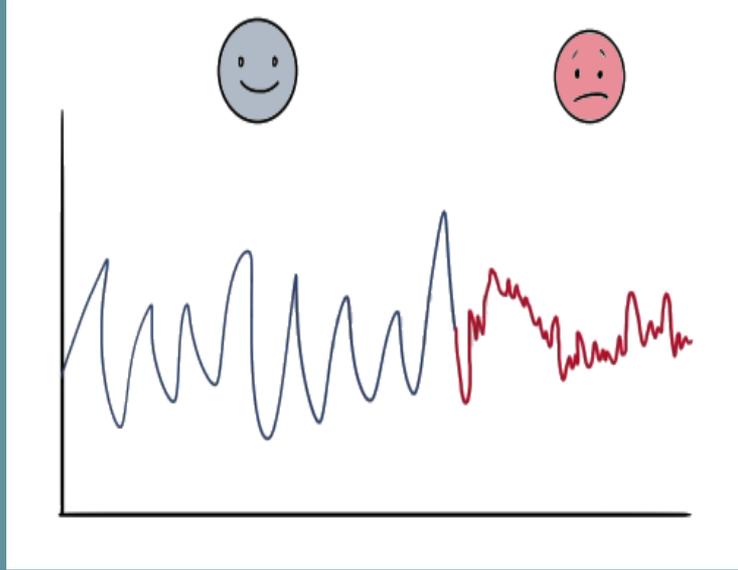
Low vibrations are associated with negative emotions such as fear, guilt, and shame.

The Latin derivative for the word emotion, 'emotere', literally means "energy in motion."





Disharmonious or unbalanced vibrations show themselves in many ways including discomfort, disease, illness, fatigue, and a variety of different symptoms.



One of the easiest ways to determine whether you are vibrating at a “high frequency” or a “low frequency” is by paying attention to how you feel physically and emotionally.



*Do you feel light, energised,
clear, joyful, and healthy?*

*Do you feel weighed
down, repressed,
oppressed, or heavy?*



*Whenever you “push down”
and ignore a negative
emotion, it may manifest
in sickness and disease.*



*Letting go of repressed negative emotions raises your
personal vibration and allows your body to heal.*

Unexpressed emotions
will never die.
They are buried alive
and will come
forth later in
uglier ways.



*Trapped emotions are like
balls of energy.*

*They may lodge anywhere
in the body.*

*They distort normal energy
fields.*

Chronic fear affects the kidneys.

Symptoms to look for:

Involuntary urination

Frequent urination

Urinary tract infections

Back pain

Adrenal fatigue

Insomnia



Anger (Resentment, Irritability, Frustration)

affects the liver.

Symptoms to look for:

Headaches

Itchy skin

Skin conditions

Easily irritated

Sluggish

Low energy



Grief affects the lungs.

Symptoms to look for:

Tightness in chest

Recurring bronchitis

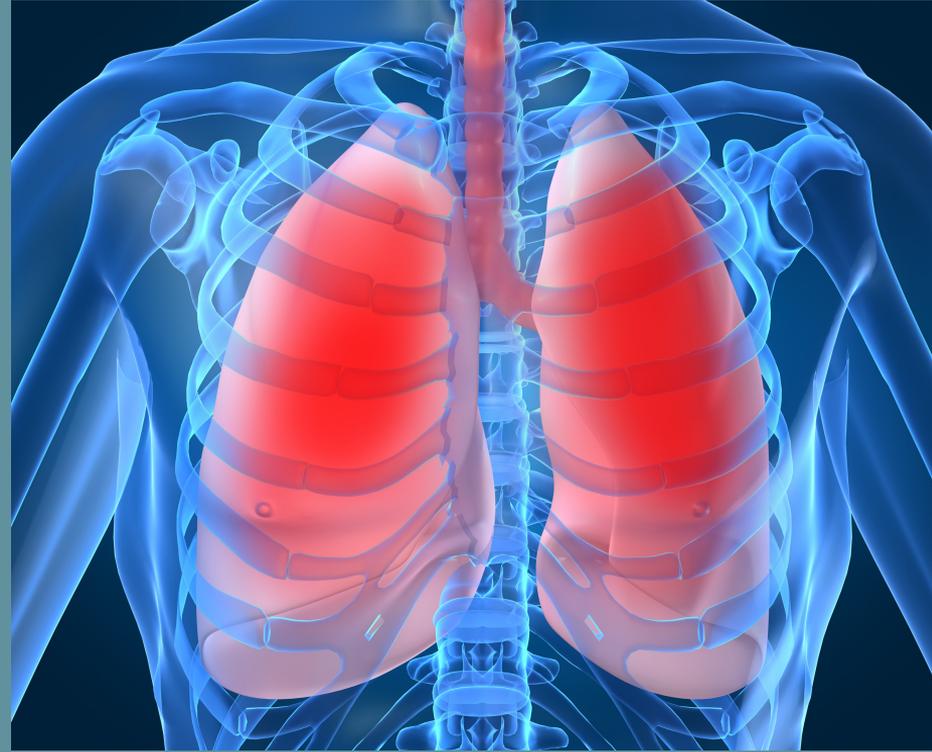
Asthma

*Pain in the chest, shoulder, and
back*

Cough

Dry mouth and throat

Hoarseness



A thought or memory



Triggers



"A disruption in the body's energy system"



Which is experienced as



Physical or psychological pain

Your amygdala is essential to your ability to feel certain emotions.

The amygdala initiates the fight, flight, or freeze response. It cannot distinguish between a real threat and a perceived threat.



Rats who had their amygdala removed had no memory of fear and were not afraid of anything, even cats!

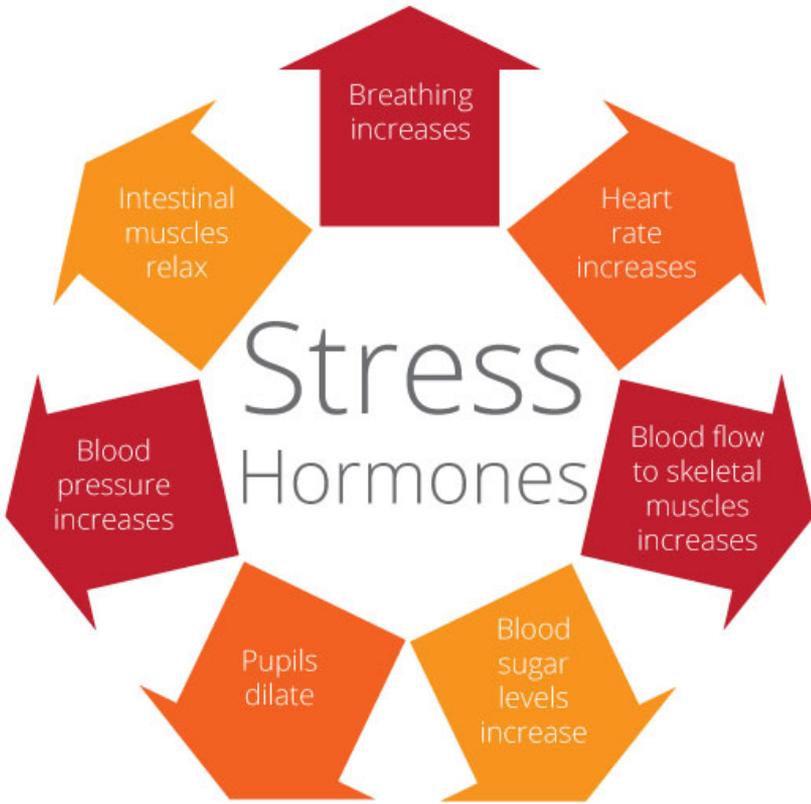


Fight, Flight, Fright, Freeze Response

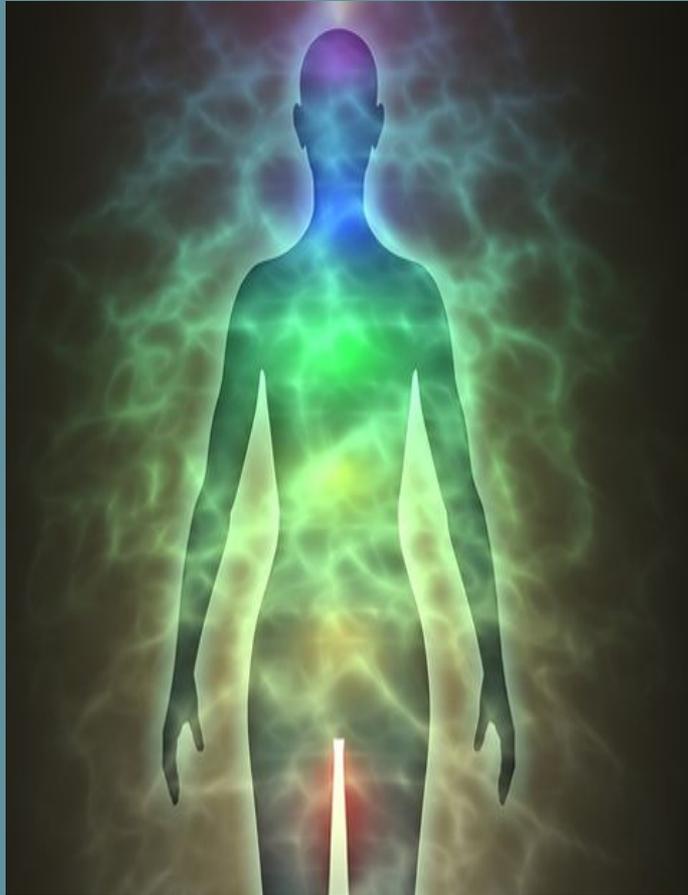
- ✓ **Release of chemicals in brain**
- ✓ **Increased heart rate**
- ✓ **Tense muscles**
- ✓ **Increased respiration rate**
- ✓ **Sharpens our senses**
- ✓ **Shuts down digestion**



A sight, smell, sound, feeling, or thought is recognized by the amygdala and it sends impulses to the automatic nervous system, signaling “fight, flight, or freeze.”



Chemicals such as adrenaline and cortisol are released into the blood stream, causing the heart rate, blood pressure, and other bodily processes to undergo a series of dramatic changes.



Energy techniques can calm the amygdala and interrupt the fight, flight, or freeze sequence.

We can release the emotions surrounding the trigger, and bring energy fields quickly into balance, using energy psychology.

“Energy Psychology”

Energy Psychology is a way of treating mental and emotional health issues through the use of the energy systems in the body.

Conventional psychotherapy focuses on the memory. Energy psychology focuses on the energy disturbance as well as the memory.

When you breathe in essential oils, the "smell" receptors in your nose communicate with and stimulate the amygdala and hippocampus that serve as storehouses for emotions and memories.

Oils for Emoticons

YES, THERE ARE OILS FOR THAT



SADNESS	DISGUST	ANGER	FEAR	JOY



The Chemistry of Essential Oils Made Simple

David Stewart
Ph.D., D.N.M.

God's Love
Manifest in
Molecules

Frequency of Young Living Essential Oils

ABUNDANCE	78 MHZ	GERMAN CHAMOMILE	105 MHZ	MYRRH	105 MHZ
ACCEPTANCE	102 MHZ	GROUNDING	140 MHZ	PANAWAY	112 MHZ
AROMA LIFE	84 MHZ	HARMONY	101 MHZ	PEACE & CALMING	105 MHZ
AWAKEN	89 MHZ	HELICHRYSUM	181 MHZ	PEPPERMINT	78 MHZ
BASIL	52 MHZ	HOPE	98 MHZ	PRESENT TIME	98 MHZ
BLUE TANSY	105 MHZ	HUMILITY	88 MHZ	PURIFICATION	46 MHZ
BRAIN POWER	78 MHZ	IDAHO BLUE SPRUCE	428 MHZ	RAVEN	70 MHZ
CHRISTMAS SPIRIT	104 MHZ	IMMUPOWER	89 MHZ	RAVENSARA	134 MHZ
CITRUS FRESH	90 MHZ	INNER CHILD	98 MHZ	RC	75 MHZ
CLARITY	101 MHZ	INSPIRATION	141 MHZ	RELEASE	102 MHZ
DI-GIZE	102 MHZ	INTO THE FUTURE	88 MHZ	RELIEVE IT	56 MHZ
DRAGON TIME	72 MHZ	JOY	188 MHZ	ROSE	320 MHZ
DREAM CATCHER	98 MHZ	JUNIPER	98 MHZ	SACRED MOUNTAIN	176 MHZ
ENDOFLEX	138 MHZ	JUVA FLEX	82 MHZ	SANDALWOOD	96 MHZ
EN-R-GEE	106 MHZ	LAVENDER	118 MHZ	SARA	102 MHZ
ENVISION	90 MHZ	LIVE W/PASSION	89 MHZ	SENSATION	88 MHZ
EXODUS II	180 MHZ	MAGNIFY/PURPOSE	99 MHZ	SURRENDER	89 MHZ
FORGIVENESS	192 MHZ	MELISSA	102 MHZ	THIEVES	150 MHZ
FRANKINCENSE	147 MHZ	MELROSE	48 MHZ	3 WISE MEN	72 MHZ
GALBANUM	56 MHZ	M-GRAIN	72 MHZ	TRAUMA LIFE	92 MHZ
GATHERING	99 MHZ	MISTER	147 MHZ	VALOR	47 MHZ
GENTLE BABY	152 MHZ	MOTIVATION	103 MHZ	WHITE ANGELICA	89 MHZ

Dr. Royal R. Rife (1888-1971)





Knowing that everything vibrated at its own frequency, Rife believed that if he could discover the vibrational frequencies at which disease-causing microorganisms vibrated, then he could bombard them with that frequency until they shook so hard they exploded, the same way an opera singer matches the frequency of a wine glass with her voice and shatters it.

Rife's clinical trials in 1934 included 16 terminally ill patients with various cancers.

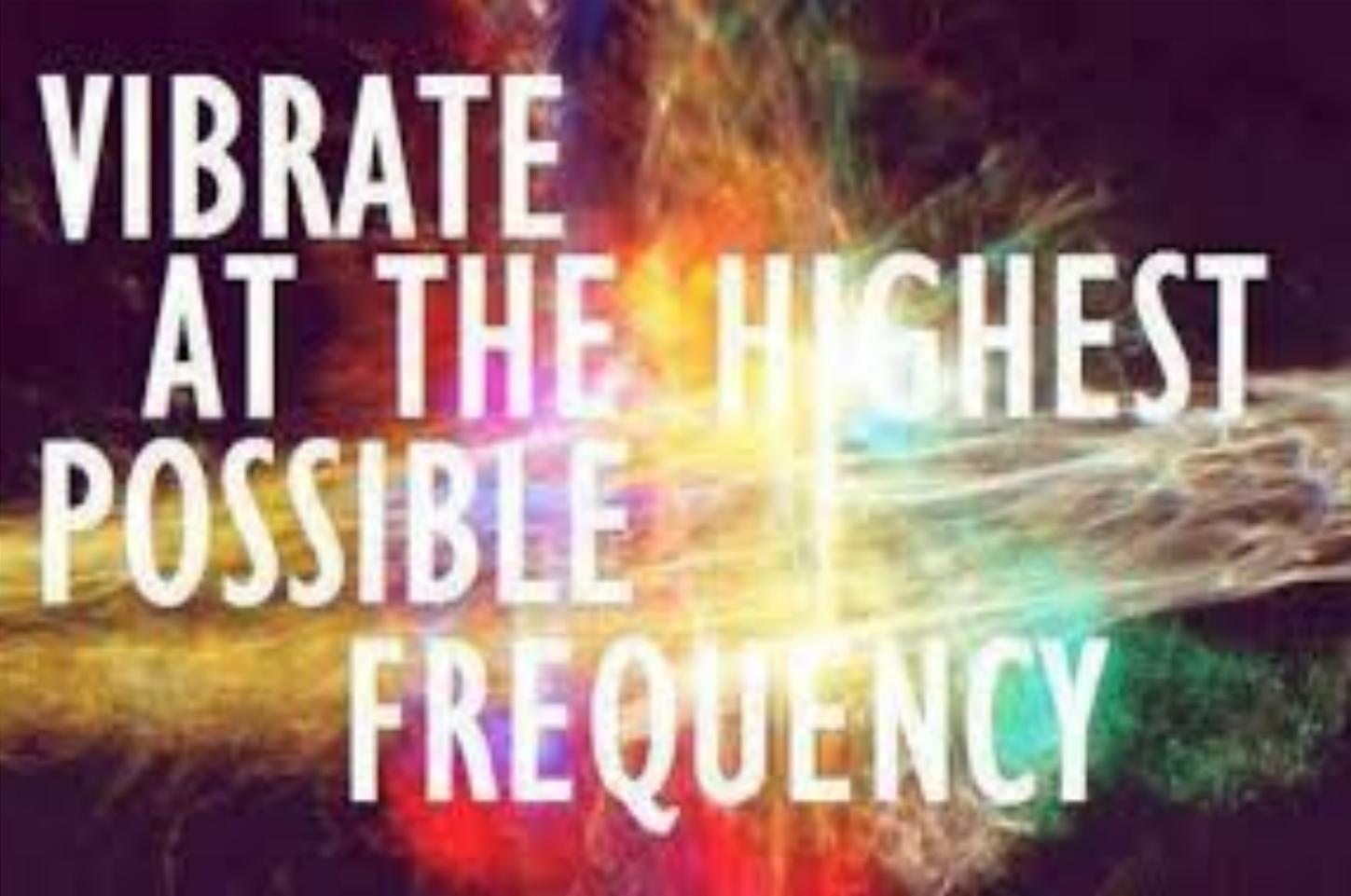
*In just 70 days, the first 14 patients were declared cured.
The remaining two were declared cured three weeks later.*

The patients only required two 3-minute sessions per week to achieve total recovery.

Rife's "beam-ray" technology was 100% effective against terminal (stage IV) cancer in all of the participants.



*Rife's technology
posed a huge threat to
the cancer industry.
His machines were
confiscated and his
records destroyed.*



**VIBRATE
AT THE HIGHEST
POSSIBLE
FREQUENCY**



Who Touched Me?

Luke 8:43-48



“Remember in Luke 8:46 where the woman with the issue of blood touched Jesus and He said that power or virtue went out from Him?

In the Aramaic that word is chayla which means vibrations.”

Chaim Bentorah

SIGNS OF A LOW VIBRATION ...

You feel “stuck.”

You struggle with apathy and feel numb in your emotions.

You are emotionally distant.

You struggle with constant fatigue and lethargy.

You are self-focused.

You struggle with chronic illnesses.

You often struggle with despair and depression.

You feel physically unfit and unhealthy.

You repress your feelings.

You don't know what your life purpose is.

You find it hard to forgive yourself and other people.

You suffer from constantly feeling guilty.

You continually make poor choices.

You struggle with anxiety.

You find it hard to see the beauty in life.

You feel unfulfilled.

Your connections with others constantly bring you pain.

You are overly cynical and skeptical.

You are argumentative.

You complain a lot.

You have addiction issues.

You self-sabotage.

You focus primarily on the negative in life.

You struggle to feel gratitude.

You eat a lot of sugar and processed foods.

You are needy or demanding of others.

You over-react and are often “triggered.”

IF YOU HAVE A HIGH VIBRATION ...

You are self-aware.

You are empathetic towards others needs and you have compassion.

You are highly creative and are often bursting with ideas and inspiration.

You are emotionally balanced.

You feel connected to God.

You have a good sense of humor.

You don't take yourself too seriously.

You regularly feel gratitude for what you have in life.

Smiling and laughing come easily to you.

You are not overly attached to material things.

You are self-disciplined.

You do not “need” anything to feel happy.

You enjoy your own company.

You are in-tune with your body and its needs.

You nurture yourself often.

You nurture others and serve from a place of love.

You often experience synchronicity.

You live in the present more than the past or future.

Your body feels strong and healthy.

You eat healthy, unprocessed food.

You keep your life and home clutter-free.

You forgive yourself and other people easily.

You feel as though you have found your purpose in life.

Opportunities and new doors spontaneously open to you.

Patience comes easily to you.

You don't feel the need to argue or compete with others or always be right.

You are open to many different types of people, ideas, beliefs, and experiences in life.

You feel confident in yourself and your abilities.

You are highly intuitive.

Other people easily open up to you.

You are able to be vulnerable and transparent in relationships.

You have nothing to prove.



Imagine you are like a radio and that you have a choice about which type of energy or frequency you tune into.

*Surround Yourself with Positive People-
Toxic People Lower Your Vibration!*

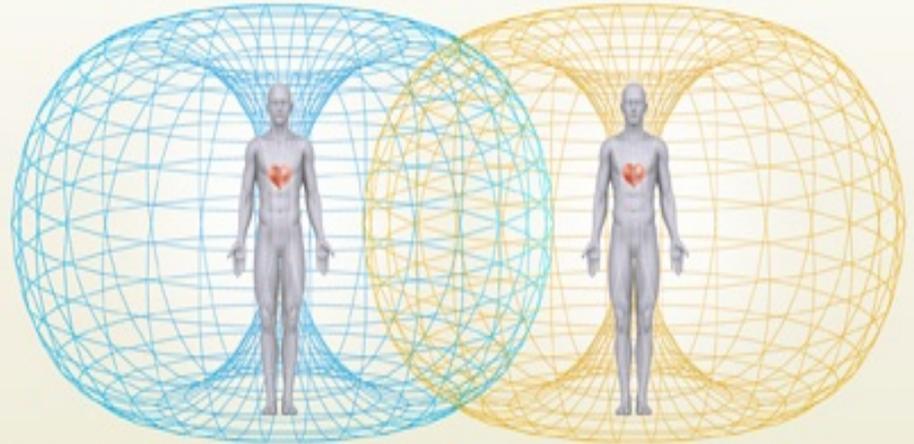


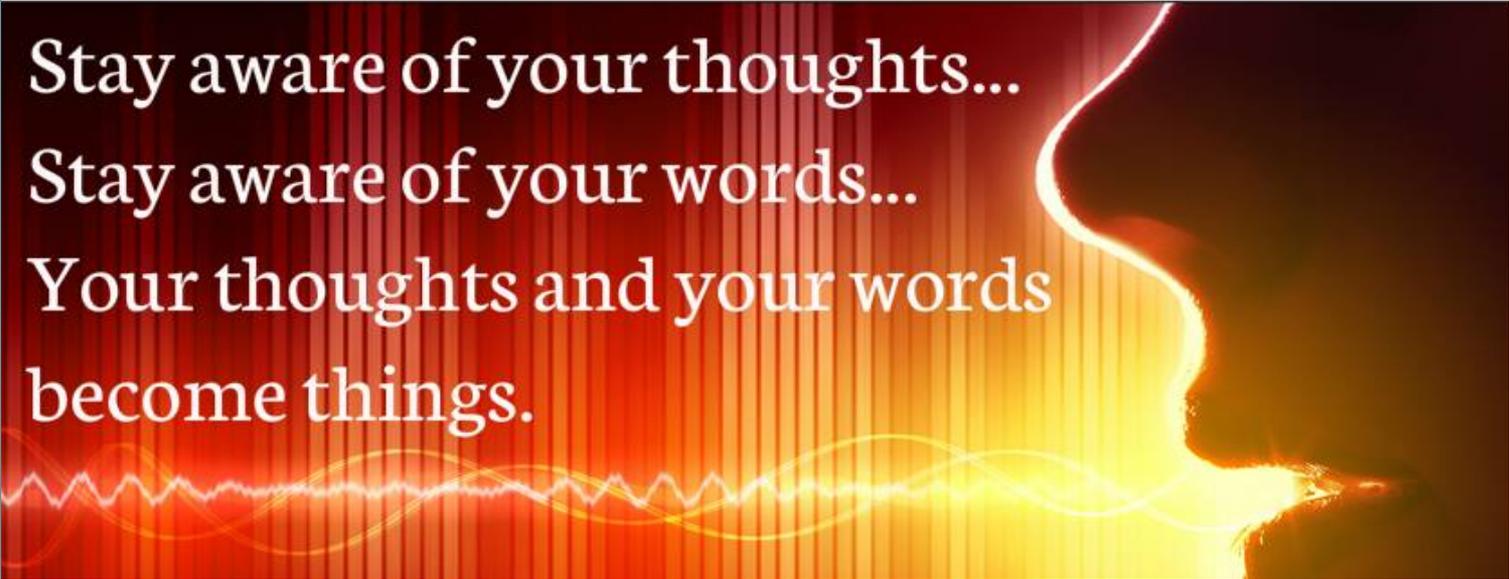
We are always communicating energetically. Before you have spoken a word, your frequency has conveyed volumes of information.

The Institute of Heartmath has shown how the electromagnetic fields of our hearts communicate with each other.

Electromagnetic Field of the Heart

Our thoughts and emotions affect the heart's magnetic field, which energetically affects those in our environment whether or not we are conscious of it.





Stay aware of your thoughts...

Stay aware of your words...

Your thoughts and your words
become things.

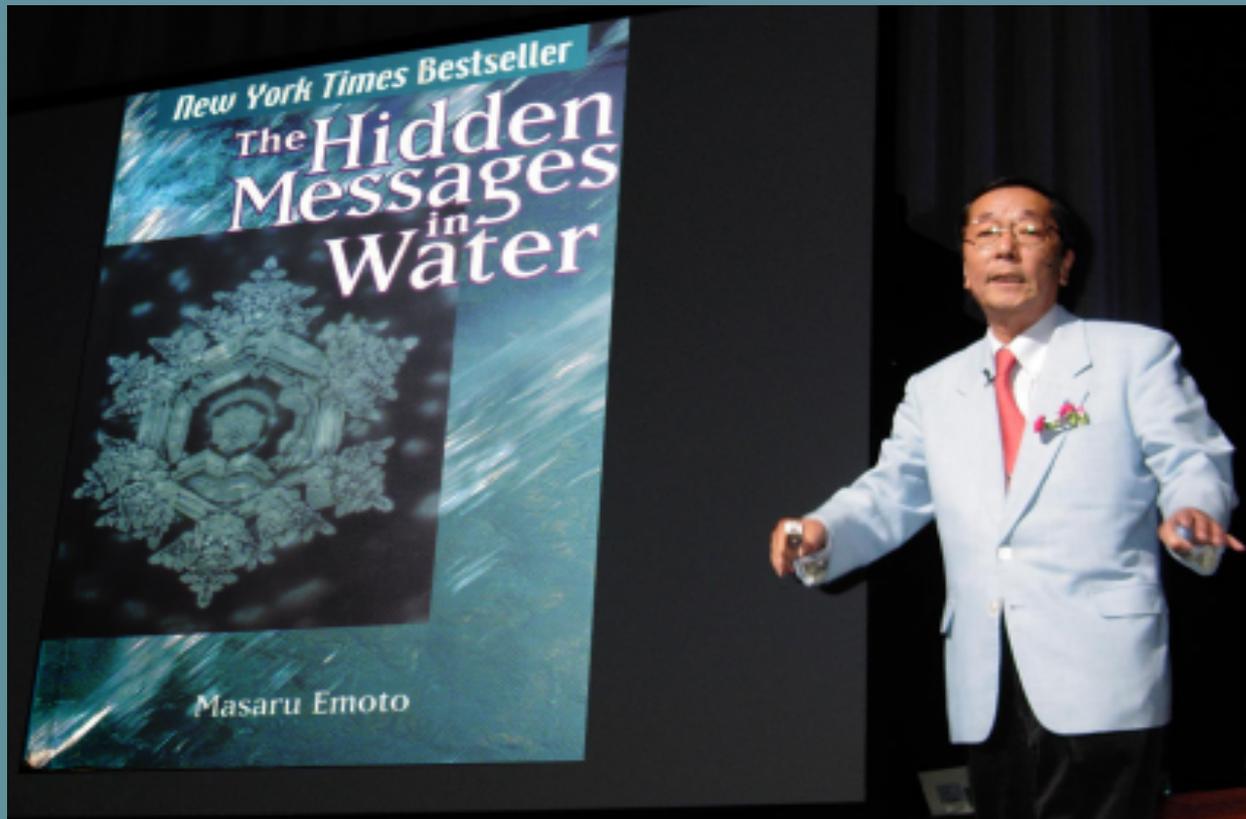
*Everything you think, say, and feel becomes
your reality.*

LAW OF ENERGY

It's all energy.
Energy vibrates.
Vibrations attract.

Our thoughts and our words are on a certain vibrational frequency. We attract things into our life based on that frequency.

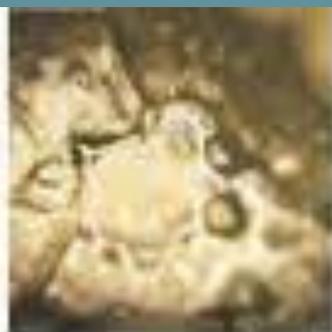
The Law of Attraction, which is based on The Law of Vibration, states that we attract what we are sending out.



New York Times Bestseller

The Hidden Messages in Water

Masaru Emoto



Water Molecule,
Before Offering a Prayer



Water Molecule,
After Offering a Prayer



Thank You



You Make Me Sick,
I Will Kill You



Love and Appreciation

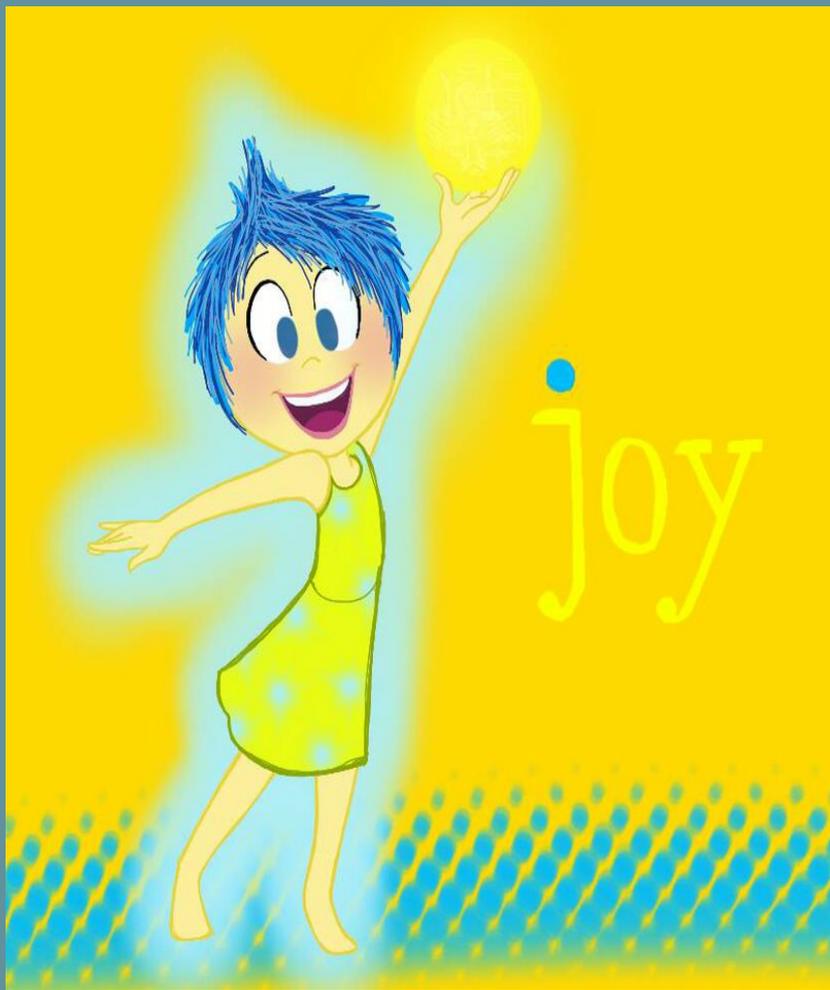
*“Life and death
are in the power
of the tongue.”*

(Proverbs 18:21)





Jessica's Affirmations



Activating Joy Center in Brain

*There is a “joy center”
in the right prefrontal
cortex of the brain.*



Essential Oils in the Joy Blend:

Bergamot

Ylang Ylang

Geranium

Rosewood

Lemon

Mandarin

Jasmine

Roman Chamomile

Palmarosa

Rose

Drop JOY oil in the palm of your non-dominant hand.

Use middle finger and spin the oil clockwise.

Close your eyes and place your middle finger on your forehead an inch below the hairline.

Imagine a sparkle of light traveling two-thirds of the way into your brain from that spot. This is your brain's joy center!

Now relax. Breathe slowly and deeply.

Lightly stroke upwards and send pulses of energy into your brain's joy center while saying these affirming words:

Joyful

Blessed

Laughing

Grateful

Smiling

Life is Good

Having Fun

Enjoying Life

Following my Bliss

Fullness of Joy

Hopeful



Gladness and joy will overtake them, and sorrow and sighing will flee away. (Isaiah 35:10)

A vibrant, multi-colored nebula in space, featuring a bright star on the left side. The nebula is composed of various colors including blue, green, yellow, orange, and red, with a dense field of stars scattered throughout. A teal banner is overlaid at the bottom left.

Lunch Break

www.newrenaissance.us