

Inspired by The Gene Keys

LIFE ON

PURPOSE

Living life based on your genetics

Lead by

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BENEFITS TO YOU

- Dig Deeper into your Purpose
- Create space & ritual for contemplation
- Learn how oils can activate your gifts
- Practice the art of contemplation
- Embrace, Accept and Allow your shadows to release your gifts



AGENDA

- Learn about ritual and “space” for contemplation
- Create an environment for contemplation
 - ✓ Be your own chemist – bring your supplies
 - ✓ Setup space
 - ✓ Plan your ritual/space
- Practice the Art of Contemplation
- Share your ideas with the group
- Review homework for Lesson 3



SPACE / RITUAL FOR CONTEMPLATION

Step 1: Set your Intention: identify an issue, challenge, or area in your life you'd like to improve in some way

Step 2: Block off time on your calendar for your ritual: ex. 1x+ per week

Step 3: Setup ritual - open “space” for your inner world to emerge

- Examples:
 - ✓ Clear space with sound
 - ✓ Visually place crystals or objects in a grid or alter
 - ✓ Sense the oil for the Gene Key you plan to contemplate

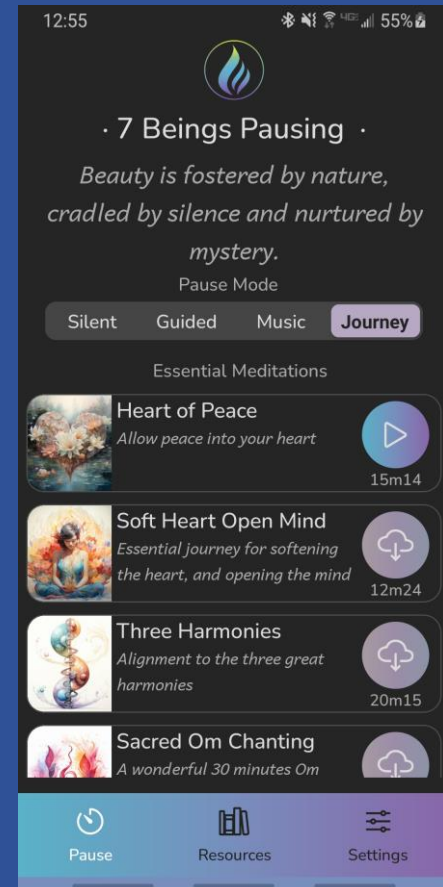
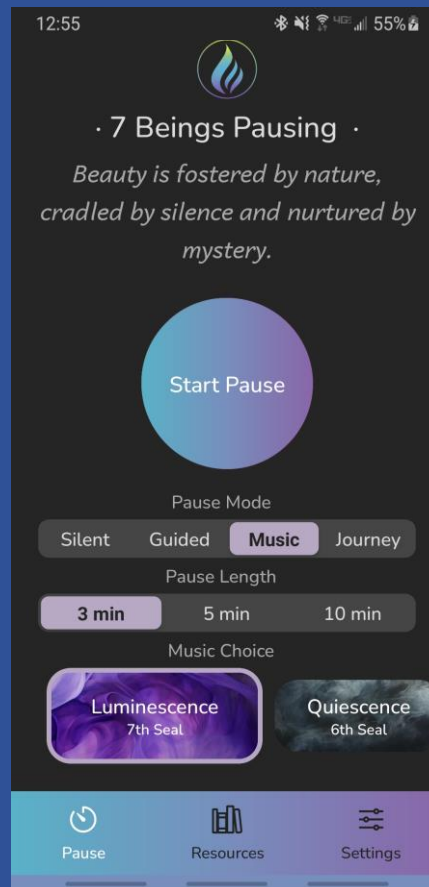
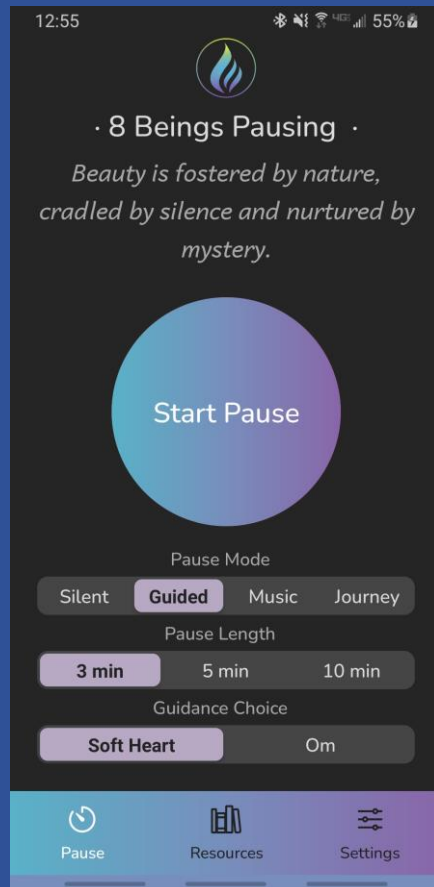
SOUND

Ideas for setting up space:

- ✓ Moment of Silence
- ✓ Music
- ✓ Om
- ✓ Pause for 3-mins with the Triple Flame app
- ✓ Listen and participate in the Holy Incantation of Solace
- ✓ Use guided meditation from Triple Flame app - Journey section

TRIPLE FLAME APP

Explore...



VISUAL OBJECTS

Ideas for setting up space:



SENSE: SMELL, TOUCH, TASTE

- ✓ Choose the oil for the Gene Key you plan to focus on

3 ways to use your oils



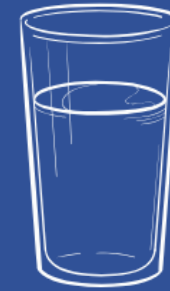
AROMATICALLY

- Diffuse
- Inhale directly from bottle
- Inhale from cupped hands



TOPICALLY

- Apply directly to your skin/dilute w carrier oil
- Ideal spots to apply: bottoms of feet, back of neck, spine, chest



INTERNALLY

- Veggie capsule
- Under tongue
- In water

SENSE: SMELL, TOUCH, TASTE

Why Oils?

- Bring the body/mind into rest, recovery & healing state
- Calm the amygdala (reduce fight/flight/freeze response)
- Anchor emotions/consciousness with aroma
- Bring up memories with an olfactory sense of smell
- Activate your DNA with a vibration of each oil's chemistry



BE YOUR OWN ALCHEMIST

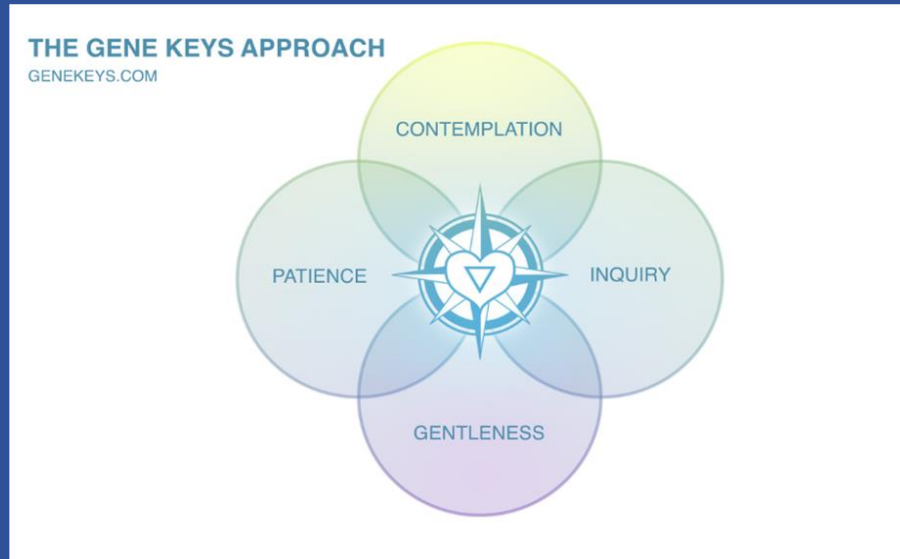
Open each of your Genius sequence oils and choose one that speaks to you...



Create roller balls for topical application. You can dilute dōTERRA oils with coconut oil.



REMINDER: GENE KEYS APPROACH

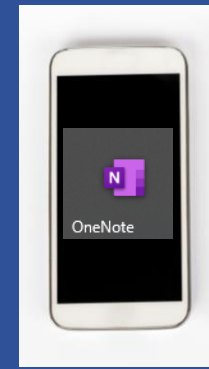


This knowledge opens up in layers over time...

Contemplate the words over and over again – read the book, listen to the audios, and... apply them to your life



CONTEMPLATION TIME



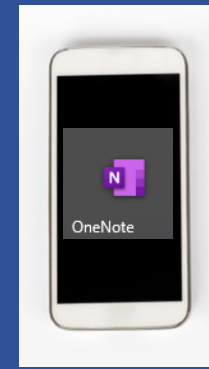
Grab your journal/paper & pen or OneNote or another app on your phone

1. Go back to your Intention: issue, challenge or area in your life you'd like to improve in some way
2. Choose one of your 4 Gene Keys to contemplate today, e.g., Purpose
3. "Pause" and breathe and sense the oil of that gene key
4. Write down the Shadow, Gift and Siddhi + key words

Gene Key Position	Gene Key	Siddhi	Gift	Shadow	Essential Oil	Oil Emotions
Purpose	37	Tenderness	Equality	Weakness	Cedarwood	Community - Emotionally connected - Belonging - Supported - Social Bonds - Sociable - Community oriented



CONTEMPLATION TIME



4. Breathe into your heart and then down into your belly
5. Ask, “As I embrace this shadow and the challenge in my life, what images/thoughts/feelings/memory/tastes come to mind?”

Observe your inner world from the belly and write what bubbles back up to the mind

6. Ask, “If the gift emerges with this embrace of the shadow, what sense perception comes to mind?”

Observe your inner world from your heart and write what comes to mind

COMMUNITY TIME

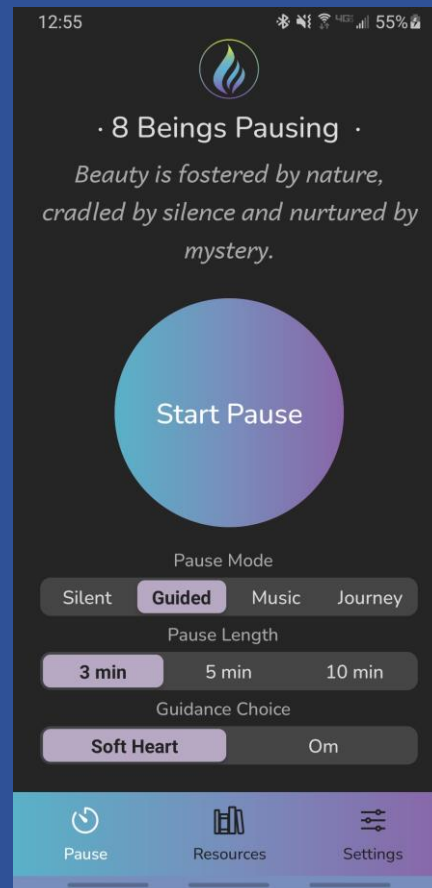
Share what bubbled up...

15-minute breakout session

(5 mins each partner)

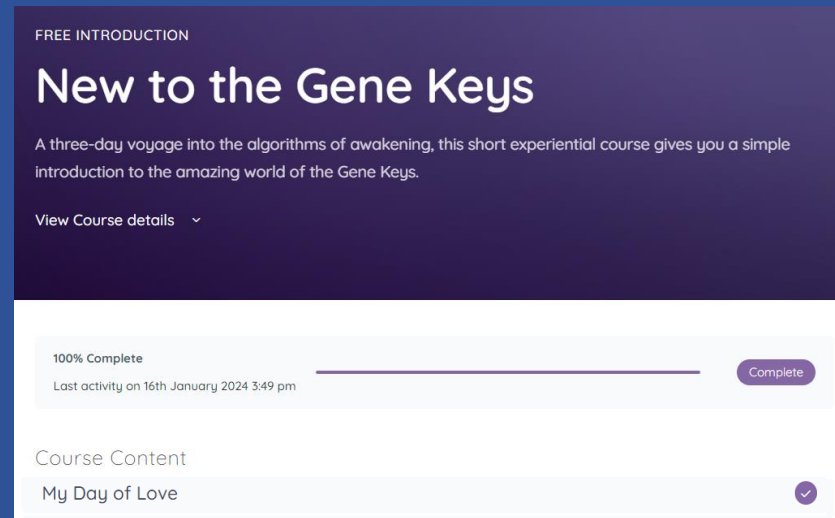
CLOSE SPACE AND THE RITUAL

Start Pause for 3-min



HOME-PLAY FOR NEXT WEEK

1. **Essential Oils** – order your dōTERRA oil pack for Venus Sequence (QR code for section in Red)
2. **Continue with “New to the Gene Keys” course:**
genekeys.com/courses/ref/1765 and complete thru “My Day of Love”
3. Explore the Triple Flame app
4. Design and Play with your Space & Ritual and the Art of Contemplation



Use the QR code
on your Profile



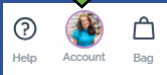
Silver Club Promo Code for free Serenity for
NEW MEMBERS: **SC2435GJFN**

ORDER YOUR **VENUS SEQUENCE** OILS

Order New Loyalty Rewards (LRP) for each month:

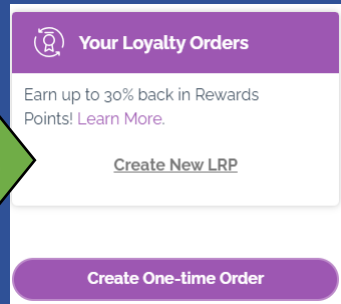
- Red – Purpose/Love/Venus QR code for the 3rd class
- Blue – Vocation/Prosperity/Pearl QR code for the 4th class

1

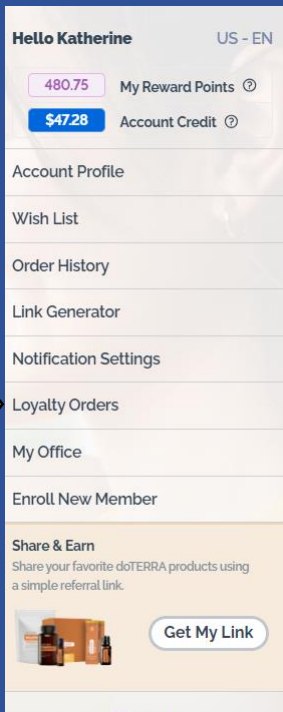


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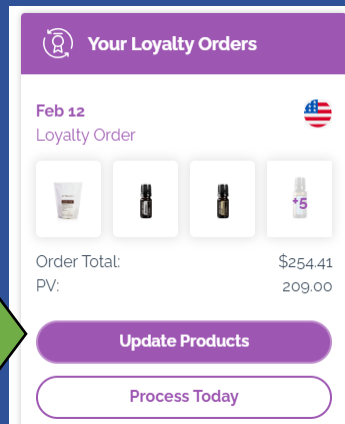
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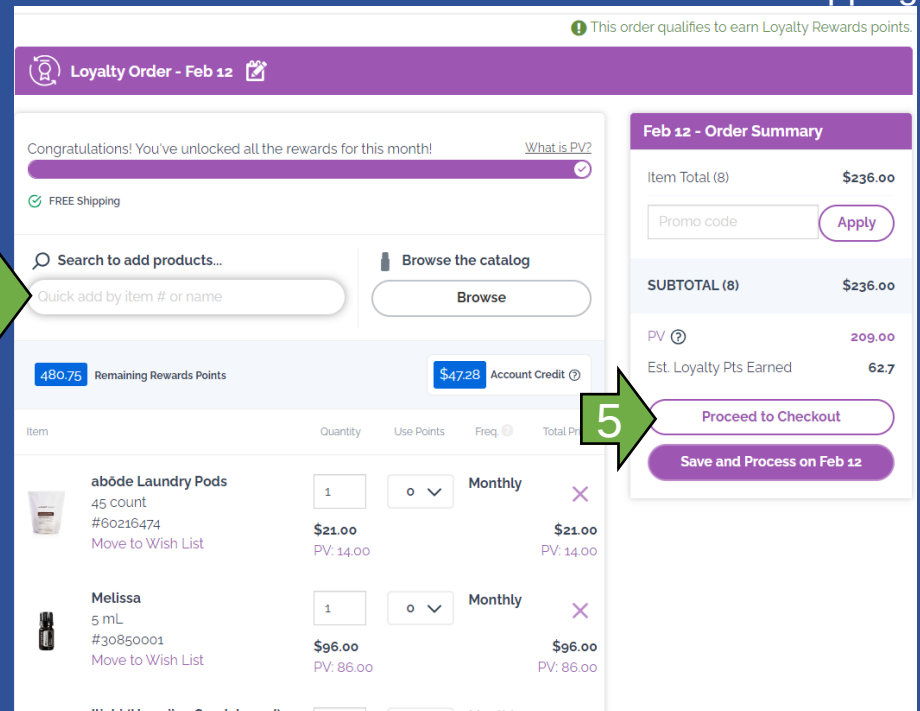
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3



4



5

[Loyalty Points Video](#)

100+ PV offers free shipping

FOR DEEPER DIVE ABOUT YOUR ESSENTIAL OILS

Flexible options from the comfort of your own home, you can book one or all 3 classes from these Calendly links:

- Introduction
- Non-Toxic Living
- Metabolism

