

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

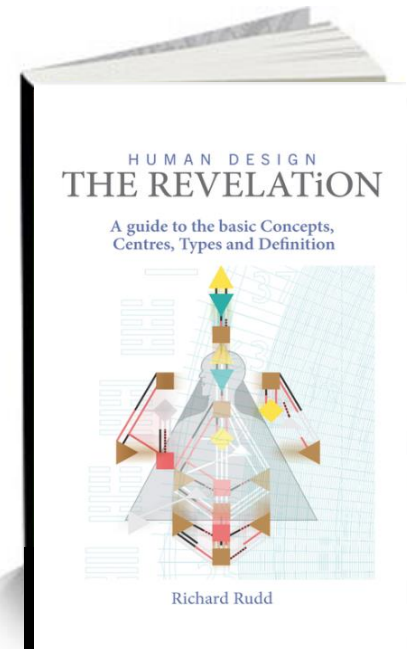
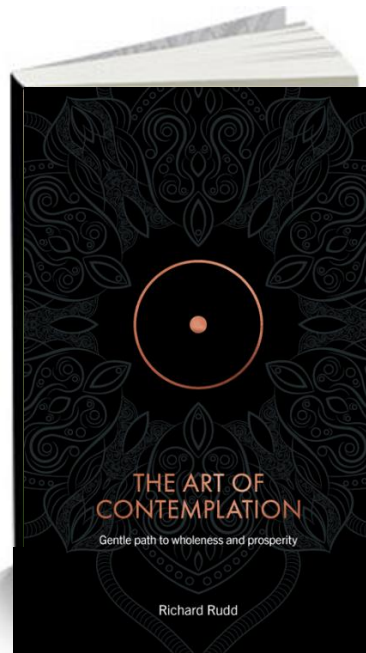
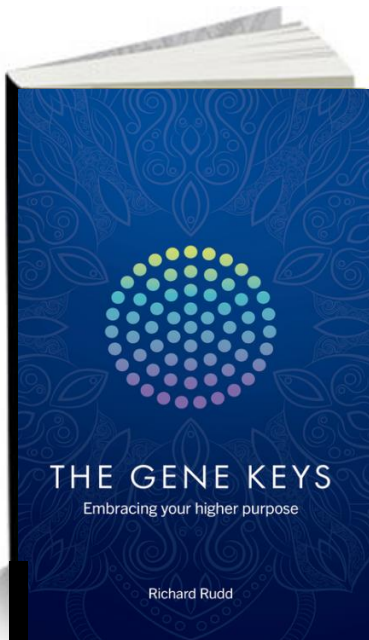
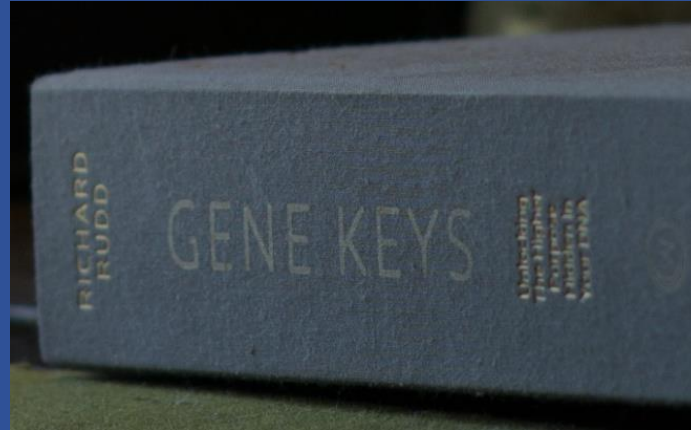


AGENDA

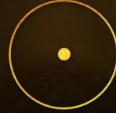
- Katherine's Journey with the Gene Keys
- Learn about ritual and “space” for contemplation
- Create an environment for contemplation
 - ✓ Be your own chemist – bring your supplies
 - ✓ Setup space
 - ✓ Plan your ritual/space
- Practice the Art of Contemplation
- Share your ideas with the group
- Review home-play for Class 3



KATHERINE'S JOURNEY WITH THE GENE KEYS



KATHERINE'S JOURNEY WITH THE GENE KEYS

 Seven Days of Grace RESUME	 New to the Gene Keys COMPLETE ☑	 Jaguar's Journey RESUME	 The Art of Contemplation COMPLETE ☑
 The Delta Programme RESUME	 The Activation Sequence COMPLETE ☑	 The Venus Sequence COMPLETE ☑	 The Pearl Sequence RESUME
 Seven Sacred Seals RESUME	 The Dream Arc RESUME	 The Guides Programme COMPLETE ☑	

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

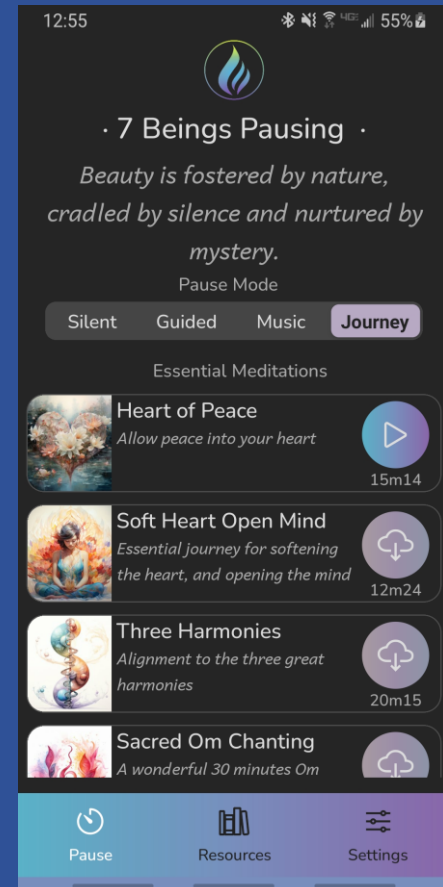
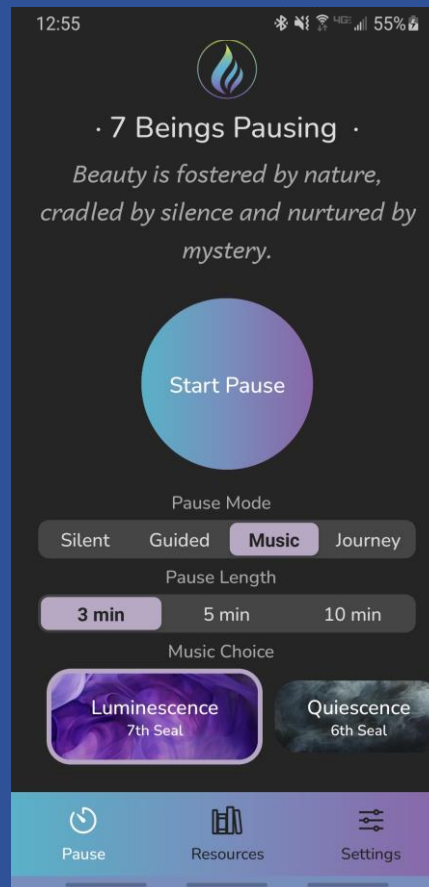
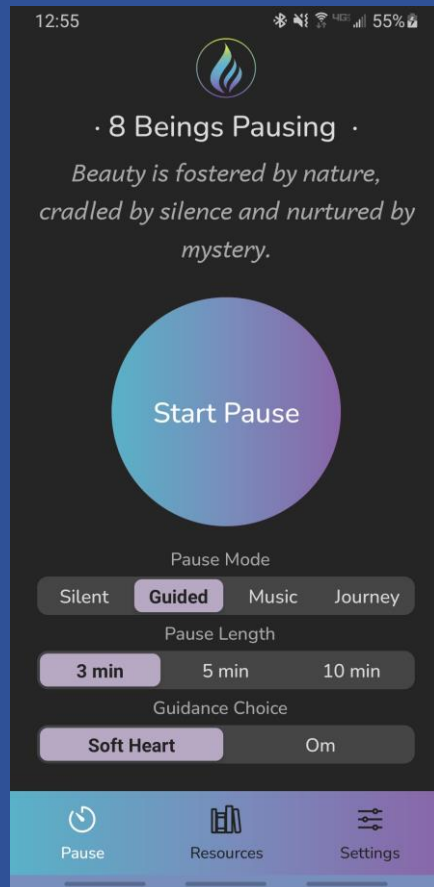
SOUND

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



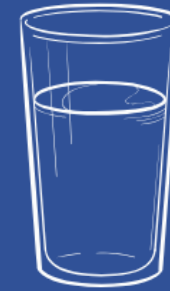
AROMATICALLY

- 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 Essential 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

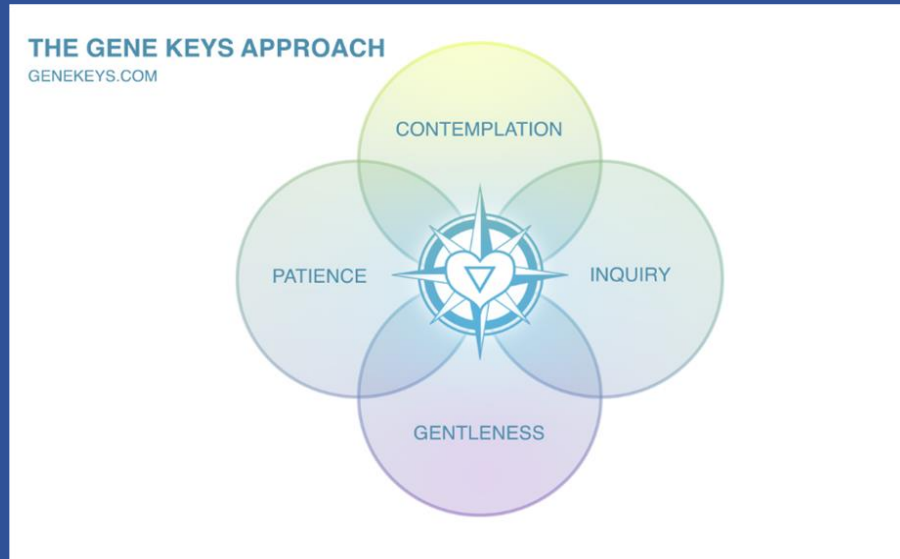
Open each of your Genius sequence oils and choose one that speaks to you...



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

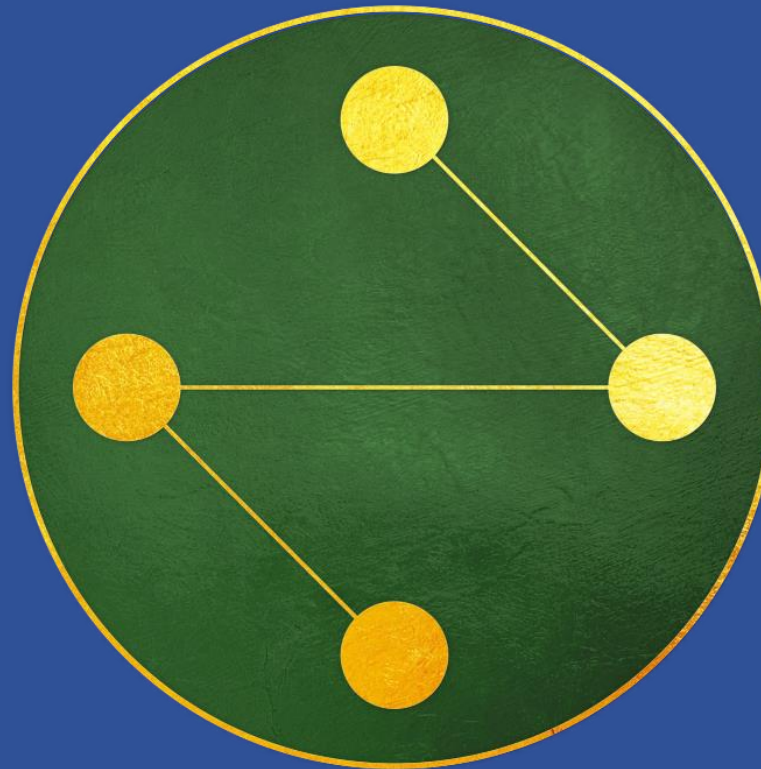
GENIUS SEQUENCE: PURPOSE

Life's Work
What am I here to do?

Conscious
Gifts

Radiance
What keeps
me healthy?

Evolution
What am I here
to learn?

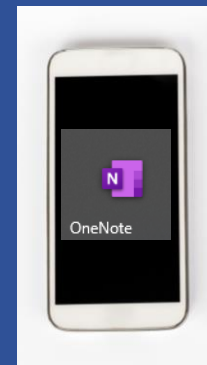


Unconscious
Gifts

Purpose
What deeply fulfills me?
Who I am!



CONTEMPLATION TIME



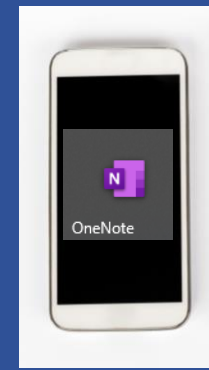
Grab your journal/paper & pen or OneNote or another app on your phone

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	Shadow	Gift	Siddhi	Essential Oil	Bottles	Oil Emotions
Purpose	26	Pride	Artfulness	Invisibility	Thyme		Releasing & Forgiving - Forgiving - Tolerant - Patient - Openhearted - Understanding - Emotional release



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)

KATHERINE'S PURPOSE

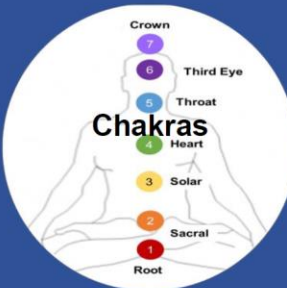
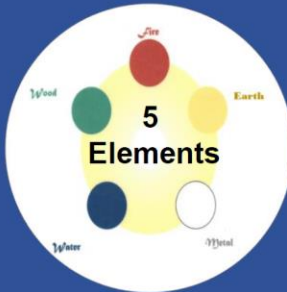
26 – Pride, Artfulness and Invisibility

Your purpose is to discover the creative the Gift of Artfulness. Artfulness is the healthy restraint of one's external actions until the natural timing of life allows action to follow effortlessly for the greatest beneficial impact on the world. Artfulness uses pride for creative service, skillfully drawing the attention of others to deliver a message of truth in an aesthetically pleasing and influential way. It is the ability to speak the language of one's audience, to express a higher mission in a welcoming and engaging manner. True art is honest, open manipulation, pulling the heartstrings of others for a higher purpose instead of selfish egoic agendas. Artfulness steps boldly into the spotlight at the right time and place to deliver a message from the heart.

The highest essence of your soul's purpose is the Siddhi of Invisibility. Invisibility is the dissolution of individual will and personal agendas, where the whole game of life falls away into the field of pure existence. Invisibility is the power of the Trickster archetype to guide humanity into life's great truths by taking it less seriously. Invisibility is a recognition that life is meaningless yet claims the freedom to play in the wonder and beauty of existence. Though Invisibility does not care about what others think, one who creates art from this level of emptiness may indeed leave great marks upon the canvas of history.

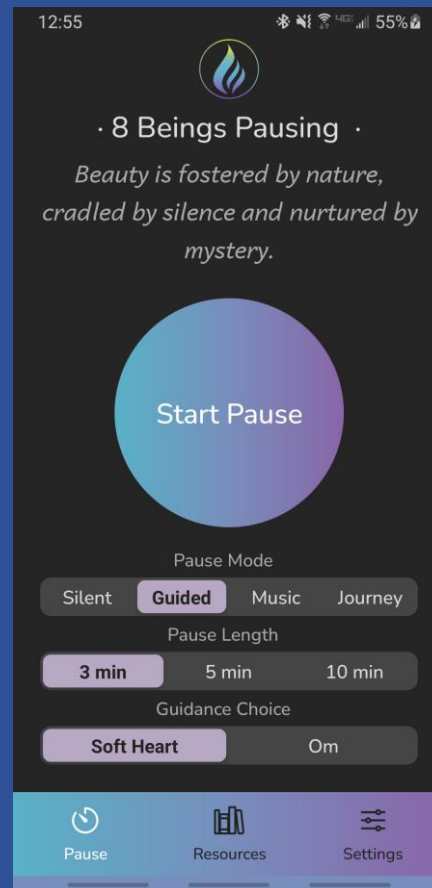
KATHERINE'S CREATIVE ENDEAVOR

Mind Body Maps



CLOSE SPACE AND THE RITUAL

Start Pause for 3-min



HOME-PLAY FOR NEXT WEEK

1. **Essential Oils** – Feel Free to order your dōTERRA oil pack for Venus Sequence (section in **red**) and/or Pearl Sequence (section in **blue**)
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 & the Art of Contemplation

