



Course One
Reduction and Out-Processing

AromaNetix.ORG

AromaNetix™
The Basic Courses

by Douglas Myrick
Founder of AromaNetix

Course 1

Level One AromaNetix™
Reduction and Out-Processing

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We DO NOT render or offer medical or mental health advice whatsoever.

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From the desk of
Douglas Myrick



Douglas Myrick
Creator of AromaNetix

Hello, friend. I hope this finds you well.

Many years ago, during my pre-chiropractic college days, I stumbled upon an odd fact about the human mind. This unusual truth, when properly acted upon, helps one in many wonderful ways.

This is what it may mean for you:

1. If you are looking for an advantage that helps you reach for higher goals and greater success, this is for you;
2. if you are searching for answers to life's probing questions, this is for you;
3. if you care to improve yourself while setting an example for others, this is for you;
4. if you still carry with you emotional hurt from the past, this is definitely for you;
5. if you believe that there is something inside of you worth fighting for, this is for you;
6. if you want to make a difference in the lives of others, this may be for you;
7. if you want to feel better and shake off the grip of excessive stress/worry, try this.
8. if you want to build upon your existing strengths, talents, and skills, this may be for you;
9. if you yearn for greater spiritual connection as you interpret such, try this.



Course One *Reduction and Out-Processing*

AromaNetix.ORG

AromaNetix is something different in *personal evolution*. In 2005, during a college anatomy class, I acquired the missing piece of the self-help puzzle. This knowledge is the missing link in the personal development industry. I tried it and it worked. I shared it with others and it worked for them, as well. Since that time I have developed my discovery into a sizable, working spiritual philosophy for transformation and success.

Did I mention sizable? Since 2005 I have authored and gathered over a dozen storage boxes filled with AromaNetix materials, experiments, many hundreds of techniques, and numerous levels of technical complexity. As I approach my birthday I have decided to give away the entire level one AromaNetix™ series, course by course, over the coming year. Spiritual changes in my own philosophy have led me to value offering useful service to others over distasteful greed or avarice. I have held onto this information for far too long.

I want to give this to you. I do not wish to sell it.

It's not a sales letter; this is real and it is effective for those who learn to master the concepts provided in the entire course. For over thirteen years I have helped individuals to learn how to help themselves through a range of issues—from anxiety, depression, and phobias to uncertainty, suicidal thoughts, and the worst types of physical and emotional trauma. **This work is not therapy**, neither is it medical advice, but if you are searching for a practical self-help solution, AromaNetix is an excellent start.

The coursework must be brief, as you are undoubtedly busy. Therefore I have organized this introductory program into many bite-sized courses—all free, without cost or obligation.. Be sure to join our “**AromaNetix Basic Courses**” group on Facebook, that way you will be informed whenever new materials are available.

Take your time; go at your own pace. There is no rush. Each course will introduce a different AromaNetix approach or concept. Included in this text is a YouTube video link which will walk you through two basic techniques: the Push/Pull and the Trash Can Stomp. Presently there are many hundreds of AromaNetix techniques within the expanded system, but it helps to gain proficiency in the fundamental methods before attempting the advanced course material.

What about results? We use a *before-and-after scale (the potency scale)* to measure and track the results of our techniques. This process will be explained later, and it is included as a way for you to evaluate your own progress. I make no guarantees as to the persistence or longevity of results, but many have reported relief that has lasted for years. In fact, my own improvements have persisted since 2005 without the need for additional effort.

Before I go, I'd like to talk about which aroma is best to use. In this beginning coursework you may use whatever safe, pleasing, and familiar aroma you already enjoy. There are no specific fragrances to sniff at this level of AromaNetix activity. Please select a safe, familiar fragrance that you have already enjoyed without adverse or allergic reaction. Remember, your safety is up to you, so take precautions and use your best judgment. Some people have enjoyed gentle essential oils, unlit, scented candles, perfumed lotions, cologne, or even fragrant candies and gum.

The goal is not to sniff your chosen aroma deeply, but to catch just a light whiff at crucial moments during an exercise—therefore, you need not select a strong, overbearing aroma. Again, be safe and sensible in your selection. My very first selection was a slice of freshly-cut lemon. Today I use a light lavender essential oil for reduction work, or a gentle mint essential oil for an extra boost to my uplifting techniques.

Your time is important, so I'll close this soon. AromaNetix can give to you what you put into it. Invest a little time and study, when you may do so without ignoring your more pressing interests. Enjoy this complimentary AromaNetix Basic Course series. Go at your own pace. There is no rush, however, do complete it once you begin. Too often we take for granted that which we obtain for free. Don't let the free offer fool you: this is the same knowledge that once sold for hundreds of dollars. I simply felt that it was time to make this accessible to millions at no cost.

Why do I mention “spiritual development” in a self-help program?

If you are like I was back in 2005, I would have been scared away by the thought of some weird spiritual stuff woven into a self-help program. Rest assured, **that's not** what's happening, here. I have learned over the years that whenever people create emotional relief, they tend to experience dramatic relief in other areas of their lives, as well. If you are spiritually-minded, you may become MORE dedicated to your existing beliefs. If you are not spiritually-inclined, you are not likely to become so after using AromaNetix. AromaNetix isn't here to change your spiritual beliefs, but to liberate you from the obstacles to your free path.

My fellow Christian friends report that AromaNetix helped them to feel closer to the Lord. My atheist acquaintances report that AromaNetix helped them to feel empowered, focused, and emotionally clear. It is my personal belief that a person may become more balanced along **every** branch of life, and that certainly includes spirituality. So, be not bothered by my wordings. Throughout our material you will be reminded that you are in control, always. Keep both eyes open, remain grounded in your existing beliefs, and reach for greater heights.

We have covered quite a bit of ground, already. It is my sincere hope that you take the time to learn how to help yourself using this new, unusual approach. Please keep in touch, won't you? Join us on Facebook by searching for our group, “**AromaNetix Basic Courses**”. It's free to join, so just come right in.

One parting thought; I recommend that you approach your personal growth efforts using a buffet style:

***utilize what appeals to you or resonates with you;
bypass any part of it that you dislike.***

In so doing, you will help to ensure that you remain in control and that no unwanted dogmatic influence may be impressed upon you. Because you are always free to set aside that which does not resonate with your existing beliefs, there is no point in fomenting arguments or debate over which point is best or true. What is true for one may ring untrue to another. This freedom of choice is a unique feature in our workings. There are no *followers* here, but only independent, thinking individuals searching for their own unique path to something more in life. Please keep in mind:

You are so much more than you presently realize.

You are loved more than you may ever understand.

You are here at this time for a purpose and you will find your way.

Love is everything.

It is a privilege to be of service to you in your quest for growth.

God bless you!



Part One:

Introduction to AromaNetix™ and Reduction

AromaNetix contains numerous self-improvement strategies, techniques, and levels, all of which are rooted in the fundamental principle that we may change our lives by first altering the way we think, feel, and respond. In this introductory course we will explore the *reduction strategy*, which is the primary method used throughout AromaNetix to provide quick, long-lasting relief from emotional pressure and upset. *Reduction* works by handling the way you feel about the past, present, and future circumstances and events. This is only the first step in a valuable series of personal transformation strategies, but one that may prove to be life-changing in and of itself.

Reduction means to lower or remove the adverse emotional impact that something creates upon your mind. If you think about a happy time in your life, that happiness creates a positive emotional impact. In fact, your overall mood may be lifted simply by recalling a happier moment from the past. But, what if something reminds you of an unpleasant time from your past, such as a bad breakup, a physical injury, or an embarrassing scene? If the adverse memory still holds enough emotionally painful “charge” to it that it may upset you. Isn't it fascinating how something that happened to us decades ago still grips our emotional response?

In A/N (abbreviation for AromaNetix), one of several approaches to self-evolution is to locate, reduce, and release emotionally-charged negative experiences from one's past and present. This is accomplished using one weird fact about the remarkable human brain: *aroma, used a certain way, may help you to literally overwrite how you respond to triggering incidents, circumstances, and upsetting memories*. Like taking an eraser to an old penciled-in recipe card, you may reduce away and then overwrite the *mental recipe card* which tells your mind how to react to painful memories, upsetting people, stress, anxiety, depression, traumatic incidents, and so much more.

How the Weird Fact was Discovered

During my early thirties I returned to college with hopes of becoming a chiropractor. Along the way an uneasiness took root, manifesting as anxiety and nervousness. Painful incidents from my childhood resurfaced with a vengeance, and the emotional turmoil began to wreak havoc. Suddenly I began to sabotage myself, where before I had maintained straight A's. The self-sabotage behavior intensified until I was involved in a potentially fatal car crash. I was falling apart and I needed immediate help.

Much to my surprise, traditional therapy provided little relief. The physical symptoms of my growing anxiety, tension, and apprehension continued unabated, and I began exploring alternative solutions. The university library held a small assortment of clinical hypnosis texts, which I poured over with increasing interest. In addition, I began studying hypnosis from an online source. Despite the simplicity of the subject material, I could not place myself under hypnotic trance long enough to effectively implant any useful suggestions. I grew frustrated. What was preventing me from getting help?

Every thinking person has an internal data filter which works to protect the highly suggestible subconscious mind. Without this filter we would accept everything that we experience as being true, including every advertisement, every political speech, and every door-to-door sales pitch. In hypnosis this protective filter is called the **critical factor**, and it works to keep your deep mind from accepting and acting upon everything it experiences. This protection is necessary because the subconscious mind cannot discern reality from fantasy; fact from fiction. You might imagine the trouble one would get into if their vulnerable, highly-suggestible subconscious mind were left exposed and in charge of every life decision?

Unless you bypass this critical factor you shall not access the *seat of emotional memory* of the mind—called the **amygdala**. The amygdala is responsible for dealing with fear, aggression, and recalling emotional memories. As the seat of emotional memory, the amygdala may act as a gateway into the subconscious mind. The goal of traditional hypnosis is to distract or preoccupy the critical factor long enough to slip helpful

suggestions into the subconscious. My efforts in self-hypnosis proved pointless. My critical factor prevented my auto-suggestions from sticking and taking root in the fertile emotion bank of my mind. Nothing helpful was getting through.

Any time you hear someone exclaim “Oh, I can't be hypnotized!” this is because their critical factor intercepts and nullifies basic hypnotic induction attempts. This overly-protective factor in the brain creates a type of change-resistance that may leave one feeling frustrated, anxious, or even depressed. The perceived inability to make desired changes may lead to frustration; prolonged frustration may lead to depression and hopelessness.

I wanted to change the way I felt, and I needed a workable solution, immediately. I needed to end the cycle of self-sabotage. I needed a way to bypass the critical factor of the brain, or at least distract it long enough to allow me to slip a few helpful ideas into the emotion bank of my deep, subconscious mind. But, how? How in the heck do you get a positive, empowering suggestion directly into the emotion bank of the mind without the overly-protective critical factor catching you and weeding out the message before it takes root? These were the thoughts that whirled around in my head as I sat down for human anatomy class.

Seven Golden Words

The anatomy professor began lecture that morning, “Class, we will begin lecture on the cranial nerves. Cranial Nerve One is your sense of smell. Specifically, it is the Olfactory Nerve, which behaves in a most peculiar way because it comes within two synapses of touching the amygdala. ***The sense of smell activates the amygdala.***”

Wait...it does WHAT?!

A vision flashed before my eyes like a mental movie on ultra-high speed: a simple, way to **skip hypnosis entirely** and go directly to self-help. No trance work required! My jaw dropped. I glanced from side to side. Nobody else seemed to catch what the professor

just let slip. “*Damn...is it that simple?*” I muttered, scooping up my belongings and exiting the lecture hall. I hurried across campus, lost in a mental cloud of *what-if's*. I needed to write it all down. I needed to try it before it slipped my mind.

I dashed to the student union cafe and ordered a tall glass of iced tea with lemon. A glistening, yellow lemon wedge perched on the rim of the glass, motionless against a backdrop of condensation and caffeine. I had imagined what to do, but suddenly I felt incredibly silly; I was going to try to *sniff away* my negative feelings. I took the corner table and sat facing the window.

I took out paper and pen, and wrote a brief number line, from zero to five. Today I teach use of a larger *zero-to-eleven* scale, but hey, everybody starts somewhere. I thought through the process:

1. Write down the bad feeling or situation that I want to reduce away.
2. Write down how badly the negative feeling/situation upsets me, from zero to five.
3. Give form to my bad feelings, and imagine reducing them somehow; make myself believe that I actually changed that form or symbol so my mind asks for a new emotional definition to overwrite the former one.
4. Use aroma to tease open the emotion bank and overwrite the former definition.

First, I wrote down what bad feelings needed to go away. I was sick and tired of feeling self-conscious, anxious, and nervous. I had no clue what was triggering those feelings, but they simply had to go. *When you do not know the actual cause of your bad feelings or reactions, you may still reduce out the bad feelings, themselves.* I wrote down each bad feeling by name, and beside each feeling I wrote a number, from zero to five, which reflected how intensely I felt that emotion. All three feelings rated a SOLID five! By today's potency scale standards, each would have rated a solid eleven. These were extremely HOT emotional responses, and they had to go.

Trash Can Stomp is Born

Next, in my mind's eye I pictured a filthy, disgusting trash can, filled to overflowing with maggots and rotting meat; anything putrid went into that can. The can became a symbol for the bad feelings that I wanted to reduce away. *Remember, give FORM and symbolism to the feelings that you want to change.* Your mind cannot discern fact from fantasy, so use your imagination to manipulate and change what hurts you.

The deep, subconscious mind communicates in emotion-rich **association symbols**, so I used an imagined trash can to symbolically represent my bad feelings. I stuffed the bad feelings deeply into the disgusting trash can, where they belonged. I wanted to be rid of them, after all. I imagined the lid slamming down onto the can, and I felt myself floating backwards—away from the nasty trash can. I gave myself distance and emotional breathing room, so to speak. (Remember, use symbolism).

I threw away my bad feelings, but I could still feel them. Just tossing them away was not enough. I wanted to crush those bad feelings, so I envisioned a gigantic boot suspended directly over the trash can. I convinced myself that only I could make the heavy, massive boot come crashing down; a belief which gave me a sense of control and power to create change. I began to visualize the boot stomping the trash can into mangled nothingness. I played with the mental imagery. I imagined goofy music, vivid colors, and I forced myself to wear a huge, silly grin. I added affirmations of power with each breath, and honestly I felt much better.

The lemon! I reached for my lemon while I still felt relief. I took in seven or so deep, refreshing breaths, lightly sniffing the lemon with each inhalation. As I exhaled I screamed inside my head all sorts of shocking affirmations such as, “You dirty #@\$%^*! I get to DECIDE when to be in control...and I LOVE IT!” After about seven or so aroma breaths, I not only felt incredible, but I had an inner peace which I had never before experienced. It felt like free space, where before I felt only crowded, cramped, and uncomfortable. I felt FREE, for the first time in years.

The potency scale! Quickly, I grabbed my pen and re-rated my feelings. How intensely did I feel self-conscious? Anxious? Nervous? ZERO! I dropped to a *flat-lined* zero, in about one minute. I did for myself what other methods could not accomplish. I'm not claiming a cure, but the symptoms vanished. In just over sixty seconds I completely reduced away the response to an unknown trigger, setting myself free, using aroma.

I accomplished this personal liberation in 2005, and those bad feelings and bizarre self-sabotage behaviors have never returned. Why should they? I redefined my mind.

Some Testimonials

I'm not an expert, and I hold claim to no significant academic credentials beyond a Bachelor of Science degree, but I do know what I experienced that day. I also know that using the same process I released a bothersome spider phobia, removed my fear of flying, eliminated public speaking fear, released childhood sexual abuse trauma, overcame emotional adversity resulting from over a dozen failed relationships, overcame trust issues, ended self-sabotage behavior, cleared away depression symptoms, reduced away anxiety, brought an end to emotional overwhelm, and learned to *stop worrying and start living* (apologies to Dale Carnegie).

Let's hear from a handful of AromaNetix users.

“At an early age I experienced an extremely traumatic event which left me unable to fully trust anyone, especially not myself. Not only was it difficult to keep long relationships, but also I felt like an outcast. My negative perception and lack of self-respect grew to the point I couldn't stand to look at myself in the mirror. My flaws and imperfections were all I could see looking back at me.

Using AromaNetix, in just one hour I was able to release the pain that

had haunted me most of my life. I was able to forgive those who had wronged me and I was able to forgive myself. Now, when I stand before a mirror I see a beautiful, confident woman. I am able to fully love and respect myself -- even my flaws and imperfections. Today I see a beautiful and unique woman."

LaRanda L. Phillips

"Thank you so much for giving me peace of mind! I struggled for over fifty years with repressed negative emotions and painful memories. Your AromaNetix method gave me immediate relief.

I believe in what you are offering people and would recommend AromaNetix to anyone searching for help."

David Arnold

"I enjoyed what Douglas shared with me about AromaNetix. What I really wanted was to break free from terrible stress. I read the information provided and learned how to apply it. This secret has really helped me to reduce my stress level. I am very thankful for the benefits that I have gained from AromaNetix. I highly recommend it to everyone. AromaNetix works wonders!"

Sharon Yeager

“In only two minutes I went from having a horrible day at work to feeling like I'd had an hour-long professional massage! It was during a busy, stressful day, so I didn't have much time to sample AromaNetix, but in just under 2 minutes I went from extreme stress, worry and anxiety all the way down to peaceful, happy and positive emotions.

THANK YOU Douglas for taking away my bad day! Yes, I definitely recommend this to anyone dealing with life issues, because it just WORKS.”

Darla Shackleford

“AromaNetix is a rapid self-help method that works quickly and easily. It works whether one understands the concepts behind it or not. Try it! AromaNetix has been a tremendous benefit to my life.”

Funda Tolan

“AromaNetix is an incredibly powerful resource for personal change. I have studied many personal development programs over the years, and this one stands out. Use AromaNetix, because it can change your life.”

Dr. Gary Whitney

"AromaNetix helped me overcome my fear of public speaking. I had to introduce someone and I was nerve-wracked. The thought of getting up in front of 100 people terrified me. So, I reached out to Douglas and he walked me through a few AromaNetix reduction techniques. I used them, and when the time came I got up and went through the introduction flawlessly! I don't even know where the words came from, but it was a major triumph for me! I definitely encourage you to use AromaNetix."

Jenny Johnson

Now, please keep in mind that **ANY** testimonial reflects a purely subjective, anecdotal experience. Testimonials are not necessarily scientific validation.

We want you to always think for yourself.

Uses for AromaNetix™

I honestly don't know *everything* that AromaNetix can do, but it has proven itself to be of tremendous relief to me and to the many individuals who have learned to apply it.

People have reported using A/N in a variety of ways, such as:

- Reducing away emotional pain from past traumatic incidents;
- Breaking through internal barriers to greater happiness and success;
- Boosting existing skills, abilities, and talents;
- Increasing sales efficacy;
- Increased job performance;
- Revitalized self-image;
- Enhanced intimacy and deepened relationship communication;
- Increased general communication efficacy;
- Increased earnings / financial gain;
- Improved health / lowered blood pressure;
- Improved outlook, elevated mood, and increased interest in life;
- Renewed hope, optimism, purpose, and joy for living.
- Removing even deeply-entrenched phobias and apprehension;
- Remaining more calm and present-minded during stressful situations;
- Releasing emotional intensity and reducing triggered reactions;
- Redefining negative incidents from past and present;
- Reducing away frustration and tension regarding bothersome situations;
- Creating alternate methods for anger management;
- Calming excessive worry, fear, and anxiety response;
- Claiming more emotional "breathing room" and space;
- Regaining emotional and mental clarity, focus, and concentration;
- Boosting one's self-confidence, motivation, and assertiveness;
- Extending motivation and relief by reducing adverse emotional intensity;
- Powerful stress relief, without hangover or unpleasant side effects;

What Does A/N Not Do?

AromaNetix does **not** diagnose, treat, or cure ANY medical or psychological condition, issue, or illness. AromaNetix is not therapy, not counseling, and not health care. If you feel that you could benefit from medical or mental health care services, seek out properly trained, licensed medical and mental health practitioners. Never attempt to use self-help as a substitute for medical or mental health services.

Why Does Reduction Work?

Again, I honestly don't know, but I have my suspicions. At first I suspected it was the work of the Placebo Effect. Frankly I didn't care *why* I felt better, I simply loved having a break from the frustration. Well, that was thirteen years ago, with no recurrence. I won't call it a cure, as A/N doesn't technically cure anything, however I *am* willing to dismiss the Placebo Effect after all these years. Whatever it is, I am so grateful!

So, what gives? Well, perhaps it's something as simple as *emotional preference*. It seems to me that the human mind, when given a fair and honest choice, will usually prefer pleasurable circumstances over painful ones. This tendency actually has a name: the *Pain/Pleasure Principle*. The brain forms and retains memories of painful incidents as an avoidance strategy or way of attempting to prevent exposure to similar painful incidents in the future. Perhaps AromaNetix reduction strategies work by redefining the emotional intensity of preserved memories associated with their activating triggers?

Who uses AromaNetix?

Most anyone may use AromaNetix methods and techniques. I have personally worked with a wide variety of clients and students, ranging from actors, musicians, doctors, nurses, counselors, heavy laborers, truckers, retired folks, and teenagers to school teachers, children, pastors, sales professionals and military personnel. I have offered services that span the globe, via the Internet, from helping someone cure a fear of frogs to helping a generational racist renounce his ways and embrace modern diversity. Change IS possible and more likely now than ever before in human history.

You have your hands upon a workable philosophy of spirit, mind, and body, which enables the thinking person to create substantive, measurable improvements that offer hope and relief. If you want more in life, apply AromaNetix to your goal work. If you seek freedom from the emotional baggage that has become unbearable, apply AromaNetix to your personal liberation efforts. If you are already great, and want to maximize your output, apply AromaNetix to your work and track your growth. From the homeless and disadvantaged to billionaire investors, most anyone may benefit from this work.

Why Would *Successful* People Need This?

Something to consider: *why do rich, famous people sometimes self-destruct?* Imagine working hard, sometimes for years on end, making incredible sacrifices trying to get a start in the motion picture or music industry. A big break happens, and everything clicks! You are famous, adored by millions of fans, and raking in the cash. Every material object you ever dreamed of having is now yours for the taking. Your life has transformed in every way, but one: *subconsciously, you STILL identify yourself as the broke, starving artist.*

Money, fame, and celebrity may afford you all that glitters; yet, deep down you may still feel unworthy or unhappy. Ultimately, the subconscious mind, which never sleeps, moves you to conform with that which it believes you to be. Self-sabotage, including sabotage of career, relationships, and health, all wear you down to conform with the self image you hold deep within the subconscious mind. We become what we think we are.

Money amplifies what you already carry within your deep, subconscious mind. If you carry around demons of doubt, fear, and self-loathing, guess what gets amplified by new-found wealth and fame! If you rise to success, but your deep mind feels threatened by your new status, your subconscious mind will find ways to pull you back down to the level where it believes you properly belong.

I have witnessed this self-limiting factor in the lives of successful, wealthy individuals with whom I have enjoyed the privilege of working. From the Hollywood elite to the factory break room, none of us are immune to the ravages of emotional suffering and self-limiting beliefs. *We may never rise beyond the subconscious limits we place upon ourselves.* That is why it is vital that you get clear of the emotional obstacles that hold you back.

Life on the Free Path

AromaNetix helps one to develop herself in various ways, from spiritual and emotional liberation to direct personal empowerment. As one increases in ability to truly embrace, love, and accept herself, she finds that life begins to unfold in ever-increasing opportunities for bliss. This heightened state of blessed living is termed the *free path*, and such is a worthy ideal toward which to strive as you help yourself. Once you begin upon the *free path*, transformation becomes your guide.

Life on *free path* is an adventure for all minds, from the most sober accountant to the most liberated social butterfly. Personal freedom is non-judgmental; it is healing and healthy; loving and lovely. The *free path* is your birth right; it is for you to enjoy any time you desire. As you help yourself through reduction and other strategies you will find your own path to total freedom; one that is right for you. Simply allow yourself to return to that natural state of bliss from whence we all came. You are the magic behind your own experience of the “nowness” that is unfolding before you.

Again, the beauty of AromaNetix is that it is a blend of both spiritual and practical concepts. Remember, you may always pick-and-choose what best serves you, and discard what feels in conflict with your existing beliefs and values. YOU get to choose. This is what we mean when we remind you that with AromaNetix you are always in control.

The BIG IDEA Behind AromaNetix

AromaNetix is a practical, applied philosophy of spirit, mind, and body, which teaches useful strategies for creating spiritual and personal evolution. Thinking people can change the direction of their lives by changing the underlying internal limitations which hold them back. Change IS possible, and more likely than you might believe. This change, compounded by the unfolding belief that you may direct your life in ever-increasing ways, begins to impress upon the deep mind that personal improvement is a safe, welcomed, and life-enhancing experience. Change-resistance seems to melt away.

As one finds her true calling in life she becomes enveloped by a soothing, profound sense peace and certainty. Passion and zest for living return to the empowered individual. I call this state of living *walking the free path* because it is a journey and it is liberating. Ultimately, the big idea behind AromaNetix is the attainment of one's own *Free Path* in life.

That bliss is possible—that life may be FUN again—is an underlying message of AromaNetix; a message of peace and of hope for all humankind. Even as we walk toward tomorrow, we find personal power to shape the present reality in uncommon ways. We do not seek to convert others to think as we think; rather, we wish for them a life of significance and meaning as they choose to define such.

We offer a *buffet-style* approach to useful concepts and ideas from past and present, from which each person is invited to pick-and-choose, finding and implementing those ideas which resonate with her. As such, no two “buffet plates” of ideas will be exactly the same. We encourage individuals to mind their own *plate*, and allow others the same freedom to choose for themselves those concepts which best serve them. By keeping our eyes on our own work, so to speak, we show respect for the individual and create an environment of freedom uncommon in our time.

Aims of AromaNetix include respect for the individual and personal liberation of the self. Think for yourself, but realize that you need never feel alone. *In our own way, each thinking person is but a caterpillar fretting against the chrysalis*, seeking rebirth into the higher self within; seeking her own metamorphosis.

Learn from AromaNetix what you will. Some enjoy the practical side, using reduction strategies to reduce away tension, stress, and bother from the daily grind. If you've had a hard day, take a moment to process out those bad feelings. Others enjoy how the processes and exercises help aide gentle introspection and self-examination, getting to know themselves in meaningful ways. Still others value the sense of community and contribution that comes from organizing small study groups and mutual aid clubs where students practice A/N techniques with one another in a safe, trusted setting. As always, you decide how much you wish to learn.

AromaNetix is far more than merely “sniffing” away stress. We offer a unique perspective into the human condition. We seek to understand the purpose of life, where we are headed in the world, and how to find common ground as a bridge to peace in our time.

Now that is one very big idea, indeed.

Next: *Sampling Some Reduction Strategies*

Part Two:

Reduction: Overview and Method

Releasing the Past

Imagine how exhausted you would feel if you were made to shoulder a 150-pound weight upon your back every day of your adult life! It would seem silly to compare your progress through life with that of others who did not have to bear such burden. Yet, we do this; we unfairly compare ourselves to others who bear less emotional burden, baggage, and clutter. We see their progress and we ask ourselves “What is wrong with *me*? Why can't I do more in life? Why can't I get that far ahead in my career? Why can't I get rid of this awful stress? Why is life such a struggle for me, sometimes?”

We psychologically wear ourselves into exhaustion through deep, unfair comparative analysis. We expect more of ourselves than we are physically or emotionally capable of delivering. We carry around or deal with too much emotional burden. Some of us have shouldered the extra load for so long that it feels like normal life. If you ever expect to move ahead you must first be willing to do whatever it takes to relieve yourself of the emotional baggage and clutter from the past. We all have some, and life is MUCH SIMPLER without dragging along that heavy load.

Releasing the Present

Learning how to let go of the hurts from yesteryear is a remarkable step forward in practical self-help, but what about the immediate, pressing matters of today? It's important to not only release the old hurts, but also to keep your current circumstances clean and refreshing. Everyone faces daily stress at some point, from the toll of day-to-day living to stress from putting up with irritating co-workers. If it's taking up space in your thoughts, it needs handled, now.

You are not a walking, talking trash can with a furry lid. Your powerful mind needs to make room for important ideas, dazzling insights, and practical strategies for taking back control of your life. It's time to let some of the stress, strain, and BS finally melt away.

The Reduction Process

As with all A/N strategies, practice brings mastery. The fastest full A/N reduction on record happened in just under three seconds, but speed is not as important as form. Reduction involves figuring out what bothers you (or what bothersome feelings you are experiencing), rating how strongly you feel bothered, give imagined form to your feelings while you manipulate that form in various ways, and lastly re-rate how you feel. Aroma is sprinkled throughout the exercises at key moments. That's it for basic, Level One reduction work.



Please study this image for just a moment. I hired a kind gentleman from overseas to sketch this for me. In my instructions I asked for a metaphor to reflect how it can feel in life to be held back by something which we cannot see. The majestic sailing vessel is ready to move; winds caught up in full, billowing sails. The water churns alongside her starboard hull as the great ship strains for freedom. The anchor, resting deep beneath the visible water surface, is snagged upon a massive rock structure.

Often, we know what holds us back, but up to now we have been unable to break free. Like the ensnared vessel, we haven't a chance at moving ahead until we first deal with what holds us back.

Do you know what limits you from making greater progress in life? Every thinking individual faces some degree of blockage. There may be hundreds of limiting factors which seem to conspire against our best efforts to win in life. Some people struggle with lack of opportunity, while others are bound to adverse emotions stemming from guilt, jealousy, and blame. Others are prisoners to fear, such as the fear of failure or fear of success. Some people are held back by conflicting values and beliefs which pit their goals and dreams against a misconception of the actual price of success. Some are denied access due to lack of higher education; others are restrained by self-doubt and insecurity. One thing remains certain: you cannot move ahead in life while snagged on what holds you down.

Let's try some scanning and reductions.

AromaNetix™ Basic Scan and Reduction

Grab a pen, some paper, and take some time to fully commit to this essential activity. Emotionally-charged incidents may sometimes reveal their presence when you are reminded of something that reminds you of an upsetting memory. In this activity you will be offered memory prompts. Use them to quickly **scan** through your memories to identify possible “hot spots”, which are records of emotionally-charged experiences. For instance, you may be prompted to *recall a time when you lost something dear to you*, and after a moment you remember how upset you felt when you lost your favorite toy. You would then write down the hot spot as *“that time I lost my favorite toy in my early childhood.”*

Once you have located and written down a hot spot, use the emotional potency scale to rate how upsetting the memory feels. *Zero*, you recall, represents peaceful calm and ease; whereas *eleven* represents the most extreme intensity, pain, or trauma. Jot down a rating number beside the hot spot. Be certain to stop and take a potency rating on EACH hot spot you identify. You'll need those numbers for later comparison.

At first, this activity may seem unlikely to identify many hot spots. However, commit yourself to the process, because only about 10% of true hot spots are readily available to your active, conscious recall. That's right...*in my opinion*, we only scan and observe about 10% of the real hot spots that create problems in the deep mind. The remaining 90% are classified at “UNKNOWN” and they may be located (and reduced) using a strategy I will reveal in a later free course.

As for now, let's deal with what we may observe, measure, and track: your KNOWN hot spots. *Any* hot spot may create a problem. Be aware that each and every negative incident contributes to your overall emotional burden, until overload is finally reached and spillover creates problems in your life such as change-resistance, hesitation, self-doubt, worry, anxiety, depression, and excessive levels of stress and tension. You need not carry around these ridiculously unfair emotional anchors any longer; it's time to lay them down.

Scanning for Hots

Grab a pen and paper.

Read through each of the following statements slowly, pausing to search your feelings for any sign of emotional upset. This is called “scanning” for hot spots. If you locate any emotionally-charged memories, write them down. Take a potency rating for each written memory; jot down your ratings.

Potency Scale:

[0 - 1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 - 11]

1. Recall a place where something was taken from you.
2. Remember an incident when you felt exhausted.
3. Remember a time when someone cried.
4. Recall a time when your trust was broken.
5. Remember a time when you felt unappreciated.
6. Recall an incident where someone ignored you or didn't listen to you.
7. Remember a time when you lost money.
8. Remember a time when you desperately needed something.
9. Recall a public figure who makes you upset.
10. Remember a time when you felt anxious or out of control.

By now you have several incidents written down, and likely you are feeling some of the old emotions rising up inside of you. Notice how the mind reflexively recalls long-forgotten emotions? Do not be afraid of your emotion bank. This exercise is a way to demonstrate how a reactivated, emotionally-charged memory holds the power to bring back upsetting feelings. Now, let's learn how to deal with them.

The following are scripts for two reduction exercises, the *Push / Pull* and the *Trash Can Stomp*. Before you use the scripts, be sure to listen to the following YouTube

video for a walk-through and explanation of these two strategies. Follow along with each walk-through. Your goal, ultimately, is to reduce your emotional potency score for each hot spot down to a “two” or below. This may happen at once, or it may take a few tries to reduce them all away. Keep reducing.

Link: <https://youtu.be/OnyzWZITCtE>

If link doesn't work, just copy and paste it into your web browser. Again, you may wish to hear the video to learn how to run these exercises.

Out-Processing Technique 1: The Push-Pull

(There are numerous variations possible with this type. The recording may be different)

Summary:

In this reduction technique, the practitioner visualizes objects, pushes them away, and then pulls them back. One purpose of the Push-Pull technique is to restore and internalize a sense of control. Less specific than Control Drills, the Push-Pull reminds the user that she has the power to modify how she responds to existing obstacles in her life-path. She gives herself permission to release ***when she feels ready***. Lastly, she refocuses to full and present reality, time and location.

* Take a BEFORE potency rating on your HOT SPOT, and write down your number for later comparison.

Visualize a lemon.

Picture two lemons; now four lemons.

You're in control here, so please select ONE lemon to keep and let the others vanish.

Look closely at your chosen lemon.

Consider the tapered ends; the beautiful yellow peel.

Recall how a lemon can smell and taste when sliced and juiced.

Clean and refreshing, like a windswept house in the spring time.

Like opening up the doors and windows; sweeping away all the old, bad stuff.

Letting in all the new, refreshing stuff. The good stuff. The healing stuff. Yes.

Spin and bounce your lemon. Up and down. Around and around.

Faster and faster.

Because you're in control, please decide when to send the lemon flying into the sun.

POOF! The lemon is vaporized at your command.

Because you have control, you could pull the lemon back to you.

So please, in the next few seconds, pull back the lemon.

When the lemon returns, notice any changes to its appearance.

Next, count down from 10 to 0 and then push it back into the sun. **POOF!**
Sizzle!

Before you pull the lemon back, please take in 3 deep aroma-breaths, and make a fist.

At your command, chose when to release your fist and pull back the lemon.

Notice any changes to the appearance of the lemon?

Next, commit 50% of your will power to pushing the lemon back into the sun. At the same time, commit the other 50% of your will to **RESISTING** pushing the lemon.

Build up resistance and tension. Feel it growing stronger as you exert your authority.

Push the lemon away...**KEEP** the lemon.

No...**PUSH IT AWAY!!!** No, hold on to it.

Double the intensity. Double it again....again.....again.....again.....again.

Now, decide.

Are you ready to let it all go?

Release your opposing willpower and push away the lemon, back into the sun where it instantly vaporizes and does not come back.

Please take in **seven** slow, deep aroma breaths, and between each breath speak any of the following statements of affirmation and power:

- “I have every right to decide when, who, how, what, or why.”
- “I can choose for myself, and I take back control.”
- “I am a force that causes things to happen in my life.”
- “I am free to think for myself, and I love it.”
- “I release myself from the self-made prison of negative beliefs.”
- “I am powerful, compassionate, and loving in every perfect way.”
- “Thank you, Higher Source, for empowering me in every perfect way.”

Clear your mind's eye, relax your body, and shift your focus back to full and present reality, location, and time. Look around you and identify five objects.

Be free.

- Quickly take an AFTER potency rating and write down your new number.
- Compare your before and after potency scores to check results.

[Technique Ends]

Out-Processing Technique 2: Trashcan Stomp

Summary:

In this reduction technique, the practitioner visualizes a symbol for her hot spot, and then inserts it into a trash can which is overflowing with foul, putrid rot and decay. She pictures herself moving back a comfortable distance from the trash can, and imagines an enormous boot smashing the trash can repeatedly. She then restores the trash can to about 75% of its original shape and then repeats the stomping. Continuing on a few more rounds, she finds that the trash can has changed and may never resume its original shape. Aroma is introduced to lock in the new emotional definition. Lastly, she refocuses to full and present reality, time and location.

* Take a BEFORE potency rating on your HOT SPOT, and write down your number for later comparison.

Visualize a symbol to represent your hot spot (for simplicity I'll call it XYZ).

Picture a trash can filled to overflowing with every foul, sickening thing imaginable.

Cause your symbol for XYZ to be inserted deeply inside the disgusting trash can.

Move back away from the can to a more comfortable location.

Imagine a gigantic boot suspended over the trash can by a silvery thread.

You know what is about to happen; the boot will smash and stomp that can flat!

When you are ready to begin, picture the boot stomp, stomp, stomping the trash can.

Speak aloud: "STOMP! STOMP! STOMP!"

Have fun with it; make silly faces. Use a silly voice as you keep stomping.

Feel the way it could feel to have a giant boot stomp that trashcan flat.

Stomp...Stomp...STOMP!!!

Lift up the boot and try to restore the trash can to its original shape.

You may notice the can looks rather poorly. Great!

When you are ready, repeat the above stomping scene three more times in a row.

Soon you may notice it becomes difficult to stand the can up. It's just too flat.

Once you are satisfied that you have given the old trash can a good stomping, clear your mind and take in seven slow, deep aroma breaths.

In between each breath, speak the words:

“Letting go, more and more.”

“Releasing and renewing...breaking through and breaking free.”

Clear your mind's eye, relax your body, and shift your focus back to full and present reality, location, and time. Look around you and identify seven objects. Be free.

* Quickly take an AFTER potency rating and compare your scores for progress.

[Technique Ends]

Wrap Up

We've covered a great deal in this first course. By now you have been introduced to AromaNetix, the core concept, it's discovery, usefulness, and you have been invited to sample a few beginning level exercises demonstrating the reduction out-processing technique. Again, I wish to invite you to join our free Facebook group. Search for “**AromaNetix Basic Courses**” group. That way you may remain in the know when new free courses and videos are published.

 **AromaNetix**
The Basic Courses

Course One
Reduction and Out-Processing

AromaNetix.ORG

Thank you for your time and interest in this curious, unusual philosophy of spirit, mind, and body. May you be blessed and liberated as you seek your own free path in life.

God bless and empower you!



P.S. Don't miss our next free course!

Here's the link to our Facebook group:

<https://www.facebook.com/groups/2091327527783752/>

Here's the link to the YouTube video:

<https://youtu.be/OnyzWZITCtE>