

KKNW (1150 AM) Radio Show Talk With Your Animals

June 11 1:00–2:00 PM (PDT)

Host: Joy Turner

with Guest Russell Louie, Optimum Choices, LLC

Introduction

Hi, today we're talking with Russell Louie, a Holistic Wellness Consultant, who owns Optimum Choices. He believes that if one cannot find the time or money for health now, sooner or later one is obliged to find time and money for medical treatment later. So, his mission is to educate people on healthy choices for themselves and their pets to prevent this. He has studied holistic health and spirituality for over 30 years and lived a holistic lifestyle for over 57 years. His education includes a degree in geophysical engineering and he is a Certified Reiki Master. His desire is to have pets live to be 15-20 years old and still being healthy, like pets used to 50 years ago.

Today, we will be talking about a rather unique topic: **Past Lives and Aromatherapy.**

Russell, first tell me about your expertise in past lives.

Back in the 1990's, I ran a spiritual development center called the Creative Light Center in the Denver area. Many students were interested in rebirthing therapy and past life issues. When I found people who were stuck or repeating the same patterns in their life (e.g., same bad relationships, attracting the same abuse), I conducted past life sessions to help them resolve their issues.

Is this when you used essential oils?

Actually, no. I did not take aromatherapy training until 2001, so my experience using essential oils with past lives comes not from the Creative Light Center but later when I subsequently used essential oils either on myself, when I was undergoing a career transition and starting my own business or individual counseling sessions that I did.

So, you have actually used essential oils to deal with your own personal past life issues?

Yes, Joy, that's right..

OK, tell our listeners how to use essential oils to resolve past life issues?

I am going to break the essential oils into three groups and talk about each group individually in a natural progression. Each of the oils I talk about is a proprietary blend of single oils developed by Gary Young of Young Living Essential Oils. This is just the brand of oils I use because I trust

their purity. There are, of course, many other reputable brands of essential oil blends but they will obviously have different names on the label.

Great, let's get started.

The first group of oils I usually use is to help uncover what issues from past lives need to be addressed. If some one or pet keeps repeating the same pattern, obviously they are not aware of it. If they want to break the pattern, it helps to discover the origin, which could from a bad experience in their present life or lead back to a past life. So, the blends of oils I use in this initial stage are:

- 🐾 Awaken—awaken inner motivation, establish sense of self
- 🐾 Inner Child— no valid sense of self, timid pets, connect to inner child when traumatized, abused or abandoned pets
- 🐾 Clarity—gain insight to a hidden or murky situation, hidden or repressed past life, pets that have been shuffled from home to home
- 🐾 Trauma Life—overcome shock or ordeal, excellent for abused pets, release past life trauma
- 🐾 Humility—people need to humbly admit their situation, not so for pets

So, if the issue or past life is known by someone or for their pet, what is the next step?

The second group of oil blends I use are to help resolve this person's or pet's issue. Here is a list of oil blends I might use:

- 🐾 Acceptance—the subject must recognize the past life issue and take ownership, rescued or fostered pets
- 🐾 Joy—one needs to overcome any depression involved in any past life trauma, timid or fearful pets
- 🐾 Release—used to let go of unfinished lessons, hurtful events, trauma, newly rescued, adopted or abused pets
- 🐾 Surrender—let go of the need to know, accept circumstances or past life event

How do you move towards resolution and stopping these repeat patterns?

That brings us to the final group of oils:

- 🐾 Into the Future—used to move beyond a traumatic past, new home introduction
- 🐾 Believe—used to create a sense of belief in oneself, self-esteem, connect to one's higher source, fearful or timid pets
- 🐾 Live with Passion—get out of current doldrums, don't settle for mediocre
- 🐾 Magnify Your Purpose—discover purpose in life, gain enthusiasm for new mission
- 🐾 Envision—discover what your mission or goals are

How would I apply essential oils on my animals?

The easiest and safest application is to apply the essential oils around the animal's environment not on them. Remember, animals have a sense of smell 50-100 times stronger than humans. I like putting essential oils on cotton balls and leaving them around the room. So, if one knew the

traumatic experience or past life event involved, one could visualize this for themselves or their pet and then change the image in one's mind to a more pleasant present day situation (like a vacation, playing in the dog park or running in a field of flowers). At the same exact time, open the bottle of essential oil blend and put a drop on a cotton ball. Then pet, stroke and bond with your pet as the new scent permeates the room. Hopefully, the new, pleasant image will imprint on the pet's brain along with this newly introduced emotional oil scent.

Why does aromatherapy work on our emotions and past lives?

Let me go back into history to ancient Egypt. A sacred room in the Temple of Isis portrayed a ritual called, "Cleansing the Flesh and Blood of Evil Deities." The Egyptians believed a soul could not move on to its afterlife if it held emotional baggage. Today we might call these evil deities bad attitudes, grudges or emotional scars. Since that time, essential oil usage to effect emotions has been relatively unknown.

So what happened to connect essential oils to our emotions and thus our past lives?

In 1989, scientist discovered the amygdala gland played a major role in storing and releasing emotional trauma and therefore called it the "seat of our emotions." The amygdala gland is the gatekeeper through which all sensory data to the brain are processed. The sensory data first goes to the amygdala gland where it is determined if this data needs to be sent to the adrenal glands first, for fight or flight, or on to the brain for further processing. It essentially processes knowledge about stimuli and situations that are of special importance to our survival. The amygdala is programmed to react without benefit of input from the thinking part of the brain. So, when we experience a traumatic situation, fear or any other unpleasant circumstances this is recorded in the amygdala first and then sent to rest of the body (i.e. adrenal glands or thinking brain) to be processed. Studies at New York Medical University proved this gland does not respond to sight, sound or touch but does respond through the sense of smell. Through our scents we now have a way to release stored emotional trauma in the amygdala gland and the rest of our body.

So, how does this work in pets?

Just like people, our pet's patterns of behavior are learned in their puppyhood or kittenhood stages. Their likes and dislikes, their preferences and most of their initial fears are all acquired and stored in the amygdala gland. As they get older and have more "scary" or unpleasant experiences, the amygdala gland dutifully replays these memories. People use professional counseling, transpersonal psychology and other modalities (e.g., EFT, hypnosis) to help them. But pets don't have access to these services, so essential oils can be a tool to help them release past traumatic and past lives experiences.

With essential oils we can access those unpleasant memories in the amygdala gland and people can choose to process the unpleasant memories in a more productive way and we can reprogram our pet's memories into more pleasant experiences. We are not deleting or erasing the memories but channeling the energy and outcome into a different path and better outcome.

From our last aromatherapy show, we learned there are certain precautions to take when using essential oils on pets, especially cats. Where can my listeners get more information about safe use of essential oils?

They can go to our website www.OptimumChoices.com, on the home page click on the [Services](#) button across the top menu bar. Then on the Services page, click the [Aromatherapy](#) button in the left column for a description of aromatherapy.

More detailed information can also be found starting at our home page and clicking the [Products](#) button across the top menu bar. Then on the Products page, click the [Essential Oils](#) button in the left column. Here we have buttons for subsequent web pages on [Science](#), [History](#), [Application](#) and [Animal](#) usage.

Sounds like essential oils are very powerful?

Essential oils are a holistic tool that honors the whole body and can move mental, emotional and even stuck physical energy. It is not a substitute for proper veterinary care.

Yes, I think that is important to let our listeners know you always suggest they take their pet to a vet for proper veterinary diagnosis. But then they can also research holistic alternatives.

I would also like to point out that essential oils can be used allopathically and holistically. Just because they are all-natural, does not mean all essential oils usage is holistic. If one just uses a specific essential oil to get rid of the symptoms, then that is not holistic. One must also holistically look at the origin of the symptoms and nutritionally address any deficiencies, balance whatever gland or organ is malfunctioning and take preventative holistic steps so the symptoms do not reoccur in the future.

You seem to have wealth of pet knowledge. How can we access more of your 57 years of holistic wisdom?

One way is to go to our website, www.OptimumChoices.com and sign up for our free monthly [e-newsletters](#). We have written articles on such topics as, Is glucosamine the answer for arthritis? Healthy water for you and your pets and Whole Food Nutrition vs. Supplements. All past articles are archived online and one can search for a specific topic. If your listeners will check the box at the bottom of the subscription form, we'll send subscribers a free report entitled **What Pet Food Companies Don't Want You to Know**. This report contains 11-points some of which we covered today.

What other holistic resources do you have that would be of interest my listeners?

We have written a series of Holistic Choices [e-Books](#). Readers can take advantage of the latest holistic research we find and absorb the information in a small chunk rather than a 100+ page

book. The first three titles that have been published are:

- *Save Your Dog or Cat*
- *Secrets of Longevity (for people)*
- *How to become a canine massage provider*

Tell me more about what is in your dogs and cats e-Book.

We start off by telling the reader what Nature designed wild dogs and cats to eat. Then we compare all the various food options from dry kibble to raw food to the optimum diet in Nature. We educate the readers on how to find good premium pet food by reading the labels. Next we discuss all the advantages and disadvantages of a raw food diet and how to transition to a raw diet. We also have a section on what human foods are toxic to pets. Many people don't know that grapes, onions and Xylitol, a sweetener, can be toxic.

Sounds like I need to get a copy of your *Save Your Dog or Cat* e-Book. How can I and my listeners get a copy?

Go to our website www.OptimumChoices.com and click on the [Products] button on our home page, then the [Books] button on the subsequent page. As a special offer, I will give your listeners one e-Book of their choice *free* with their first purchase. Just have them say, “**Joy sent me**” and ask for the *free* e-Book title of their choice with any product purchase.

For more information on Optimum Choices and holistic options for your pet, go to Russell's website at www.OptimumChoices.com. You can call toll-free 866-305-2306 or email them at info@OptimumChoices.com.