

DOTERRA HAWAII ✦ JUNE 2020

ROAD MAP TO HAPPINESS

SLOW AND STEADY CLIMB

- ▶ Gradually upgraded each part of my life.
 - ▶ First, I decorated my house.
 - ▶ Second, I started exercising.
 - ▶ Third, I got promoted at work.
- ▶ Rocks along the way that I had to dump in order to shed dead weight and keep climbing.



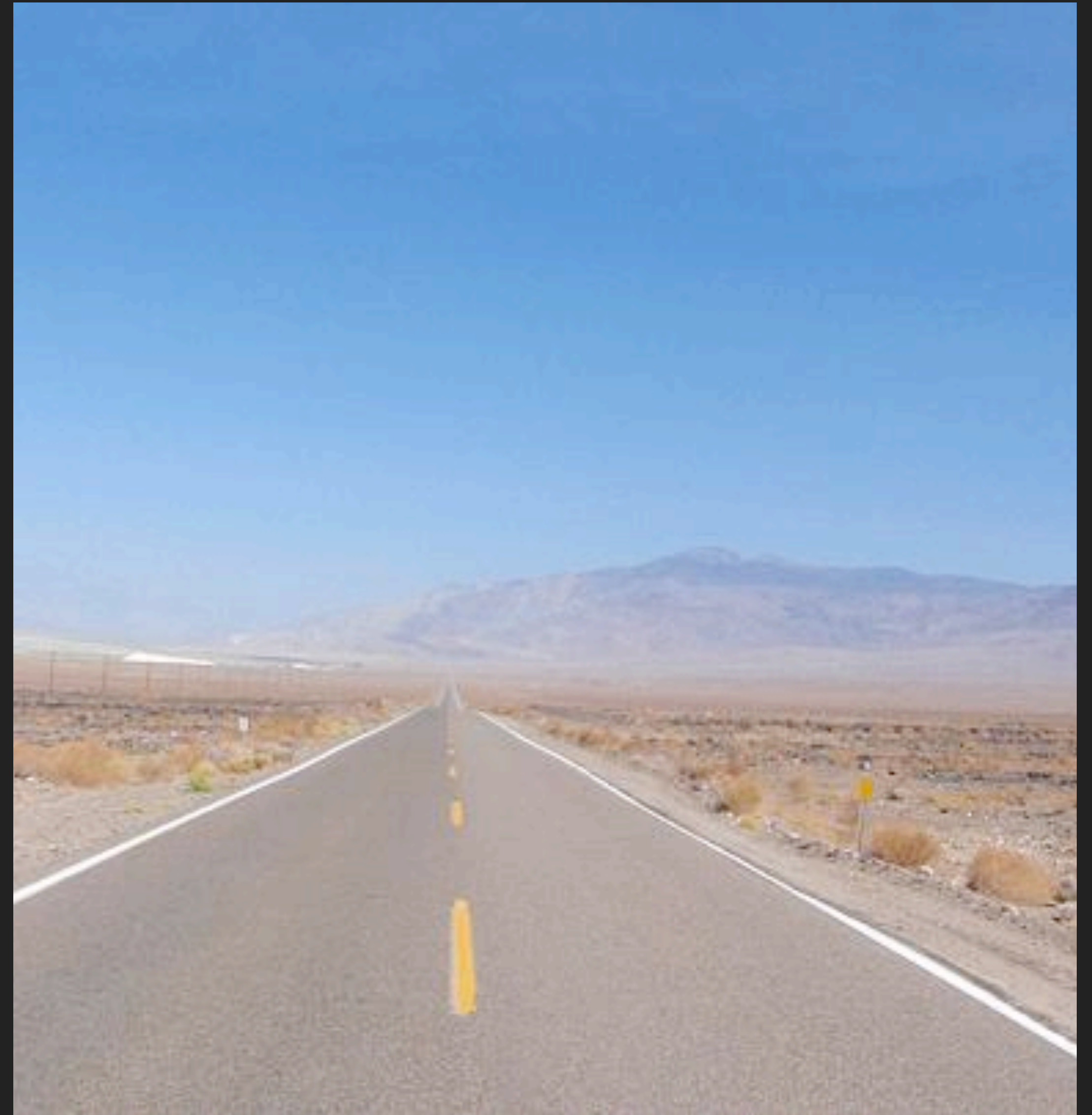
SPEED WAY

- ▶ Hundreds of cars racing
- ▶ Lots of twists and turns, but the rat race never ends
- ▶ I can never stop long enough to build a foundation for my life



PAVED STRAIGHT ROAD

- ▶ Goes on steadily forever
- ▶ No obstacles
- ▶ Slow and progressive
- ▶ As I kept doing the same thing over and over again, consistently and slowly-- it moved me in the direction I wanted to go.



WHAT WAS YOUR PAST YEAR LIKE?

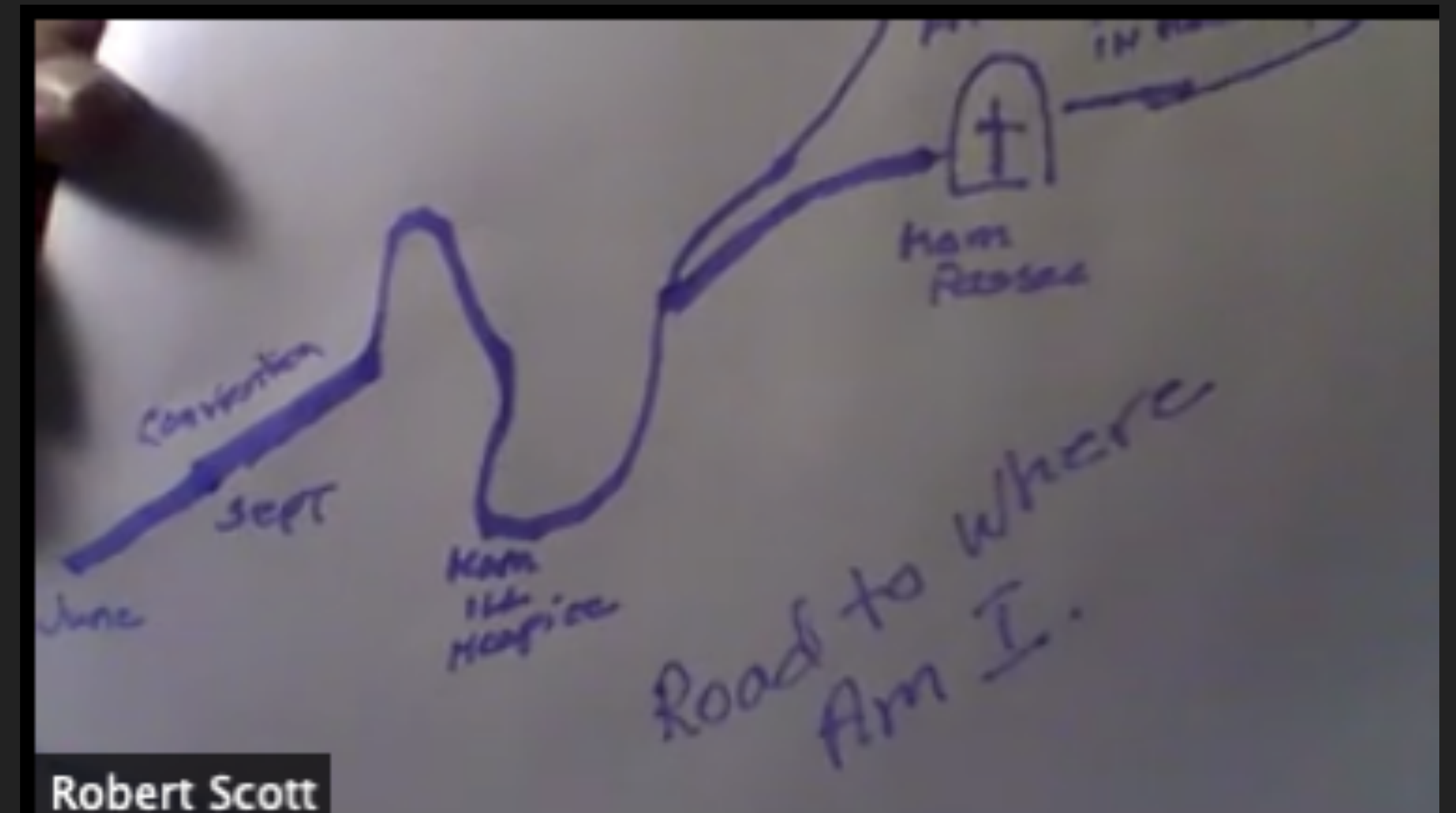
- ▶ See it as a movie playing in your mind.
- ▶ Write it down.
- ▶ Describe its characteristics .
- ▶ Draw a picture.
- ▶ Label your picture.
- ▶ Name your road.

Step 3: Draw a picture of your road.

Explain what is in your picture, so someone looking at it can better understand your road.

ROAD: (UN) MAXIMIZER : WHERE AM I?

- ▶ Straight road until June- convention. Sept- Marlyse's mom ill. Dip in road. Mom was in nursing road.
- ▶ I had to keep on going while Marlyse was taking care of mom. Fork in road.
- ▶ Christmas, I fell down. Painful.
- ▶ I became tentative. Wondering? Bam. Covid slams us. Everything went out the window. No back to basics.
- ▶ Recalibrate. Re calculate. Starting to straighten out again. End of road because I lived through it. Unpaved, weather. Struggle.
- ▶ I'm not planning my life to live. Just reacting. PAIN

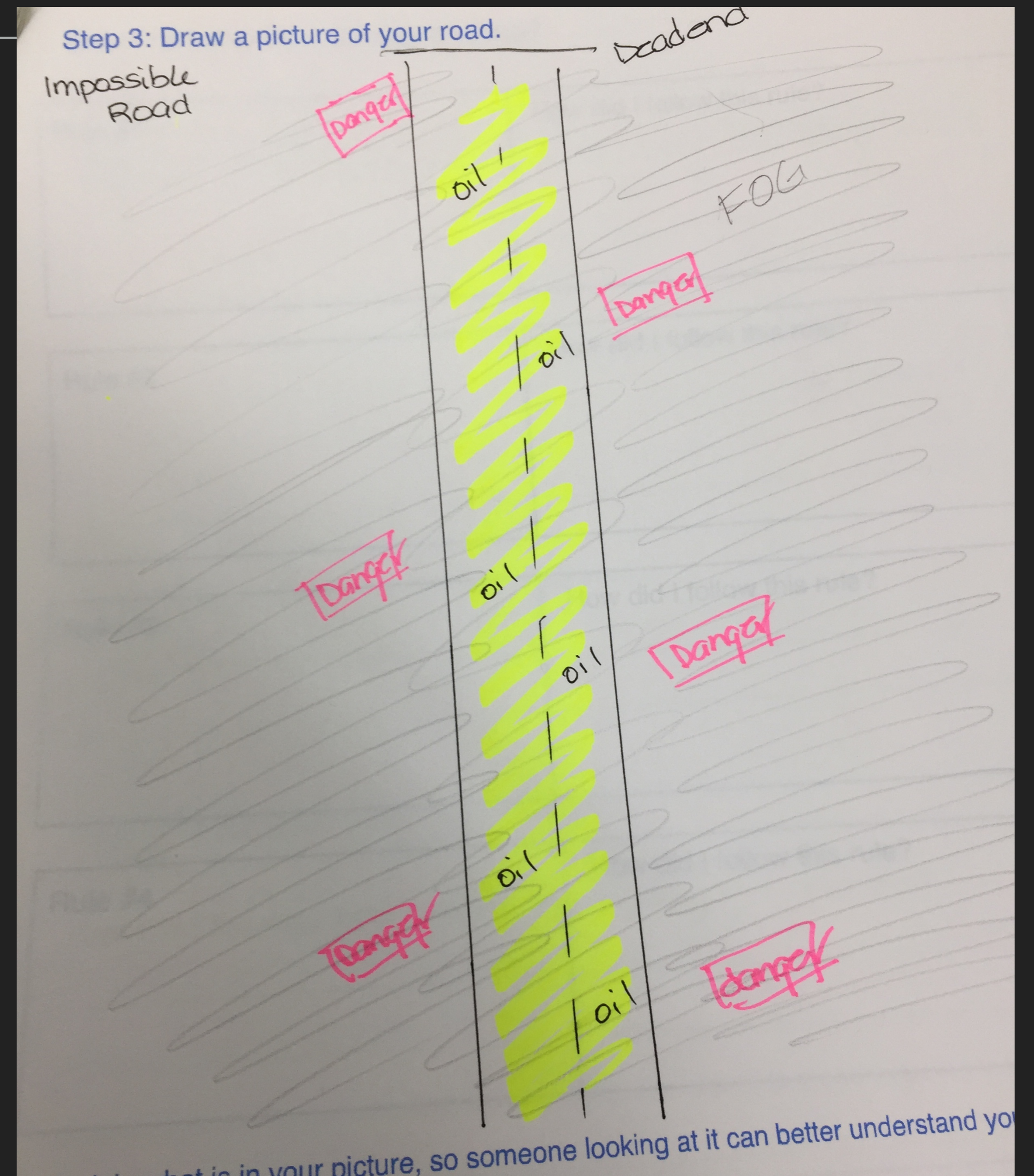




Many twists and turns, roadblocks due to illness, injury, and family members passing

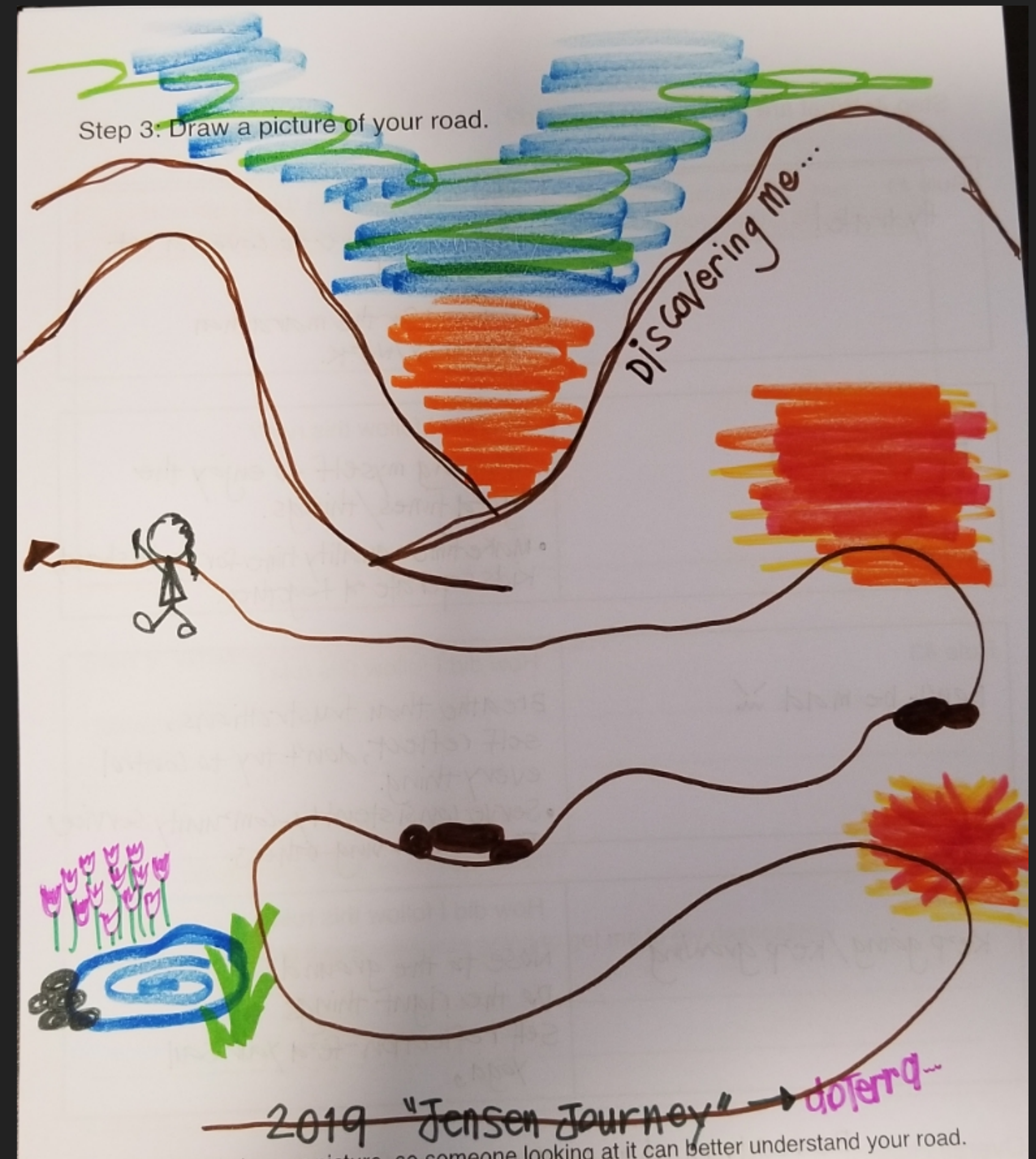
ROAD: IMPOSSIBLE ROAD

- ▶ Danger, speed
- ▶ slick, oil, fog, fast, alone
- ▶ Nobody should be on this road
- ▶ Ends in a dead end
- ▶ Drove in dark to/from hospital
- ▶ If I slipped, somebody would die
- ▶ If fog lifted, would be grass and trees, but imperceptible.
- ▶ Last year of my care giving (12 years for 3 people)



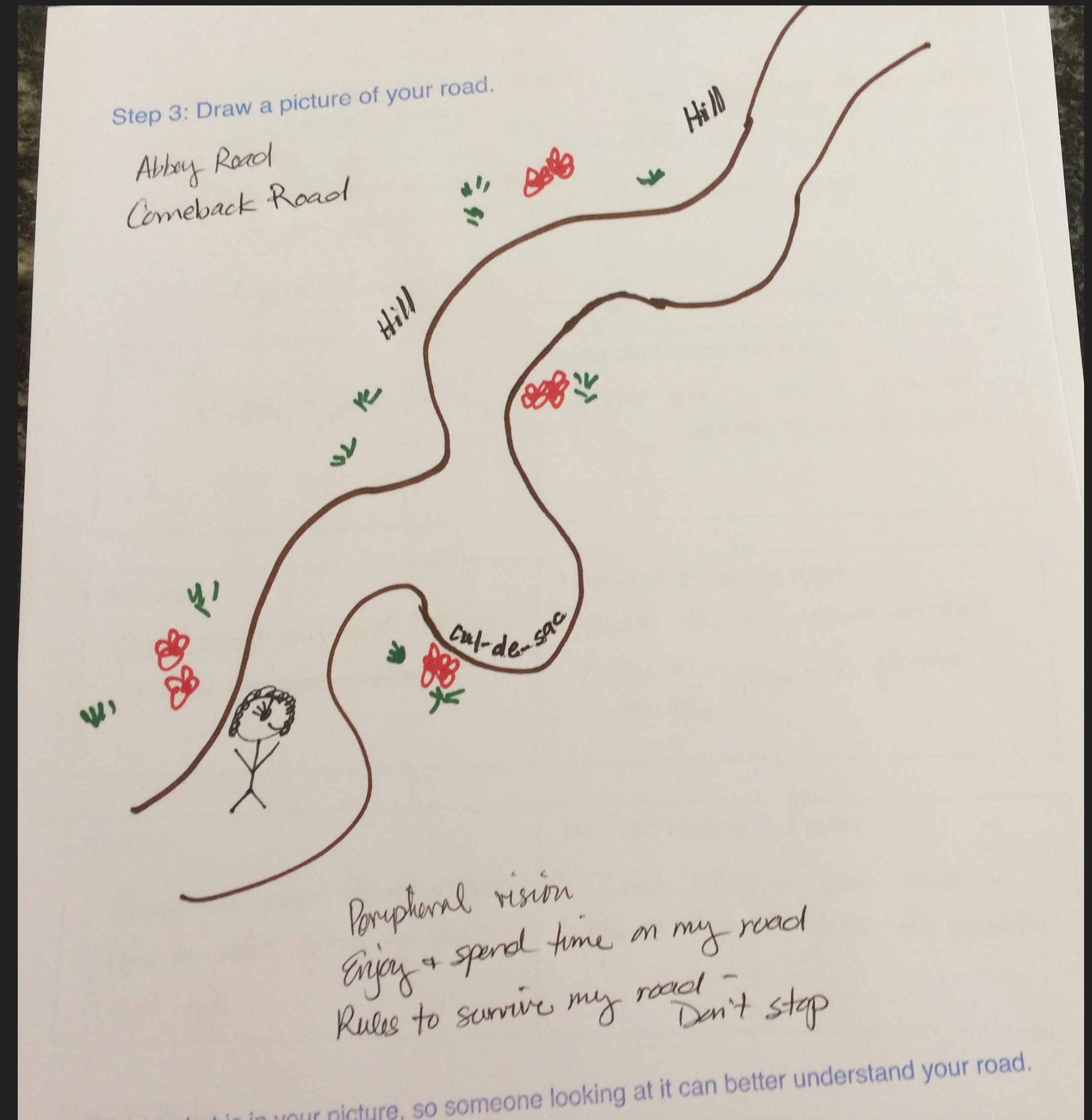
ROAD: DISCOVERING ME

- ▶ A new job = windy, uphill
- ▶ Frustration, red/orange/yellow = work
- ▶ Pond with flowers, kids came home = relaxation, fun , recreational water
- ▶ Rocks = challenges
- ▶ Mountain = dream
- ▶ Flowers = blessings
- ▶ Sky = hope
- ▶ Leaning to focus on me & my business
- ▶ Curving path = covering the same ground



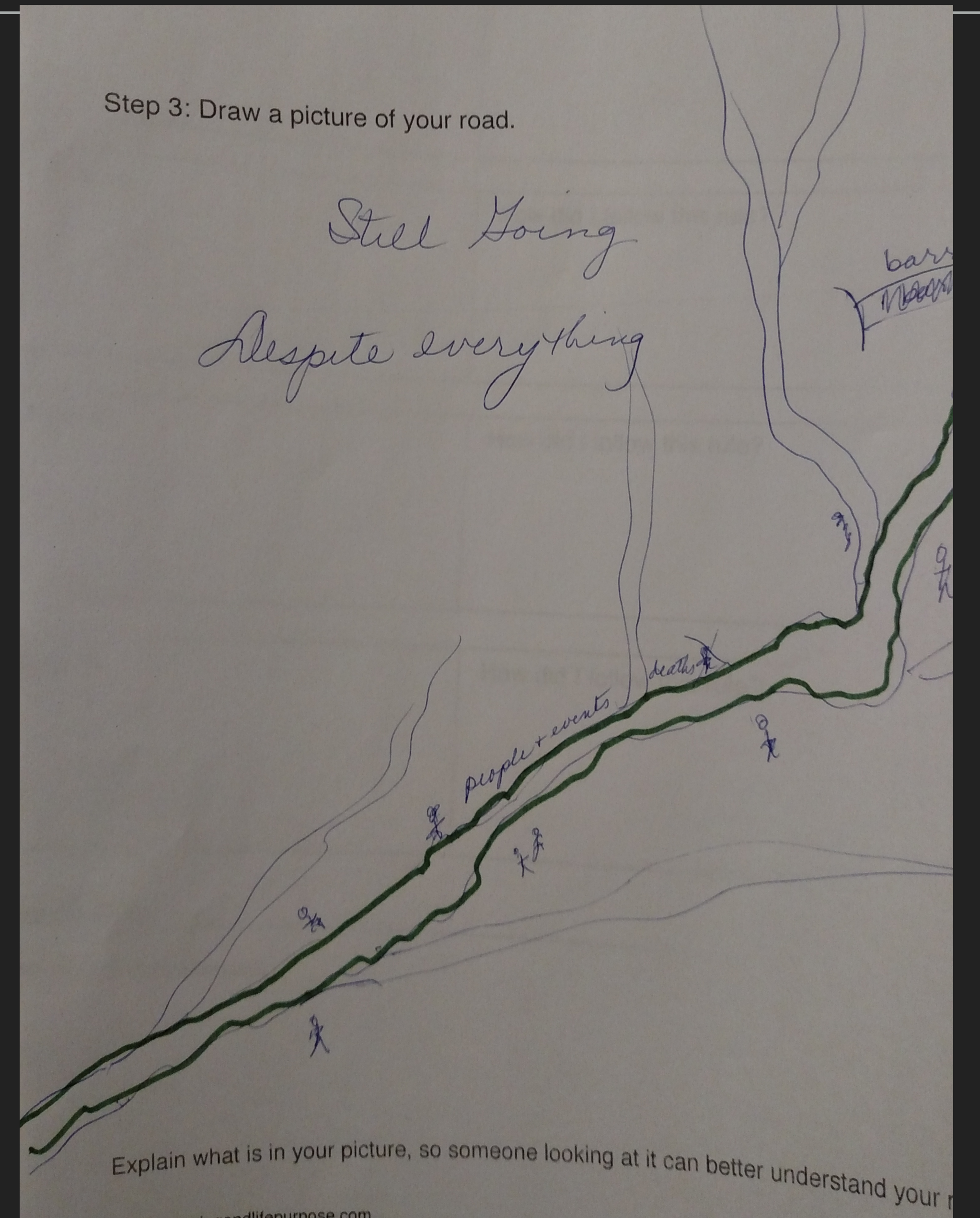
ROAD: ABBEY ROAD

- ▶ hills, mountains
- ▶ Cul de sac. I had a nice time at New Years, relax and enjoy
- ▶ Uphill and curvy. Along the way, blessings and nice times (Japan). Grass = life. Green.
- ▶ Safe, peaceful, retired in May
- ▶ Hills = goals



ROAD: STILL GOING DESPITE EVERYTHING

- ▶ No weather, No scenery . FAMILY & GOD.
- ▶ Whole bunch of forks on the road. People alone that way. Granddaughter's baptism, band. A lot of exits and paths coming off of the main road.
- ▶ Van was stolen.
- ▶ Lost a lot of people - death.
- ▶ Barrier bridge - Covid 19 - blessing
- ▶ Still going, stay on the road, a lot of twists and turns. Getting through it. Erratic.



DESCRIPTION OF ERICA'S SYMPHONY

- ▶ Rádio changing channels with Rachmaninov symphony in background
- ▶ Noise static people talking dissonance
- ▶ And children
- ▶ Choirs
- ▶ Orchestra
- ▶ Where it gets bad, we change the lyrics
- ▶ World keeps trying to change the radio channels on us.
- ▶ Tabernacle choir singing in background and full orchestra and Rachmaninov with temple square orchestra

O MY FATHER

1.1. O my Father, thou that dwellest
In the high and glorious place,
When shall I regain thy presence
And again behold thy face?
In thy holy habitation,
Did my spirit once reside?
In my first primeval childhood
Was I nurtured near thy side?

2.2. For a wise and glorious purpose
Thou hast placed me here on earth
And withheld the recollection
Of my former friends and birth;
Yet ofttimes a secret something
Whispered, "You're a stranger here,"
And I felt that I had wandered
From a more exalted sphere.

1.3. I had learned to call thee Father,
Thru thy Spirit from on high,
But, until the key of knowledge
Was restored, I knew not why.
In the heav'ns are parents single?
No, the thought makes reason stare!
Truth is reason; truth eternal
Tells me I've a mother there.

2.4. When I leave this frail existence,
When I lay this mortal by,
Father, Mother, may I meet you
In your royal courts on high?
Then, at length, when I've completed
All you sent me forth to do,
With your mutual approbation
Let me come and dwell with you.

ERICA'S SONG LYRICS

Song about the past 12 Months
- by Erica Cabacungan
June 29, 2020

sung to the tune of Disney's
"The Circle of Life" - Lion King

V1:

From the day we arrived at last summer
And freely had fun in the sun,
There's more to be lost than has ever been seen
Less to do, and less work to be done.

V2:

There's been far too much to resolve here:

ERICA'S SONG LYRICS

Less to do, and less work to be done.

Vs:

There's been far too much to resolve here:
Shunning fear and contentious lockdowns.
But the pandemic scare
As it's spread everywhere
Keeps great and small in a mask
and in town.

Chorus:

An unprecedented time -
And it's moved us all
Through despair and hope,
Through faith and love
As we've found our way
at a social distance
Through strange scenery
in this past year
of life.

Step 4: What are the rules of the road?

Rule #1	How did I follow this rule?
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Rule #2	How did I follow this rule?
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Rule #3	How did I follow this rule?
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Rule #4	How did I follow this rule?
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Overall Rule: _____

HOW DO YOU SURVIVE ON
YOUR ROAD?

RULES OF THE ROAD

Scotty's Road: Where am I? (Because, get to where I'm going?)

Rule	How did you follow that rule?
Try to stay positive	Think in terms of positive outcomes, rather than negative ones.
Try to find- what is positive about a thing or a problem, rather than focus on what is negative.	Thoughts are things. It's a must. Because my thoughts become real.
Once I fell, caution. Try not to fall again.	Pass on opportunities, such as not taking a chance on speaking to someone. Not go anywhere.

#1 Rule: Be cautious, many blind turns ahead.

Marlyse's Road: Impossible Road (rescue mission)

Rule	How did you follow that rule?
Be very very careful, make decisions quickly.	Studying, reading, learning, looking up everything (drug, test, etc)
Don't get sick, get there fast, don't fall asleep.	Vitamins. Take many risk, in order to avoid risk. One of us is going to die.
Showers are optional, sacrifice.	Worked and did chores, instead of self-care
Sleep when you can	Sleeping in the car, homeless lifestyle, didn't care, lonely no help road

#1 Rule: Stay alive. If I die, everyone dies.

Dawn's Road: (don't rock the boat because) I am the boat and I rock!

Rule	How did you follow that rule?
Hydrate & self-care: Because you are going to be covering a lot of ground	If I show WHO I AM, they are going to be surprised.
Appreciate the period of flowers blooming, the good things.	It's not safe to REVEAL who I really am: GOLD
Rest and relaxation and play-- slow me down. Enjoy the good times and quality times.	Felt off the way. Didn't feel ON the way.
Don't be mad. Learn how to deal with frustrations. Don't control everything. See the positive.	If I don't know who I am, then others don't know who I am. I don't want them to know who I am.

#1 Rule: Do not push back (but I got pushed around)

I'm trying to take everyone with me. I can't go alone.

I don't feel my anger.

Doreen's Road: Making a Strong Comeback

Rule	How did you follow that rule?
Be in good health. Stay fit. Don't want to be fatigued. Grow stronger	DUMP MY TRASH (Susie and Jason). Purge from my mind, day by day. Fall-out trash.
Cover a lot of ground cuz curves and hills. Hydrate, eat healthy. Over-prepare	Starting all over again. Don't want to go backwards. Regroup. Re-shape my mind.
Think about my good fortunes and blessings. I have good along with bad.	Great relationships on my journey. Making friends along the way. What I don't need. Choosing what I like. DONE WITH TRASH.
Think about the next hill. How to climb it. Don't stop. Don't let a hill conquer me. Hope next hill will be smaller. BUILD UP MY STRENGTH	Healthy mind = healthy body Strong core Get up and get going

**#1 Rule: BUILD UP ME. Be sure of who I am. Build STRENGTH.
Build/use/call upon my tribe to back me up.**

Erica's Road: Leave no Trace

Rule	How did you follow that rule?
Family safety. Drive safely. Obey laws. Bring snacks.	Must shut down my other senses. No offense, Give them no reason. Don't set off any alarms.
Don't be distracted by exits. You will end up in unintended places.	Clear sense of where I want to go and don't get distracted.
Focus on the center line . Towed the line, focused on it, stuck to it. Life line.	One-way, not two way road. Hyper alert. Vigilance. No peripheral vision. Focused, consistent, functional.
Trying to find balance, Keeping me alert.	No 360 perception. Limited to 20 degrees. NO imagination. No dreaming. I don't see 340 degrees around me
Watch out for pedestrians and people on side of road. FOUNDATION.	responsibilities, keeping peace, protecting, smooth out ripples. Steady

ERICA'S RULES OF THE ROAD (PART 1)

- ▶ Most exits take you where you didn't intend to go. **Multi-tasking = distraction**
- ▶ You can only steer your own vehicle.
- ▶ Not every driver was trained by a qualified instructor.
- ▶ Watch out for those who are driving under the influence (drugs, alcohol, road rage of all sorts
- ▶ Regardless of the weather conditions outside, you have controls within your vehicle to counter rain, wind, sun, storm, light or dark. Use them as needed.
- ▶ Tune out the static on your radio, and tune into clear channels for information and entertainment.
- ▶ When it gets dark, turn on your lights.
- ▶ Check your side mirrors and signal before you change lanes.
- ▶ Drivers who are a danger to themselves and/or others could lose their license.
- ▶ When you play your music too loudly, others roll up their windows to block out your noise.

PART 2: ERICA'S RULES OF THE ROAD

- ▶ Avoid potholes but respect speed bumps.
- ▶ Just like coloring, stay inside the lines. The lines are your friends.
- ▶ If you can't drive, fly.
- ▶ Driving on an island only takes you around and around in circles.
- ▶ Young drivers need roads that are straight and well-lit.
- ▶ Don't throw your trash out the window.
- ▶ Use the carpool lane as often as you can.
- ▶ If you blow a tire, lock your keys in the car or run out of gas, use your AAA card (Ask for Angelic Assistance (seen or unseen)).
- ▶ Find beauty in changing landscapes.
- ▶ Scenery changes make the ride more interesting.
- ▶ Wherever you go, you will always find yourself there.
- ▶ Some things and people are meant to be left behind.
- ▶ If you are too tired to drive, allow someone else to take the wheel for awhile.
- ▶ Stop asking "Are we there yet" and enjoy the rest stops, scenic overlooks and lunch breaks.

Follow ALL the rules, while making your own rules.
EVERYTHING INCLUDED.

There are A LOT of rules.

There are a lot of conductors.

Ask for directions from someone who has already travelled this road.

RULE #1:
CONSTANTLY ASK FOR DIRECTION

PART 3: ERICA'S RULES OF THE ROAD

- ▶ Take lots of pictures along the way.
- ▶ If you don't know where you're going, how are you going to know when you get there?
- ▶ Meaningful conversations make the trip go by much faster.
- ▶ Everyone on the road is trying to get somewhere else.
- ▶ “Dream Destinations” are usually not all that you imagined them to be.
- ▶ The place we end up is the sum total of all the decisions we made to get there.
- ▶ You don't even have to travel to have a good time if you enjoy your own company in your own home.
- ▶ If everyone else chose the same lane and the same exit as you, we'd have a nightmare traffic jam.
- ▶ Everyone needs a lift now and again.
- ▶ Be thoughtful in aiding those who can't drive themselves.
- ▶ Don't put your decal on someone else's car without permission.
- ▶ Appreciate the plethora of colors, sizes and shapes of the other vehicles on the road.
- ▶ Not all vehicles or roads have been properly maintained, so be alert for hazards.
- ▶ Everyone's road is still under construction.
- ▶ If you follow too closely, the other driver will put on his brakes.
- ▶ Know your location.
- ▶ Ask for directions from someone who has already successfully traveled this road.
- ▶ Forks in the road are necessary to adjust your direction.
- ▶ You can't run for long on empty.
- ▶ It's the same sun shining on all roads in the world.
- ▶ If you neglect the battery long enough it dies.
- ▶ Maintenance of your vehicle is necessary.
- ▶ Detours happen.
- ▶ Make sure your brakes are ready to obey stop signs.

The Way of Life (and death)

The Road of REVELATIONS

The Book of Erica

The truths of my life.

Living Scriptures.

Very busy

15 lanes and all of them are bumper to

Bumper traffic

Rules for managing a NATION.

I have to be God.

How to be nice on the road.

I'm not doing 1 thing on this road.

I have the possibility of learning 20,000 things on this road.

If you don't know where you are going,
how do you know when you get there?

SLOW & STEADY CLIMB: TRYING TO GET TO SUCCESS

- Dump dead weight, dead-end boyfriends/friendships, clients
- Lighten the load: less stress, less fat, less work
- Become more and more of who I am by getting rid of extras

Rocks on bottom where I was learning life lessons. Lost money, boyfriend and friends. Stuff that was hard to let go of, but ultimately weighed me down.



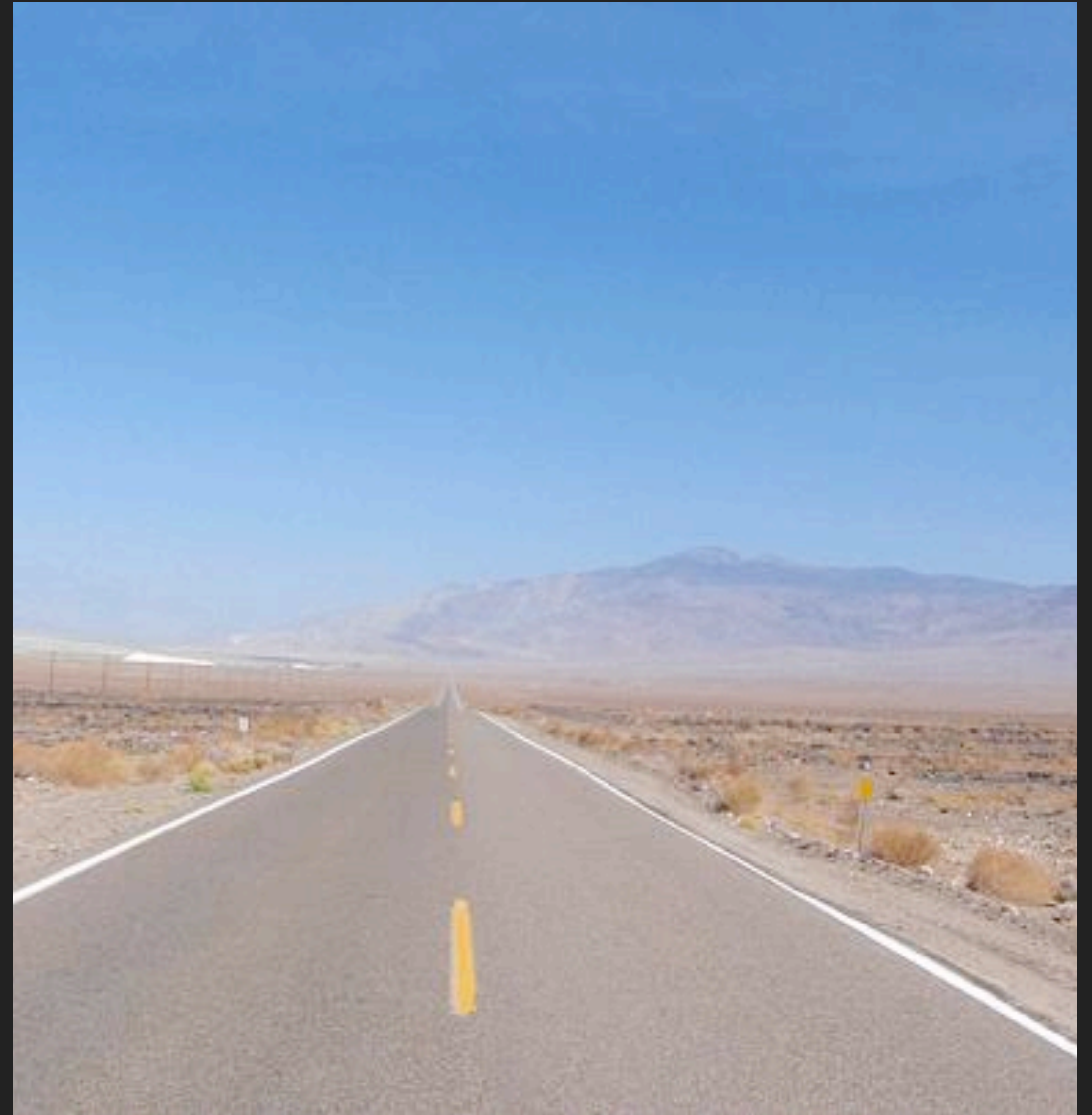
SPEED WAY: TRYING TO GET HOME

- ▶ Speed faster, to get to the next exit!
- ▶ Follow the GPS, not my own guidance (rely on someone else)
- ▶ Forgetting myself, being a robot and following directions.



PAVED & STRAIGHT: STABILITY

- ▶ Never take on too much
- ▶ Stay within my comfort zone, what is known
- ▶ Don't rock the boat, don't make sudden changes
- ▶ Slow to react



Step 4: What are the rules of the road?

Rule #1	How did I follow this rule?
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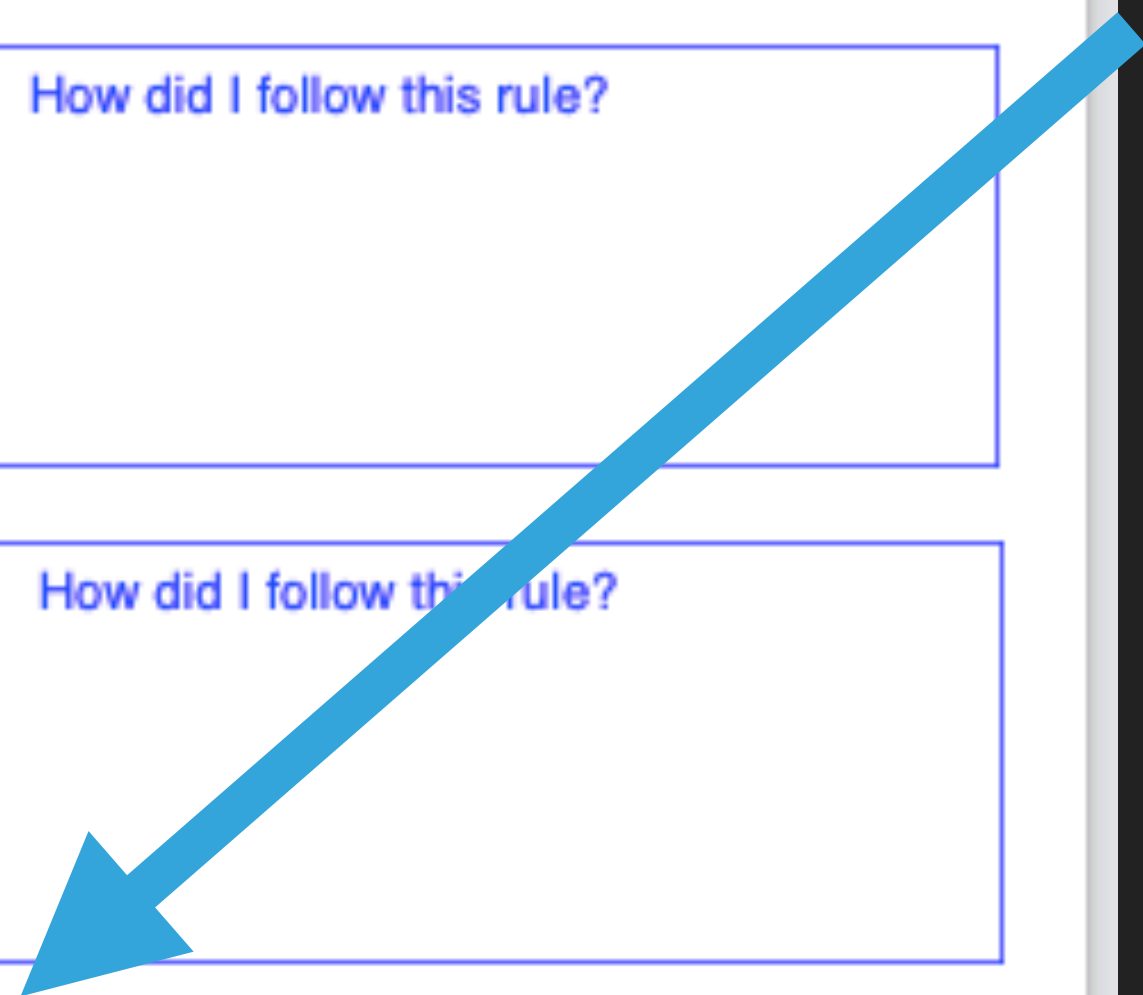
Rule #2	How did I follow this rule?
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Rule #3	How did I follow this rule?
---------	-----------------------------

Rule #4	How did I follow this rule?
---------	-----------------------------

Overall Rule: _____

#1 RULE OF YOUR ROAD



SLOW AND STEADY CLIMB

- ▶ Gradually upgraded each part of my life.
 - ▶ First, I decorated my house.
 - ▶ Second, I started exercising.
 - ▶ Third, I got promoted at work.
- ▶ Rocks along the way that I had to dump in order to shed dead weight and keep climbing.



If my road is a slow, steady, uphill climb....then speed and weight are key. I can't have anything that slows or weighs me down.

SPEED WAY

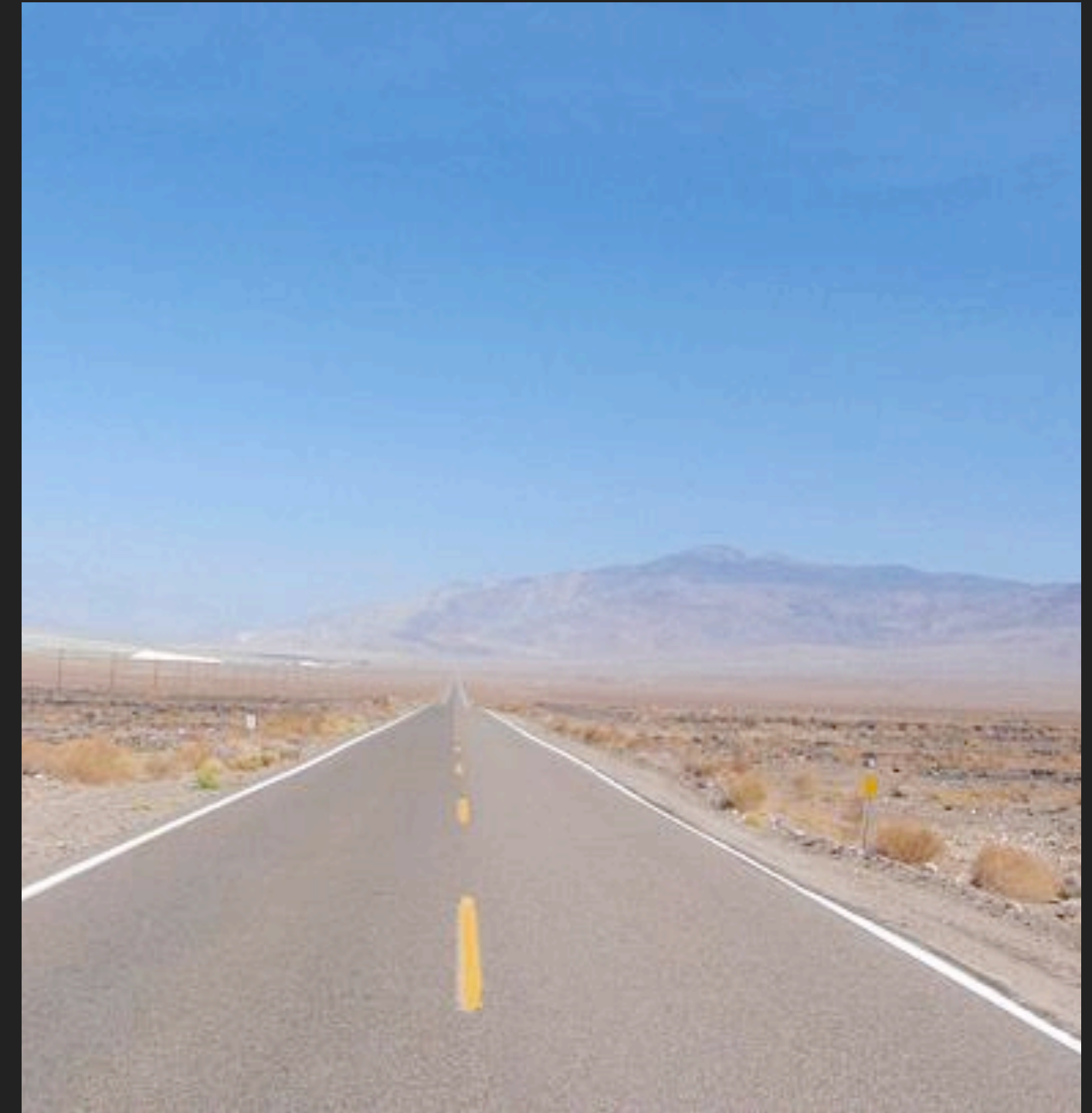
- ▶ Hundreds of cars racing
- ▶ Lots of twists and turns, but the rat race never ends
- ▶ I can never stop long enough to build a foundation for my life



If my road is a speedway....then I have to forget about my own personal needs & happiness; and focus on getting ahead.

PAVED STRAIGHT ROAD

- ▶ Goes on steadily forever
- ▶ No obstacles
- ▶ Slow and progressive
- ▶ As I kept doing the same thing over and over again, consistently and slowly-- it moved me in the direction I wanted to go.



If my road is a straight paved road of stability....then all my progress must be slow or it will throw me off balance.

Name	Road	Type	#1 Rule of Road
Scotty	Maximizer	Windey, blind turns.	Caution. Danger Ahead. / Did I make a difference? Work = progress. Fun = Maximum progress / racing not saving drivers
Marlyse	Rescue mission	Oily, dark, highway	Stay alive. Life is a game. Focus on strategy, not survival.
Dawn	Discovering Me	Mountain, wandering	Don't push back. (running away vs. running to) I'm not pushing, I'm ROCKING on!
Doreen	Strong Comeback	Walking in grassy hills	Build up my strength. Many is stronger than one.
Erica	Revelations	Wilderness	Constantly asking (for directions) Where am I? Do you know where I am?

Step 4: Define your mile markers.

How did I know I was moving forward or getting ahead?	How did I know when I was stopped or not moving ahead?

Step 5: What is the destination of your road?

I followed these rules because I wanted.... _____

Step 6: What does your road represent?

How come following these rules was going to get me to my destination?

HOW DID YOU KNOW YOU WERE MAKING PROGRESS?

DEFINE YOUR MILE MARKERS

SLOW AND STEADY CLIMB

- ▶ **PROGRESS: MOVEMENT UP**
 - ▶ Upgrading my house, business, relationships
 - ▶ Purifying my life and body
- ▶ **STOPPED: MOVEMENT DOWN**
 - ▶ Toxic people /relationships
 - ▶ Gaining weight



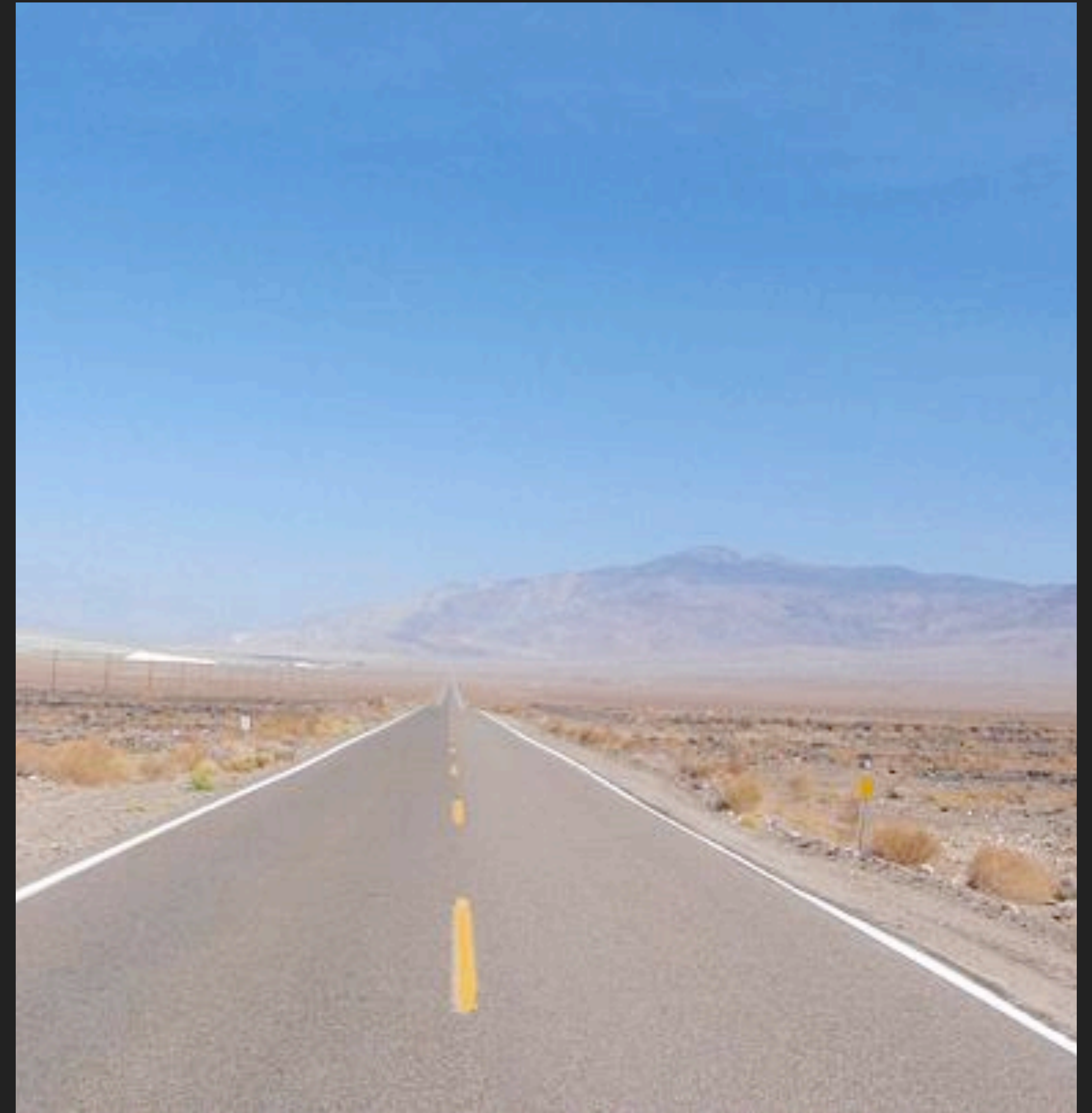
SPEED WAY

- ▶ **PROGRESS: GETTING OFF THE ROAD**
 - ▶ Rest
 - ▶ Taking an exit
- ▶ **STOPPED: STAYING ON THE ROAD**
 - ▶ Speeding ahead
 - ▶ Trying to find other ways to get back on the road, after I exited.



PAVED STRAIGHT ROAD

- ▶ PROGRESS: **QUANTITY**
- ▶ How many steps I took over and over again. Not the quality of the steps, but just all of them added together eventually got me somewhere.
- ▶ The quality of little steps I took towards my goal.
- ▶ STOPPED: **QUALITY**
- ▶ Focusing too much on the value, worth, or meaning of doing something.



Name	Moving Ahead	Stopped
Scotty	There was progress being made but whenever there was success, there was an equal amount of failure.	Enrollments and volume decrease. Balance. Fast growth kills.
	Number and type of car on the road. How many Ferrari's I had on the road.	400 minivans
Marlyse	Soul saved. When my mother went to Heaven.	Soul stuck. When she was still on Earth.
	Rush. I feel like I'm in love. Happy, excited. A million ideas. WINNING	Frustration. Lack of creativity.
Erica	Harmony, pitch (sharp/flat). Not structural . Wrong note, wrong page.	Improvising, on their own. Many ways. Not one way.

Name	Moving Ahead	Stopped
Erica	Harmony, pitch (sharp/flat). Not structural . Wrong note, wrong page.	Improvising , on their own. Many ways. Not one way.
	The way it was meant to be played (by the original composer)	The way that I felt it. Artist.
	400 skilled musicians GRAND	40,000 non-musicians (chickens into Carnegie Hall)
Dawn	Learning about others and how they effect me.	
	Ignoring others. Aiming for the GOLD mountains.	Turn every negative into a positive. Choosing to be passive.

Name	Moving Ahead	Stopped
Dawn	Frustration	Swallowing frustration
	Being willing to not nurture my relationships, right now.	Learning about others and how they effect me.
	Ignoring others. Aiming for the GOLD mountains.	Turn every negative into a positive. Choosing to be passive.
	Me, first.	You, first. I'll wait.
	Challenge. The hard way IS the easy way.	EZ. The easy feels SO hard.

Name	Moving Ahead	Stopped
Doreen	People were attracted to me. I attracted people from my excitements and enthusiasm.	I couldn't attract people because I had no light.
	Gave people power to hope and help them.	People I wanted to help did not take me seriously. Couldn't get through to certain people.
	Reaching out to others. Find people who care.	Afraid to approach people. Talk less. Too cautious.
	Blame others. Realized it was them, not me.	Blame myself. I didn't understand it. I expected more from you.
	When I was the light.	When I focused on your darkness.
	How I feel : MY love	How I feel: YOUR fear.

Step 4: Define your mile markers.

How did I know I was moving forward or getting ahead?	How did I know when I was stopped or not moving ahead?

Step 5: What is the destination of your road?

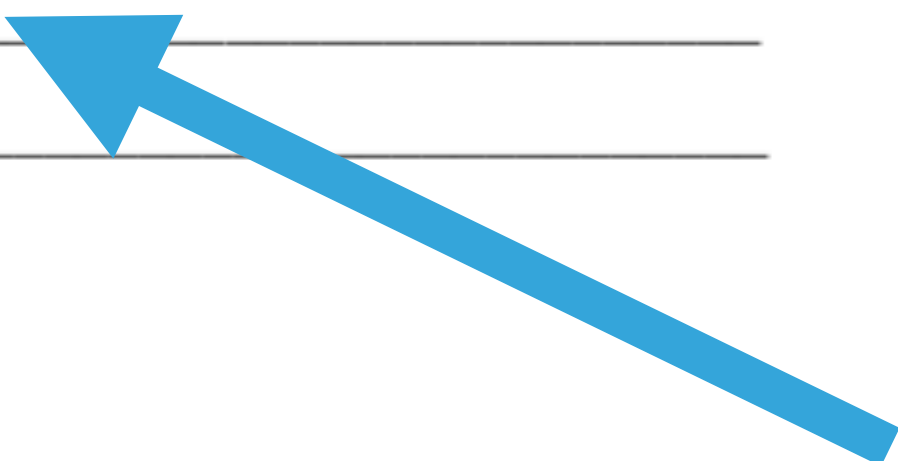
I followed these rules because I wanted.... _____

Step 6: What does your road represent?

How come following these rules was going to get me to my destination?

WHY DID YOU DECIDE TO TAKE THIS ROAD?

WHAT IS YOUR DESTINATION?



WHAT IS THE DESTINATION OF YOUR ROAD?

WHY DID YOU DECIDE TO TAKE A SLOW AND STEADY CLIMB?

Because I wanted to go UP.

In order to elevate and rise, I had to let go of what was keeping me down.

DESTINATION: MOVING UP



WHAT IS THE DESTINATION OF YOUR ROAD?

WHY DID YOU DECIDE TO GET ON THE SPEEDWAY?

Because the faster I raced, the sooner I could exit the freeway and get home.

DESTINATION: GETTING HOME

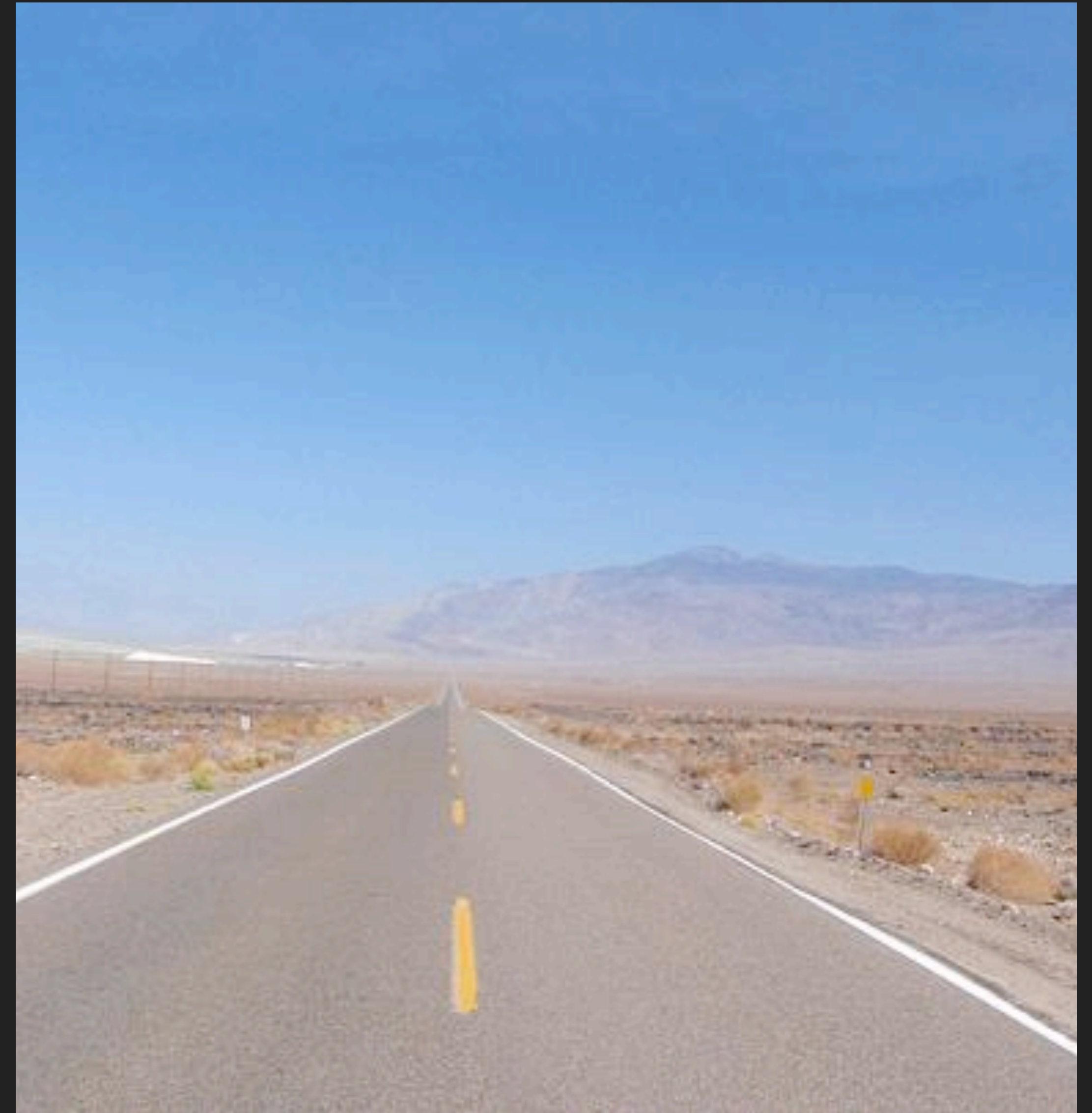


WHAT IS THE DESTINATION OF YOUR ROAD?

WHY DID YOU STAY ON THE NEVER-ENDING FLAT PAVED ROAD?

Because I had to find unwavering balance in my life that I could rely on, that went in a straight line and never turned on me.

DESTINATION: STABILITY



Name	Why did you decide to get on this road?	Destination
Scotty	I didn't want to lose ground.	Fulfilling my why. Make a difference in people's lives
	I cannot build success, until I FIRST make a difference in people's lives.	
goal: to make great choices	I cannot build success, until I FIRST make a difference in people's lives by co-creating wealth/time/joy with them.	
Marlyse	No choice. This was NOT my road. I was on someone else's road. I couldn't say no to my mother. I saw someone else who needed help.	Peace
	I cannot build success, until I FIRST have peace.	

Name	Why did you decide to get on this road?	Destination
Erica	Because I learned to trust it. Acquiring students	Promised Land. Promoting teachers. Leaders.
	If I have a selected choir and orchestra of 50 highly skilled musicians, I attract an audience of 40,000.	Eternal infinite truth
Impressive light.	40,000 CEO create chaos. 40K happy simply citizens = nation.	Physician, heal thyself.
	Why expose them to epic, grand, beautiful? Why not feed them Disney?	TRUST
	Grandeur, deeper, taller scale. Feeds my soul. Speaks to me.	