

Nourishing the Spirit During the Rough Times

Is it possible for the fragrance of an essential oil to influence our moods, our feelings, our state of mind, even our behavior? The answer is yes. Scents of aromatic oils distilled from plants are invaluable for promoting health and healing on the physical, mental, and emotional levels. Science is beginning to tap into limitless healing information that we can use to attain health and longevity.

- Fragrance researchers are discovering that aromatic oils can be used to heal and restore our bodies, minds, and spirits.
- Fragrance can influence mood, evoke emotions, counteract stress, and reduce high blood pressure.
- Aromatherapy helps people feel better about themselves! It improves temperament, aids relaxation, and consequently, increases confidence, energy levels, and the ability to cope with stress.

Why Aromatherapy Works

When a person goes to his or her doctor for treatment of a physical ailment or symptoms, his or her emotions, spirit, and psyche will probably not be treated. This can be problematic, because the entire person, mind, body and spirit must be addressed in order for treatment to be completely successful.

- One whiff of a fragrance can have an immediate impact on the subtle energies of the body. It is possible to work on those energies that are often overlooked in the treatment of physical ailments.
- Essential oils should not be overlooked as a preventive measure to combat the negative effects of stress and as a bolster for the immune system.
- Smell is the only sense in which the receptor nerve endings are in direct contact with the outside world; your brain extends directly into your nose.
- The walls of the capillaries that carry blood around the brain are very selective. Although tiny nutrient and oxygen molecules can pass through the capillary walls, larger molecules, including those found in most medicines cannot.
- Aromatherapy bypasses the barrier by going straight to the brain through the olfactory system. The essential oil triggers nerve impulses that have far-reaching repercussions.

The Brain Interprets Scent

Odors affect us, even if we do not consciously perceive them. The conscious mind is frequently unaware of the presence of odors. There are several ways in which olfaction and memory are related;

- The two olfactory nerve tracts run right into the limbic system, the area of the brain that contains the main centers for both memory and olfaction.
- Because of this connection you can experience a variety of specific feelings, emotions, memories, and moods – such as relaxation, exhilaration, sensuality, and happiness – when stimulated by a particular scent. Scents can evoke an immediate and strong response.
- Inhaled essential oils reach the body through the lungs and bloodstream or through the nose, then progresses to the limbic system.
- The essences trigger a release of hormones and neuro-chemicals to create mental and emotional effects.
- A smell can be incredibly powerful because it can trigger all types of memories and emotions before we have time to “edit” them.

Fragrance is a form of nonverbal communication in which messages are exchanged between people, carrying fully developed ideas and emotions.

- The process of scent recognition has a profound impact on the endocrine and nervous systems, the emotions, memory and more. That is why the inhalation of essential oils is so effective in the treatment of emotional and mental imbalances; **it treats the person as a “whole,”** rather than treating just a couple of parts.

The greatest attraction of aromatherapy is that the treatments smell good, and things that smell good always make us feel better! **Aromatherapy adds to life, an opportunity to take your own well-being in hand.**

- Essential oils influence our consciousness, reconnect us with plants and the phenomenon of life.
- Scent allows us to breathe in and then release our emotions of the day.
- Scent helps to revitalize and refresh our spirit.
- Most importantly in this modern world, aromatherapy allows us to let go of stress, as it encourages us to slow our pace and breathe in life itself.

Breathe in self-kindness, breathe out judgment.

A technique to help heal

Keep your conscious mind busy with the expectation of the best, and your subconscious mind will help your body reproduce your habitual thinking.

- Most diseases are a result of negative thinking, feeling, and acting. Research suggests that by dwelling on negative emotions, we trigger physical reactions that use up our vital energies and lower the body's resistance to all types of diseases, whether they are physical, mental, or spiritual.
- For instance, if we hold hatred for someone in our hearts, we will pollute our consciousness with that hatred. You will become angry with and mean to others. People pick up on this negative energy and steer clear of you. Blocking joy and happiness from entering your life wears down your immune system. You'll miss out on the beauty of all life that surrounds you, and wind up attracting more hatred and anger to your life. In time the hatred and resentment will overwhelm the heart. When you blow up at someone or something, you are putting tremendous demands on your heart, making it pump harder and less efficiently. If you are prone to fits of losing your temper, then you risk immediate and harmful changes to your heart.

The secret; cool it before it boils over!

Why Anger is so destructive!

Anger is a defense mechanism. Much of it is based on the fear of being or feeling vulnerable. But anger does not make you safe; it is not the way for you to create distance from another person. It is not necessary to be angry with someone else or with yourself, although the actions of others can sometimes make us very angry. When you are angry, take three deep breaths and mentally step back from the situation that is triggering this response. Think about what is making you angry for a couple of minutes. Ask yourself if it's really worth it – is it all that important? In this more "cooled-off", frame of mind, look at all your options. There's always an answer other than anger, and by choosing this alternative, you could be preventing a future heart attack.

Success has more to do with the learner you are than with the expert you have become. Success thrives on the compost of your errors. Molly Gordon

3 points that can help when dealing with anger:

1. Attributing blame is a waste of energy that may not lead to solving the problem. Just recognizing your feelings and experiencing them may be all you want for a while.
2. By changing the vocabulary you use, you might find that you can influence the way you feel. Get into the habit of using objective rather than judgmental statements about yourself and others. *For instance, if someone important to you criticizes you, don't think "I hate him or her", or "he or she doesn't understand me", Rather, think "I will not retaliate; I will be silent so I can manifest peace".* Anger that is swallowed lodges inside the body and does a lot of damage; release is necessary. *If you cannot express your feelings to the person directly involved in triggering this reaction, go to the mirror and talk to that person. Verbalize everything you are feeling. "I'm upset." "I'm angry." "I'm hurt." Go on until you have released the anger. Take a deep breath, still looking in the mirror, and ask yourself, "How can I change this?"*
3. *Changing your vocabulary can influence the way you feel: The way to control your life is to control your choice of words and thoughts. Cut out of your vocabulary words like "ought," "must," "should."* *You might find that words such as: prefer, choose, wish, want, decide; are much more comfortable and less combative.*

If you change the belief system inside that creates this type of behavior, you will not need to respond or react in this manner any more. Accept the image of a positive experience or outcome.

Directing your anger toward a positive outcome increases the healing potential of this process. Here is a blend of essential oils for a bath that we call the Anger Release Blend. Drop the oils into the tub one at a time, resting between each, visualizing a similar situation while remaining calm.

- 2 drops **Acceptance**
- 2 drops **Forgiveness**
- 2 drops **Release** and 2 drops **Joy**
- Maintain a sense of humor during trying times. Get in touch with the absurdity that sometimes occurs in life, laugh, and diffuse the anger or distress. By resolving anger, you will create a healthier way of living, and lead a happier life.

Your contentment and happiness are dependent not on the events of your life but rather on how You perceive those events and choose to respond to them.

Managing the Stress in Your Life

The more you know about stress, the better equipped you will be to minimize stress-related problems. Stress can not only ruin your day, but doctors are discovering that it can also ruin your health.

- When faced with a stressful situation, impulses are sent to the brain via the nervous system that activates the pituitary gland to secrete hormones into the bloodstream. These hormones activate the adrenal glands to secrete adrenaline and noradrenalin. This increases your blood sugar.
- Research has proved that when your tissues are soaked in stress hormones, your blood pressure, blood sugar, and heart rate sky-rocket while your capability for digestion and absorption shuts down.
- Chronic stress increases your risk of everything from glaucoma to heart disease, and makes you 50% more likely to catch the latest virus going around. Studies have shown that at least 80% of doctor's visits are health problems that have been triggered by stress!

What is Stress?

Stress can be caused by a multitude of life imbalances. The **first stage** is the alarm reaction. Your **brain signals your nervous system and your endocrine system** to get various parts of the body ready to cope with the emergency. These are the responses of your body to the first stage of stress:

- The motor nerves prepare the muscles in your arms and legs for motion (fight or flight)
- Your blood pressure, heart rate, and blood sugar levels go up.
- Adrenaline is released into the bloodstream as a stimulant.
- The skin receives decreased blood flow, which can lead to cold hands and feet, high blood pressure, and migraine headaches.

Your body can't maintain the alarm level of arousal forever, so after severe or repeated stress, you come to the **stage of exhaustion**. The long term effects of stress on the heart range from rapid beating, pounding, and irregular beats to angina and coronary artery disease.

Stress Relief Oil Blends

- **Aroma Life** over the heart and sides and back of the neck. Supports heart.
- **Harmony** to balance the chakras. Put 2 drops in your left hand, rub hands together, sweep up through the center of the body with both hands. Balance for Systems.
- **White Angelica** on shoulders, chest, and back of neck. Make 2 oz spritzer bottle of White Angelica and spritz the work place, computer desk, your bedroom, your auric field, frequently. Strengthens the energy field.
- **Roman Chamomile** relieves stress and helps you get to sleep faster. Massage it into the spine and back of the neck and shoulders. Support for the Nervous System.

The body does not lie, but we sure can get in the way of hearing its truth.

Some Unhealthy Reactions to Stress:

- Irritability
- Inclination to Argue
- Overeating
- Crying spells
- Loud and fast talk
- Overwork
- Aggressive behavior
- Drinking alcohol
- Excessive sleeping

Change how your body responds to stress.

The fact is, you cannot always change outside stressors, those factors in the environment which cause anxiety, but you can change how you will react and the impact on your body. One of the hardest things to do when you are under stress is also the most helpful; **set aside time for yourself**. Do things for yourself. Exercise helps immensely with stress. Play relaxing music or nature sounds, or take a walk in the park. Get an aromatic massage.

Effective tools to alleviate stress

Relaxation is a skill which can be learned. Its positive effects last throughout the day and will serve you for a lifetime. When relaxation is experienced on a regular basis;

- Pain is decreased
- Illness is less likely and stress is lowered

Balance is the key to a good stress reduction program

- Make a list of what brings you joy and health, and another list of what you spend your time doing, including responsibilities, work, etc. Compare the lists. Which one is longer? See what items you can let go of and cross off the list.
- See where you might be able to organize or delegate some things to others.
- There is more to life than work. If you work too hard, you are bound to lose sight of what is really important in life, like your health and your family.
- During the day take breaks to go outside for a quick stroll, or spend the time in a quiet place and practice breathing exercises or simply close your eyes for 5 to 10 minutes.
- Set a diffuser in your work area to combat stress and purify the air. Inhalation of essential oils during the day is one of the most effective and easiest ways to enjoy the benefits of essential oils. Try Citrus Fresh, Evergreen Essence, Tangerine, Spruce, Lemon, Peppermint to uplift and distress.
- Soak in a warm bath with 2 drops Valor, 6 drops geranium.

Manage your life thru your mind, but live thru your heart.

Emotional Suppression-Expression

Please realize that essential oils will not control or get rid of emotions. They will help bring them to the surface so we may take emotional ownership of them.

- It is unfortunately common that many people are looking to find a way to control their emotions. This generally looks like suppression rather than expression. Our emotional body is beautiful and is what gives us a full, rich satisfying life. We are here to learn what our emotions have to teach us, which could be defined as a state of mastery within our emotional body.
- The goal is not to suppress the emotional body. The goal is to gain the insight that it is here to give to us. We **gain mastery over our emotional body** by first recognizing what is there. What is the feeling or emotion?
- Your next task is to **discover the purpose of the emotion** or feeling. It is always there to teach you about yourself.
- Are you acting or reacting? When we have mastery over our emotional body, we are acting.
- When we are not stable, living in the present moment or in balance, what happens is that the old, stored emotions will cause us to Re-Act (to act again). Get it? **You are acting again on the same information, in a new situation. Is this your highest potential for this window of opportunity?** When we are clear of old emotional residues, we will enjoy the spontaneous expression of emotions which truly apply to the current situation, and we can then make the best use of the windows of opportunity which our Creator brings to us.

Oils to help emotional expression: Believe, Envision, Inner Child, Joy, Harmony, Magnify Your Purpose, Passion, Sacred Mountain, Surrender, Valor, White Angelica.

- **Joy** may help in the purification of the psyche. It may help produce a joyful energy that goes out to the entire body. The frequency of Joy may help to lift and help the heart to be lighter.
- **Believe** calms the spirit while stimulating the mind, allowing us to believe in our own limitless potential to create and improve.
- **Envision** provides powerful support and balance to the emotions. This type of emotional support is necessary for us to move forward with renewed faith in the future toward achieving our dreams and goals.
- **Inner Child** stimulates memory response and helps one to reconnect with their inner-self or own identity, which is one of the first steps to finding emotional balance.

When you can communicate with your own feelings, you are able to more positively communicate with others.

Oils which Support Emotional Expression

- **Harmony** may help to establish **spiritual and emotional harmony** within us. We must be in harmony with ourselves, our Creator, others, and the world around us before we can truly feel and overcome our negative emotions. When we have harmony in our lives, many other things will come to balance and fruition. It may **promote physical and emotional healing by bringing about a harmonic balance to the chakras** (energy centers) of the body, allowing us to relax and feel safe and secure. Balancing and unblocking the chakras may allow the energy to flow more efficiently through the body, helping to reduce stress and create a general overall feeling of well being.
- **Magnify Your Purpose contains** properties that make it excellent for helping us to **overcome negative emotions** and such self-defeating behaviors as procrastination and self-pity. By helping us to deal with belittling feelings like abandonment, rejection, and betrayal, we are able to more fully understand and magnify our life's purpose.
- **Live with Passion** contains oils that are **emotionally balancing** and uplifting, helping to enhance our passion for life. By strengthening and stabilizing the emotions, this blend may help bring relief to seemingly hopeless situations, and help to instill a positive attitude that can bring back the passion in our lives to help propel us toward accomplishing our goals.
- **Sacred Mountain** is a predominance of conifer oils that creates a feeling of **protection, empowerment, and grounding**. This blend may help one find security and sacredness within oneself.
- **Surrender** is a blend of oils that are **calming, relaxing, and balancing** to the emotions, making it effective for those with **dominant personalities** who at times may become unfocused or overbearing. By **balancing the emotions, clearing the mind**, and reducing feelings of anxiety and stress, this blend may help such individuals recover **equilibrium**, and calm **inner strength**.
- **Valor** is used to help empower the physical and spiritual bodies. It helps us overcome fear and opposition so we can stand tall during adversity. It may help build courage, confidence, and self-esteem. It brings a feeling of calmness, peace and relaxation
- **White Angelica** creates a frequency field to ward off the bombardment of negative energy. It is important for use in emotional cleansing. It may help increase the aura around the body, bringing a delicate sense of strength and protection and a greater awareness of one's potential.

Scripting integrates the Left Brain and Right Brain. It helps you become single minded which gives you the ability to act and make life changes.

Negative Memories – Negative Expectation or Attitude

Negativity encompasses depression, low energy, and low self esteem, lack of positive goals in life and lack of motivation. It is expecting the worst to happen. In this case, you often draw to you exactly that which you say you don't want or fear.

Emotional Release

Oil Blends: Acceptance, Forgiveness, Joy, Motivation, Release, Sacred Mountain, 3 Wise Men, Valor

Application: To help reduce and let go of old negative memories and emotional imbalances, select the oil of your choice and have them close at hand. Total quiet allows one to concentrate on the emotional clearing. Use as long as is necessary to clear the emotion.

Apply as follows:

1. Put **Valor** in palm of hand and stir clockwise 3 times, rub on the feet (6 drops for each foot). Sit cross-legged and hold your feet for 5 to 10 minutes. Put your right hand on right foot and left hand on left foot for the right flow of energies.
2. Next lie down and put 3 to 6 drops of **Joy** in the palm of your right hand, stir clockwise 3 times and rub over the heart. Hold the right hand over the heart. Place left hand over the navel. Lie back, relax, be quiet, enjoy. Let any repressed or negative emotions flow out of your electromagnetic field.
3. Put 3 drops of **Forgiveness** in palm of left hand, stir clockwise 3 times and rub around the navel. Let that fragrance come up to the nose. Breathe deeply and wipe all over the face. This is useful if one is feeling very angry at someone. If after going through these 3 steps, you start feeling some old regressive feelings coming up about parents being here or what they would do now, then apply **Present Time**. One cannot heal if going backwards in the mind. Let go of the past and move on. One of our problems is we tend to regress or live in the past.
4. Put 3 drops of **Present Time** in the palm of your hand, stir clockwise 3 times and rub over the thymus, again clockwise. This will bring you into the present.

This process may allow one to clear old negative feelings in a non-judgmental way and not carry the guilt. Our inner self knows which feelings are no longer of positive value to us. In an emergency, if you start regressing, rub **Present Time** all over your face.

Commitment to something larger than our own success gives life meaning.

Setting Boundaries

*When we focus **too much** of our energy on serving others, we neglect and abuse ourselves. Many of us with this **over care-taking** pattern **don't have clear boundaries**. We say "yes" to most everything, and find it next to impossible to say "no" to requests of our time, energies or resources. Yet when we all take responsibility for that which we draw to us, we will see that unless we are healing ourselves, we cannot facilitate healing in anyone else.*

Oil Blends: Aroma Life, Canadian Red Cedar, Cedar wood, Clarity, Grounding, Magnify Your Purpose, Motivation, Live With Passion, Patchouli, Sacred Mountain, Vetiver, Ylang Ylang.

The use of these oils will help you build a strong foundation in your base chakra, awaken your heart chakra, and help to **activate and balance** your masculine and feminine energies. Whether you occupy a male or a female body, you have both masculine and feminine energies within you.

- You need strong masculine energy to set boundaries and establish ground rules in any relationship or setting. Masculine energy provides the action needed to implement the feminine energies.
- You need strong feminine energy to tune into your heart, to awaken and feel the energy of your desires and to create that which you choose.
- Pure unadulterated essential oils can alter the state of mind and help clear emotional trauma from the limbic system of the brain, which in turn will positively enhance the functioning of the physical body.
- Everyone's biochemistry is different. If you don't get the relief you desire from one oil try another.
- Remember that it is our **resistance** to fully feeling or experiencing our emotions that controls us. In this way we store old emotional experiences. What we resist (or fail to experience in the moment) becomes our prison. Resistance to life is what occurs when a person goes against God's law of Love and Healing.

"Let your garments be always white with purity and let your head not lack the oils of gladness". Eccl. 9:8
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