

CERTIFIED AROMATICS COUNSELOR COURSE – SESSION 16 – ESSENTIAL OILS FOR HOLISTIC HEALING: BODY, MIND AND SPIRIT

Complimentary Therapies:

A HOLISTIC APPROACH:

Holistic Healing, whole person healing, alternative therapies, complimentary therapies, are all means of assisting the complete person. Those of us in this field know you have to work with the complete being, body, mind and spirit or soul. Example would be that thoughts lead to emotions, those emotions lead to our actions. If we think in the negative, which has a direct effect on our internal system, we develop a negative emotional response which triggers a negative action. With this said, this is why we need to work on the mind connection to the overall body response.

The spirit or our soul can also have a direct effect on our well being. This is why you will hear many a teacher stress the importance of gratitude and thankfulness. Anger which is stored in the liver, can manifest as many diseases. When we are grateful and thankful for even the little things, we are able to enjoy life without the destruction of anger and resentment. Again this leads us back to our thoughts. We must change our thought pattern to change the way we see life, and to help heal from within.

Natural holistic/wholistic therapy offers a safe and gentle approach, non-evasive approach. Many hospitals are now offering many of these complimentary therapies to their patients. They have begun to recognize the major role and impact they have on our overall health. Included in these therapies are: Essential oils or Aromatherapy, herbs and herbal therapies, acupuncture, Reiki, Hands on Healing or Healing hands, Meditation and Yoga to name a few.

Essential oils are so versatile they can be combined with any form of alternative therapy. The only one that holds cautions is the combination of essential oils in homeopathy. Not every essential oil is contra-indicated with homeopathy so be sure to research. Many times you can use both, just at different times. Herbs and essential oils as stated earlier work synergistically together, and are a perfect combination.

As you begin to incorporate essential oils into your chosen therapy, you will begin to see profound benefits not only for yourself but your clients. Essential oils have a direct effect on the body, mind and spirit. They can assist in bringing the whole together, working in harmony. They are simple to use, highly concentrated and effective. Given the amount of drops in a bottle they are very reasonable, especially when combined with a carrier to apply in massage or anointing. Essential oils have been shown to have a high vibrational frequency, they increase our energy field and provide an energy field all their own. Essential oils are living molecular plant extractions alive and carrying all the healing power in just a few drops.

CERTIFIED AROMATHERAPY COUNSELOR COURSE – SESSION 16 – ESSENTIAL OILS FOR HOLISTIC HEALING: BODY, MIND AND SPIRIT

A HOLISTIC APPROACH:

With each bottle of essential oils we are connected to the plant kingdom and the earth that nourishes them. We must respect essential oils and use them correctly in any modality we choose. It is important to note that different essential oils resonate with different people, depending upon their needs at that time. They may hate an aroma one week, and find the next week after working on some emotional issues, they can't get enough of the oil they hated. When an essential oil has completed the emotional work for instance within a person, they may no longer have a desire for that oil. They may still like the aroma and use it from time to time, but no longer crave it or "can't get enough" syndrome.

When working with a client, there are several ways of choosing the correct set of oils or oil. First you can have your client slowly inhale them. Be sure to have coffee beans handy to clear the receptors of the nose before going to the next oil. Second you can muscle test for the oils. Muscle testing works great and allows the body to tell us which essential oil is needed at that time. This is also beneficial for herbal therapies or any supplementation. Joyful Living Services offers a course which I highly recommend. Once the essential oil or combination of essential oils have been chosen, you need to decide the application. Taking into consideration all the factors involved including child?, animal?, adult? And so on.

Before we go over some of the modalities where essential oils can be used, let's discuss how to price your creations. To figure the cost for the oils used, determine the amount of drops in the original bottle of essential oils. Divide the drops by the cost or amount paid for the essential oil. Helichrysum for example is an expensive essential oil as is rose. Let's say you paid \$ 42.41 for 5 ml. We know that 5 ml has approximately 100 drops. You need to also take into consideration the cost per ounce of your carrier. You can however just have a base price for essential oils based on bottle size.

There are a variety of modalities in alternative therapy and energy healing fields. Here let's go over just a few and ways to use and incorporate the use of essential oils. The essential oils listed are suggestions only, please create blends exclusive to you. Experiment and have fun with your creations. Most importantly get in the habit of reaching for your essential oils and incorporate them into your daily life and practice. The more you use them, the more familiar you will become with them. Begin mixing small amounts at a time and let them blend for several hours to a full day. Slowly inhale them or apply them, the aroma can change as they blend with each other. Keep a note of your personal reaction to each blend. How did it make you feel? What was your first impression? Was it calming, uplifting, balancing? These are all important factors when working with others. You will be able to draw from your personal experiences.

CERTIFIED AROMATHERAPY COUNSELOR COURSE – SESSION 16 – ESSENTIAL OILS FOR HOLISTIC HEALING: BODY, MIND AND SPIRIT

Complimentary Therapies:

Spiritual Aromatherapy:



One of the oldest forms of Aromatherapy, dating back to Biblical times. Spiritual Aromatherapy has been used to anoint, clear evil spirits, evoke the help of angels, in ceremonies for Royalty, baptism, births, deaths and marriage. We have much to learn from ancient Scripture on the use of Essential oils. Essential oils were used from beginning to end, for illness to prayer and worship.

Spiritual Aromatherapy's approach is different from any modern form of traditional aromatherapy. Aromatherapy today is used by most part as an inhalation tool for emotions. We are just now beginning to use them internally for healing, externally for healing, as well as many other applications.

If you choose to use aromatherapy in the Spiritual sense, it has the ability to go deeper into the soul or core of our being. Combined with grateful prayer, thought out ceremonies, and an intention for purity and honesty, Spiritual aromatherapy can open up a complete new world on the use of essential oils. It is about using essential oils with a blessing or prayer, and sometimes an affirmation.

We approach essential oils a little differently when getting to know them. It is important to slowly inhale each oil, get to know them, resonate with them. Close your eyes as you inhale your chosen oil. What do you feel? What do you see in your mind? What visions and thoughts pass through? Think "still small voice", what is the oil relaying to you? What pictures is it showing you? You may think this sounds strange, weird or new age, but believe me it is not. Each oil has a message or a purpose to fulfill, each oil can inspire a vision or mental picture. This picture may be one you have tucked so deeply inside that you forgot was even there. It can bring it to the forefront for it to be released if need be, or cherished. In Biblical times Frankincense and Myrrh were used extensively in the Churches during prayer. These oils have the ability to go deep within, ground you, help you stay focused on prayer. They help you to get lost in prayer with no knowledge of the outside world, you go deep within the soul. This is where we find our true self, who we really are and want to be. No masks, no pretending. Try using either essential oil mentioned during prayer and giving gratitude. Notice how you feel afterward, notice how you can get lost in thankfulness.

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Spiritual Aromatherapy:

Spiritual Aromatherapy is used on a deeper spiritually emotional and mental level. It can offer peace to an individual when death is near for example. It can bond a mother and newborn at birth through a welcoming ceremony with family. It is the art of a Sacred Ceremony using specific essential oils, many are not commonly used in aromatherapy on a daily basis. They are special and unique such as Mastic (Pistacia lentiscus) leaves and twigs. This essential oil will strengthen, energize, and support us to receive spiritual teachings. It is beneficial to those who serve others. Uses include: exhaustion during times of giving, burnout, demonstrate service through action, nurses and caregivers. Mastic balances a compassionate heart, strengthens and provided protection. It is usually applied on the pulse points, heart area or shoulders. Blessing offered as you apply it: May I be strong while caring for others. This essential oil can be found at Still Point Aromatics. It is also used for venous congestion.

Essential oils are used to bless, celebrate and heal. History has shown us that anointing or “to touch with oi” have been used since before Biblical documentation. It is a “spiritual blessing” a dedication or sacred act. It is often used in Native American ceremonies, indigenous people ceremonies and ancient rituals of India. Spiritual Aromatherapy can be used to bless a new home, bless events, bless an baby animal, worship and prayer, anointing the sick. It is the act of blessing with gratitude using essential oils enhance and increase awareness. It is the healing and restoration of the spiritual well-being. Used for and during affirmation during personal change to strengthen affirmations and create a memory within the mind of that affirmation. Gently guiding the soul to change. Valerie Ann Worwood suggests that using essential oils increases the possibility of bringing the angels closer to us.

Spiritual Aromatherapy can be used for such issues as fear, unworthiness, letting go. Cleansing negativity from a home, space or person. Here are a few examples of the spiritual side of essential oils you would use if making an anointing blend – 1-10 drops to 1 tsp carrier.

Bay: assists us in looking forward rather than in the past.	Sage: Purifies our environment, our home, brings wisdom of ages
Ylang Ylang: Soothing to troubled minds and to those who cannot forgive or love themselves.	Spruce: Teaches us to walk the path we have been given. Strengthens intuition and opens our mind and heart. Clears negative thoughts
Juniper: Purifies and calms after nightmares.	

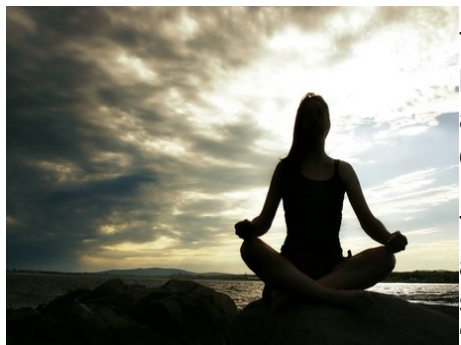
Anointing Blend for your home:

- 1 drop Angelica
- 1 drops Vetiver
- 2 drops Rose
- 1 tsp Olive oil

Anoint window seals and doors.

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Meditation:



The ancient art of quieting the mind, going within and listening to the breath. Although many people view mediation as a way to relax, it is so much more. It is intense awareness of our self, our breath, our thoughts, our body.

Through meditation thoughts that trouble us, can be acknowledged and then let go, releasing them from our subconscious mind. It is a way to still the mind, clean the “brain chatter” and to truly become aware. When you are “in-tune” with yourself, your thoughts, you can then learn to control emotions. You become calmer, life becomes easier to deal with. You are better able to deal with problems that arise.

Meditation is way for us to tap into our subconscious mind, bringing peace and clear thoughts. Mediation helps to increase inner awareness, strengthens intuition, and helps us to listen to that “still small voice” we all have inside. Our goals and dreams become more vivid and we become more focused. When meditating we do not concentrate on our thoughts, events, or feelings, rather we simply observe, accept and let them pass.

To begin the process of meditation you need to find a quiet place, away from phones and TV. Begin by tightening you foot and hold for 5-6 seconds, release and relax as you see the tension leaving. Do this technique starting at the foot and moving up the body, ending with scrunching the whole face and releasing. Now begin to breath in slowly to the count of 6, hold for the count of 6, release to the count of 6. Do this 5-6 times then breath as you normally would, the only difference is you will breath slower and listen to your breath. As you begin to breath feel the whole body relax as if it is on a cloud. If thoughts come into your mind simply view them and let them pass. Remain in meditation for at least 15 minutes, you can add soothing meditation music if you like. Your mind and body will crave this technique.

With stress being a major factor in the increase of disease, mediation is a welcomed art. Mediation helps the heart to beat slower, lowers blood pressure, allows us to handle situations calmer, learn to have more self control as we are more centered. Meditation has also shown to strengthen the immune system, increase vitality and health. When you combine essential oils and meditation, you help create an stronger awareness, a deeper relaxation, deeper sense of calm and peace. Every time you inhale the aroma of the essential oil used in meditation it will instantly take you back to that calm and peaceful place.

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Visualization Meditation:

Visualization meditation allows the mind to focus on one particular aspect of life, goal, event etc. Mental pictures of a positive outcome, seeing it as if it has already taken place. Visualization meditation helps to stay focused and bring that which we are concentrating on into a reality. It is said “if you see it you believe it” and so the purpose of this type of meditation. We need to remember that the MIND is the most POWERFUL TOOL we have. The key to this type of meditation is you must be constant and practice it daily until you achieve the final outcome. It helps to have mental full color visual picture in your mind and a visual picture to look at in hand if possible. Example: If you want to achieve success, in your mind see yourself as you would be, how you would dress, what you look like. Feel the emotion attached to that success. Now have a picture in front of you of say an executive office and see yourself in that office, tell yourself “ this is my office”.

Here are the basic principals to follow:

You must concentrate the image in your mind. See this in great detail in full color, as if you reach out and touch it, smell it and are living it now. The more clearly you see the image, and the more often you meditate on it, the more powerful will be it's effects.

You must eliminate all other thoughts and images. Immerse yourself in the visualization image only. When you begin visualization meditation start small, we have a natural tendency to doubt. This meditation does not allow for doubt. You must believe the image is real as if you are there!

Exercise: For several days to a week take a goal you would like to achieve. Use the techniques discussed here. You can continue with the meditation as long as you wish, however note changes, how did you feel? Was this easy for you or do you need to work on it? Meditation takes practice so please do not give up. The more you meditate, the more you will be able to easily go into a deep meditation and a visualization meditation if you wish.

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Guided Imagery Meditation:

This technique was first used by Bernie Siegel years ago with Cancer patients. He would guide them through the process of seeing their healthy cells destroy the cancer. This technique was very successful and is still used today. BellaRuth Naperstack is an authority on Guided Imagery Meditation. You can find her books and CD's on Amazon if you wish to learn more.

Using the basis of visualization which is usually a healing white light, one is to visualize the healing white light eliminating whatever disease is in the body. It has also been used for emotional issues, pain and sleeping disorders. Gradually seeing the healing white light as it destroys the growth, tumor, or issue within the persons body.

Guided Imagery Meditation is performed with a Meditation coach. The coach will take the patient through a series of positive reinforcements if you will. Example: See you immune working and strong, you are healthy and whole. Slowly guiding the client through the body and suggesting strong cells, blood, body, heart etc. Then they move slowly to the invader, guiding the client as you have them see the “beautiful white healing light” shrinking and eliminating the disease or tumor.

Our bodies are remarkable and can heal themselves if given the proper tools, such as nutrition, right thoughts, internal peace and calm. With positive messages and visualization, we can aid our mind into guiding our body to heal. By adding essential oils to this process, allows the body to utilize all the wonderful healing benefits contained with a single essential oil. Clients will soon associate the aroma of the oil used with the “healing white light”, which helps the body to automatically begin the healing process from memory.

Frankincense has shown some promising research for it's ability to destroy cancer tumors. It has been used since Biblical times. Match the essential oil with the issue/issues the client is having should you decide to try this technique.

Exercise:

Try this technique on a family member or friend. This is so you can see for yourself how it works and get feedback from the individual you have chosen. It may be they are having back pain, constant headaches. Keep it simple. Note what your test client thought and observed. What did you observe? What were your thoughts on this technique? Use essential oils that are appropriate to the issue at hand. Example: Headache you could try peppermint, clary sage, bay. Pain you could try Black Pepper, Marjoram.

CERTIFIED AROMATHERAPY COUNSELOR COURSE – SESSION 16 – ESSENTIAL OILS FOR HOLISTIC HEALING: BODY, MIND AND SPIRIT

Healing Hands, Reiki, Healing Touch:



The use of hand on healing dates back to Biblical times. Christ would touch an individual and they were healed. Those who believed had only to touch the garment of Christ of be healed. Babies respond with touch since they cannot fully see at birth. Some Catholic churches are now incorporating Christian Reiki using the symbols of the cross, the white dove and the communion cup. The Nazarene Church today has healing rooms where you can go to have an individual who practices “laying on hands healing” combined with prayer. Hospitals are now using Reiki as an alternative to offer patients in the healing process. Mayo clinic has conducted studies on the healing power of these techniques.

Because any disease whether physical or emotional is a negative within a person, it is important for the Therapist to have protection from this negative energy. Angelica essential oil is an excellent essential oils to apply to the top of the head, shoulders and back of hands before you begin a session. Angelica offers protection to the Therapist. It is also important that you never enter into a session if you have any negative feelings you are dealing with.

Reiki, Healing Hands, Healing Touch, T-Touch, Equine Touch, Animal Reiki are all forms of energy healing. Generally you never “touch” the person, however you do have certain hand positions used which are usually held a few inches away from the client, clients are always dressed. This type of healing modality is very effective and is gaining in popularity. When incorporating essential oils in this ancient healing art, choose oils that strengthen the immune system and balance the body and mind.

Muscle testing can be a wonderful way to see which oils should be used with your client. If you do not know how to muscle test, then let the client inhale the aroma of several oils you have chosen. See which ones resonate with them or which ones they crave. Once the essential oils is chosen, place a couple of drops in the clients palm. Have them take 1 finger and apply the oil on the forehead, top of head, shoulders, solar plexus and heart chakra. Do this before you begin your session. If the client does not want the oils on themselves personally, you can place the oils in the palm of your hand. Rub your hands together and begin your session. Diffusing essential oils into the room is another effective method of incorporating essential oils into a session. You can also add the chosen essential oil to a spray bottle with warm water and mist around the client and the massage table.

Make sure you set your intention before you begin. Always proceed with gratitude and thankfulness for all that has been given. Even disease is given at times to awaken us to make a change. To teach us gratitude for the simple things in life. Help us to enjoy every moment given and to remind us that life is a gift.

The key here is to use your oils. Use a combination, create your own blends. Don't be afraid to combine oils as you see fit. Let your intuition be your guide.

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Essential oils: (These are just a few)

Meditation and Prayer:

Eliminate Fear: Frankincense, Cypress, Cedarwood, Roman Chamomile, Sandalwood, Basil, Coriander, Cinnamon.

Unworthiness: Frankincense, Sandalwood, Neroli, Ylang Ylang, Clove, Cardamon, Mandarin, Geranium.

Giving and Letting Go: Pine, Tuberose, Carnation, Lemon, Coriander, Myrtle.

Chakra Essential Oils:

Crown Chakra: Neroli, Rose, Frankincense

Brow/Third Eye Chakra: Rosemary, Juniper, Hyacinth, Lemon, Angelica seed

Throat Chakra: Linden Blossom, Petitgrain, Basil, Peppermint, Hyssop, Rosewood

Heart Chakra: Bergamot, Melissa, Ylang Ylang, Mandarin, Tangerine, Geranium, Lavender

Solar Plexus Chakra: Juniper, Cedarwood, Coriander, Black Pepper, Lime, Marjoram

Sacral Chakra: Sandalwood, Fennel, Elemi, Benzoin

Base/Root Chakra: Myrrh, Patchouli, Vetiver, Balsam de Peru

These are just a few essential oil suggestions. It does not matter what the suggestions are, the bottom line is what your client needs at the time of a session. They mentally and physically know which oil to choose, they will be drawn to it. Let your client and your own intuition guide you, they are seldom wrong when it comes to using and applying essential oils.

CERTIFIED AROMATHERAPY COUNSELOR COURSE – SESSION 16 – ESSENTIAL OILS
FOR HOLISTIC HEALING: BODY, MIND AND SPIRIT

Spiritual profile of a few Essential oils:

Angelica Root: Draws angels close to us that are receptive of our needs. Spiritual completeness. Has a compassion and understanding for our failures. Physical: Antispasmodic expectorant, diuretic, depurative, emmenagogue. Emotional: Encourages strength, stamina, comfort, focus, grounding and inner vision.

Angelica Seed: Offers the protection of God our Creator and the might of the heavens. Shelters your thoughts and prayers, yet allows guardians to give reassurance. Physical: Carminative, digestive, diuretic, stomachic, depurative, tonic. Emotional: Encourages inspiration, protection, creativity, focus, concentration and inner vision.

Basil: Grounding and balancing to subconscious bringing one into reality. Helps open the heart for those who are numbed. Physical: Restorative, stimulant, antispasmodic, emmenagogue, stomachic, digestive tonic, intestinal antiseptic, anti-infectious. Emotional: Encourages positiveness, purpose, concentration, decisiveness, trust, integrity, clarity, strength.

Linden Blossom: Touches the hidden areas deep within self where we have denied love. Used when life is rough, cold, uncaring, unfeeling, harsh and seems no one cares. Physical: antispasmodic, antidepressant, nervine, tonic, calmative. Emotional: Encourages self confidence, calm security, balance, equilibrium.

Tuberose Absolute: When the self is lost tuberose encourages forgiveness and self-love. Restores hope, balance and harmony. Helps one find the truth of forgotten dreams and prayers. Physical: Antidepressant, calming, nervine, sedative. Emotional: Encourages motivation, enthusiasm, encouragement, sensuality, sensitivity, expressiveness and frankness.

CERTIFIED AROMATHERAPY COUNSELOR COURSE – SESSION 16 – QUESTION AND ANSWER

NAME: _____

ADDRESS: _____

PHONE: _____

FAX: _____

E-MAIL: _____

Please be sure to fill out the information above, complete the test and e-mail it back to us at sacredeartharomatics@hotmail.com. We will grade your question & answer session and will let you know if we have any questions or concerns.

1.) Describe Spiritual Aromatherapy. Use spiritual aromatherapy in one form within your home. This can be either a spray to mist or an anointing oil. What are your thoughts? This can be a single oil like sage or a blend.

2.) Using one of the techniques discussed on meditation, use one and report your results. Which one did you use? What were the results? How did you feel afterward?

3.) How would you use essential oils with a client for Reiki, Hands on Healing or Healing Touch?