

## AROMATHERAPY AND THE EMOTIONS

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*“True healing involves the very base of the cause of suffering. Therefore, no effort directed to the body alone could do more than superficially repair damage. Heal people of their emotional unhappiness, allow them to be happy, and they will become well.”*

Dr. Edward Bach (1938)

Aromatherapy and the Emotions. Sounds like a good name for a rock band! But we are talking about essential oils (Aromatherapy - smell therapy) and using them to balance our emotions. Like Dr. Bach stated in the above quote, *“Heal people of their emotional unhappiness and they will become well”*.

All phytotherapy is gaining unprecedented popularity. This is healing done with plants (phytotherapy). This includes, but is not limited to: flowers essences, herbs, essential oils, and homeopathy. Much is focused at the healing of the physical body, but more and more attention is now being given to the mind, emotions, and spirit of us.

The following is a suggestive guide created to help people with emotional issues using essential oils. By obtaining clues of one's emotional concerns and matters of the mind, one can truly help oneself achieve a more holistic approach.

Avoid use of aromatherapy oils (except Lavender and Lemon) during pregnancy or breast feeding.

Dilute all essential oils with carrier oil versus “neat” to avoid skin irritation. Use a small amount of essential oils to help ease the release of emotions. They work best if used daily for weeks.

Often oils and their scents evoke emotions based on past associations. Smell each oil recommended below first to find favor in it. Always hold the oil about chin height to get the best overtones of oils. By contrast, if a scent evokes an emotional dissatisfaction, it is only another clue that an emotional connection is present and can be helped with this form of phytotherapy.

The following questionnaire is provided to help assess one's emotional difficulties and provide a guide for choosing oil(s) to enhance healing of the whole person. Singles are emphasized here. With experience of emotional balancing one can learn to blend more than one oil together if necessary. Working with the oils for emotional balancing is slow and subtle. Behavior and personality improves over time with use. They can be used for acute or chronic imbalances:

(If you answer two or more questions yes, the oil following is recommended)

**1:**

- Are you compulsive, or have impulses to do things with obsession?
- Do you have a lack of confidence in yourself?
- Do you have an expectation of failure?
- Do you feel inferior and that others are more capable and qualified than you are?

**BERGAMOT**- Compulsive and /or obsessive behavior, lack of self-confidence, tension, depression, anxiety.

**2:**

- Do you frequently burst into tears or react in a highly emotional way to life situations?
- Do you often feel a lot of tension or congestion in our stomach or solar plexus, as though there are many feelings stored there?
- Do you believe that you need to develop more serenity in life?
- Do you fluctuate between one emotional mood and another?
- Do you lack stamina?

**CHAMOMILE, ROMAN**- to give light where there is darkness, tension, stress, anger, insomnia, hyperactivity, learning problems, serenity, moody, daydreaming, impatience.

**3:**

- Do you anger easily?
- Are daily activities sometimes confusing?
- Are you easily irritated?

**CINNAMON**- Tension, lack of inner-self, lethargy, helps dispel negative energy.

**4:**

- Do you need to develop more objectivity and perspective about recent life events, which trouble or perplex you?
- Does your life seem more accidental than purposeful, making it hard to have much insight into, or acceptance of, the people and events surrounding you?
- Are you in an elder phase of life, wanting to gather wisdom and reflect on the meaning of your experience?
- Do you have concern about aging?

**CLARY SAGE**- Aging (fear of), immaturity, drawing wisdom from experience, hard to find one's life purpose, ill-fated or undeserved feeling, use with change or transitions.

**5:**

- Do you have difficulty with short-term memory?
- Do you feel out of touch with your intuition?
- Do you feel your emotions cloud your perception?
- Do you have a sense of detachment from the world?

**CLOVE BUD**- Improves memory. Helps one to “*see*” clearly, nervousness.

**6:**

- Do you feel like life or someone is choking you?
- Do you feel like you have something to say but are not saying it or expressing it?
- Is there a sense of not accepting life as is?
- Do you feel a sense of separateness resulting in a reduction of energy?

**EUCALYPTUS**- Constraint, loneliness, liberating oil, helps us to accept life as is.

**7:**

- Do you suffer from unknown fears?
- Do you not feel safe and secure?
- Do you find it difficult to concentrate?
- Do you have a sense that the world is crashing in on you?
- Could you benefit from an infusion of faith?

**FRANKINCENSE (Boswellia)** - Fear, uncertainty, poor concentration, insecurity, lack of self-confidence, anxiety, stress, hyperventilation, hyperactive.

**8:**

- Do you tend to hold grudges or let go of past hurts?
- Do you often come on strong or seem overbearing to others, even though you know it is just your way of trying to convey confidence?
- Do you feel overly tense, anxious, lack of tranquility?
- Do you suffer from mood swings?

**GERANIUM**- Overexcitement, anxiety, mood swings, nervous tension, weakness, PMS, depression, letting go of past hurts.

**9:**

- Do you have many plans or intentions, which never seem to materialize?
- Do you tend to brood, think about, or reflect, rather than plan and execute?
- Do you in general feel sluggish?
- Have you had a difficult childhood?

**GRAPEFRUIT, PINK-** Mood swings, a sense of drowning in life, inner child issues.

**10:**

- The following description of Helichrysum oil is self explanatory for its uses.  
Used for any crisis or emergency.

**HELICHRYSUM-** Shock, pain, trauma. Similar to Rescue/Distress Remedy Homeopathic. Great for the nerves. Very healing on all levels. Can be used for drug detox.

Helps remove stubborn emotions of jealousy, anger, and bitterness.

**11:**

- Do you replace your daily life with fantasy?
- Do you need constant motivation to complete a task?
- Do you often wish you had a better sense of well being?

**JASMINE-** Uplifting, optimism, impotence, grief, heartbreak, anger, depression (postnatal too), seeking life purpose.

**12:**

- Would you describe yourself as strung –out, nervous or hyperactive?
- Do you have difficulty sleeping or restlessness?
- Do you have difficulty when praying or meditating?
- Do you suffer from a chattering mind with no clear, calm, concise thoughts?
- Is your life out of balance?

**LAVENDER-** Calms the mind, emotional blocks, stress, for sensitive people, argumentative individuals, higher self, meditation. Universal oil relaxes and stimulates.

**13:**

- Do your relationships seem toxic?
- Do you feel tense or have unresolved conflict?
- Do you have a lack of inner life?
- Do you describe yourself as being “out of it”?
- Do you tend to feel that everything is uncleanly?

**LEMON-** Universal emotional balancer. Issues of self, tiredness, lethargic, anxiety, feelings of impurity.

**14:**

- Do you suffer from everyday fears?
- Are you feeling overworked?
- Do many people comment that you don't seem happy?

**RED MANDARIN**- Sadness, stress.

**15:**

- Do you need a sense of comfort?
- Have you lost someone in anyway that you are having difficulty with getting over?
- Are you sensitive or impatient?
- Do you feel melancholy?

**SWEET MARJORAM**- Heavy sighing, loneliness, rejection, insomnia, grief, tension, inappropriate sexual behavior/desire.

**16:**

- Do you have trouble exercising patience?
- Is there a tendency to self-destruct?
- Do simple things irritate you?
- Do you suffer from a loss of instability?

**MYRRH, WILD** - Hyperactivity, stress, lack of inspiration.

**17:**

- Do you have trouble with making decisions?
- Do you anger easily?
- Do you often think, "what's the use"?
- General anxiety or fears?

**NEROLI**- Depression, anxiety, tension (upset for no reason), low libido, fear, lack of self-confidence, sexual problems.

**18:**

- Do you have trouble looking in a mirror and saying with complete honesty "(Your name), I love you?"
- Do you have difficulty seeing yourself as a unique individual?
- Do you feel your life is "painful"?

**OREGANO, WILD**- Pain, issues of self-esteem, gives synergy to other oils for use in blends.

**19:**

- Do you feel a need to always be right?
- Do you have difficulty with decisions?
- Do you suffer from moods of apathy or indifference?

**PATCHOULI**- Anxiety, stress, helps release trapped emotional energy to put things into perspective.

**20:**

- Do you have a lack of overall energy or stimulation?
- Do you find it hard to get motivated?
- Do you find it hard to get through the day?
- Do you have trouble being creative?

**PEPPERMINT**- Insomnia, lazy, lethargic, sluggish, mentally cloudy, apathy, moves energy, poor concentration, good for students, helps with digestion of the body and the mind.

**21:**

- Do you sense it is hard to find direction?
- Do you have harsh expectations of yourself?
- Is it hard to let go of past mistakes or failures?

**PINE**- Pity, guilt, blame, forgiveness of self, exhaustion, self-criticism.

**22:**

- Is your heart heavy or sad?
- Do you have a lack of comfort?
- Do you need to develop greater courage to confront rather than retreat?

**ROSE** - Joy, love, confidence, love of self, inspiration, shame, renewal (heaven on earth), independence, depression, grief, irritable, shy.

**23:**

- Is there a side of yourself that needs more attention or understanding?
- Do you tell white lies or are you living a lie?
- Do you have trouble accepting your spiritual side or question it?
- Do you see the world as pieces and parts versus a meaningful whole?
- Do you have tendency to be forgetful, cold extremities?

**ROSEMARY, WILD** - Wisdom and truth, peace, meditation, creativity, confusion, exhaustion, bitterness, nightmares.

**24:**

- Does life seem overly chaotic?
- Do you have trouble organizing your life?
- Do you suffer from a chattering mind or where daily activities and worries are constantly thought about?

**SANDALWOOD**- Hyperactive, enhances meditation and prayer, removes negative programming.

**25:**

- Do you often deny your own needs?
- Do you care more about everyone else versus spending time on yourself?

**TEA TREE**- Builds emotional strength.

**26:**

- Do you often spend time trying to understand the meaning of life?
- Do you feel like there is not enough time in your life to do everything you want to do?
- Do you feel that it's not fair that we age?

**THYME, WILD** - Issues of time, speeds healing of issues, strength, courage, longevity, concentration, trying to beat the clock.

**27:**

- Do you wear a mask of cheerfulness while on the inside has a different feeling?
- Do you tend to judge before you act and are you even aware of it?
- Do you ever have difficulty really "hearing" what others are saying?
- Do you have difficulty with imperfection?
- Does life's unfolding events often irritate you?

**YLANG YLANG**- Hyperventilation, shock, stress, anxiety, nervous, anger, bitter, depression, lack of interest, jealousy.

One or more of any of the above oils can be selected for emotional support. However, it is advisable to start with one and work up to combinations with experience. Try not to exceed more than four or five at a time. Until you feel you have gained an understanding of emotional balancing with essential oils. Helping one deal with our negative emotions helps bring about a positive healthy balance. Emotions are what keep us connected, interactive, lively, and dynamic. None of us want to be emotionally dead. Emotions that are in balance make us unique and make us human. An optimum balance of positive qualities emotionally, helps bring about powerful mental, spiritual and physical health.

## **APPLICATION OF ESSENTIAL OILS IN EMOTIONAL BALANCING**

OPTIONAL: Proper understanding of energy centers located throughout the body, proper topical application (as well as traditional inhalation) often demonstrate how emotional balance is achieved. Keep in mind the longer an emotional balance has occurred, the more therapy is required for a permanent change. Consider whether the emotional concern is acute or chronic. This will help you decide how long and how much the oils should be incorporated. Experience will bring about wisdom of this type of phytotherapy.

All along the spine itself there are 31 pairs of nerves coming out of the Central Nervous System. This is a good place to administer oils with carrier oil to help initiate change. Because the skin is predominately oil based, topical application will result in the oils penetrating the system sometimes as quickly as two to three seconds. Keep in mind that through the olfactory senses (traditional inhalation); many of the nerves contained in the head (12 cranial nerves) will be one of the quickest ways to initiate change in this area. Topical application is an easier way for clients to apply, through the feet and safe. In Reflexology, we know that all of the nerves in the body (pathways) end up in the feet. Oils also can be applied to the hands and ears, as this area is also where nerves end up. You may find this easy to do after a shower before putting your socks and shoes on.

To initiate a deeper mind spirit application, you may choose to apply the oils to your subtle energy centers (morpho-genetic fields).

There are seven major Centers. They can be accessed Posterior (spine/back) or Anterior (front of body).

The first center is known as the ‘root’ or “base”. It is concerned with grounding, Earth, basic survival, instincts. Located at the coccyx of spine.

The second (sacral) is concerned with reproduction, family, money, and power. High pubic area or sacral on back.

The third (solar plexus) is about self. Self-esteem, motivation, respect, and all issues surrounding you. Stomach area or midback.

The fourth (heart) is about love. Self-love, love of another, love of all others. The true meaning of love. Unconditional love. Heart area front and back.

The fifth (throat) is about personal will power, communication (both written and spoken), Speaking the truth, and honesty.

The sixth (third eye) is about clairvoyance, perception, intuition, and clear seeing. Meditation and prayer. Brow.

The seventh (crown) is for universal understanding. God within us. Enlightenment. Top of head area.



With experience, one can apply an oil for an emotion from the questionnaire to a Center based upon an understanding of what each of the seven areas represent. For example, issues of low self-esteem might require an oil like Lemon to the Solar Plexus or third Center, as this connection is concerned with self-esteem issues directly. Again, applied Posteriorly or Anteriorly to the mid - section of the body.

Anyone can be instructed to do this prior to retiring for the evening, as mental activity is more receptive in the evening or morning. When the brain is less active mentally. This way we are more receptive to the healing qualities of these oils emotionally.

This type of therapy is safe if used with carrier oil and one at a time at first. Non-toxic and environmentally friendly if you have a sure source guarantee. The most notable benefit is increased sense of well being emotionally.

The physical benefits are too numerous to mention for the scope of this questionnaire. Additional reading is recommended. The following books offer advanced education on oils and their emotional applications:

*“Aromatherapy Scent and Psyche”* by Peter & Kate Damian

*“Aromatherapy and Your Emotions”* by Shirley Price

*“Vibrational Medicine”* by Richard Gerber, M.D.

*“Flower Power”* by Anne McIntyre

*“Aromatherapy-A Complete Guide to the Healing Art”* by Kathi Keville & Mindy Green