

# Essential Oils

*I recently joined a wonderful international group of healers that work with dōTERRA Essential Oils to improve our health and wellbeing. I have been using some of their basic start up products at home, with clients and in workshops. I am bowled over with the wonderful impact dōTERRA oils have had on me and my clients.*

*I have used it to wake me up in the morning: a few drops of WildOrange or Lemon in my cup of warm water and I feel awake and fresh. It kick starts my digestive system. Throughout the day I will diffuse Elevation, CitrusBliss or Balance –dōTERRA Essential Oil Blends and they will lift the entire energy of my home and studio. I have loved sipping on pure Peppermint Tea, no tea bag but only one drop of Peppermint oil and I feel alive. This has really helped balance my hormones and curb my sweet tooth cravings.*

*All my clients that I have use these oils with feel a wonderful boost, and have kept using the oils to continue the healing process after they leave their session with me. As I am now a dōTERRA Independent Product Consultant, I can offer advice on their products, combine them with my healing modalities and sell them on to you.*

*Alternatively, I can be your coach and guide and assist you in setting up as a dōTERRA Independent Product Consultant, so you can earn an added income on the side.*

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*I contacted Siobhan O’Keefe who introduced me to these therapeutic essential oils and asked her a few questions that I could share with you.*

## What are they?

Essential oils are the highly concentrated, volatile, aromatic essences of plants. Essential oils, like precious jewellery or fine wine, are gems of nature — the quintessential life force of aromatic plants, sometimes called the "soul" of the plant. Essential oils can come from the seeds, bark, leaves, flowers and the roots of plants. They are carbon based like our bodies hence the fast acting properties. They are 50 – 70 times more powerful than herbs. They have many “anti” qualities, as in: anti-bacterial, anti-viral, anti-parasitic.

## What do they do?

There are three categories of Essential oils

- Aromatic Essential Oils
- Therapeutic Grade Essential Oil

- Certified Pure Therapeutic Grade
1. Aromatic Essential oils apply to oils marketed for their scent and aromatic properties, they are not to be taken internally or used topically. These oils are usually **synthetic**, are therefore harmful to the body and have no therapeutic value whatsoever.
  2. The second category Therapeutic Grade Essential oils are where most oils fall into. These oils are for topical and aromatic use, they are often diluted with synthetic chemicals or other additives.
  3. The third category Certified Pure Therapeutic Grade, these are independently tested therapeutic grade oils. These oils have been thoroughly tested to verify both purity and composition, certain oils in this category are safe for internal use in the body. A little goes a long way with these oils – they are significantly more potent than other oils.

## How to use Essential Oils?

You can enjoy Essential oils in broadly speaking three ways.

1. **Aromatically** – breathing in using a diffuser or rubbing a few drops into the palm of your hand and inhaling
2. **Topically** – place a few drops in the palm of your hand and apply to various areas of the body (I recommend diluting essential oils with a carrier oil as this extends the surface area covered as well as you get longer out of your bottle of oil)
3. **Internally** - either under the tongue, in a gel capsule or my favourite method in water. Taking internally is specific to dōTERRA CPTG essential oils (Certified Pure Therapeutic Grade). dōTERRA literally means “Gift of the Earth”.

## How Essential Oils impact Our Wellbeing?

*I am all about healing our entire system, using holistic avenues to improve our health and wellbeing – What can you share about how Essential oils can impact our Health?*

Essential oils affect our minds and our emotions. All aromas have a potential emotional impact that can reach deep into the psyche, both relaxing the mind and uplifting the Spirit. Our sense of smell is estimated to be 10,000 times more acute than our other senses and sensitive to some 10,000 chemical compounds. Once registered, scent travels faster to the brain than either sight or sound. - *Wow!*

## The Science Bit

When we inhale the fragrance of an essential oil, the odour molecules travel up the nose where they're registered by the nerves of the olfactory membranes in the nose lining. The odour molecules stimulate this lining of nerve cells and trigger electrical impulses to the olfactory bulb in the brain. The olfactory bulb then transmits the impulses to the **amygdala** - **where emotional memories are stored** - and to other parts of the limbic system of the brain.

## Emotional Healing

*How can Certified Pure Therapeutic Grade essential oils improve emotional healing?*

The amygdala plays a major role in storing and releasing emotional trauma. The only way to stimulate this gland is with fragrance or through the sense of smell. **In other words - the emotional brain responds only to smell.**

This is the power in using Essential oils for emotional healing - it enable us to access stored or forgotten memories and suppressed emotions so that we can acknowledge and integrate or release them. Emotional healing occurs as old feelings surface and release – this experience is often confused with regression.

It is important to understand that healing is a process that can be separated into two main principles – release and receive. We must release trapped negative emotions before we can receive positive feelings. The old must go to make space for the new. We must be willing to feel/deeply experience the negative feelings which we have been conditioned to avoid doing if we want to be cleansed and healed.

## How I plan to use Essential Oils at YogaEnergy

*I will be incorporating dōTERRA Essential Oils into all of my Energy Healing Therapies, in combo with the Chakra Yoga Workshops and as a wonderful supplement to your home and diet as a wellness booster!*

Essential oils assist in the healing process but does not do all the work – they are best utilised combining them with other supporting therapies for example massage therapy, body work, energy work, prayer, meditation, counselling and psychotherapy. Bergamot is known as “The oil of Self-Acceptance”, Frankincense “The oil of Truth”, Fennel “The oil of Responsibility” and Geranium is a wonderful oil to use for any heart ache issues as it is “The oil of Love and Trust”.

## Chakras & Essential Oils

*As you all know my work is based on the Chakra System. Whether in healing with crystals and angels or yoga movements the chakras are the best tool for connecting to your wellbeing. It is my tool for reading energy. So how can we link Essential oils with the Chakras?*

Another application of Essential oils is in relation to the chakras. Essential oils can help you connect mind, body and spirit and restore balance within your seven chakras to nurture your daily life. The chakras are closely woven into the endocrine system and essential oils can be used to affect the hormonal balance of the body. Below is a table outlining the correlation between chakra, endocrine gland and associated essential oil.

Chakra	Associated Endocrine Gland	Essential Oil	dôTERRA Essential Oils Blends
Base	Adrenals / Glandular System & Spine	Vetiver, Clove, Myrrh	Balance
Sacral	Ovaries & testes	Jasmine, Sandalwood, Citrus	CitrusBliss
Solar Plexus	Pancreas & Digestive System	Ginger, Citrus, Chamomile	DigestZen
Heart	Thymus	Rose, Roman Chamomile	Breathe
Throat	Thyroid / Parathyroid	Lavender	Whisper
Brow	Pituitary	Lavender, Myrrh	Serenity
Crown	Pineal	Frankincense, Blue Chamomile	Elevation
Entire Aura	-	-	Purity

Essential oils that resonate with the base chakra are oils that are grounding and strengthening.

These include patchouli, vetiver and myrrh. Oils that resonate with the sacral chakra need to be creative and to have an affinity with the reproductive organs. These include sandalwood, jasmine, rose and ylang ylang. The solar plexus chakra has oils that are linked to the digestive system and include sandalwood, myrrh and manuka. Oils that resonate with the heart chakra are oils that are associated with loving and caring and include bergamot, jasmine, melissa, neroli and rose. Essential oils that resonate with the throat chakra are oils that are connected to communication and self-expression, grounding and strengthening. These include chamomile and tea tree. Oils that resonate with the brow chakra are those that are connected with the higher functions of consciousness and include myrrh, jasmine and neroli - all oils with strong aromas. Oils that resonate with the crown chakra are oils that are spiritual and full of enlightenment, prayerful and show us wisdom. These include lavender, blue chamomile, jasmine and rose.

## Want to learn more?

*I will be hosting an Essential Oils and Yoga workshop on 15<sup>th</sup> November – Please reserve your space for this workshop [€25 via PayPal](#).*

*I will be doing Chakra Vinyasa, full guided meditation on all the chakras and incorporating essential oils and crystals.*

*Info about how to use the Essential Oils, how I use them and the benefits I have received from them – more than just for chakras- but as part of my diet and beauty regimen too! There will be lots of oils for you to sample and use with your yoga and meditation. AND also the opportunity to sign up and receive wholesale discounts.*