

Essential Love

Your nose knows is something we can say as we choose an essential oil for medicinal use or fragrance. The physical body is unique in the ability to sense what is good and what is not. All we need to do is to be quiet, be aware, and experience our gut feeling. We may say or think “for our highest good” and the answer will be shown to us.

Our gut is referred to as our second brain. Often we look for others to give us answers, but there is a lot we can do for ourselves with awareness and experience. Trust your creative mind and gut feeling. What have you learned or experienced about essential oils already? Perhaps you have learned 100% pure essential oils are extracted or distilled from plants and have the same molecular structure as the human body. The body uses them effectively to carry oxygen and nutrients as it did in the plants. An essential oil may be chosen for medicinal use and also have a lovely fragrance.

Inhaling the oils is the fastest and most often preferred in balancing mood and emotions. Scents can affect our emotions and work on a subconscious level to modify emotional imbalances or change behavior. Any physical condition generally has an underlying emotional cause. Studies show individuals who use essential oils experience a higher self esteem.

Absorption through the skin such as in a massage is also very effective. Once beneath the skin, essential oils go to the intercellular fluid surrounding the skin cells, travel to the internal organs and the lymphatic system. This is how essential oils stimulate the body’s own natural defense systems. Some oils are uplifting and energizing; others are calming and sedating.

Listen to your heart! As we work with our emotions in choosing essential oils, our best guide is our intuition. Get to that peaceful place within where stillness exists. It is in your sacred space where you connect with your higher self.

Listen to your thoughts. That is your higher self talking! It helps you make decisions and choices. With a clear intention, feel the energy, hear your thoughts, trust, and be confident you will choose the essential oils you need for your well being.

Essential oils are proving superior and safer than antibiotics and vaccines. We know that microbes mutate and become immune to drugs, however, no disease-causing microbe has ever been known to mutate against essential oils. They enter the blood stream easily and leave efficiently, with no side effects. The oils are very concentrated so it takes very little to have a dramatic healing effect.

Children and babies react very well with the use of quality 100% pure essential oils such as Tea Tree, Lavender, and Roman Chamomile which can be used on babies as young as 6 months. Always dilute essential oils for babies with a carrier (1T carrier to 1 drop essential oil). It is best to apply to the soles of their feet. A quality micro mist diffuser is a safe way to administer essential oils anytime.

Some of my favorite essential oils I use often in my creative blends to bring love, joy and peace are:

Cedarwood - provides the strength we need to continue on our pathway, and encourages the spirit to have focus, concentration, balance, persistence, and confidence.

Clary Sage - encourages us to be satisfied with our achievements, to realize that most problems exist in our imagination, and understand they will be resolved eventually. Clary Sage helps to create calmness, confidence, grounding, and balance.

Frankincense - adapts and supports many immune functions. It promotes deep breathing, elevating thoughts and inspiration, emotional stability, protection, courage, and acceptance.

Myrrh- releases fears, difficult or painful experiences. It allows us to be more accepting, trusting, and non-judgmental of ourselves. Myrrh opens the heart, relieves stress and helps the body relax.

Roman Chamomile-encourages stillness, awareness, relaxation, calm, emotional stability, inner peace, understanding, cooperation and soothes the digestive system.

Rose Geranium -offers comfort, opening our hearts, and soothing pain. It encourages balance, assurance, and tranquility.

Ylang Ylang -guides passion of love and true emotion. It may soften the hard-hearted and those who are judgmental to feel only goodness. It encourages self-confidence, awakening, joy and enthusiasm.

Nurture yourself with essential oils daily. Learn their gifts of love, power and effectiveness. Each essential oil has its own unique frequency and purpose. A blend always works synergistically to address more than one aspect of a condition.

Trust your nose or your gut feeling to lead you to the right essential oils. Pure authentic essential oils help raise our frequency and create infinite possibilities for healing our emotional mind and physical body. Lastly, our thoughts create our reality! Remember the Little Engine who said “I think I can, I think I can”, and he did!

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