

Vibrate from Fear to Love

Emotions vibrate from either fear or love. When there is a diagnosis of disease, fear is the first emotion that is felt. Feelings of anger, sadness, anxiety and depression come from fear. Quality essential oils help tame the brain, to a higher vibration of acceptance, gratitude and love. Having a choice is a high vibration. Take action to choose love and get the life you want.

Three steps to help make that lifestyle change:

1. Intention – Be clear of what you really want.
2. Attention– Focus on what you want to happen.
3. No Tension – Let go of the outcome. Surrender to what happens along the way, Do not focus on when or how (it will manifest as God sees fit). When we surrender and let God, magic happens. The sooner we learn to let go of the outcome, the happier we are, and the sooner we will manifest what we want.

Essential oils are not all created equal. Today every store has their brand of essential oils. Many of these oils are made from synthetic components. The truth is the FDA has no regulation for what companies put on their labels. Medicines have been formulated from the same plant components that are in essential oils. Be wise and learn how to use these marvelous missing links to wellness.

Internal use of EO's should be directed by a clinical aromatherapist or health care practitioner trained at an appropriate clinical level. One of the safest and effective ways to use essential oils is to inhale them. An ultra-sonic diffuser with a micro mist system is very effective in dispersing essential oils into the air, bringing love and healing effects into the room.

Immediate benefits from using quality essential oils regularly:

1. Lift the vibration of the immune system to become more efficient
2. Bring more oxygen to the blood
3. Release less cortisol (the damaging stress hormone)
4. Change negative thoughts
5. Tame the brain, calm and refocus
6. Clear the mind from unnecessary stuff
7. Become grounded to help make better decisions
8. Feel acceptance, appreciation, and gratitude for life.

February is heart month, both physically and emotionally. Think about sharing love in several ways. Breasts lie in the fourth quadrant of our body, just over the heart. Loving them with a gentle lymphatic self massage will help to balance, detoxify, promote lymphatic circulation, and soften them from fibrocystic tissue, all which will stimulate the immune system to ward off disease. This is not only an intelligent and beneficial act; it brings acceptance and gratitude, changing negative or fear based thoughts to a higher vibration of love.

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