

Energetic Aromatherapy



Aromatherapy

- Is the use of essential (or volatile) oils derived from plants
- Aromatherapy can be used:
 - To assist physical healing
 - To enhance mental function and mood
 - In personal care products and cosmetics
 - In cleaning and caring for the home

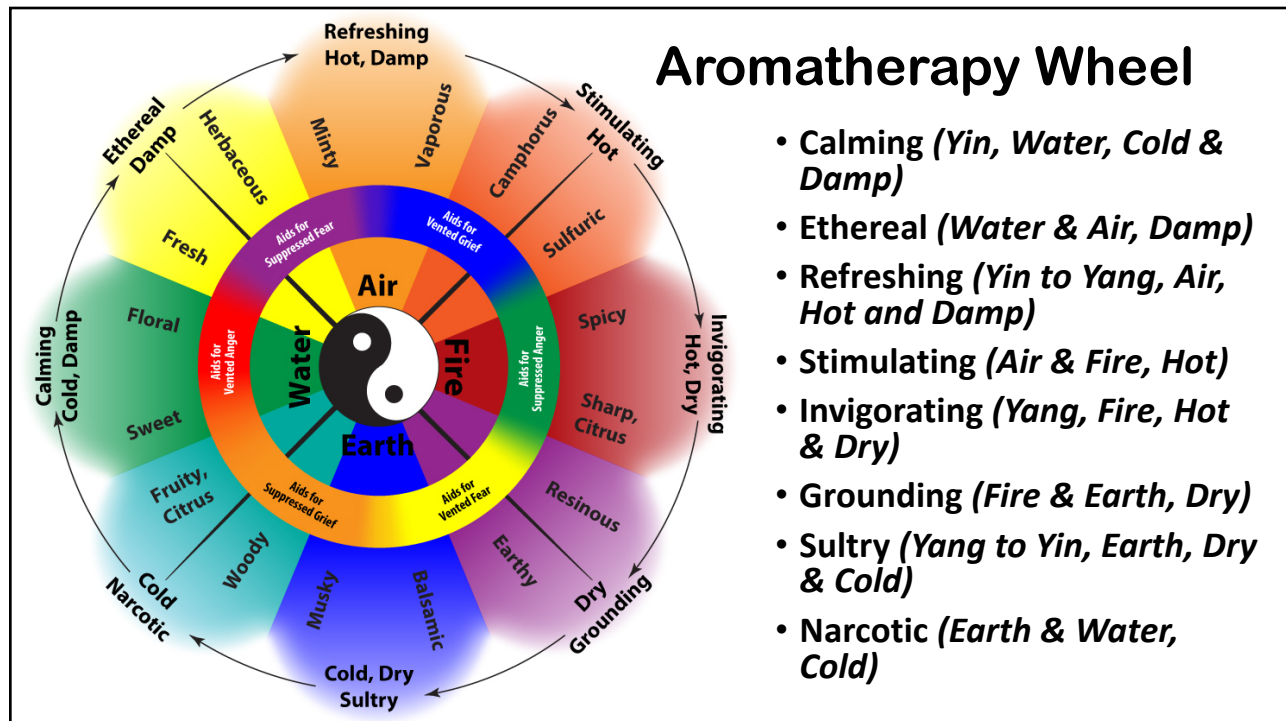


Aroma and the Brain

- The neurons responsible for the sense of smell are directly connected to the limbic system of the brain
- This is the emotional center of the brain
- It regulates hormones via the hypothalamus and activates other centers of the brain
- Smell directly affects hormones and neurotransmitters



How I Use Essential Oils in Emotional Healing Work



Fire and Water

Invigorating

- **Yang, Hot & Dry**
- **Qualities:** Enthusiastic, determined, outgoing, active, busy, driven, focused
- **Overcomes:** lack of direction, being wishy-washy, overly pleasing or yielding to others, discouraged, low energy and motivation
- **Promotes:** Action, activity and achievement

Calming

- **Yin, Cold & Damp**
- **Qualities:** Peaceful, flexible, relaxed, patient, tolerant, open hearted, yielding
- **Overcomes:** irritability, anger, impatience, feeling stressed, workaholic tendencies, intolerance, fanaticism, restlessness
- **Promotes:** Patience, tolerance and flexibility

Air and Earth

Refreshing

- *Air, Yin changing to Yang
Hot and Damp*
- Qualities: Renewed, revived, replenished, awake, unburdened, open, emotional free, generous, giving
- Overcomes: self-pity, toxic shame, victimhood, emotional paralysis, feeling burdened and weighed down
- Promotes: Renewal, change and release

Sultry

- *Earth, Yang changing to Yin
Dry & Cold*
- Qualities: Sensual, seductive, sexually passionate, embodied, stable, strong, solid, rooted
- Overcomes: tense, flighty, changeable, airy, airheaded, disconnected, ungrounded, overly idealistic, unembodied
- Promotes: Embodiment, sensory awareness and pleasure

Damp and Dry

Ethereal

- *Yin reaches fullness
Water & Air (Mist)*
- Qualities: Fluid, expansive, creative, imaginative, light, uplifted, open hearted, open minded
- Overcomes: Rigidity, dogmatism, materialism, addiction, obsession, feeling stuck, uninspired
- Promotes: Openness, imagination and flexibility

Grounding

- *Yang reaches emptiness
Fire & Earth (Brick, Pottery)*
- Qualities: Solid, practical, realistic, solid, stable, firm, physically connected
- Overcomes: Impractical, unrealistic, spacey, unaware, blinded, head in the clouds, ungrounded
- Promotes: Stability, awareness and realistic thinking

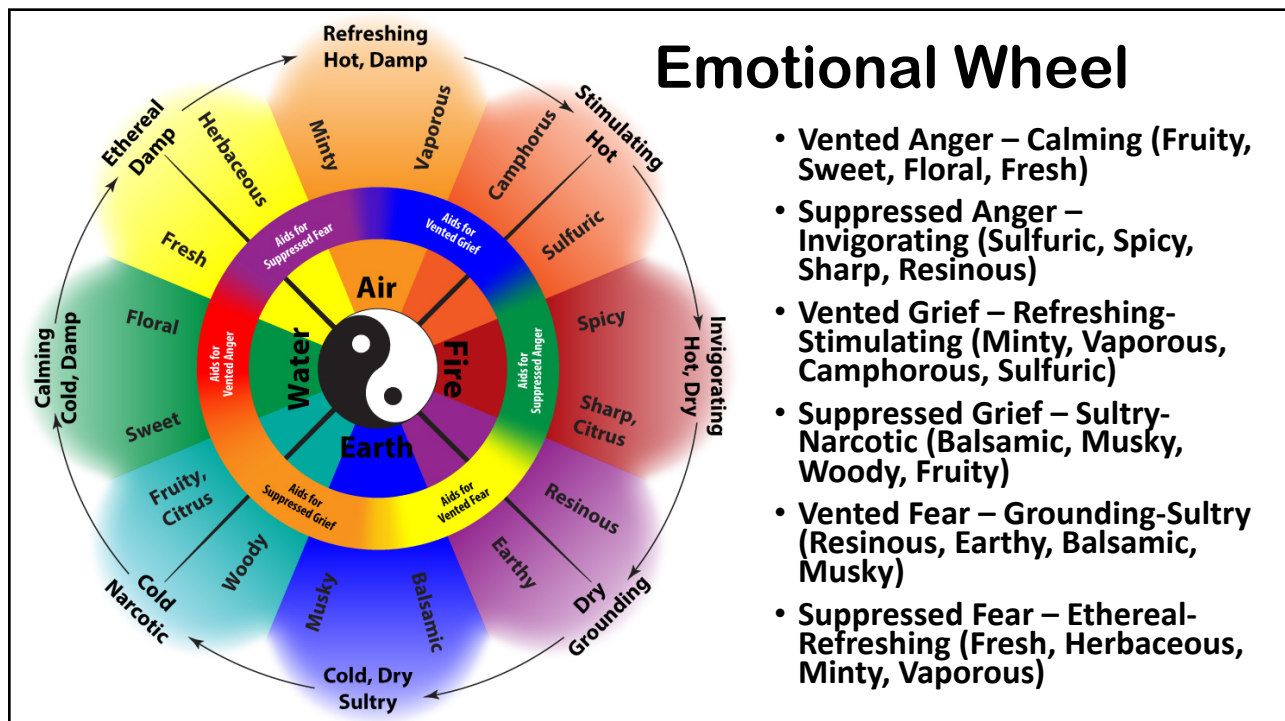
Hot and Cold

Stimulating

- *Yang initiating*
Air & Fire (Blaze)
- Qualities: Excited, stimulated, inspired, motivated, moving, warm, active
- Overcomes: Coldness, fatigue, feeling stuck, discouraged, unmotivated, procrastination, laziness
- Promotes: Taking action on ideas, getting started

Narcotic

- *Yin initiating*
Earth & Water (Mud)
- Qualities: Relaxed, calm, restful, quiet, still, peaceful, sedated
- Overcomes: Feeling overwhelmed, feeling overstimulated, excessively busy, restless, nervous, agitated
- Promotes: Relaxation, rest and stillness

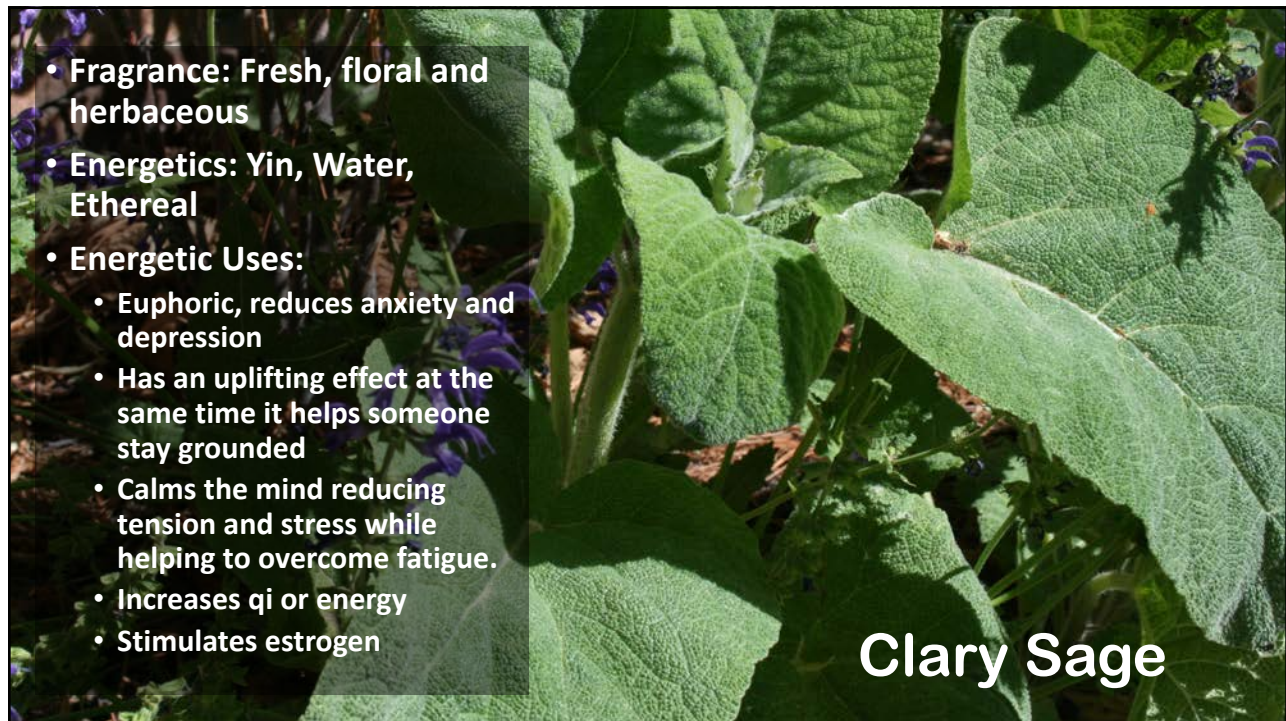


- **Fragrance:** Floral, fresh, herbaceous and slightly sweet
- **Energetics:** Yin, Water, Ethereal
- **Energetic Uses:**
 - Calms the mind and relaxes the body
 - Considered cooling and moistening in TCM terms, clearing fiery, stress-filled emotions like irritability and frustration
 - Helpful for both depression and anxiety because it has a balancing effect on the nervous system



Geranium

- **Fragrance:** Fresh, floral and herbaceous
- **Energetics:** Yin, Water, Ethereal
- **Energetic Uses:**
 - Euphoric, reduces anxiety and depression
 - Has an uplifting effect at the same time it helps someone stay grounded
 - Calms the mind reducing tension and stress while helping to overcome fatigue.
 - Increases qi or energy
 - Stimulates estrogen



Clary Sage

- **Fragrance:** Grassy (herbaceous), minty and slightly sweet
- **Energetics:** Yin Moving to Yang, Air, Refreshing
- **Energetic Uses:**
 - Slightly warming or stimulating, but feels cooling or calming at the same time
 - Helps people digest things, both physically, mentally and emotionally
 - Brain fog with indigestion
 - Clears stomach and head
 - Helpful for staying alert while driving, studying or doing any mental work
 - Overcomes mental fatigue while improving mental alertness and concentration.

Peppermint



- **Fragrance:** Vaporous (turpentine-like), refreshing and slightly sweet
- **Energetics:** Yin to Yang, Air, Refreshing
- **Energetic Uses:**
 - Helps to overcome fatigue, lethargy, depression, weakness and heavy feelings in the chest
 - Opens up the lungs, helps a person breathe freely and let go of shame, fear, guilt and sadness
 - Renews hope, confidence and self-acceptance
 - Particularly helpful for people who need to learn to forgive themselves
 - In TCM terms pine is warming and drying and tonifies or increases qi

Pine



Tea Tree

- **Fragrance:** Warm, spicy, vaporous odor
- **Energetics:** Yin to Yang, Air, Refreshing
- **Energetic Uses :**
 - It dispels cold feelings, meaning it helps to awaken and invigorate a person
 - Uplifts the spirit and promotes confidence, making it helpful for people who are shy, timid, fearful, struggling with feelings of victimhood and weakness
 - Strengthens those with a lack of vitality and poor general health
 - In TCM terms it strengthens defensive qi, helping a person stand up for themselves.



Eucalyptus

- **Fragrance:** Refreshing, camphoric odor
- **Energetics:** Yin to Yang, Air, Refreshing-Stimulating
- **Energetic Uses:**
 - Has an opening, cleansing and refreshing, that helps a person feel like they can breathe freely in life
 - Helps a person let go of negativity and the problems on the past and approach life with a renewed sense of hope, optimism and vigor
 - Relieves stifled, stuffy feelings





Marjoram, Sweet

- **Fragrance:** Camphoric, spicy and woody
- **Energetics:** Yin to Yang, Air-Fire, Stimulating-Invigorating
- **Energetic Uses:**
 - Muscle relaxant with a calming effect on the body
 - Anaphrodisiac, meaning that it diminishes the desire for sexual contact
 - Can ease obsession and emotional craving, promoting a more self-contained and self-nurturing personality



Thyme

- **Fragrance:** Turpentine-like, slightly spicy, woody and herbaceous
- **Energetics:** Yin to yang, Air, Earth, Invigorating, Grounding
- **Energetic Uses:**
 - A nerve tonic and mental stimulant helping to increase circulation to the brain, promoting mental focus, clarity and memory.
 - Dispels discouragement and despondency, aiding fortitude and vigor
 - Helpful for children who are disturbed because of family disharmony
 - Helps a person to be less dreamy and detached and more focused and logical.

- **Fragrance: Spicy, pungent**
- **Energetics: Yang, Fire, Stimulating**
- **Energetic Uses:**
 - **Helpful for people who feel devitalized and weak**
 - **Depression from extreme fatigue**
 - **Awaken the fire in a person, motivating them to get up and start doing something about their life**
 - **Stimulates testosterone**



Cinnamon

Clove Bud

- **Fragrance: strong, pungent, slightly woody and sweet odor**
- **Energetics: Yang, Fire, Stimulating**
- **Energetic Uses:**
 - **Invigorating, promotes a strong, self-assured and energetic state of being**
 - **Numbing to the nerves topically**



Lemon



- **Fragrance:** Fresh, sweet, sharp citrus
- **Energetics:** Yang, Fire, Invigorating
- **Energetic Uses:**
 - Uplifting and invigorating fragrance
 - Helps overcome mental fatigue, clear the mind and aid decision-making
 - Eases fears and insecurities, promoting feelings of confidence and a radiant, warm and sparkling presence

Lime



- **Fragrance:** Sharp, fruity citrus
- **Energetics:** Yang, Fire, Invigorating
- **Energetic Uses:**
 - Refreshing and uplifting
 - Helps to overcome physical and mental fatigue
 - Helpful for people who are apathetic and depressed

- **Fragrance:** Citrus with a grassy or herbaceous quality
- **Energetics:** Yang, Fire, Invigorating
- **Energetic Uses:**
 - Refreshing , energizing and uplifting
 - Promotes concentration, clear thinking and may help people who are sluggish in the morning, acting like a morning shower to wake up their body and mind



Lemongrass

Frankincense



- **Fragrance:** Resinous, turpentine-like odor that is refreshing and uplifting, but also grounding
- **Energetics:** Yang moving to Yin, Fire-Earth, Grounding
- **Energetic Uses:**
 - Eases feelings of stress and muscle tension, helping someone to relax and breathe freely
 - Traditionally used to help purify a person's environment, driving away negative or dark feelings
 - Helps reduce mental chatter, calming the mind
 - Helps one cut ties with the past and become more present and focused
 - Considered a valuable aid to prayer and meditation.

- **Fragrance:** Resinous, warm and spicy fragrance with a balsamic note
- **Energetics:** Yang moving to yin, Fire-Earth, Grounding
- **Energetic Uses:**
 - Promotes a sense of grounded awareness
 - Traditionally used to aid meditation
 - Helps people who are prone to worry or overthinking things, as well as those who are easily distracted
 - Helps a person find inner stillness and peace, uniting the mind, spirit and body.
 - Helps people who are restless and stuck in their lives, unable to decide a proper course of action to take action and move forward

Myrrh



Rosemary

- **Fragrance:** Fresh, woody-herbaceous odor with woody, balsamic undertones
- **Energetics:** Yang moving to Yin, Air-Earth, Invigorating, Grounding
- **Energetic Uses:**
 - Aids memory and concentration, keeping the mind alert, aware and active
 - Invigorating
 - Stimulates the circulation of energy (qi) and blood
 - Helpful for depression in the elderly



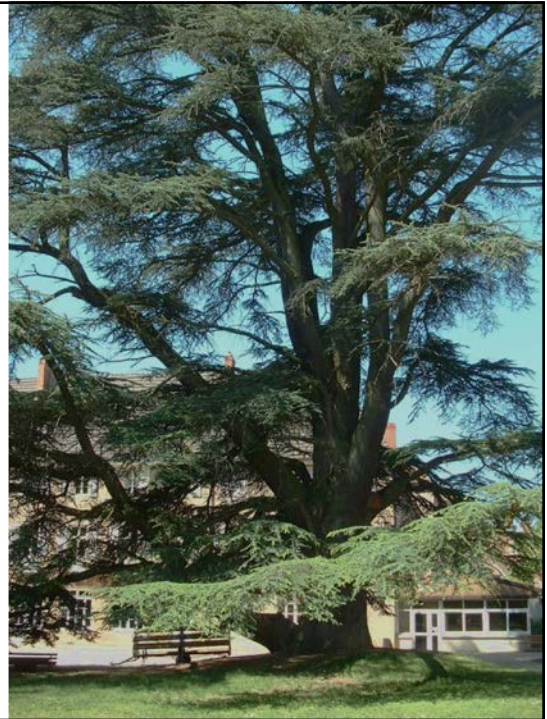
Cypress

- **Fragrance:** Sweet balsamic, with a refreshing or vaporous quality
- **Energetics:** Yang to Yin, Earth-Air, Sultry-Refreshing
- **Energetic Uses:**
 - Strengthening when one feels burdened or overwhelmed
 - Helpful for those who have lost touch with their own center and need to find calmness and strength in life
 - Can be helpful during times a transition in one's life, such as moving, changing jobs or the ending of close relationships



Cedarwood, Atlas

- **Fragrance:** Camphoric oil, with a sweet, woody undertone
- **Energetic:** Yang, Air-Fire, Stimulating-Invigorating
- **Energetic Uses:**
 - Strengthens qi and promotes a grounded strength and dignity
 - Strengthen a person's resistance to stress, reducing anxiety and tension, while promoting a calm, conscious mind
 - Can help a person stand up to difficult circumstances with strength and serenity



Sandalwood

- **Fragrance:** soft, woody, but sweet with a lingering balsamic note
- **Energetics:** Yin, Earthy, Narcotic
- **Energetic Uses:**
 - Calms agitated emotions
 - A cooling remedy, helpful for hot-headed people who tend to be angry, aggressive and irritable
 - Promotes a serene, aware state of mind by calming down mental chatter, helping a person to have control of their emotions and their direction in life
 - Aids prayer and meditation and helps developing a spiritual nature that is also grounded and practical



- **Fragrance:** Deep, woody, balsamic with a rich musk-like earthiness
- **Energetics:** Earth, Yang to Yin, Sultry
- **Energetic Uses:**
 - Deeply grounding and centering
 - Helps daydreamers and people who are too “up in their head” to stop overthinking or worrying
 - Aphrodisiac, promotes sensual feelings



Patchouli

Mandarin, Red

- **Fragrance:** sweet, citrus
- **Energetics:** Yin, Water, Narcotic-Calming
- **Energetic Uses:**
 - A playful fragrance, promoting the inner child
 - Helps uplift the spirits and promote joy
 - A good oil for children who are restless, distressed, hyperactive or suffering from upset tummies
 - Promotes a sweet, loving and kind disposition



Orange, Sweet



- **Fragrance:** Sweet citrus
- **Energetics:** Yin, Water, Narcotic-Calming
- **Energetic Uses:**
 - Reduces anxiety and nervousness
 - Helpful to children with indigestion or insomnia due to nervousness
 - Has a playful, joyous feeling
 - Helps people who take life too seriously and forget how to laugh
 - Promotes a friendly, playful and optimistic state of mind

Grapefruit, Pink

- **Fragrance:** Sweet, citrus
- **Energetics:** Yin, Water, Narcotic-Calming
- **Energetic Uses:**
 - Cooling and relaxing
 - Reduces muscle tension
 - Helpful for easing depression, stress and nervous exhaustion
 - Particularly helpful for the wintertime blues, when people feel depressed and lethargic in the dark months of winter
 - Helps to promote feelings of self-worth, self-esteem and euphoria
 - Helps people who tend to eat for comfort when they are under stress
 - May reduce testosterone



Helicrysum

- **Fragrance:** sweet, fruity, tea-like
- **Energetics:** Yin, Watery, Calming
- **Energetic Uses:**
 - Warming for people who feel emotionally cold, did not receive affection in childhood
 - Helps reconnect people with the earth, grounding
 - Increases dream activity and creativity
 - Helps heal deep emotional wounds



Chamomile

- **Fragrance:** Sweet, slightly fruity, floral
- **Energetics:** Yin, Water, Calming
- **Energetic Uses:**
 - Helpful for people who are peevish or irritable
 - Promotes a calm, sunny disposition
 - Good essential oil for easing stress and irritability in children
 - Calms the adrenal glands



Ylang Ylang

- **Fragrance:** Sweet, floral
- **Energetics:** Yin, Water, Narcotic-Calming
- **Energetic Uses:**
 - Calming effect on the mind and body
 - Reduces the rapid breathing and heartrate associated with irritability and stress
 - Promotes a calm, relaxed state
 - Helpful for people who are too harsh on themselves
 - Opens up sensual feelings, acts as an aphrodisiac



Bergamot



- **Fragrance:** floral, slightly citrusy
- **Energetics:** Yin, Water, Calming-Ethereal
- **Energetic Uses:**
 - Relaxing but uplifting at the same time
 - Helps anxiety and depression, especially when associated with low self-esteem and excessive self-judgment
 - Helps overcome core beliefs that one is bad or just not good enough

Rose



- **Fragrance:** Floral with a warm, slightly spicy note
- **Energetics:** Yin, Water, Calming-Ethereal
- **Energetic Uses:**
 - Has great affinity for the heart, opening up the heart and helping a person to release feelings of sadness, grief, anger or fear
 - Promotes feelings of calm, peaceful love
 - Helpful for those experiencing anxiety or depression due to emotional wounds, loss or heartache
 - Helps a person reopen up their heart to rediscover friendship and love
 - Promotes empathy and compassion for others
 - Comforting and gentle, yet warm and alive
 - A spiritual aphrodisiac, promoting warm intimacy and sexuality that is rooted in love

Lavender

- **Fragrance:** Floral, sweet and slightly herbaceous
- **Energetics:** Yin, Water, Calming-Ethereal
- **Energetic Uses:**
 - Can act as a sedative, helping to relax the body and promote sleep
 - Can also produce a refreshing, uplifting feeling when one is depressed or discouraged
 - Has been called the “mother” of essential oils, suggesting that it helps to nurture the person’s soul
 - Brings a relaxed, spiritual focus into our practical, day-to-day affairs

