



## Gifts of Love

There are many legends of the Wise Men and their three Gifts of Gold, Frankincense, and Myrrh. Why did they bring these gifts to Jesus? **Gold** is the color used to represent the "Son" or the divine spiritual essence which burns in each one of us.

**Frankincense** is an aromatic resin which is obtained from an extremely hardy tree called Boswellia which can grow in the most hostile, rugged and unforgiving environments. Today most is found in Africa and India. Frankincense symbolizes masculine essence, resilience strength, endurance, and sovereignty. Its pleasant aroma mixed with other oils to was used to anoint newborn babies.

**Myrrh** is a resin obtained from the thorny tree which grows in dry, arid desert regions. When the bark of this tree is cut open, its resin seeps out as a gum. Myrrh symbolizes feminine essence and was valued for its medicinal value, often used to disinfect and cleanse wounds.

Frankincense and Myrrh were most precious gifts during Jesus time. Gifts fit for a King!

As we look at the **precious gifts of love** that we have in today's essential oils we find they have the capability to **interrupt a pattern of stress in any system in the body?** When neurons do not fire together, an imbalance occurs. The norm for our culture is a stressful fight or flight life style. It keeps our bodies saturated with chemicals producing immune system depletion, digestive problems, cardiovascular overload, blood sugar problems, and a racing mind that doesn't allow a quiet sleep.

Using quality essential oils **regularly** can break the pattern of fight or flight of the sympathetic nervous system. This interference helps tame the brain, calm, refocus, and shift the energy instantly... a gift of love for our bodies.

Six important properties of Essential oils

**1. Quality produced essential oils are living substances** which raise electrical frequency of the human body. Frequency is the measurable rate of electrical energy flow that is constant between any two points. Studies show that quality essential oils have the highest frequency of any natural

substance. They have a direct impact on the immune system and bring about a feeling of well being and mental awareness.

2. They **take chemicals out of the air** by breaking the molecular chain.
3. They act as **natural chelators**, bonding to heavy metals and carrying them out of the body, through the circulatory and lymphatic system
4. Essential oils can increase our **sense of wholeness & connection** with Source.
5. They **stimulate the release of endorphins**, which help to relieve physical and emotional discomfort, and encourage a feeling of joy, and well being.
6. Essential oils have the **capacity to clear and balance emotional trauma** and negative patterns which the body holds in its subconscious. Quality essential oils can **interrupt** and cause a physical or emotional **pattern change**.

**Changing a pattern** is like erasing a groove- the deeper it is imbedded, the longer time it will take to erase. For some emotions we need only to bring them into our awareness to release them, while others are more deeply rooted emotions require more time and attention.

**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.



A **quality diffuser** is an important consideration. A diffuser with drops of essential oils will emit a cool micro mist that stays suspended and continues to benefit with essential oil therapeutic qualities long after the diffuser is off.

**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.

**Use essential oils for the effect, (interruption)** you want: Use essential oils to relax after a long day or use them to refresh and recharge so you can do the important things in your life. Some oils are uplifting and energizing; others are calming and sedating.

Three steps will help to bring you to an enlightened state of love, gratitude and appreciation.

**1. Balance of giving and receiving.** We all know people who constantly give, draining their body and depleting their immune system with stressful situations. It's time to tune into your body. What is it telling you? Listen, and be conscious of the messages you receive. Chronic fatigue, an accident or an illness is usually a sign to change directions. Take time to re- evaluate. Where am I going? What do I really want? What am I doing for my highest good?

**2. Balance of nurturing yourself as well as others.** Take time for do things you love to do. Take a walk out in nature, smell the flowers, go for a massage, join a yoga class. Take a step back to nurturing others and give it to yourself.

**3. Balance time spent with others and time to be alone and happy with your own company.** Learn to be independent of others. Know that you are qualified to do anything you set your mind to do. If you can create it in your thoughts, you can create it in your actions and successes. Let go of limited thinking that there is only one way to accomplish a task. Take what you already know and move forward with it.

**Our thoughts and emotions have frequency.** Our thoughts and beliefs are heavily influenced throughout our childhood and by age ten our conditioning about health and disease is already in place. This conditioning is then shaped by what we think and say to ourselves. For instance, a deadly and depressing idea of breast cancer can remain in our thoughts and we continue to live in fear. Thoughts like this can lower immunity, increase the likelihood of inflammation and cell abnormalities throughout the body, and may even block treatment.

When we learn to express your emotions fully by journaling and speaking out, we raise our vibration to a higher frequency. The heart, lungs, breasts, throat and shoulder areas are in the fourth emotional center. The health of this area of the body is affected by your ability to express emotions fully. **Forgive yourself** all the things you thought you did wrong. Feel everything. Be honest about your feelings and speak out what you feel. Don't hold back and do get it off your chest!

We respond to thoughts and prayers of others, whether we are aware of it or not. Likewise, our body can respond to the use of essential oils whether we are aware of it or not. Essential oils used with positive thoughts, prayer and intent help to heal best.

A vibration chart shows how emotions can change with the use of essential oils. Very low frequency emotions are anxiety, fear, guilt, depression, or grief. Essential oils to **help raise vibrations** at this low level are: *Lavender, Orange, Tangerine, Cedarwood, Ylang Ylang, Frankincense, Marjoram, Geranium, R.Chamomile, Clary Sage, and Sage*

~ **Slightly higher frequency emotions** are: being angry, judgmental, discouraged or seeking revenge. Essential oils to help here are: *Cypress, Clary Sage, Lemon, Ylang Ylang, Chamomile, Mint.*

~ Emotions with **somewhat higher frequency** are: frustration, boredom, impatience, worry or doubt. Essential oils to use for these emotions are: *Frankincense, Ylang Ylang, R.Chamomile, Lavender, Orange.*

~ **Even higher emotional frequencies** are: contentment, ease, positive belief, hopefulness, or feeling optimistic. Some essential oils suggested here are: *Eucalyptus, Clary Sage, Rosemary, Lavender, Orange, Cedarwood.*

~ **At the top of the scale of emotional frequencies and allowing 100 % of what we want** are: *Passion, Choice, Wisdom, Enthusiasm, Trust, Gratitude, Joy, Bliss, and Love.* Essential oils to keep us at this highest vibration are: *Frankincense, Geranium, Jasmine, Ylang ylang, Geranium,*

*Palmarosa, Rose.* Notice that many of the oils are repeated at any frequency level to help raise the vibration.

**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.

## 15 Gifts of love –Essential oils that Balance and Raise Frequency

**Cedarwood** - encourages the strength we need to continue our pathway, and urges us to hold fast to our dreams, helping bring our hopes to reality. **It** encourages the spirit to have focus, concentration, balance, persistence, confidence. It has a warm woody scent.

**Clary Sage** - teaches us to be satisfied with our achievements and bring the realization that most problems exist in our imagination and understand they will be resolved eventually. **It** encourages calmness, confidence, grounding, tranquility, balance, and restoration. It has a sweet piercing, nutty, floral-like scent.

**Cypress** - has frequencies that are in transition between the physical and the spiritual and bring comfort to the heart. **It** encourages comfort, change, assertiveness, understanding, balance, stillness, confidence, inner peace, stability, patience. It has a warm, spicy, sweet balsamic scent

**Grapefruit** – encourages joy, positivity, confidence, alertness, generosity, spontaneity, and cooperation. Its purpose is to awaken the mind and allows us to connect with our inner spirit. It has a warm sweet fresh citrus aroma.

**-Frankincense** - adapts and supports a wide range of circumstances. **It** promotes deep breathing, elevating, spiritual, meditative thoughts and inspiration. **It** helps emotional stability, protection, courage, and acceptance. This gum is distilled into a clear oil with a distinctive woody, spicy aroma.

**Lavender** - is a universal oil. It is caring, cherishing, and nurturing. **It** encourages security, gentleness, compassion, reconciliation, vitality, clarity, comfort, acceptance, awareness and emotional balance. It is flowery, herbal, with a balsamic, woody undertone.

**Lemon** - clarifies everything through uplifting and focus, so we can become centered to experience precious thoughts. **Its** fragrance enables our meditations to be deeper and our prayers to take flight, encourages clarity, direction, awareness, concentration and liveliness. It has a citrus scent.

**Myrrh**-releases fears, difficult or painful experiences. It allows us to be more accepting, trusting, and non –judgmental of ourselves. Myrrh opens the heart chakra and is uplifting to the mind. It

relieves stress and helps the body relax. Place it on the heart to embrace relationships with self and others. It has a warm, woody, uplifting aroma.

**Nerolina** – an Australian Oil, with antibacterial and antifungal properties lifts the spirit while it regenerates cells. **It** harmonizes several oils in a blend. It has a slightly woody green aroma

**Orange**- has the adaptability to pick us up when we need a lift or calm us down when we are over anxious. **It** conquers fears of letting go, and obsessions. It encourages joy, uplifting, creativity, positively, and self confidence. It has a fresh sweet citrus scent.

**Roman Chamomile** –encourages stillness, calmness, softness, gentleness, spiritual awareness, relaxation, emotional stability, inner peace understanding, and cooperation. **It** helps calm mind and body and soothes the digestive system. Often used in a blend with Lavender or Geranium, Clary Sage or Lemon. It has a warm, fruity, herbal scent

**Rose Absolute**– vibrates with the energy of universal love, operating in the light of unconditional love and giving. **Rose** encourages contentment devotion inner vision, happiness, inner freedom, acceptance completeness patience love and purity. It has a flowery rosy fresh scent.

**Rose Geranium** - resonates with Mother Earth. It offers comfort, opening our hearts and memories, and healing pain. **It** encourages regeneration, balance, assurance, and tranquility. It has a sweet rose scent.

**Rosemary** - helps us to do what we need to, on our spiritual pathway, and to assist others along their way if we are asked to do so. **It** encourages uplifting, clarity, stability, concentration, purification and awareness. It has a woody, herbaceous aroma.

**Ylang Ylang** - shields and guides the passion of love and true emotion. It may soften the hard-hearted and those who are judgmental to feel only goodness. **It** encourages uplifting self-confidence, awakening, calmness, joy and enthusiasm. Its scent is a beautiful intense sweet floral, soft, balsamic, somewhat spicy, creamy and rich.

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.



**Healthy Girls Breast Oil** is created with clear Jojoba oil infused with 8 therapeutic essential oils: Lemon, Orange, Lavender, Geranium, Frankincense, Nerolina, Marjoram and Rose. As you apply Healthy Girls with a **loving lymphatic breast self-massage**, you raise your vibrational frequency, to help balance, detoxify, and stimulate your entire immune system.

### **3 immediate benefits you receive from using quality essential oils**

1. Your immune system becomes more efficient, your body will release less cortisol (damaging stress hormone), and you'll breathe regularly to get more oxygen rich blood.
2. You can alter negative thoughts and raise them to a higher frequency
3. Clearing all that mental stuff and becoming grounded in the moment helps to make better decisions.

Only when we are aware and conscious can we receive the gifts of experience with love. Pure authentic essential oils help raise our frequency and create infinite possibilities for healing our physical body, our emotional mind, and our spiritual being.

References:

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[The Fragrant Mind](#) by Valerie Ann Woewood

[Simple and Essential](#) by Cathy Gileadi

[Releasing Emotional Patterns with Essential Oils](#) by Carolyn L. Mein D.C

[Aromatherapy- A Complete Guide to the Healing Art-Kathy Keville and Mindy Green Reference](#)

[Guide for Using Essential Oils](#) by Connie and Alan Higley

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