

Raise Your Vibration and Frequency

Do you remember in grade school science class learning that everything vibrates? There is a subtle energy that flows through everything, sometimes referred to Chi, or life force, or vibrational frequency. Each periodic motion has a frequency (the number of oscillations per second) that can be measured.

Studies show that therapeutic essential oils have the highest frequency of any natural substance and can bring about a radiant well being, heightened mental awareness, and an awakening of the universe. We can change our emotional responses by changing thoughts, attitudes and by just being more aware of what is going on around us.

We know essential oils have wonderful physical healing effects on the body. Did you know that virtually every chronic ailment has an emotional component, which the body holds in its subconscious?

Changing an emotional pattern or vibe requires understanding the issue and how it affects our life. Understanding why we are experiencing the problem, what we could experience instead, and what we need to do to 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.

EFT, Emotional Freedom Technique, has proven to be very effective to release deeply stored emotions. We learn to tap away physical and emotional discomforts. Breathing with exaggerated breaths is yet another way to open and release stored emotions, change consciousness, sensitivity and feelings to bring in empathy and trust.

Therapeutic essential oils are an important consideration to help us change our emotional vibes. Oils can be used in combination or singly. Learning how single species oils work in our body systems gives us better knowledge when we choose a blend. Blends are wonderful because they work synergistically, dealing with more than one aspect of a condition.

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. Research has shown that people surrounded with pleasant scents enjoy higher self-esteem. By inhaling an essential oil combination that lifts our heart and makes us feel relaxed and happy, we actually enhance our whole immune system!

An easy way to inhale the oils is to put a few drops in the palms of the hands and inhale. Diffusion is a wonderful gentle way to administer essential oils. A diffuser will disperse the essential oils into a micro mist that will stay suspended for several hours to reduce bacteria, fungus, mold and freshen the air with healing properties.

Absorption through the skin in a massage, bath or compress is a very effective. It is recommended to use a carrier when applying essential oils to the skin. A carrier is a lotion, body oil, bath salts, shampoo, bubble bath, liquid soap, or unscented skin care product.

A few ingredients to avoid:

Synthetic scents may cause allergic reactions; mineral oil or petrolatum have too large a molecular weight to be absorbed into the skin; propylene glycol, a systemic, ingredient, used as a humectant in personal care products, lotions, and baby products, may cause skin irritations.

Once beneath the skin, essential oils go to the intercellular fluid surrounding the skin cells and enter the blood stream. They travel to the internal organs and the lymphatic system where they aid the immune system. This is how essential oils stimulate the body's own natural defense systems.

7 Unique properties of essential oils

1. Properly produced essential oils are living substances which raise electrical frequency levels of the human body to levels at which disease cannot exist.
2. They take chemicals out of the air by breaking the molecular chain. A quality diffuser is helpful here!
3. They act as natural chelators, bonding to heavy metals and carrying them out of the body.
4. They stimulate the release of endorphins, relieving physical and emotional discomfort, and promote a feeling of joy, and well being.
5. Certain essential oils have the capacity to clear and balance emotional trauma and negative emotional patterns which are the roots of a large number of diseases.
6. Essential oils can increase our sense of wholeness and connection with Source.
7. They benefit on all levels –physical, emotional, mental, and spiritual

Balancing Body Frequency with Essential Oils

Frequency is the measurable rate of electrical energy flow that is constant between any two points. A frequency monitor was developed by Dr. Rife. His research showed essential oils with certain frequencies prevent the development of disease and that others would destroy diseases. Substances of higher frequency would destroy diseases of lower frequency! Disease and emotional trauma can be disrupted with the use of essential oils.

Our thoughts and emotions have frequency. We respond to the thoughts and prayers of others, whether we are aware of it or not. Negative thoughts lower body frequency in 3 seconds. Essential oils used with positive thoughts, prayer and intent help to heal best. They raise frequency in 21 seconds.

~ **Emotions having very low frequency** 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, Chamomile, Clary Sage, and Sage,

~ A little 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.

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

~ Even higher 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 frequencies and allowing 100 % of what we want are: Passion, Choice, Wisdom, Enthusiasm, Trust, Gratitude, Joy, Bliss, or 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 raise the vibration higher!

As we work with our emotions our best guide is our intuition. Listen to your heart! 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, as you feel the energy, or hear the thoughts, trust and be confident you will choose the essential oils you need for your well being.

I created a few guidelines to get started.

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

Roman Chamomile –Encourages stillness, calmness, softness, gentleness, spiritual awareness, relaxation, emotional stability, inner peace understanding, and cooperation

Roman Chamomile helps calm mind and body and soothe the digestive system. Often used in a blend with Lavender or Geranium, Clary Sage or Lemon.

Clary Sage - teaches us to be satisfied with our achievements and brings the realization that most problems exist in our imagination and understand they will be resolved eventually.

Clary Sage encourages calmness, confidence, grounding, tranquility, balance, and restoration.

Cypress - has frequencies that are in transition between the physical and the spiritual and brings comfort to the heart. **Cypress** encourages comfort, change, assertiveness, understanding, balance, stillness, confidence, inner peace, stability, patience

Frankincense - adapts and supports a wide range of circumstances. **Frankincense** promotes deep breathing, elevating, spiritual, meditative thoughts and inspiration. It helps emotional stability, protection, courage, and acceptance.

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

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

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. **Lemon** encourages clarity, direction, awareness, concentration and liveliness. It has a citrus scent.

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

When several oils are blended together, each having a different frequency, they work synergistically and we get to experience healing in more than one aspect of a condition. Such as Healthy Girls Breast Oil which was created to Nurture and Protect Breast Health.

Healthy Girls Breast Oil has 8 therapeutic essential oils in a base of clear Jojoba oil, which is anti inflammatory and most like the oil in your skin. There is Lemon, Orange, Lavender, Geranium, Frankincense, Nerolina, Marjoram and Rose. As you apply Healthy Girls with a loving lymphatic self breast massage, you whole heartily raise your vibrational frequency.

3 immediate benefits you receive from using quality essential oils regularly:

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. Pure authentic essential oils help to raise our frequency and create infinite possibilities for healing our physical body, our emotional mind and our spiritual being.

How can it get any better than this? What are the possibilities?

References: Aromatherapy for the Soul by Valerie Ann Worwood
Simple and Essential by Cathy Gileadi
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