

# Healthy Spirituality

## Introduction to Essential Oils



*“We will not tire of explaining that each plant and tree is a physical body of an elemental of nature who is preparing to one day enter into the animal kingdom and later into the human kingdom.”*

*~ V.M. Samael Aun Weor, Igneous Rose*



# What Are Essential Oils?

- Many cultures around the world have used essential oils.
- A volatile & aromatic liquid with healing properties.
- First mention of them is in 4,500 BC
- Seeds, bark, leaves, stems, flowers, fruits and roots
- Concentrated, antiseptic, oxygenate cells, disinfectant, removes toxins, antiviral, antifungal, antibacterial, immune stimulant

# Essential Oils

- The *Essence* of the plant
- Contain highly oxygenating molecules
- Deliver nutrients directly into cell nucleus.
- Foundation of the immune system of a plant
- Circulate throughout the plant; (unlike fatty or vegetable oils)
- More potent than herbs
- Possess a homeostatic intelligence



***Is any sick among you?  
Let him call for the  
elders of the church; and  
let them pray over him,  
anointing him with oil in  
the name of the Lord.”  
-James 5:14***

# What is Aromatherapy?

- Aromatherapy is the practice of using the natural oils extracted from flowers, bark, stems, leaves, roots or other parts of a plant to enhance psychological and physical well-being; to balance, harmonize and promote the health of body, mind and spirit.
- It seeks to unify physiological, psychological and spiritual processes to enhance an individual's innate healing process.
- The inhaled aroma from these "essential" oils is widely believed to stimulate brain function. Essential oils can also be absorbed through the skin, where they travel through the bloodstream and can promote whole-body healing.

# How are they extracted?

- Essential Oils are extracted several different ways – steam distilled, cold pressed (rinds of citrus oils), resin tapped (sap from certain shrubs or trees), or solvent/chemical extracted.
- Solvent extraction is a very cheap method, however the solvent will mix with the EO in the final product.



# Essential Oils vs Drugs

## Essential Oils

- Crafted in nature
- Diversity of each batch
- Alive after distillation
- Intelligent discrimination
- Clean receptor cells
- Reprograms DNA
- Heals the body



## Traditional Drugs

- Crafted in a laboratory
- Methodically controlled
- Sterile
- Indiscriminate
- Mask the problem
- Disrupts DNA
- Causes more harm than good

# Grades Of Essential Oils

## Therapeutic Grade

Safe for Internal Use  
Pure & Unadulterated

## Natural/Food Grade

Organic & Certified oils  
Can still have chemicals

## Perfume Grade

Extended or altered oils  
Contain chemical & solvents

## Low Quality

Synthetic or nature-identical oils  
Used in skin & hair products



# PURE THERAPEUTIC GRADE

- 🔥 **PURE**—natural, no artificial ingredients, fragrances, or fillers
- 🔥 **SAFE**—Certified to be free of pesticides and other chemical residues
- 🔥 **POTENT**—Standardized active compounds

# The Truth About Oils

Adulterated, cut or synthetic oils will not create the desired results and may even produce harmful effects.



mountain rose herbs<sup>®</sup>  
n



Stillpoint  
Aromatics



ROCKY  
MOUNTAIN  
OILS



PLANT THERAPY  
100% PURE ESSENTIAL OILS



F L O R A C O P E I A



YOUNG LIVING<sup>™</sup>  
ESSENTIAL OILS



Oshadhi  
Passion for Nature



dōTERRA<sup>®</sup>



# Caring For Essential Oils

- Store out of sunlight
- Always keep in a blue or amber colored bottle
- Keep lid on so oil doesn't evaporate and oxidize
- Do not leave oils in the car during the summer



# Ways to Enjoy Essential Oils

1. **Internally** – in a liquid or a vegetable capsule.
2. Rub **topically** on location, with or without a carrier oil.
  - Oils are in the blood in 3 seconds
3. **Breathe** through the nose.
  - Access to limbic system on the brain, emotions.
4. **Diffusing** into the air cleans the air, kills bacteria, viruses, mold etc. Effects the mood in the room

# DIFFUSERS



# Benefits of Using an Oil Diffuser

- Diffusers disperse essential oils as a fine vapor throughout the air so they can be absorbed gently into the body through the respiratory system.
- The aroma can prompt the nervous system to transmit signals to the limbic system in the brain – the same part of the brain that houses emotion and memory.
- The brain may respond by initiating various physiological functions, such as a release of hormones, relief from pain, or a positive boost in mood.

- For restful sleep – diffuse lavender, Roman chamomile, spikenard, neroli, mandarin or sweet marjoram in the bedroom for 15 minutes before bedtime.
- During times of colds and flu, try diffusing thyme, eucalyptus, rosemary, manuka or ravintsara.
- Cinnamon and clove are excellent for cold prevention, and smell lovely with a bit of orange added.
- Lemongrass, tea tree, eucalyptus, oregano and juniper are specific for air purification, and can also help to clear the air of the smell of mildew.
- Mental clarity is supported by peppermint, basil, lemon or rosemary. These are great choices to diffuse while studying or working on a project.
- For uplifting mood enhancement, clary sage paired with any citrus can work wonders. For stress relief, add geranium and lavender.
- To promote some romance, try jasmine, ylang ylang, rose, sandalwood or patchouli.
- Nervousness can be soothed with neroli, frankincense, petitgrain, chamomile or melissa.



## **Sick people must smell their zodiacal perfume on a daily basis**

Aries: perfume of Myrrh

Taurus: perfume of Costus root

Gemini: perfume of Mastic

Cancer: perfume of Camphor

Leo: perfume of Frankincense

Virgo: perfume of White

Sandalwood

Libra: perfume of Galbanum

Scorpio: perfume of Coral

Sagittarius: perfume of Aloe

Capricorn: perfume of Pine

extract

Aquarius: perfume of Spikenard

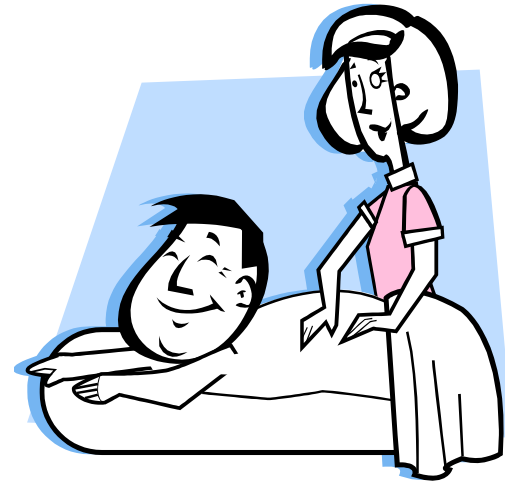
Pisces: perfume of Thyme

The whole organism of the sick person vigorously reacts when under the activity of the scent of his own zodiacal perfume.

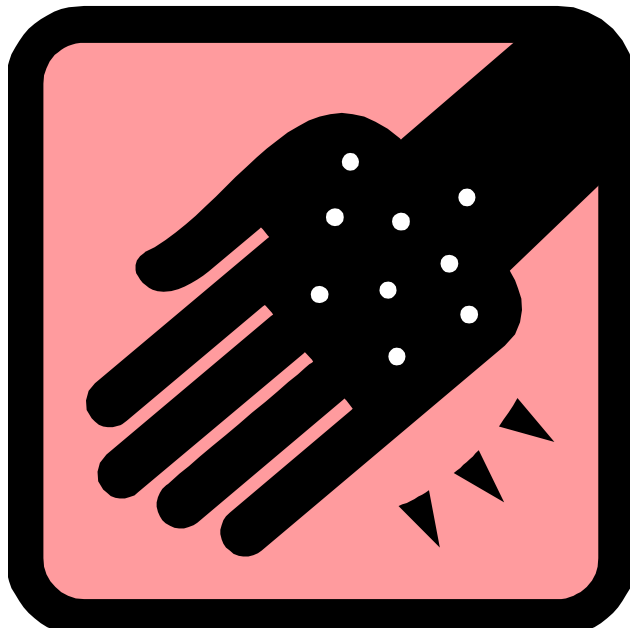
~ Esoteric Medicine and Practical Magic, a book by Samael Aun Weor

# Why Dilute?

- With therapeutic essential oils less is more
- Cheaper
- Works like a time release capsule
- Greater surface area is affected



# Diluting Cools



Some essential oils  
are “hot.”

To cool an essential oil  
add a fatty vegetable  
oil. Never water,  
because oil and water  
don't mix.

# How Do You Dilute?



You can dilute by putting carrier oil in a dropper bottle with 15-30 drops of EO.



Make a roll on the same way as a medicine dropper.



Add carrier oil to a vegetable capsule with 1-3 drops of EO.



Place carrier oil in palm of your hand and add 1-3 drops of EO to nickel size carrier oil.

# Essential Oils Detox

When using essential oils make sure to drink plenty of water. Essential oils are detoxifying, even when only inhaled.



# Applying Essential Oils

1 drop of essential oil on our skin:

- Takes 2 minutes to reach blood stream
- 20 minutes until it has affected every cell in body
- Is metabolized in 2 hours
- When inhaled it reaches our brain in 22 seconds

*Frankincense must be  
used by all the devotees of  
the path.*

*- Samael Aun Weor*

*We also recommend olibanum (frankincense) to create a devotional atmosphere in the nuptial chamber. Husband and wife should live in the midst of perfume and love.*

*Incense and perfume burn delightfully in all Hindu, Parsi, Jain, Shinto temples, etc. Incense and perfumes were never absent from the temples of Greece, Rome, Persia, etc.*

*The devotee needs much purification and sanctification in order to reach illumination.*

*~ The Perfect Matrimony (1950) by Samael Aun Weor.*



# Frankincense

- Authentic frankincense is obtained from the olibanum tree. It contains great elemental powers.
- These elementals use yellow tunics and their mantra is “Alumino.”
- We can invoke these elementals with this mantra, so that they can prepare the atmosphere of frankincense...
- The angel who governs these elemental creatures resembles a bride clothed with a wedding dress...
- When frankincense is applied to the forehead, it has the power to make a headache caused by strong mental preoccupation to disappear.

# Frankincense

- Anti-depressant, muscle relaxant
- Increases spiritual awareness, promotes meditation, improves attitude and uplifts spirits, first oil of the day
- Mix with lavender for skin tags
- Rub on chest and over lungs for respiratory support
- Powerful skin beautifier
- Rub on feet for immune system support
- Breathe deeply for emotional support
- Diffuse for overall body support
- Depression
- Brittle nails
- Warts
- Insect bites
- Cancer treatment
- Stretch Marks
- When in doubt, use Frankincense!



# Lavender

- Swiss Army Knife & First Aid Kit
- Calming effect on the central nervous system
- Known as an adaptogen
- Highly regarded for skin and beauty
- Soothes and cleanses common cuts, bruises and skin irritations



# Lavender



- Rub on paws for overactive pets
- Use for acne, dandruff or diaper rash
- Use during labor to reduce maternal anxiety
- Breathe deeply to reduce stress, allergies & hay fever
- Use as an insect & flea repellent or on insect bite or bee sting to reduce swelling & itching
- Few drops on wet cloth in dryer to deodorize and freshen laundry
- Mix several drops with V-6 and use topically on eczema and dermatitis
- 2 - 4 drops over the armpit area as a deodorant

# Lemon

- 65% d-limonene, studies reveal this protects cells of the body from cancer & cleanses liver
- Supports clarity of thought, improves memory, decreases depression & anxiety
- Helps dissolve cholesterol and fats
- Expels intestinal parasites
- Disinfectant, stain remover & water purifier
- Removes gum, oil, crayons, and grease spots



# Lemon



- Add 1-2 drops to water glass
- Diffuse to uplift emotions
- Use a drop on hands after using public restroom
- 2 drops topically to clear athlete's foot
- Use on corns, calluses, bunions or warts
- Alkalize your body, raising it from an acid state prone to sickness, into a slightly alkaline state of balance, a healthy ph.

# Peppermint

- Purifying and stimulating to the conscious mind
- Dr. William Dember, University of Cincinnati, inhaling peppermint oil increases mental accuracy by 28%
- University of Kiel researchers found that it blocks headache pain
- Alan Hirsch, M.D. researched peppermint's stimulation of the brain's satiety center to curb appetite



# Peppermint

- Reduces fevers
- Use before and during workouts to invigorate muscles and reduce fatigue
- Mix in footbath to relieve sore feet
- Apply topically to reduce pain associated with inflammation
- Rub 4-6 drops over abdomen to relieve indigestion, flatulence, diarrhea and nausea
- Helps relieve morning sickness
- Great to flavor food
- Kills aphids in garden and deters ants





# Elemental Magic of Peppermint

- The elemental department of the peppermint is intimately related with the three runes AR, TYR, and MAN.
- The peppermint is intimately related with the Akashic records of nature.
- The mantras of the peppermint permit us to remember our past reincarnations.
- These mantras are “Raom Gaom.” These mantras can be vocalized mentally during the retrospection exercises performed in profound Meditation, in order to remember our past lives.
- The mantras Raom Gaom permit us to open the closed records of nature’s memory in order to remember our past reincarnations.
- This is the elemental magic of the peppermint.

# Everyday Oils Support Our Body System

## Endocrine System

Frankincense

## Muscular/Skeletal System

Peppermint  
Lavender

## Immune System

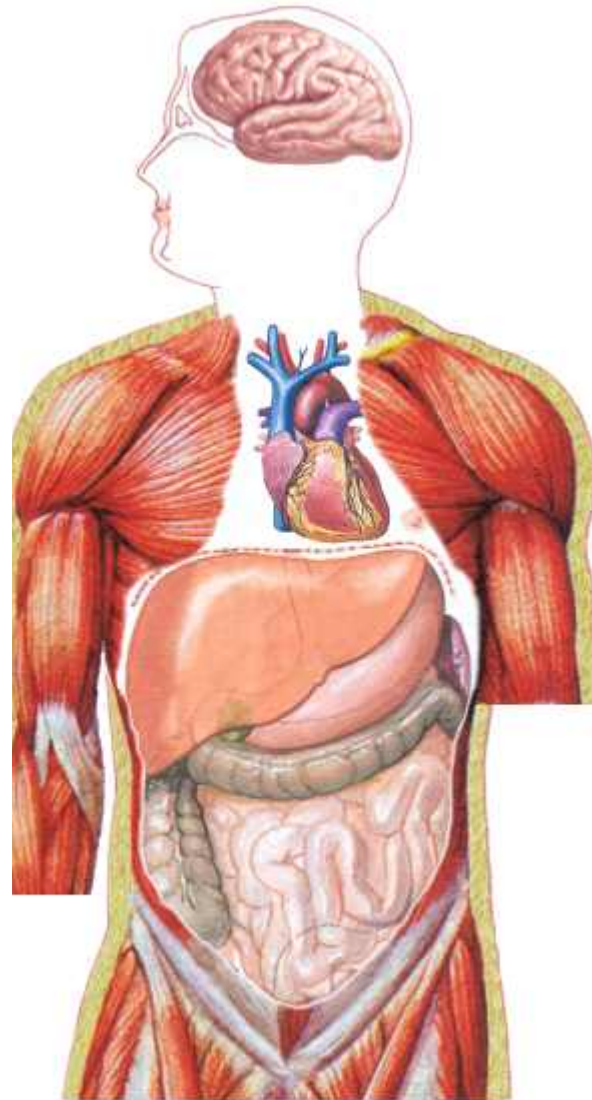
Lemon  
Frankincense

## Digestive System

Peppermint  
Lemon

## Skin and Hair

Frankincense  
Lavender



## Nervous System

Frankincense  
Lavender

## Emotions

Lemon  
Frankincense

## Respiratory System

Frankincense  
Peppermint

## Cardio Vascular System

Lavender  
Lemon

*“For every human illness, somewhere  
in the world there exists a plant  
which is the cure.*

*-Rudolph Steiner*



# Disclaimer

This information is intended for educational purposes only. These statements have not been evaluated by the Food and Drug Administration.

These products are not intended to diagnose, treat, cure or prevent any disease. Anyone suffering from any disease, illness or injury should consult with a physician, naturopath, or herbalist.