



# Heal Your Body, Balance Your Emotions, Open Your Heart and Mind with the Use of Essential Oils

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Essential oils and the subject of aromatherapy involves our sense of smell and our connection to nature. Aromatherapy is a technical subject that involves many facets including medical science, nursing, body work and counseling, aesthetics, perfumery, olfaction research, chemical analysis, plant cultivation, oil extraction, and herbal medicine.

In order to make this blend one needs to have a good understanding of botany, chemistry, blending terminology, application techniques, psychology and have a good sense of smell. One must also be prepared to work on oneself physically; emotionally and spiritually in order to gain insight into oneself and one's own disorders, conditions and diseases. It is only through having compassion with oneself that one can have compassion for another person. You have to have healed your own heart before you can heal the heart of another.

Your health really depends on the balance between your physical, emotional and spiritual self as well as your heart. In the physical realm it really depends on your constitution, your ancestry and your lifestyle. Fate and destiny probably have something else to add. Conditions that will affect you also depend on your body type. Larger people are often affected by different conditions (often more physical) as opposed to thinner people who are often affected by their emotions and nervous system. This is an over-simplification but it all depends on the absence or over-abundance of fluids and the movement of these fluids in the body, that include lymph, blood, bile and water.

Balance is the key and when you are balanced you put yourself into the healing zone physically, emotionally and spiritually. If anything, essential oils (either inhaled or placed on the body) combined with bodywork will assist one to be more balanced and self-healing begins when you feel balanced. No matter if your energy is depleted or excessive, aromatherapy will even out your energy allowing the body to regenerate. This happens through a combination of inhalation and application through baths, body care, skin and hair care.

It is my belief that all physical conditions are a result of a combination of how one feels spiritually and emotionally and how this manifests into physical ailments. In order to process complex emotions one must have a strong physical body and the goal is to become free of physical pain in order that we can focus on becoming healthy in our emotions and spirituality.

The essential oils that are suitable for our physical bodies are the yang oils that are energy rich, anti-infectious and movers of energy in addition to being antiseptic, anti-inflammatory, mucolytic, expectorant and antispasmodic. The oils are derived from all aspects of the plant specifically the root, seeds, wood, leaves and fruits. Blends of oils are normally higher in dosage in these cases, sometimes using large amounts of pure essential oils. Normally, you will choose to use essential oils alone or mixed with others in complex formulation. Application is typically through baths, massage and topical application. These essential oils can benefit the following physical conditions:

## **PHYSICAL CONDITIONS**

**Respiratory disorders** are something to think about as we are all affected by pollution and stress that affects our breathing and ability to breathe deeply. We are susceptible to coughs, colds, bronchitis and even tuberculosis that is once again rampant especially in children. Beneficial oils are eucalyptus, myrtle, cajeput, hyssop, ravensara, lavender and peppermint.

**Digestive disorders** are primarily caused by a combination of poor diet, lifestyle, clothing choices and stress. This involves anything from indigestion to ulcers. Beneficial oils are tarragon, marjoram, lavender, clary sage and peppermint.

**Gynecological disorders** are affecting more and more women at an earlier age. Challenges include hormone imbalances, conception issues, breast diseases and menstrual irregularities. Beneficial oils are mugwort, sage, geranium, clary sage, rose and tarragon.

**Elimination disorders** include our inability to let go of our inner waste and a build up of toxins caused by poor diet, high stress and the inability to let go emotionally. Challenges include anything from colitis, diarrhea, constipation and hemorrhoids. Beneficial oils are cypress, grapefruit, cinnamon and vetiver.

**Lymphatic disorders** are caused by high protein and sodium intake, lack of exercise and poor diets that retain water in the body, increase blood pressure and affect the immune system. Beneficial oils are cypress, grapefruit, geranium, angelica and parsley.

**Diseases of the skin and scalp** are a reflection of deeper issues where the source of the problem is often the bowel not the skin and is made worse by stress and poor diet. To treat the skin there are many beneficial oils such as lavender, camomile, rosewood and neroli. There are also a number of other oils that affect the skin and the nervous system together that are often lemon scented such as lemongrass, citronella and palmarosa.

**Immune system disorders** directly affect so many other diseases. Our immune system carefully regulates our ability to deal with stress and the ability to handle infections. This system represents the delicate balance between yin and yang, night and day, work and relaxation. It is strengthened specifically by factors that affect the sympathetic and parasympathetic nervous systems. Our immune system can benefit from oils that are stimulating such as the coniferous oils (spruce, fir, pine and cedarwood) and other oils that have an effect on lungs.

**Cancer** can affect all our organs and appears, in many cases, to be a reaction to many extreme environmental, physical, emotional and stress related conditions. Cancer care can consist of treating the whole person by treating the symptoms and relaxing the patient calming fears and focusing on regaining faith.

**Heart related disorders** are not just about diet but how we handle stress and heart related issues. Essential oils for the heart are rose, melissa, green myrtle and Italian everlasting.

**Infections** can affect all of us where we need an alternative to strong antibiotics that affect the delicate flora in our intestines. The strongest anti-infectious oils are thyme, savory and oregano.

**Diseases of the skeletal and muscular system** affect our ability to move freely, such as arthritis, and often involve pain within our muscles that can affect our ability to sleep, move and enjoy life. These conditions, like so many others, involve pain and it is irrelevant whether this pain is joint pain, headache or migraine pain or pain from a broken toe. Oils that are effective for physical pain are birch, peppermint and oils that bring heat such as clove and cinnamon.

## **EMOTIONAL CONDITIONS**

Emotional conditions are complex in the fact that each emotion can often be made up of several other emotions. The reason why essential oils can be so beneficial is that the chemical make up of essential oils is also complex. There are over 30,000 constituents found within over 400 essential oils. It could be described as 30,000 emotions divided into 400 sub categories or conditions such as anxiety or depression. Rose oil that is very effective for emotional related health challenges contains over 275 constituents. By combining essential oils together one is attempting to make a complex blend that will be effective for a specific condition that is made up of multitude of symptoms. A professional aromatherapist must be able to make a blend for a specific condition that is safe and effective taking into consideration the complexity of the individual challenges. In addition the blend must smell good otherwise the client may not use the blend consistently. It is like gathering all the personality traits that the client needs and manifesting the results required in the blend you are making. This is why aromatherapy is so complex because it requires an understanding of the complex issues regarding ones emotions not to mention an overview of psy-

chology and human behavior. This in addition to the botany and chemistry of essential oils. Typical conditions that affect ones emotions and the general outlook are depression, low self esteem, lack of motivation, lack of passion as well as anxiety, fatigue and lethargy that affects our feeling about ourselves and the level of participation in the world that we reside.

In addition, emotional issues often result in **sleeping disorders** that often lead to more sleep deprivation and amplification of emotional conditions. Almost 20% of the US population suffers either from too much sleep, not enough sleep or difficulty getting to sleep. This is made worse by anxiety, stress, eating late, excessive alcohol consumption, late night television and fear. Essential oils that are effective for sleeping challenges are lavender, Roman chamomile, valerian, clary sage and green myrtle.

Depression is the terms we use for a wide range of symptoms that make us feel a specific way and leads to wide spread consumption of antidepressants. I am using the word depression to cover a very wide range of symptoms from low self-esteem to anxiety. Ultimately, depression is caused from a disconnection of one self and a lack of integration between the physical, emotional and spiritual self-leading to self-consumption. Depression could also be the inability to access and be able to handle what is considered to be a normal range of emotions such as anger, fear, sadness, joy, contentment, courage, disgust, anticipation, acceptance, surprise, pleasure, pain, drive states, hunger, thirst, spiritual inspiration, awe and bliss.

It appears that we are vulnerable today when our sympathetic and parasympathetic nervous systems are out of balance. In other words, when our day activity is out of balance from our night activity. When we work long hours and steal the extra hours from our sleep. When we have more than one to two hours travel time each day. When we eat processed foods quickly and very rarely take vacations. When our daily workload increases and where we are expected to take on more responsibilities. When our mental activity causes us to have a hard time relaxing that in turn can affect our sleep.

All the above leads to imbalances that put a strain on our physical body (especially our immune system) and affect the way we feel about our lives. We need to feel joy and have trust that our lives have meaning. Laughter has a way of integrating our emotions with our physical bodies. Love and passion has a way of aligning our blood-pumping organ (our heart) with emotions that help us feel lighter. If we do not feel these things then the long-term consequences are hopelessness, a lack of motivation, lethargy and clinical depression where medications will be required. Since essential oils are processed by the our limbic system and our limbic system is hot wired to where we process our memories, emotions and hormonal responses, smelling and using essential oils is an alternative to antidepressants such as Prozac.

For emotional conditions oils are chosen primarily on their ability to relax (more yin oils) and their complexity in regard to their chemical constituents. In treating emotional we are often looking for aesthetical beauty. Essential oils for emotions are derived predominantly from flowers and fruits that uplift ones emotions and calm the nervous system. Dosage is in small amounts and the plants involved include exotic flowers such as rose, jasmine and neroli in addition to expensive absolutes such as carnation, tuberose, and osmanthus. Application is often through inhalation, perfumery, baths and body anointing.

## **SPIRITUAL CONDITIONS**

Part of defining our health also relates to our communication with God. Reflection on a spiritual level can give us peace of mind as we learn to turn our problems over to the care of our higher self, God, Buddha or other spiritual entity. We need to reconnect with our spiritual side and find meaning in our every day existence by regaining simplicity in our lives. A feeling that our very existence is enough. Without this aspect we cannot say that we are healthy, as we are not integrated.

**Diseases of the soul** affect the way we think about others and ourselves around us from self-absorption to lack of purpose. By not understanding our higher purpose we can often get off track and we forget why we are here on earth. Tibetan Buddhism teaches us that we are here on earth to suffer and through this suffering we are able to raise our consciousness and the consciousness of all those who suffer.

For more spiritual conditions we need to focus on the subtle energy of the oil or blend rather than the chemical constituents. We use a framework of traditional use and oils that have been used for generations worldwide to re-align the soul inside the body. It is not a question of quality more one of intent. We use oils derived from many roots, woods or resins such as benzoin, myrrh, frankincense, cistus, spikenard and other oils such as davana, galbanum and oils that are grounding such as angelica and vetiver. These oils need to be applied to the third eye and crown chakra in small concentrations during rituals when one is visualizing ones future and asking for divine intervention.

### **CONDITIONS OF THE HEART**

Once you have aligned your physical, emotional and spiritual self it is now time to look at the challenges of the heart that reside within ones letting go of grief, sadness, regret, remorse, jealousy and many other emotional challenges. One cannot work directly on the heart. One must first let go of the mental control and allow the alignment of your body through your intention of wanting to receive healing and desire to express ones heart through the giving and receiving of love. This is the hardest lesson on earth and the one that needs the most courage. You have to trust that your heart will not be overwhelmed and understand that the heart grows through expression of all the emotions that are captured within it. Oils that work directly on the heart are rose, melissa, green myrtle and Italian everlasting.

Using essential oils daily will enable you to keep in contact with nature and to keep you focused in regaining your health and outlook on life in order to become the person that you always knew you where and to follow the path of divinity by being of service.

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