

Essential Oils and You

by Valerie Konopliff

I have done kinesiology for over 15 years in many different forms. I have come to love the body through this marvellous method of talking to the body. About one year ago I was introduced to Essential oils. For the way that I use oils, only top quality oils work for me, as I am very sensitive to smells unless they are pure. I noticed that not only do bodies react to smells, but that they can pick and choose and make blends.

How I do this is first I talk to my client. Usually I will have read their eyes using both Iridology and Rayid, so that I have a strong sense as to who they are. Because of what I do, I like to make sure the body is taken care of physically before I offer it emotional help, or if the oils are for physical things I just offer it.

For example, when a person comes to me depressed, tired, etc., first I will offer their body herbs and/or energy foods like bee pollen, blue green algae, etc. With that energy sitting in the lap, so that the body can enjoy the energy, I will ask the person to describe how they feel. If their response is "I'm down, angry, unhappy, and depressed", I might get, Frankincense (anti depressant), Sandlewood (to help release anger), or Blue Chamomile (to defuse anger and strengthen liver), Geranium (it is light and also an antidepressant, and you can use it as a base). Orange is also light, but more calming. I may also offer the body Jasmine, happy oil, or Linden Blossom, also a happy oil, to go in the blend.

I will put all the oils in the person's hand and see what the body thinks of the combined energy. If weak I will remove some, leave some or change some. If strong I continue. I will ask the body to pick the base oil first, then I will ask how many drops it wants of all the oils. In a small vile I will mix according to what the body says. I will mix the oils by rolling them back and forth in my hands and test again now that it is a blend, to see if the body still likes it. If it is just a little weak, as it is sometimes, I will ask if it needs more of any of the oils. And so we play until the body loves

the oils. I also check to see how the body wants it applied and where. There are seven main areas on the body for application, for emotional work there are about four or five areas. (The temples, behind the ears, 3 eye, crown, or above crown, applied by dropping on). The body will also tell you how much, whether mixed or neat, etc.

I have been doing this with great success for eight or nine months now. I have had people feel better within three to five minutes using oils this way, especially for emotional work. This same principle can be used for all reasons of application of oils, from tennis elbow to depressions.

Ten of my favourite oils for emotions are:

Frankincense – Slows down breathing producing a feeling of calm, antidepressant, and very grounding.

Sandlewood – The best oil I know for releasing held emotions.

Linden Blossom – Makes you happy and calm.

Rose – Grounding and calming, stress reducing, lifts the heart. Makes you like yourself.

Orange – Calming, good for sleep, peaceful. Good for main oil in other blends as it is mild.

Geranium – Antidepressant. Good main oil for any of the others on the list as it is light and not overpowering.

Patchouli – Grounding and balancing effect. Also an antidepressant.

Neroli – Rather hypnotic and somewhat euphoric, said to relieve chronic anxiety, depression and stress. Very soothing.

Bergamot – Very uplifting. Good for depression and nervous tension.

Pine – Good for weakness, mental fatigue, very refreshing and grounding.

References

Books I recommend for emotional blending, especially with the exotic oils:

1. Lawless, Julia, *The Encyclopedia of Essential Oils*
2. Sellar, Wanda, *The Directory of Essential Oils*
3. Worwood, Valerie, *The Complete Book of Essential Oils and Aromatherapy* (or *The Fragrant Pharmacy*)

The oils I deal with are Essentially Yours oils done by Valerie Worwood's sister Susan. In fact I and my partner are Essentially Yours Canada, as these are the purest oils I have found.

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