

## Aromatherapy: Fragrant Vibrations to Keep Energy Flowing

by Sandra L. Smith

### Introduction

Aromatherapy is an ancient art of using essential oil from the plant kingdom to promote balance of mind/body/spirit. Even though the healing powers of plants and herbs have been used for thousands of years, the art and science of Aromatherapy is just now being recognized in this country. I was guided in this direction almost three years ago and have been continually excited and amazed by the power with these oils. What I am presenting here is a balancing technique I developed while using essential oils with clients to open blocked physical or emotional energy. I will discuss two important aspects of essential oils — fragrance and vibration — that I feel are significant in the healing process.

### Background

Aromatherapy acts in accordance with holistic principles: it awakens and strengthens vital energies and self-healing capabilities of the individual. Essential oils can deeply influence our psychic equilibrium or psychological well-being and regulate physical imbalance; removing the "soil" on which illnesses flourish. It is believed that essential oils retain the "life-force" present in every living plant. We can make use of this life-force to improve our mental and physical state.

The vital energies that move in/out and through our bodies, vibrate at different frequencies. Blocked energy is of a lower vibration and may have physical and/or emotional manifestations. Einstein stated that energy is not created or destroyed, it can only be transformed. So our power lies in bringing in a higher energy (vibration) to heal a lower energy, thus transformation. In the wealth of information that was channeled from Djwhal Khul through Alice Bailey, one of the basic concepts is the seven rays and how all kingdoms evolve through their use. Within this framework plants are referred to as the vegetable kingdom and are said to express three rays where as all other kingdoms,

including human, express two rays. Thus the vegetable kingdom is at a more advanced state of its evolution than other kingdoms. An outer effect of this coalescing, fusing and blending of three rays along a major line of force (2-4-6) is the perfume of the flowers, as found in the higher units of the vegetable kingdom. Because of this Bailey states that the outstanding contribution of our Earth to the general solar plan is the vegetable kingdom. What this means is that the plant kingdom can offer us a higher vibration to transform our energy.

This may also explain why flower essences are so effective. In the book *Vibrational Medicine* by Richard Gerber, he compares the energetic difference between various vibrational modalities (flower essences, gem elixirs and homeopathic remedies) in their abilities to affect the many bioenergetic levels of human functioning. He found flower essences to have the strongest influence on all levels of the multidimensional human system, physical body on up to the higher subtle and soul levels.

The famous author and clairvoyant Barbara Brennan in her most recent book, *Light Emerging states*. "There are aromatics to take you into different states of being. There are different aromatics to energize and balance each chakra." "... aromas act directly and very rapidly to affect physiological responses. When used properly they can help us create very fast healing responses". She also states that she can see more going on than just the limbic system response. She further states, "It appears to me that some of the aromatics used in healing are actual auric essences that go directly into the auric field, providing it with the energy it needs ..."

Lets now turn our focus on the fragrance of the essential oils to understand the impact of the olfactory system on our well being. Olfaction (smell) comes into play when essential oils are inhaled. An immediate reaction is triggered in the limbic system of the brain. The olfactory membrane is the only

place in the human body where the central nervous system is exposed and in direct contact with the environment. The cells of the olfactory membrane are brain cells. Fragrant substances pass on to the limbic system without being registered by the cerebral cortex, they reach the innermost control centers in our brain. Before we consciously know we are in contact with an aroma, our subconscious receives and reacts to it. This is unlike hearing and seeing which can be analyzed by the cerebral cortex before reaction takes place. Illness has its beginning in the brain and it may grow in the soil of an attitude or preception. Subconscious attitudes, smells, moods, and both short-term and long-term memory which are linked together are stored in the limbic system. Our subconscious provides a never-ending resource of creative impulses that can be affected by essential oils.

With these powerful components of essential oils (fragrance and vibration) we can muscle test to find the individual oil/s which will bring about the desired healing. So with this knowledge at hand I will go through one form of application.

#### **Procedure:**

1. I ask the client to either focus on a particular aspect of their life they would like to work with or muscle test (looking for an indicator) for the highest level of balance at this time, scanning the following areas:

- physical
- emotional
- mental
- spiritual
- financial
- other

2. Then with this identified, I ask the client to hold this thought while I muscle test the 14 muscles to find which meridians are weakened (under energized). Then I use the thumb and middle finger held together to test, asking for an indicator while I scan the 14 muscles for an over energy (emotional blow out).

3. If there are any meridians with over energy I muscle test to identify the emotion/belief and if its on line now or an age

in the past. If an age in the past, I muscle test to identify the age. Then I ask the client to repeat the age and emotion/belief and muscle test for an indicator.

3. With all this information I then muscle test while scanning the bottles of essential oils asking for an indicator for those oils that will bring balance of all energies.

4. Once these oils are identified I muscle test the number of drops needed for each oil and the time needed to cleanse the aura and for inhalation. You can also test to find any particular spots on the body or in the aura that might need the essence held there longer.

5. I put the drops on a non-scented cotton pad and move it through the aura, holding at any point that intuitively calls me or on any particular spot the client muscle tested for. I ask the client to be aware and notice for any body sensations, thoughts, emotions, visions, whatever may come to them and allow these to just be.

6. I then retest the 14 muscles and use finger testing to test the emotion/belief.

The results are amazing. Not only are the energy blocks cleared, clients have always reported feeling relaxed, calm and energized. I also find it important to allow a few moments for the client to reflect on the experience and share as they feel comfortable. I also think its important for me to share any intuitive impressions I receive.

#### **References**

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