

INCREASING PSYCHIC INTUITION WITH ESSENTIAL OILS

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Essential oils and natural extracts are the “soul” of a plant, possessing tremendous power and energy. As a rule of thumb, it generally requires anywhere from one to ten tons of flowers or plants to produce slightly more than a liter of essential botanical oil. For healing and therapeutic purposes, these oils must either be used in their purest and most concentrated forms or combined with common “carrier oils” for everyday use. Over 300 identified aromatic plants throughout the world yield their precious oils - often referred to as Nature’s living energy - when properly distilled.

Like all natural substances, essential oils contain spiritual forces and energy that affect the spiritual, emotional, mental, physical and etheric bodies, and they affect your vibrations in one way or another. The energy of each individual oil can trigger various states of consciousness, proclaiming to the unconscious mind a willingness to deal with an issue and resolve it. The oils’ energies magnetize a vibratory field conducive to feeling supported in love. They provide gentle encouragement to become aware of the thought patterns and emotional patterns that create your reality. Essential oils help you expand out of the physical world structured by only five physical senses into the nonphysical world of multi-sensory experiences.

ESSENTIAL OIL PROFILES

Frankincense (*Bosellia carteri* - *Burseraceae*)

Transformation & Energetic Influences

Awakens spiritual purpose and aligns this purpose with the personality, enhancing the bond with Soul. This connection produces spiritual integrity and responsibility, leading to increased Spiritual growth towards mastery. The life force in the physical body is amplified and increased by increased oxygenation that nurtures and rejuvenates the physical organs. The crown, third eye, and heart chakras expand as new realities are perceived. The light body enlarges by experiencing new realities and dimensions.



Energetics of the Oil

Frankincense's name and scent awaken ancient memories. Energetically it arouses remembrance of wisdom, parting the veil held over the consciousness. Frankincense oil reveals memories of Soul experiences.

Meditation with Frankincense oil awakens Spiritual purpose in a person. Frankincense's energy in religious ceremonies through the ages has helped people to feel closer to God's mercy. It was widely believed that burning Frankincense raised prayers to heaven. Using the oil guides and reconnects person into their divine essence.

Energetically, Frankincense helps a person develop the integrity to take responsibility for the consequences of their actions by aligning spiritual purpose with the personality. The oil's aroma encourages exploring different dimensions and realities. Frankincense energy carries a person across the barriers of time and space to connect with and comprehend the Soul's immortality.

Using the Oil for Transformation

Inhaling Frankincense oil combined with breath exercises helps still the conscious mind for connecting with the God essence. It will oxygenate the breath and revitalize all the organs. Massaging the feet thoroughly with diluted frankincense oil will help you stay aligned with your spiritual path, allow easier life transitions, increase vitality by energizing and balancing the body's energy, and integrate the whole self. To apply externally, use 15 - 20 drops in 2 ounces of an organic base oil (olive, almond, sesame, etc.).

Grapefruit (*Citrus x paradisi* - *Rutaceae*)

Transformation and Energetic Influences

Calms mental chatter, which helps to clearly hear the Inner Source's directives and heightens clairaudience.

Developing discernment skills helps us make choices, as opposed to reactions. Clearing the density in the aura and mental body created by thought forms allows you to clearly hear inner source, enabling you to become more directed by Soul purpose. Calming the mental body expands the heart and third eye chakras, resulting in a harmonious assimilation of new energies influential in creating new realities.



Energetics of the Oil

Grapefruit has a tangy refreshing sensation that rejuvenates the core of a person's being. Energetically it dissipates thought forms held in the aura, making this oil a powerful mental body cleanser.

Constant mind chatter causes overwhelmed and confused states of mind, is often detrimental to self-esteem, and hinders the ability to be decisive. The

mind needs conscious reprogramming to establish and maintain a new belief system. To stop any detrimental messages whenever old thoughts creep in, reaffirm to yourself that these thoughts are old and inappropriate responses. Use Grapefruit oil in meditation and validate your new reality by claiming, “I love and embrace that old thought but it no longer serves me.”

Calming mind chatter lets you clearly hear Inner Source, promoting a clearer direction actualized by spiritual purpose and expands the heart chakra, releasing constricted energy created by judging thoughts. The third eye chakra also expands, heightening intuitive perception for clarity.

Grapefruit’s cleansing energy lifts any depressive thought patterns maintaining unnecessary cords with friends, family and social conditioning. Overcoming these thought patterns empowers you to establish your unique present reality, and helps you serve more fully as a lightworker. The energy of Grapefruit oil also helps assimilate the astrological energies of a Mercury retrograde. The mind becomes calmer, lessening the confusion the retrograde energies can create.

Using the Oil for Transformation

Massaging Grapefruit oil into the temples and forehead calms the mental body. Rubbing the oil behind the ears opens the etheric ear and enhances clairaudience. Anointing the crown and third eye chakras enhances the ability to perceive Source. Massage into the feet to release worry, anxiety and mental stress.

Dilute 15 - 20 drops in 2 ounces of organic base oil. This oil can be slightly irritating to the skin and potentially sensitizing. Check for a reaction.

Laurel Leaf, Bay Laurel (*Laurus nobilis* - *Lauraceae*)

Transformation & Energetic Influences

Heightens perception abilities. Greater self-trust heightens intuitive abilities, especially clairaudience and clairvoyance. The mind better understands abstract thought and messages, which stimulates creativity. Integrating the emotional and mental bodies produces a greater reception and trust of intuitive information. Relaxing the mental body’s control over the thought process brings inner peace. Balancing and opening the sacral chakra and aligning its energy with the throat chakra better articulates creative thought.



Energetics of the Oil

Laurel leaves braided into a crowning wreath were given to the “poet laureate” and to victorious athletes in the ancient Olympics. The essence of Laurel oil supports the ability to honor your self.

Laurel was also associated with prophecy and divination. Laurel oil stimulates intuitive abilities of clairaudience and clairvoyance. The energetics of Laurel awakens discernment, which builds trust in the unconscious aspects of self. Energetically Laurel works to integrate the emotional body with the mental body. The mental body's need for logical proof tends to invalidate or block intuitions received from the emotional body.

Laurel oil awakens the desire for artistic endeavors. The oil opens the throat chakra's expression, enhancing creativity, and opens and balances the sacral chakra, amplifying fertility of thought. The part of the etheric brain controlling creativity begins to vibrate at a higher frequency. Meditation with Laurel oil inspires the creativity to achieve life's needs and desires.

Using the Oil for Transformation

A bath with Laurel oil relieves arthritic symptoms, dissolving resistance to change held in the emotional and mental bodies. Meditation with Laurel helps overcome limitations in thought and unleash creativity. Massaging the feet with oil will also help open up creativity and help you honor your self. Spraying or diffusing Laurel oil in the room will stimulate the environmental energy to vibrate at the Higher Mind's frequency when trying to manifest abstract thought.

Dilute 15 - 20 drops in 2 ounces of organic base oil. This oil can be slightly irritating to the skin and potentially sensitizing. Check for a reaction.

Peppermint (*Mentha piperita* - *Labiatae*)

Transformation & Energetic Influences

Activates the higher mind. The inner sight understands and interprets the consciousness represented in geometric and symbolic forms. Accessing the Higher Mind heightens intuition and permits communication with the consciousness of other life forms. Being receptive to messages originating in the universal mind builds new foundations of reality from Soul-infused truths. Unblocking stagnant energy in the etheric body allows assimilation and balance of physical energy. Grounding this increased Spiritual energy into physical action is facilitated by dialogue with the personality, emotional, and mental bodies.



Energetics of the Oil

The scent of Peppermint evokes remembrance of a day filled with kaleidoscope color and crispness in the air. Energetically the oil is a key that can unlock the gift for understanding symbols originating in the Higher Mind. It has a mythological association with Griffins, the guardians of treasure.

Peppermint energy opens that part of mind that conveys thought by generating symbols or geometric forms. Peppermint's energy reveals the universal consciousness held in these forms, which supports learning the language of Nature and other life forms. Peppermint expands the third eye chakra and aligns its energy with the first chakra, actualizing a grounded spiritual energy physical action. The mental body is balanced and infused with Soul knowledge. The oil works on a variety of issues that energetically dissolve the mental body's fears, calms mind chatter and clears confusion.

Peppermint oil is a great aide to the stomach and symbolically helps digestion of new thoughts and beliefs. Energetically, Peppermint oil helps create a new foundation of reality based on our inner light or Soul energy. It works on the etheric body, allowing the energy to flow down into the physical.

In ancient Egypt, the herb was associated with the god Horus, and was said to embody the energy of protection and wisdom.

Using the Oil for Transformation

Use on the temples for soothing comfort to headaches. Inhaling peppermint is uplifting and energizing and clears stress lodged in the mental body. It opens the sinuses expanding the crown chakra and deepens the ability to breathe, bringing in a greater desire to live. Do not inhale at night as it might cause insomnia. Placing the oil on the soles of the feet and the crown chakra and visualizing energy running up and down the bodies several times breaks up any stagnation held in the etheric bodies.

Dilute 15 - 30 drops in 2 ounces of organic base oil. Never use undiluted peppermint oil to massage the total body - it has a chilling effect that feels unpleasantly like being encased in a block of ice. Peppermint oil reduces the effectiveness of homeopathic remedies.

Sage (*Salvia officinalis* - *Labiatae*)

Transformation & Energetic Influences

Accesses ancestral wisdom. Surrendering to Spirit brings the balance and inner peace that supports standing firm on your path. Feeling nurtured and supported introduces the feeling of a state of Oneness. Trance states are easily induced by dancing and drumming and heighten awareness and perception. Embracing Spirit supports receiving abundance and support. The emotional, mental, physical bodies and aura are purified. Conflicts felt in the digestive system, often caused by resistance to change, begin to resolve. Releasing old beliefs helps overcome resistance by creating a state more receptive to new ideas.



Energetics of the Oil

Sage embodies the silver color frequency of illuminating power, imparting the wisdom of our ancestors. Sage energy accesses ancestral knowledge encoded in our DNA. Its energy stimulates reaching inside one's self to realize inherent wisdom. Energetically, Sage unlocks the resources of ancient knowledge.

Sage strengthens communication with the unseen realm. Blowing the smoke around a person's body releases negativity and helps to purify their Spirit. Warming Sage oil in an aromatherapy diffuser has the same cleansing effect, releasing mental burden and clearing the environment of emotionally charged vibration.

Using the Oil for Transformation

Use Sage oil in meditation to reconnect with the ancestral memories. Deeply inhale Sage essence and listen carefully to the ancestral whisperings, restoring forgotten knowledge. Massaging the oil on the soles of the feet releases stagnated energy creating tiredness, and will alleviate back pain, promoting feelings of support.

Do not use the oil on children or infants. Avoid using during pregnancy. If you have epilepsy, be careful inhaling and using externally. If high blood pressure is present, use cautiously in baths and highly diluted as a massage oil, but do not inhale. This oil can be slightly irritating to the skin – check for a reaction. Dilute 15 - 20 drops of oil in 2 ounces of base oil.

For more information, I highly recommend the following books:

Vibrational Healing by Deborah Eidson

Aromatherapy for Healing the Spirit by Gabriel Mojay

Aromatherapy: A Complete Guide to the Healing Art by Kathi Keville and Mindy Green

Plant Spirit Healing: A Guide to Working with Plant Consciousness by Pam Montgomery

METHODS OF APPLICATION – HOW TO USE ESSENTIAL OILS

Method	Procedure	Dosage
Massage	Use a massage table and cover the person with towels, exposing areas one at a time. Massage for up to 90 minutes.	7 - 10 drops per ounce of carrier oil (adult dose)
Lotions & Creams	These require a cream or lotion base, preferable made from cold-pressed vegetable oil. Blend essential oils into the base and apply as needed.	5 - 10 drops per 2 ounce jar or bottle
Steam inhalation	Add essential oil to a bowl of boiled water. Draping a towel over the head, breathe in the steam for 2 minutes and take a break. Repeat 2 to 4 times.	2 - 3 drops in a one pint bowl of water
Bath	Add essential oil to very warm bath water, vigorously stirring in the drops to ensure full and safe dispersal. Allow time for a good, relaxing soak.	4 - 6 drops (adult) 3 - 5 drops (13 - 16 yrs) 2 - 4 drops (10 - 12 yrs) 1 - 3 drops (4 - 9 yrs) 1 drop (under 3 yrs)
Vaporization	Add essential oil to a burner (containing water), or a dish of water that can be safely warmed, or use an electric diffuser or nebulizer	5 - 20 drops in a burner or dish; up to 20 drops in a nebulizer. Read the instructions that come with your diffuser.
Spritzer	Add essential oil to a 4-ounce spritzer bottle containing distilled water. Mist around your body and/or the room as needed. Shake well before each use to ensure dispersal of the oil.	25 - 35 drops per 4 ounces of distilled water