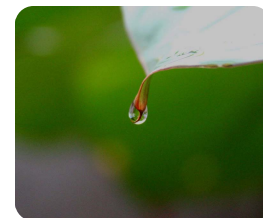


# *Essential Oils*

## *Then & Now Newsletter*

- By Joanna Barrett, RN, CNHP



October 2006

### **MAKING SENSE OF THE SCENTS**

The original healers were priests who did their healing in the temples. The Old Testament priests were skilled in the art of the apothecary and were called perfumers. The fragrant essential oils were used for physical healing, and also for healing the spirit and the emotions. The Scriptures show that God is concerned with our emotions. Isaiah tells of how God wanted to comfort those that mourn in Zion with beauty for ashes and the oil of gladness. Of the Messiah King because He loves righteousness and hates wickedness, "God has anointed you with the oils of gladness and all your garments are scented with myrrh, aloes (sandalwood), and cassia...by which they have made you glad." Harlots perfumed their beds to attract customers. Plants have scents to attract pollinators and animals are guided by pheromones for mating. After the Great Flood Noah built an altar to the Lord and sacrificed burnt offerings. God smelled a soothing aroma and blessed Noah.

Emotions are thoughts plus feelings that determine our behaviors and habits. They are vibrational. Every cell, gland and organ in our body has a vibrational frequency. Resonance is when two things vibrate in unison. The message carrying cells from the DNA, the emotions and essential oils are attracted to and connect with the parts of the body that they resonate with

When we encounter a bad or frightening situation we don't know how to deal with or we don't understand God's presence in and the lesson to be learned (happens a lot when you're a child) the limbic part of the brain retains the memory but acting like a librarian says: OK, we're going to have to deal with this sometime - just not now. We'll deal with it later. Maybe when we're older and more mature. And it sends the emotion to be stored in the body part that has the same vibrational frequency. For example, grief resonates with the pancreas, unforgiveness with the kidney, anger with the liver and thyroid.

Our spirit knows our history and everything locked into our DNA whether inherited or acquired. Negative emotions are the result of false perceptions from past experiences that determine our beliefs, beliefs that color our view of the world and establish our actions and habits. When we repeatedly have the same problems or a disease that continually worsens, there is a spiritual lesson that has not been learned yet. Diseases are really coded messages to tell us we have unresolved hidden problems to deal with.

Sight, hearing, taste and touch senses go to the reasoning cortex of the brain before the emotional part. The sense of smell goes directly to the limbic brain so that one's response to an aroma is emotional before it is rational. When we are ready face problem-causing negative emotions and seek God's truth, essential oils cross the blood brain barrier to affect the limbic system and enter the cell's DNA deleting false information and reprogramming God-given information. Inhaling essential oils make our lives more productive, and positive

With increased "scents" of peace and happiness.

*Joanna*