

Essential Oils Than & Now Newsletter

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We are, all of us, molded and remolded by those who have loved us. No love, no friendship, can ever cross the path of our destiny without leaving some mark upon it forever.

EMOTIONAL RELEASE

Along with inherited beliefs, feelings and perceptions, are the environmental experiences that form and reinforce our understanding of the world, ourselves, others and life in general. Feelings begin in the womb with the mother's reactions to peace or conflict in the home that the fetus feels and hears at 4 months. As babies and young children, the way they are disciplined, what they hear, how they feel, hugs, love or absence thereof help form their core beliefs – some good, some untrue. For example, "I'm not good enough": "you'll never amount to anything:" "Nobody cares;" and tendencies toward fear, guilt, shame, worry, loneliness... These are heavy packages to keep carrying and can sap our energy and joy. Feelings, thoughts, words and beliefs have vibrational energy as do our organs, muscles, tendons, joints, bone marrow, etc When emotions are repressed because of fear or not knowing how to handle a situation safely, they get stored in parts of our bodies that have the same vibrations. Messages in Water by Masaru Emoto show how our words change the snowflake-like crystals in water. 'You fool', or "I hate" you form distorted crystals in water that has been frozen, and thank you, love, peace and hope form beautiful crystals. If we are at least 70% water – what do our words and even thoughts do to us and others?

Therapeutic essential oils also have vibrations and are effective in ridding the body of negative false beliefs and restore the true beliefs in the DNA we should have had at birth. At the end of a 3-day seminar, our students have been exposed to many oils from the Bible, vita flex, raindrop technique, and chemistry. So by the time emotional release is taught they feel safe with each other and the "pump is primed" for releasing the emotions that distort our view of life and replacing that void with something positive. Every release is different. Sometimes tears, sometimes sobbing, sometimes laughter, sometimes they see vibrant colors or people and they deal with loss, forgiveness, acceptance and moving on. One lady said she felt like she was floating, warm and loved. Then tremendous squeezing pain and then panic, "the lights are so bright!" "I can't breathe! I can't breathe!" (And I am cradling her head thinking OK, I'm a nurse. I can do CPR) but I held on a little longer until she took a deep breath and began breathing. Afterward she felt warm and loved again. This was reliving the trauma of birth – but birth is almost always traumatic – what did it mean? We received an email from her 3 days later and she said when she got home and watched her "X" turn and walk away, for the first time she didn't feel abandoned. She was ready to enter her new life without him.

UNBURDENINGLY,

Joanna