

Energetic Aromatherapy

Students make up their oils according to the same formulation, using the same essential oils, vegetable oils, and bottles under the same atmospheric conditions. Yet when the finished products are compared, each one is slightly different. It is impossible for two people to reproduce exactly the same thing because each person has different hands and a different electromagnetic field, both of which influence the finished product.

— Micheline Arcier, *Aromatherapy*



ESSENTIAL OILS BOTH GIVE AND RECEIVE ENERGY, as seen in the PIP aura pictures of essential oils taken by Harry Oldfield, and as we know from our own experience. Essential oils can be energetically measured by more conventional means, in megahertz. Each megahertz equals one million oscillations per second, being the frequency of their vibrational motion. However, the megahertz number arrived at by using specialist equipment does not really tell us very much because the frequency of any one essential oil is changed dramatically when it comes into contact with other energies — people, for example.

I took some essential oils to Bruce Tanio, an agricultural scientist and inventor, who has the apparatus to test the frequencies of essential oils. The reading from a rose bulgar was 28 megahertz, but after I'd held the bottle for a while, it's reading was 202 megahertz. That's quite a difference! Another bottle of rose bulgar, from another source and held in another hand, might produce two readings dissimilar to my own. As Tanio remarked, "There is no consistency in the frequency of essential oils."

The vocabulary of energy work is expanding. Tanio talks of a "symphony of frequencies occurring in the cells" and a "resonant harmonic factor," for example. As seen in other scientists' works, the energy field of a person extends outside the confines of the physical form. That field, and the body it encloses, can be changed by the introduction of other energy forces.

There has been a great deal of publicity about the negative influences of magnetic waves in the form of energy on human cells and psyche by, for example, cellular phones, microwaves, and power cables. Another electrical influence that affects humans are the ions in the atmosphere — to put it simply, negative ions make us feel good, and positive ions make us feel not so good. Positive ions — the not-so-good ones (just to be confusing) — can be created seasonally in certain geographic locations, when a strong wind comes into contact with a mountain range with a particular shape configuration. This happens for a month each year in Geneva, Switzerland, and with the Santa Ana winds in Southern California, for example. They make people feel irritable, even aggressive, and sometimes unwell — particularly with headaches, migraines, allergies, and digestive and respiratory problems. Working at the University of California in Los Angeles, Dr. Valerie Hunt recorded the fact that when the Santa Anas were blowing, the human energy field became small. She writes, “It is as though the negative auric field splits away from the body, attracted by the high positive charge of the atmosphere.”

On the other hand, a high incidence of negative ions makes us feel good, vitalized, giving us a positive frame of mind. We can inhale negative ions while taking a shower, or when near a waterfall or the sea, or in the mountains, and discharge positive ions into the ground when walking barefoot on the grass. We can even purchase negative ions, or at least the “ionizers” that create them. Dr. Valerie Hunt found that the energy field of subjects expanded when measured near the sea or on a mountain and suggests this is due to the increased negative ions in the atmosphere at these locations.

Another way to positively affect the human energy field is to use essential oils, those vibrational marvels of nature. Many healers have been discovering this, and incorporate them in their practice. This is what this chapter is about: using essential oils for healing. The principles of working with energetic aromatherapy outlined here will apply to any healing modality.

If you are not trained in aromatherapy, don't use essential oils directly on the body of another person. When working with energy, there is absolutely no need. There are many other methods of using essential oils that are very effective for energy work, described throughout the various sections of this book.

All aromas have the potential to evoke memories in a person, depending on what has happened to him or her in the past. The healer has no way of knowing which aromas may invoke a memory, and the client may not even know until they smell it. Those memories may not always be happy ones, and may be associated with someone the client knows and has a hard time with, or even with someone who has passed on and for whom they are still grieving. Memories,

either the client's or the healer's, may alter the energetic response. The aromatic environment needs, then, to be either bland or guided by a sensitive, conscious mind.

The haphazard or thoughtless introduction of aroma into the healing room can occur through the products we use on a daily basis, such as perfumed soaps, hand creams, deodorants, cologne, hair products, and through powdered laundry soap and fabric conditioners — in linens or towels, for example. In some healing modalities, two or three people may be involved in the energetic work, and in these cases, aromatic overload could become a problem. In addition, people may have an aversion to certain unnatural product ingredients and aromas. There are now many natural unfragranced personal care products on the market, including glycerin soaps, and these could be used when healing.

Some people go to healers not because anything is wrong with them but as a preventive “workout.” Most, however, see healers for a specific reason or two. When choosing essential oils for a particular person, these reasons — along with his or her physical, emotional, mental, and spiritual needs — must be taken into consideration. Energy work aims for flow and interaction, and anything that facilitates this is welcome.

There are many oils to choose from. Before commencing, put a drop or just a smear of your chosen essential oil on the end of a smelling strip and ask the client if he or she likes it, or at least does not have an aversion to it.

Essential oils can also be used in another way: on the healer to increase his or her ability to work energetically. Points and practical suggestions are made to this effect later in this chapter. Clearly though, if there is more than one healer, they will have to be consulted on the choice of essential oils used in room diffusers.

The refreshing tree essential oils of pine, spruce, fir, and cypress are usually received well in a waiting area, especially if electrical equipment is nearby, such as computers, clocks, radios, photocopiers, microwaves, and the ubiquitous mobile phone. When using essential oils in a diffuser in the waiting room, consider the clients you are seeing that day, refer to the profiles, and then make a sensitive choice. Use only small amounts to create a light and gentle fragrant background.

ESSENTIAL OILS AND SPIRITUAL HEALING

Spiritual healers who “lay hands” on patients may or may not actually touch the body. Most work in the auric field with their hands a few inches from the

surface. However, healers always say that the healing energies come from outside themselves, and that they are merely a channel for them. Most usually, the source of this healing energy is said to be “God,” “the divine power,” “universal energy,” or “the cosmic intelligence.” Essential oils can be incorporated into any form of subtle healing technique, by working within the subtle bodies of a person. As with all energetic aromatherapy, there is no need to apply essential oils directly on the skin.

When approaching any client, have nonjudgmental loving intention and clarity of thought, a clear idea of what you are setting out to achieve, and a concrete course of action. From the client records you should know what physical, emotional, and spiritual needs the client has, and will have your repertoire of hand positions and other particular healing practices. Using essential oils adds another layer to this energetic work, and on that level you need to know how you are going to achieve your aim, by learning about the oils in terms of their physical, emotional, and spiritual properties. The profiles in the next chapter will help you with this information. To “intuit” an essential oil, one first needs a wealth of information maintained in the psyche from which that inspirational knowledge can evolve.

Healers will be acutely aware that physical dysfunctions can be caused by intense anxiety and stress, for example, and there are enough essential oils to choose from that one can be found to help with the emotional cause and physical symptom concurrently, allowing the spiritual to shine through. Not all illness is mind or emotion based. People get ill for all sorts of reasons that have little or nothing to do with them, such as toxic contamination at work, which might be chemical or electromagnetic, and encountered recently or long ago; and accidental injury, which might be recent, or hardly remembered as it occurred so far in the past.

There are three main ways to use essential oils in spiritual healing, with each involving different methods:

- In the room (healing room or waiting room)
- In the auric field of the client
- On yourself, the healer

In the Room

If you feel that using essential oils in the treatment room will interrupt your concentration, consider using them in the waiting room. The aromas will relax and open the hearts of people, making them more receptive to healing.

The usual type of diffuser or burner has a candle, which should be extinguished if the room is left unattended. Also available are electrical ceramic and fan models. Two or three drops is usually sufficient to provide the subtle fragrant background. Unless you want the energy to be very grounded, don't use myrrh or the other base vibrational or heavy oils in a waiting room.

It's generally unnecessary to use blends while giving any type of spiritual healing, which has its own dynamic flow. The essential oils are used to facilitate and complement that flow, by creating a space in which healing can take place, and singular oils have a simplicity and clarity that is appropriate to this process. The choice of singular oil can, of course, change over time.

In the Auric Field of the Client

Making an appropriate essential oil choice for the client from his or her general demeanor involves, as far as the individual healer's abilities allow, constructing a mental light-image of physical, emotional, and spiritual aspects of the client's well-being, his or her subtle bodies, chakras, and aura. When this broader overview has emerged, and an increasingly broad knowledge of essential oils gained, more appropriate choices of essential oil can be made.

Choose one of the following methods before beginning the healing process:

- Put one drop of essential oil on a small piece of white paper or cloth. Place it in the center of the palm of your hand, then cover it with the other hand. Rub your hands together lightly, then discard the paper.
- Wash your hands as usual before commencing treatment. Then fill a sink or bowl halfway with water, add a drop or two of essential oil, and swish it around. Rinse your hands in this water and lightly pat them dry.
- Have a preprepared floral water . Spray your hands with it.
- Essential oils can be put on the floor under the treatment couch, in line with one or more chakras. They can be put in small bowls of water, on small pieces of white paper or cloth, or on the appropriate gemstone.

On the Healer

The healer can use essential oils to open his or her energy channels. The choice of oil is an entirely personal matter. Only you can say which is in tune with

yourself. Oils can be chosen on the basis of their being in tune with your own energy field, or with the energy that uses you as a conduit. Choose one of the following methods:

- Put a drop of essential oil on two small pieces of white adhesive paper and attach them to the soles of your shoes, under the center of the soles of your feet.
- Use the spray method, as described above, but on the feet.
- Put a small smear of essential oil on each foot, at the uppermost point of the inner bend or arch of the foot (underside of the metatarsal bone). This will have an effect along the whole spine, and on the chakras, and will help to clear your energetic field.

ESSENTIAL OILS AND DISTANT HEALING

Distant healing involves a person or persons transmitting healing thoughts to the receiving person, who is a distance away, perhaps many miles or even on another continent. The recipient may or may not be aware that healing prayers are taking place on their behalf. It is sometimes called “absent healing” because the person receiving the healing is absent from the room in which healing is instigated.

We are not talking about auric fields or energetic bodies but about the huge cosmic space of the universe. It's known that people on opposite sides of the world can think of each other simultaneously. Friends are often known to telephone one another at the very same moment — a real mystery, indeed. Thoughts seem to have no boundary. To thoughts, distance is irrelevant.

Whatever mechanism is involved in absent healing, and whatever space lies between sender and recipient, thoughts negotiate a way through all the invisible energies that now fill the airwaves, beaming down from satellites and aimed at us from radio and TV transmitters. The modern atmosphere is full of invisible informational traffic, like people's cellular telephone conversations, which might not be entirely full of love and light. Aside from this, we have all manner of rays coming out at us from computers and microwaves, which further clutter the natural energetic environment through which, no doubt, our ancestors also sent each other their mental messages.

Because vibration attaches to vibration, the single most important thing to send is love. It may be the most important element of absent healing, giving the

recipient the support and strength necessary to resolve his or her own troubles and problems.

The methods to choose for absent healing are the spray or diffuser methods. Only very small amounts are needed, around three to four drops. If you feel that cleansing is important, use the spray method with salt. This clears the atmosphere of elements that may impede thought forms traveling. In a spray mister, dissolve half a teaspoon of salt in 250 milliliters of warm water. Swish the water around, then add three to four drops of essential oil and shake. Spray high into the air, trying to avoid letting the droplets fall on polished wood surfaces and other easily stained materials.

As you spray, imagine the water and essential oil molecules clearing a path for loving thoughts and beautiful healing energy, creating a time or space tunnel that charges through the air, or the land, or the ocean, to the destination of your healing thoughts.

Distant healing may have nothing to do with distance or space, but concentration is certainly needed to actually send the message. Essential oils can give light and clarity to the process of bringing the person into your mind and thoughts.

The essential oils can be used in a diffuser in the room while the distant healing is being projected. The lighter vibratory oils appear to be more suitable for distant healing than those with heavier elements, that is, those with a heavy, pungent aroma. Beyond this, you need to consider whether your healing intention is more concerned with a physical, emotional, or spiritual need, and choose oils appropriately. If you are sending healing for a specific condition, choose an essential oil that amplifies the healing energy being sent with its corresponding specific healing frequency.

Thought forms and healing prayers seem to travel very well on the light particles of fragrance that transmit love across the universe. The higher vibratory essential oils would be good choices to start with:

- Rose bulgar, for universal love of the heart
- Neroli, for the light that shines within it
- Chamomile Roman, a humble flower that heals the spiritual connections

If you send healing for a particular illness, disease, or disorder, and you'd like to use an essential oil that has healing qualities in relation to it, choose an essential oil and add that to one of the above three.

Healing Lists

Quite often, when people discover there is a “healing list” operating somewhere, they think of someone in need and ask for them to be put on the list. The person to receive the healing may know nothing about it, or may hear about it months later when they’re told, “Oh, I put your name down on such and such a list.” It is always possible that the recipient may not want to be put on a list, or have strangers aware of the details of the ailment. Perhaps people should be asked whether they want to be added to a list before placing them there.

It is very difficult, if not impossible, to use essential oils with healing lists that involve more than a couple of people. The essential oils have to be chosen individually, taking several things into consideration, and if too much decision making is necessary, it detracts from the focus of sending love and healing energy.

ESSENTIAL OILS AND REIKI

The word *Reiki* comes from the Japanese words *rei*, meaning “universal,” and *ki*, meaning “life energy,” and refers to the universal life energy that heals and brings the body into balance. Discovered by Dr. Mikao Usui in the early 1900s, Reiki is a system of energy-activating attunements — using nontactile hand movements and symbols — that unlock a person’s ability to use the Reiki power, either on themselves or on another person.

Reiki is said to have its roots in ancient Tibet, although its “home” is said to be Japan, and it’s generally thought of as a Japanese system. For this reason, it might be appropriate to use Reiki with two Japanese essential oils: hinoki “cypress,” or pine; and yuzu, which comes from the rind of a citrus fruit. Reiki was received while in deep contemplation on a mountain outside Kyoto, surrounded by magnificent pine trees, which are deeply embedded in Japanese spiritual thought, and inspirational to it. The smoke of the burning wood from these trees is used in many traditional Shinto ceremonies, such as for cleansing. Hinoki essential oil has a woody, turpentine aroma. Using it while performing the Reiki healing attunements or studying the special healing symbols might help form an energetic link to the original Reiki energy and thought form, which could be useful not only to the healer but to the energy itself.

The yuzu tree was introduced to Japan from China more than a thousand years ago. This hardy citrus tree, which grows up to fifteen feet, can thrive in

surprisingly cold weather. It produces a yellow-green fruit, with a thick, pithy skin, that is used to produce the tree's essential oil. The oil is light and refreshing and universally liked.

The combination of hinoki pine and yuzu essential oils, in low volume in a diffuser, provide a good subtle energy environment for Reiki practice. If you wish to explore the deeper energetic history of Reiki, you might like to try using juniper essential oil, as juniper is the quintessential spiritual plant of Tibet, said to be where the Reiki energy was first awakened in humankind.

The above suggestions may be particularly useful when there are two or three practitioners working on a client at the same time, because all would have to be consulted and agree on any essential oils planned for use. A hinoki and yuzu combination might appeal to all.

For Reiki, use essential oils:

- In a diffuser — one or two drops
- In a water spray
- In water to wash the hands
- In water to wash the feet

Spraying the room with hinoki or another pine or cypress essential oil diluted in water changes the ionic balance in the room to a more positive (that is, negative ion) one. If the client is Japanese, hinoki will immediately be a reminder of home.

At the entrance to Shinto temples all over Japan, there's a special water trough where a person can wash before entering the grounds. There's a large ladle from which water is poured down over the hands, and some also ladle the water over their feet, or drop water from the ladle into their mouths, then rinse their mouths and spit the water out. Finally, shaking the ladle under the water, they rinse any energies off.

Such washing rituals can be adopted with essential oil use and used as a preliminary ritual to Reiki practice. Put a couple of drops of essential oil in a bowl of water, swish it around, and use a ladle to pour the water, spoon by spoon, over the hands, allowing the water to fall down over each one in turn.

ESSENTIAL OILS AND ENERGY WORKERS

No matter what type of energy work you do, it is particularly important to choose essential oils that are compatible with that type of work and that have

the same vibrational energy as the energy worker. The physiological and psychological condition of the client should also be considered.

Essential oils can be incorporated into energy work in one of several ways:

- They can be diffused in the room.
- A drop of essential oil can be placed on the end of a smelling strip, which is then passed over the body in a pattern that mirrors the particular energy work being carried out. Do this before the energy work begins.
- Put one drop of essential oil on a small piece of white paper or cloth. Place it in the center of the palm of your hand, then cover it with the other hand. Rub your hands together lightly, then discard the paper.
- Apply one drop on a fingertip and spread it over all your fingertips.
- Apply one drop to any instruments used, such as a pendulum or crystal.
- Cut small paper circles and put one drop of essential oil on each. Place them at connection points, polarity points, energy points, or chakras, either on the body or on the clothes.

ESSENTIAL OILS AND CRYSTAL AND GEM THERAPY

Crystals hold energy and memory. They amplify or deamplify and can increase or decrease energy. No one knows how these mechanisms work, although there are plenty of scientists trying to find out. It's been said that the largest amount of information can be held on a ruby.

Crystals have an intriguing symmetry, being either cubic, rhombic, hexagonal, tetragonal, monoclinic, triclinic, or trigonal, reflecting the arrangement of the atoms or ions they are made of. All rocks are made up of crystals packed tightly together, but when there's a little space, crystals can grow and be seen visually. Granite is full of these little pockets of grown crystal, and it happens to be the rock that most holds radioactive energy. Perhaps this is why granite was used in the construction of many Neolithic dolmens, from Korea to France, because it causes interesting psychological effects. Dolmens are shelters made by standing two large, flat rectangular stones and adding another to the top to form a roof. The religious statues and walls of many ancient buildings were made of granite, including the inner surfaces of the King's Chamber in the Cheops pyramid in Egypt, where I spent a night and can testify that very strange visionary events can occur.

There is no doubt that ancient folk had a great deal of respect for the properties of crystals and gems. In Exodus 28:15–30, God gave detailed instructions for the making of a “breastplate of judgment,” which had four rows of three gems set in gold. There are different versions of which gems were to be used and their arrangement, depending on which Bible you read. Below are three examples of differences in the relevant verses, 17–20:

THE BREASTPLATE OF JUDGMENT								
THE HOLY BIBLE — KING JAMES VERSION			THE HOLY SCRIPTURES ACCORDING TO THE MASORETIC TEXT			THE HOLY BIBLE — NEW INTERNATIONALIST VERSION		
sardius	topaz	carbuncle	carnelian	topaz	smaragd	ruby	topaz	beryl
emerald	sapphire	diamond	carbuncle	sapphire	emerald	turquoise	sapphire	emerald
ligure	agate	amethyst	jacinth	agate	amethyst	jacinth	agate	amethyst
beryl	onyx	jasper	beryl	onyx	jasper	chrysolite	onyx	jasper

Details about the breastplate can be found at the Temple Institute Museum, in Jerusalem, from where I took the following information practically verbatim. When it was used, a piece of parchment would be tucked into the breastplate, upon which was written the ineffable name of God — Urim V Tumim. Each stone represented a letter, and as it drew down the spiritual energy from above, the related stone lit up. Only the high priest wore the breastplate and could decipher the code of the letters through a spiritual form of prophecy. The breastplate was consulted in decisions that couldn’t be reached any other way by the king (David) or the high priest.

“John,” channeled through Kevin Ryerson in volume one of Gurudas’s *Gem Elixirs and Vibrational Healing*, is asked whether the breastplate emitted a brilliance. He said yes, the stones had auric properties and there was a blending with the priest’s consciousness and aura, activating “a physical source of light merging with the auric and ethereal properties of the gemstones. This amplified the piezoelectric effect of the stones. . . . This effect was further amplified by the use of incense and essential oils with the breastplate.” The piezoelectric effect is a very interesting property of life, affecting many things, including crystals, DNA, and the crystalline mineral apatite, which is found around collagen fibers in the bones and tissue. Basically, the piezoelectric effect occurs when pressure is exerted on the electrons of things, particularly crystalline substances, and electrical energy is produced. That pressure, or tension, can be provided by many things. Apparently, essential oils are one.

Exodus 28:21 says this about the naming of the stones: “And the stones shall be according to the names of the children of Israel, twelve, according to their names.” The arrangement of these names is shown in a painting at the Temple Institute Museum, along with colors that presumably represent the gems, as follows:

<i>Levi</i> : smoky	<i>Simeon</i> : green	<i>Reuben</i> : red
<i>Zebulun</i> : clear	<i>Issachar</i> : violet	<i>Judah</i> : green
<i>Gad</i> : clear	<i>Naphtali</i> : pinky mauve	<i>Dan</i> : purple
<i>Benjamin</i> : opalish	<i>Josef</i> : black	<i>Asher</i> : bluish green

Apparently, only vessels made from stone were used at the ancient Temple in Jerusalem as stone does not transmit ritual impurity, which is called *tumah*. Metal and wood vessels were not used.

Working with gems and crystals is a very physical discipline, involving energies that are found in the rocks under our feet and in the cells of the human body. There are microtubules, for example, within the cytoplasm of cells and along the length of nerve axons. These packets of crystals move different chemicals up and down nerve axons, from the cell body to the synapses. How one crystal communicates energy and information to another is a scientific mystery, but it is a fact of physical life. The body also contains trace elements of minerals, such as gold and silver, which are, again, crystalline. Gems and crystals may also have an etheric body, and energy interactions, that happen in addition to the known properties, which are themselves amazing.

Crystals and many other gems are changed in color, depending on the minerals they have absorbed. Amethyst, for example, has absorbed iron. Color thus tells us something about the history of the stone, and about its mineral makeup, factors that need to be taken into consideration when working with gems and crystals.

Some people who use essential oils in conjunction with gem and crystal therapy choose them on the basis of their *perceived* physical color: for example, rose essential oil with rose quartz and myrrh with the resinous amber. For those who wish to know the colors of essential oils, a complete chart follows. This cannot be a definitive chart because the colors of essential oils vary, not only between species, but within one species when they're grown and produced under different circumstances. The variables are: the season when grown; location; soil; altitude; and, most important, temperature and duration of distillation and pressure of the steam. For example, a plant distilled under high temperature and pressure in a short time may produce an essential oil with a color very

different from one distilled from the same plant but with low heat and pressure over a longer time.

GENERAL GUIDELINES TO THE PHYSICAL COLORS OF ESSENTIAL OILS FOR USE WITH GEM THERAPY		
Colorless		Colorless with Slight Greenish Tint
Angelica Seed	Elemi	Cumin
Aniseed	Eucalyptus Radiata	Rose Otto
Balsam Fir	Nutmeg	
Camphor	Ravensara	
Dill	Rosemary	
Colorless to Pale Yellow		Colorless with Slight Bluey Tinge
	Pale Yellow	Chamomile Roman
Basil (French)	Amyris	
Black Pepper	Basil	Yellow
Cardamom	Birch (White)	Bay
Clary Sage	Carrot Seed	Cananga
Coriander	Cedarwood	Cassie
Cypress	Clove	Celery Seed
Eucalyptus	Ginger	Cinnamon Leaf
Eucalyptus Lemon	Hinoki Pine	Galangal
Fennel	Lime	Gardenia
Frankincense	<i>Litsea cubeba</i>	Mandarin
Hyssop	Melissa	Manuka
Juniper	Neroli	Opopanax
Lavender	Oregano	Orange
Lemon Verbena	Petitgrain	Ormenis Flower (i.e., Chamomile Maroc)
Manuka	Star Anise	Spikenard
Marjoram	Ylang Ylang	Tonka Bean
Peppermint		Turmeric
Pine		Yuzu
Rosewood		
Sage		
Sandalwood		
Silver Fir		
Spearmint		
Tea Tree		

**GENERAL GUIDELINES TO THE PHYSICAL COLORS OF ESSENTIAL OILS
FOR USE WITH GEM THERAPY (CONT.)**

<i>Pale Yellow to Pale Green</i>	<i>Greenish Yellow</i>	<i>Green</i>
Cubeb Galbanum Grapefruit Lemon Mimosa Leaf Palmarosa	Bergamot Geranium	Angelica Inula Root Valerian Boronia Violet Leaf
<i>Amber to Olive</i>	<i>Brownish Green</i>	<i>Green Tinge</i>
Mastic Vetiver	Oakmoss	Linden Blossom
<i>Yellow to Light Amber</i>	<i>Yellowish to Reddish Amber</i>	<i>Light Amber</i>
Caraway Seed Cinnamon Leaf Citronella Helichrysum Lemongrass	Ambrette Cistus Styrax Tagetes Thyme	Buchu Pimento Carnation Tuberose
<i>Reddish Orange</i>	<i>Deep Orange Reddish with Slight Greenish Tinge</i>	<i>Rich Amber</i>
Rose Maroc	Hyacinth Narcissus	Balsam de Myrrh Peru Patchouli Benzoin Rose Maroc Jasmine Thyme Jasmine- Sambac Vanilla
		<i>Dark Blue</i>
		Chamomile German Yarrow

ESSENTIAL OILS AND CHANNELING

New Age stores are full of volumes purporting to be channeled from beings living in another dimension to the earth plane. These voices are said to come from “ascended masters,” “angels,” “guides,” “spirit guides,” and “beings from other planets” or “stars.” Invariably, they bring messages of love, light, forgiveness, and understanding.

I was curious to know what these wise beings had to say about essential oils and, in particular, if they would all say more or less the same thing. This was treated as something of an experiment. All channelers were offered the same bottles of

essential oils, which were not named, only numbered. The channelers, then, were responding to the exact same aroma, and did not have a verbal or written indication of what was in the bottle. Both they and I may have, from the aroma, known what some bottles contained, but as there were sixty-five oils in the set, there was plenty of scope for olfactory confusion — especially as some of those used are rather rare and little known by name, yet alone aroma. The essential oil was put on the end of a smelling strip, which some channelers chose to hold in their outstretched hands, or took to their noses. Channelers who use particular hand movements while channeling asked me to hold the strip under their noses. Sessions were recorded, to be later transcribed, and an observer was present to take notes of the order of events, to record any physical movements and indications made, and to ensure procedures were followed to maintain the anonymity of the oils.

The following are extracts of what six channelers from those I saw said about the same neroli essential oil when asked to comment on its spiritual properties:

Channeler A:

“It is one of moving through difficulty, a herb of transition from one state of awareness to another. You could use it in a catalytic way, as a carrier of consciousness from one state of frequency to another . . . Its color is much more radiant and clear than the previous ones that we have discussed, and it is tinged with a very electric clear white blue.”

Channeler B:

“To be used with care because it will inflame the passions. The passions are not only when we are in embrace, but we also are angry.”

Channeler C:

“This will bring the sense of learning, what you would term the acquisition of knowledge is carried within the atoms herein. The ability, capability of input, that the capability from this is to be divided into three factors: comprehension, assimilation, and the ability to, as it were, discard that which is of no importance to that particular incarnative quality. In the realms this is known as ‘the heavenly touch.’”

Channeler D:

“This is a very light floral extract and we feel that this should be used on its own. It should not be mixed with any other of the extracts. It would then lose its subtlety.”

Channeler E:

“The distillation is fine, but there’s something at one end — I’m not sure if it’s the beginning or the end of the process where the energy goes a bit wonky . . . and should be in a recipe of three to four smells, aromas, or whatever.”

Channeler F:

“This is more subtle, calming. I feel a lot of peace.”

Neroli is the essential oil distilled from the flowers of the orange tree. It is very expensive, and in shops is often sold already diluted in vegetable oil. Many of the “pure essential oils” of neroli are of inferior quality, and their aromas are dissimilar to the high-quality sample offered to the channelers. I cite neroli as an example in this section because it is, for the above-mentioned reasons, not an oil commonly recognized, while it is one of the most spiritually active essential oils in the set.

Some of the channelers were clearly deluding themselves, despite having a striking air of authority. Channeler B, for example, said neroli inflames the passions, which it does not do. There were conflicting opinions between channelers, such as with Channeler D, who said “it should not be mixed with any other of the extracts,” and Channeler E, who said it “should be in a recipe of three to four aromas.”

On the other hand, channelers could make some very impressive observations. Channeler A, for example, who provided information on sixty-three aromas, made only one comment about me, saying of an oil I have a particular liking for and affinity with (which of course she did not previously know): “For you, Valerie, this oil has a special personal significance, for we see that it is fully aligned with your aura.”

Some of the channelers were “bringing through” the voices of beings who were supposed to have lived in particular historical times and locations. As there is a very long aromatic tradition, one would expect these beings to be familiar with the certain aromas regularly used during their time and place on earth, and I made a special point of offering such particular aromas in these cases. However, it often proved that these aromas did not click — that the being did not recognize the aroma specific to the culture of their former incarnation. One ascended master from biblical times, for example, did not recognize aromas we know from historical records he would have been familiar with. Even if the physical aroma did not reach this master, he should perhaps have been able to recognize it from its spiritual qualities.

It was made clear to the channeler before each session that I was not asking for information on the physical properties of the individual essential oils, yet much information came forward in this respect, particularly with channelers who used essential oils, and most of it was incorrect. All of this discussion was accompanied by an air of great wisdom and authority, sometimes by people who say they channel characters known from spiritual literature — whose “channeled” advice some gullible people might follow word for word.

In *The Meeting of Science and Spirit*, scientist and author John White says, “I estimate that perhaps nine out of ten channelers are ‘bringing through’ nothing more than a fabricated subpersonality of their own creation.” I’d agree with this. A channeler, then, might, instead of guiding you on your spiritual journey, deflect you from the course of true knowledge. In terms of general guidance this is bad enough, but when the guidance involves essential oils, which have powerful physical qualities, it is better to seek further advice. My advice is to tread very carefully. A channeler might say, “Use this oil, herb, or homeopathic remedy,” when it is ill suited to your needs, or say, “Don’t use this oil,” when that may be the very oil you need.

The experience of asking many channelers the exact same questions was, at times, worrying. At other times it was interesting because of the concepts that emerged, the different ways of looking at things. On a very few occasions, I came away wondering if I had, indeed, been listening to an ascended master. Clearly, when you’re planning to visit a channeler for a personal consultation, great discrimination is required.

There’s nothing new about people speaking in voices that are not like their usual day-to-day selves. It’s been going on for millennia, not as channeling perhaps but as “oracle-giving,” and even “prophecy.” At least today’s channelers say they are just that, a channeler, and do not claim to be the source of the information that breaks through — sometimes without any warning, or desire on the part of the speaker. In the past, some people who found themselves speaking in another voice may have deluded themselves, or others, that they themselves were of an essentially higher intelligence, or in some way chosen or special. Indeed, making the distinction between true and false prophets, or ascended masters, has been an issue since time began.

Essential oils do open the channels of communication, both with the higher self and with higher spiritual elements in the universe. Among those who work in channeling, the following essential oils have been found helpful to that process:

ESSENTIAL OILS FOR CHANNELING

Angelica Seed	Frankincense	Petitgrain
Bay	Galbanum	Pimento Berry
Benzoin	Hyacinth	Pine
Carnation	Jasmine	Rose Maroc
Cedarwood	Linden Blossom	Sage
Chamomile Roman	Marjoram	Sandalwood
Champac	Mimosa	Spruce
Cypress	Myrtle	Tuberose
Fir	Narcissus	Violet Leaf
	Osmanthus	

ESSENTIAL OILS AND COLOR HEALING

Color is not static, it's dynamic. Color is changed by heat, oscillation, and chemical reaction. A red cabbage might be red, but it's turned green by sodium carbonate, and back again to red with vinegar. That's chemistry at work. The brown gas nitrogen dioxide becomes increasingly lighter when heated. When it's colorless, if the heat is turned down, it becomes brown again. The human eye can detect ten million shades of color, which is a dynamic of light, vibration, heat, and chemistry.

Essential oils are a complex blend of many natural chemical components, with some having a "contents list" of three hundred or more. Molecules have a vibration, an oscillation. And essential oils are often heated, by means of diffusers, warm water, or the human body. They are dynamic energetically, in just about every way you can think of, which means that when we try to ascertain their color, many variables need to be considered.

When we see color, through the deciphering equipment of the eye, we're registering the wavelengths produced by light. Red has the longest wavelength; blue and violet have the shortest. White light is produced by the blending of equal wavelengths. Wavelength is changed by heat, which is why gray metal, when increasingly heated, will change in color to red, then orange, then yellow, and then eventually to "white-hot," the hottest.

When we see the color of an object, we see the wavelength that has *not* been

absorbed. Inula essential oil is green because it absorbs nearly all the colors of the light spectrum except green. The *reflection* of green is what we are seeing, not the absorption of it. Something that is yellow has absorbed blue light and reflects the mix of red and green; magenta absorbs green and reflects a mix of red and blue; cyan absorbs red light and reflects a mix of blue and green. In color terms, things are not as they seem!

The light from the sun has all the colors in it, which can be seen as a rainbow effect reflected on a wall or piece of white paper if you hold a prism, such as a clear water crystal, in the sunlight. The prism splits white light into its component parts, wavelengths; the refraction is what we see. Red light is reflected least, and violet the most.

Plants absorb minerals from the ground, and essential oils contain trace elements of them. The type and amount of trace mineral depends on the uptake of the different species and the particular growing environment. When burned, minerals give off different colors; for example, potassium compound creates a purple or lilac flame, sodium an orange flame, copper a green-blue flame, and lithium, a red. Heat agitates electrons, and they give off more light.

The man who discovered why the sky is blue, nineteenth-century scientist John Tyndale, also discovered that essential oils absorb infrared rays. Indeed, essential oils are extremely dynamic in terms of taking in and giving out infrared, and electricity, and in terms of light refraction, chemistry and vibration, and minerals — all of which depend on other factors, such as where the plant material was grown and distilled, under what conditions, and who has been handling them. As for color, that varies too.

The first essential oil on the list, for example, ambrette, might be yellowish or reddish amber, depending on growing and distilling conditions, but it's not certain what color it is when it's heated by the hands, the body, warm water, or a diffuser.

There is no one color to any one individual essential oil. This is very clear when looking at their etheric color or, for example, their aura pictures. The dynamic *physical* multicolor aspect of essential oils can be seen at home, if certain conditions are just right. Put a large white container full of warm water on a counter, in front of a window that is receiving a lot of sunlight. Put one or two drops of an essential oil on the surface of the water, and adjust your body position to see, on the surface of the water, ripples of color rather like those seen on a soap bubble or on an oily patch of water. Catching this effect is not easy and may require several attempts.

This effect is known as “light interference” and is the result of there being two light reflections, one from the top surface and one from the under surface of the essential oil. Where the light rays meet, there is an interference causing some colors to cancel each other out and others to combine into bands of color, known as “the rainbow effect.” In the case of essential oils, each one produces different combinations and strengths of color and, even more surprising, different energy patterns that can be seen in the way the colors swirl and intertwine, fast or slow, moving inward or outward, toward each other or not. If you can catch the light at just the right angle, wonderful colors can be seen — gold, silver, blue, green, red, magenta, yellow, orange, and violet — in all different shades and hues, from the very deep to the lightest of translucent color.

This light print may be the true physical color of an individual essential oil, and it bears no obvious visible relation to the color of the oil when it’s in a bottle, or drop. The etheric color of an essential oil, its “halo color,” is also different from its aura picture colors, as revealed by the PIP moving video pictures. And although both are dynamic, each has a different energy-action “fingerprint”; each is dynamic in a different way. When we’re considering what is “the color” of an essential oil, then, it’s a difficult task because there are so many colors to choose from — even when considering just one essential oil!

Some color therapists, when using essential oils, consider the plant species that the essential oil is distilled from — the color of the flower it produces or the color of the plant part used. This information is provided in the following chart, and should be considered in view of light-wave absorption or reflection. The chart also includes information about the etheric color of essential oils, but if you’re working with oils on a person, his or her color field must be taken into consideration. For example, if a person is suffering from a great deal of inflammation, a blue oil (containing azulene) is usually applied, and indeed blue absorbs red, the traditional color of inflammation. However, blue also absorbs green. A green oil, inula, will absorb blue and is useful for respiratory tract infections, which cause excessive mucus and dampness within the body, usually associated with blue. But green also absorbs small amounts of red, associated with warmth. You can begin to see how complex the subject of energetic color really is.

In the early 1980s I experimented with colored oils, producing combinations of essential oil, base oil, and natural pigment. To see how long they could retain their color in ideal storage conditions, I put away in a box a collection of these colored-oil bottles. I took them out recently, and they were almost as vibrant and colorful as the day they were made. I encountered some difficulty in finding

natural and organic oil-soluble tints and dyes, but eventually it was done. The greater challenge was in marrying up the three components — essential oil, base vegetable oil, and color source — in terms of their compatibility with the physical condition of the person, or the condition of the chakra to be worked on. When working with people and creating colored oils, there are many things to consider.

Considerations include all aspects of the essential oil's color, as well as the color of the vegetable oil in which it is to be diluted. As these two components are blended, a new color may emerge. Any tint or dye should be from a natural organic source and have the same physical attributes as the essential oil. You can immediately see that if you use a colored oil to counteract inflammation, say, the tint or dye should come from a plant known by traditional herbalism or phytotherapy to also serve that purpose. Each of the three components could also be considered from the point of view of their effect on chakras, and the whole person — not only physically, but emotionally and spiritually. Although some people might think using colored oils an easy option, a science of aesthetics or even “instinct,” to be used therapeutically it's a science that can only evolve from a very broad knowledge base.

For those who wish to experiment, the following color chart may help. The second column of the chart shows the color of the plant part used in making that particular essential oil, which could be grass, fruit, seeds, leaves, root, wood, bark, resin, flowers, or flowering tops. Most species have a flower, even if that is a tree cone or grass spikelet, and the third column shows the color of that flower. Next is the color of the essential oil, which is followed by the density of that color: the letter *C* indicates clearness or clarity; the letter *M* indicates that it is of medium density; and the letter *D* indicates that it is dense. The last column is the etheric color, and it's difficult to capture by means of a few short words, which cannot convey the dynamism of these colors, their aliveness, and their degree of sparkle.

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