

The Benefits of Essential Oils

-- By Irene Tamaras

What Are ESSENTIAL OILS?

Therapeutic-grade Essential Oils are special medicinal healing substances that are extracted from various healing plants. Essential oils were used by ancient cultures including Ancient Egyptians for the treatment of illnesses and for religious rituals.

At first look, essential oils appear so simple, but they are not. They contain hundreds to thousands of different chemical constituents, many occurring in minute quantities, but all working together to produce therapeutic effects. Essential Oils are distilled from shrubs, flowers, trees, roots, bushes, and seeds. Essential Oils are oxygenated and assist in delivering nutrients to the cells in our body. The oils are highly concentrated containing profound healing properties so only a few drops are necessary per application (1 to 3 drops). The oils diffuse very quickly (within minutes) throughout the blood and tissues by penetrating the pores of the skin and the cell membranes.

Benefits of ESSENTIAL OILS

Containing enormously valuable medicinal healing properties, Essential Oils provide dramatic results when used therapeutically. Essential Oils deliver subtle energetic rebalancing effects that work on the physical body, chakras, meridians, and higher spiritual bodies, as well as the emotions. Essential Oils penetrate the pores of the skin and cell membranes and diffuse throughout the blood and tissues. Essential Oils can enhance circulation and immune function. There are so many wonderful benefits that occur when using the oils such as:

- Pain Relief
- Anti-inflammation
- Antiseptic
- Stimulate Immune Function
- Regenerate Damaged Tissue
- Relieve Stress and Promote Relaxation
- For Minor Burns
- To Kill Viruses and Bacteria
- Calming and Sedative Effects
- Improve Concentration and Mental Clarity
- Menstrual Cramps and Premenstrual Syndrome Relief (PMS)
- Back Injuries
- Improve Human Nervous Conditions
- Headaches, Anxiety, Depression, Panic Attacks
- Clearing Emotional Patterns and Improving Emotional Condition (refer to next section for further information)

CLEARING EMOTIONAL PATTERNS

Essential Oils have the ability to clear and release emotional patterns and to improve your emotional condition at any given moment. These are truly remarkable benefits for two reasons: (1) there is a significant relationship between mental and bodily processes and (2) emotions are stored in cells of the body and an emotional pattern is established.

A great instructional guide to use is the book *Releasing Emotional Patterns with Essential Oils* by Carolyn L. Mein, DC. This brilliant book explains how to use Essential Oils to access the parts of the brain where emotions are stored and learn how to move through blocked emotional patterns. Mein identifies specific essential oils that correspond to specific emotions and explains how to apply the oils to acupuncture alarm points to release the emotion from cellular memory.

As humans, it is important to be able to express both positive and negative emotions. If negative emotions are not expressed safely, an unhealthy build-up forms in our body that can lead to illness and an emotional pattern is established.

Learning the opposite side of an emotion (i.e. laughter is the opposite of anger, encouragement the opposite of disappointment, joy the opposite of sadness) and having the ability to 'release' this negative emotion in a healthy way creates positive feelings and the energy involved can be used constructively. Emotional energy, if not released, enters the body and gets stored in organs or glands and the memory of the physical or emotional pain or trauma gets stored in the part of the brain known as the limbic system. Even without us knowing it, the body then holds on to an emotional pattern.

It is very important to note that even if we recognize an emotional pattern and try hard to modify our behavior/thought process, change cannot fully occur since emotions are stored in our cells. Using the Essential Oils as directed in Mein's book can and will remove this stored negative energy from cellular memory. If emotions are deep-seated, then it will be necessary to repeat the process again and again until the emotion is fully released.

To those reading about this for the very first time, until you read Mein's book and try it for yourself, it may be a little difficult to fully comprehend how this clearing process works, but know that the emotional clearing process can really produce profound life-altering benefits.

How To Use Essential Oils & Choosing Essential Oils

Some of the best instruction on how to use Essential Oils can be found in the following books: Essential Oils Pocket Reference and the Essential Oils Desk Reference, Essential Science Publishing, July 2001).

Essential Oils can be used in the following ways (some pure oils may need to be applied with a mixing oil for some because of possible sensitivities; it's best to test a small area of your skin):

- Applied directly on location, site of pain or problem area
- Used in a compress to penetrate skin
- Used as a massage oil by mixing with a massage oil base
- Applied to the hands and feet at Reflexology points which are areas that correspond to the part of the body you wish to support
- Through direct inhalation or dispersed in the air with a humidifier/vaporizer/diffuser/sprayer
- Taken orally (only some essential oils can be taken orally, consult with the Recommended Reading books to learn about specific oils and their uses)
- Applied to acupuncture alarm points to clear emotional patterns
- Worn as a perfume or cologne

When choosing Essential Oils, it is very important to note that not all Essential Oils sold in the marketplace are pure, therefore, unable to produce therapeutic results. Many Essential Oils are adulterated, synthetically produced, or diluted oftentimes to be sold cheaper. Be mindful of the company you purchase your Essential Oils because these oils can be harmful to consumers and can also cause rashes, burns, or other irritations and not produce any therapeutic benefits. Although there is no current organization that regulates the purity of Essential Oils sold in the US, there is an indicator called the ISO (International Standards Organization) certification or the AFNOR (Association French Normalization Organization Regulation) standard established in France and these European standards have been introduced in the US.

About the Author

Irene Tamaras is CEO of Dynamic Pain Relief, www.dynamicpainrelief.com, a provider of alternative self-help treatments, products, and information for people seeking solution for physical, emotional, and mental challenges. She lives in the Washington Metropolitan Area and graduated from the University of Maryland with a BS in Business Administration and a double major in Transportation and Economics. From her own personal battle with chronic pain and mobility challenges from a severe fall, she has spent a decade seeking out natural and effective ways to manage chronic pain and stress. Irene is a leading expert on Reiki (she holds a 2nd degree Reiki), Reflexology and Reflexotherapy, Qi Gong, Meditation, and Essential Oils.