Guided Imagery
Nine Simple Aromatic Oils
for Mental & Physical Health

"The soul never thinks without a picture."
—Aristotle

Imagery provides a way to communicate with your subconscious mind. When you "see" an image in your mind it is a collaboration between your conscious and subconscious. The image you see will always be different from what others see because it is formed from your own memories and experiences. Imagery is like a personalized, guided dream with emotions.

Mind-body Interaction

MIND-BODY INTERACTION is so fundamental and important to human existence that it normally goes unnoticed and is taken for granted. If I might feel thirsty, and then, the thought occurs to me, "I'll go get a drink of water." The next moment, almost miraculously, my legs begin moving, carrying me to the water! Mind and body are constantly interacting. Philosophers have attempted to give an accurate description of mind-body interaction and to give a reasonable account of how mind-body interaction is possible.

The mind and body interact in powerful ways that affect a person's health. The digestive system is deeply controlled by the mind (brain); and anxiety, depression, and fear affect the function of this system. Social and psychological stress can trigger or aggravate a wide variety of diseases and disorders, such as diabetes, high blood pressure, and migraine headache. However, the relative importance of psychological factors varies widely among different people with the same disorder.

Most people, on the basis of either intuition or personal experience, believe that emotional stress can cause or alter the course of even major physical diseases. How these stressors do this is not clear. Emotions obviously can affect certain body functions, such as heart rate, blood pressure, sweating, sleep patterns, stomach acid secretion, and bowel movements, but other relationships are less obvious. For example, the pathways and mechanisms by which the brain and immune system interact are only beginning to be identified.

About 75% and up to 90% of visits to health care professionals are for stress-related problems," one article states. “Stress: It’s all in your head, “Relax” is easy to say but can be very difficult to implement. Relaxation can be more easily achieved by the use of aromatic substances. The stress may be just in your head but relaxation using the right scent for the right stressor is key.

A Deeper Relaxation can be achieved with scent that you never thought was possible without it. But can people relax, especially when they under the throes of stress? And what about those most harmed by chronic stress—the hard-chargers—those often referred to as Type A personalities? A recent National Heart, Blood and Lung Institute research study suggests that if we “Go easy on the hostility and impatience…” we may more easily learn how to relax.

The recommended therapy to best combat stress and its attendant harm upon our bodies and minds is to ‘relax and lighten up.’ Sounds simple enough to me, but when we look at this more deeply, we are merely prescribing a regimen that is bound to failure as therapy. Two major reasons account for this: One is that it is not natural to relax. The other reason for failure is that people do not know how to relax and require training and practice before they can. “Mental or Guided Imagery” can be taught and enables people to learn how to relax and reduce their stress and pain levels. Essential oils can aid this process. “Relax. Inhale the odor right for you. These feelings of hostility and impatience are just in your head.”

Using essences via inhalation for psychological care of patients and clients is another matter.

Here, solvent extraction essences can have a place in your armentarium. Indeed, scientists at Monell have recreated the smell of ground zero to use in stress disorder therapy for those who suffered from 9/11 PTSD (post traumatic stress disorder). This is a desensitization treatment to be done by those trained in psychology and psychiatry.

Research at Monell is helping to reveal how humans recognize, perceive and respond to tastes, odors and chemical irritants. Many studies focus on individual differences, examining how
factors such as genetics, age, gender, experience, and the environment influence sensory capabilities. Scientists are also exploring how interactions within and between the senses influence perception of chemosensory stimuli.

HOW INHALATION WORKS
The way that essential oils work when you inhale them is really quite simple. I have listed some charts in my book, The Aromatherapy Book, Applications & Inhalations on pages 156-157 and 189-190.

When you inhale scent it is vaporized into molecules as a gas. The molecules are inhaled up the nose; absorbed by the olfactory nerve that directly affects the limbic system and hypothalamus. The limbic system is the seat of memory, learning and emotion. These molecules are also affecting the intellectual process. The hypothalamus affects the pituitary and has control of aggression. The pituitary affects the adrenal and sexual glands, which has effects on the sexual response. These are all interacting dynamics. What you inhale is what you are.

By inhaling through the nose, your limbic system is affected with the integration and expression of feelings, learning and memory, emotions and physical drives.

By inhaling through the mouth, essential oils are absorbed through blood vessels in the lungs, which affects the entire respiratory system.

If the essential oils are applied to the skin such as in skin care, the muscles cells, the muscles and the joints, absorbed by the blood stream where these molecules are taken throughout the body to the tissues and organs, take them up. They are excreted via the skin, the kidneys and bladder, exhaled through the lungs to the outside and via the large intestine. You can get your entire body and excreta smelling should you choose.

Overdoing the inhalation of essential oils also has negative effects. For instance, linalool in Lavender has been associated with the abnormal enlargement of breasts in young boys. Linalool is used by itself in many hair and skin care products and is accumulated in the body. To reverse the condition you Simply stop using products with odors. There will be a rapid reversal of this condition.

I say that education is important and that consumers must know to use a variety of odors rather than the consistent use of one only.

CEDARWOOD: *Cedrus atlantica*. Fam. Pinaceae. The tree originated from the Lebanon Cedar mentioned in the Bible. The maceration/decoction of the wood in water was wrung out through woolen cloths to capture the essence. It is a wonderful fixative essential oil, sweet, fruity and woody. Excellent for respiratory congestion, to aid in deep breathing, for use in seasonal rituals.

CINNAMON: *(Cinnamomum zeylanicum)* Fam. Lauraceae. It is Native to Indonesia and was traded along the ancient Arabic trade routes. Mentioned in Exodus as part of a holy anointing oil. Traditional holiday scent. Used in Victorian England in potpourris, as a powdered substance to immerse clove-studded Oranges. Inhale to tap into the psychic mind. The essential oil is used to eliminate warts.

CLARY SAGE Interesting Facts: “The name *Salvia* is derived from the Latin word for ‘good health’. In Germany, the herb was used with Elderflowers as an additive to cheap wine to make it taste like Muscatel. Also used to flavor vermouths and liqueurs. In Britain, it is used as a substitute for hops in beer making. In Jamaica, the plant was blended with coconut to ease scorpion stings. The seeds were used in...
many countries to clear conditions of the eye—hence the name ‘clear-eye’.

Inhalation: Calming, aphrodisiac, tonic, emmenagogue, nerve tonic, nerveine, estrogen-like, antidepressant, and grounding; Emotional Uses (AP or IN): Inhalation: Hot flashes, nervous fatigue, depression, emotional distress, PMS, and a good night’s rest. It is grounding and mildly intoxicating.

CONIFERS of ALL SORTS (Fir, Pine, SPRUCE)

Historical Uses: Respiratory aide and for parasites
Inhalation: bactericide, disinfectant, stimulant, expectorant, calming, and uplifting.

Emotional Uses (AP or IN) by Inhalation: Sudden fatigue and exhaustion, grounding, anxiety, stress, [and deep healing for the dark side of the male, or active, principle.]

Application: Antifungal for Candida and useful for chest spasms. These oils are also used as a household cleaner.

Inhalation the conifer oils assist the lungs in clearing bronchitis, asthma, and for weak and debilitated conditions. The true conifer oils are excellent when used as an air freshener.

[Hormone-like, possibly stimulating the thymus gland, cortisone-like properties that affect the HPA axis]

GERANIUM Properties and Uses Skin care:
Used externally on acne, bruises, as a tonic astringent application for broken capillaries, burns, couperose (rereddened) skin, cuts, all types of skin conditions, externally for hemorrhoids, in products for oily or mature skin. Used externally in massage for cellulite, breast engorgement, edema, or poor circulation. Used by inhalation for menopausal symptoms or PMS, nervous tension, or stress. It has been used extensively in the skin-care industry for all types of cosmetic problem. As an inhalant the ESSENTIAL OIL is considered to balance the glands. This oil has properties that are considered to be anti-infectious, anti-bacterial, anti-fungal (Spikenard is better), anti-inflammatory, relaxing, and anti-spasmodic.

The hydrosol is excellent as a spray tonic for the skin; to reduce stress, relieve all sorts of menstrual or menopausal symptoms.Used internally by ingestion for the liver and pancreas (with the assistance of a health care provider).

LAVENDER (LAVANDULA ANGUSTIFOLIA)
The Lavender we most often consider is the one that we use. Depending on where and how it is grown it is very high in linalool that in moderation is a soothing sedative and linalyl acetate that is used in skin care for healing and relaxing. By inhalation this oil is sedative, tonic, analgesic, calming, antitussive (reducing coughing), decongestant, antidepressant, and restorative.

Lavandula x intermediais of many sorts depending upon where and how it is grown. It can be very high in camphor which inhaled excessively can cause headache. If low in linalyl acetate is can be stimulating but generally speaking it is used by Inhalation as a nerve tonic, reduce tension and depression and as a respiratory tonic.

Application: Antibacterial and relaxing in massage.

Application & Inhalation lavandin is useful for bronchitis, lowers blood pressure, useful on the respiratory, muscular, and circulatory systems. Respiratory conditions. Emotional Uses (AP or IN):
Inhalation: Tonic to the nervous system, and used for those suffering from deep anguish.

ORANGE & Bergamot (Citrus [many varieties])
Fam. Rutaceae. The fruits contain vitamins, minerals and enzymes. The Orange is thought to originate in China while Bergamot is a Roman food. The essential oils are used to flavor drinks and many liqueurs, such as Curacao. Orange was brought to Americas by Franciscan monks in 1500’s. These citrus are cultivated for fragrant flowers and peels, the production of Neroli and Orange flower water, Bergamot essence, and the beauty of the trees. In Victorian times the Citrus fruit was considered only as dessert or used in the

stillroom for the water and for the peel as Potpourri, and as a skin care ingredient. The scent is sweet and evocative of Christmas, holiday cooking and happiness. Inhaled the scent relieves anxiety and reduces stress. Inhalation of Orange peel oil with its (limonene and linalool) is useful as a calming with sedative like tonic properties; it is refreshing and uplifting.

**Emotional Uses (AP or IN):** By inhalation, Rosemary 1.8 Cineole is used for memory enhancement, exhaustion, and headaches, to encourage intuition. While Rosemary Camphor can cause a headache but is used externally to get rid of pimples.

**Inhalation:** Expectorant, sinus-bronchial-pulmonary infections, especially antibacterial on staph- or strep- germs, including Escherichia coli, for overwork, hangovers, coughs, colds, bronchitis, and sinus problems.

Layering and Combination Odors
From the nine odors listed many combinations can be made for the mental and physical health of the body. They can be mixed in a variety of ways. For instance, in order to obtain a scent that is cooling and calming one might mix together Lavender and Peppermint. The Lavender is calming and the Peppermint is cooling. Mixed together you get only a Lavender scent with the cooling of the Peppermint menthol but without the scent of the Peppermint.

It is always wise to use a variety of odors and not just one continuously. Excessive use of one odor or one blend can be very unpleasant. People will get tired of the odor. They think that all odors are the same. So they will stop using scent products altogether. It is an educational opportunity to train someone that variety is indeed 'the spice of life'.

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SPIKENARD: *(Nardostachys johnnansi)* Fam. Valerianaceae. The Women's Oil. A deep, powerful aroma. For serious skin conditions and to regulate heartbeat. A cooling, fever-reducing oil that is balancing, soothing, harmonizing and ancient. Mary of Bethany used the precious oil to wash the head and feet of Jesus.

**ROSEMARY** *(Rosmarinus officinalis)*. Like Lavender there are many types of Rosemary oil. Some are refreshing and uplifting and others more stimulating. Many have mentioned its ability to heighten memory. The flowers are a source of excellent honey. Used extensively in hair lotions and for the prevention of premature balding.

**By inhalation:** Expectorant, bactericide, stimulant, antiseptic, causing redness, anti-ussive, decongestant, analgesic, and antitoxic.

## Stress Relief Kit *

The Stress Relief First Aid Kit contains oils specifically for those of us with busy schedules and fast-paced lives. Contains Ylang #1 oil as an aphrodisiac and for insomnia, to soothe aggression; Rosemary natural for jet lag and muscular aches and pains; Lavender terpene-free for relaxing, soothing, shaving burns, and any external irritations; Child-like Spearmint to inhale for relaxation, stimulating in the bath, refreshing to the skin, clarity of thought; and Bergamot to inhale for depression; plus Calendula oil.

$36.00 includes 5 Essential Oils and 1 infused oil for blending, packaged in a Handcrafted Tapestry Bag in a Butterfly Pattern

www.jeannerose.net

Try the Rosemary Chemotype Kit for 6 kinds of Rosemary to sample... $45
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