

# “Letting Go” with Essential Oils

This is a very simple guideline for “letting go” of some old emotional baggage, releasing, allowing the up-lifting feeling of peace and emotional freedom to take root.

Emotional health is a precious gift to our physical health and well-being.

It is important to be in a quiet place and setting with no cell phone, no TV, and no noisy environment.

**STEP 1. Valor** should be the first blend used when preparing for an emotional release. It helps balance the energies within the body and helps to give courage, confidence, and self-esteem. Apply 3-6 drops on each foot and top of shoulders, cup hands, and breathe in the beautiful strength-giving aroma as it balances the body.

**STEP 2. Harmony** is an exquisite blend of 12 essential oils and promotes physical and emotional healing through harmonic balance of the energy centers of the body, enabling energy to flow more efficiently. It helps reduce stress and creates an overall sense of well-being. Apply a drop on each of the chakra points.

**STEP 3. Sacred Frankincense** helps to regulate emotions, reduces the feelings of stress, and is very calming. It eases the depression around the traumatic experiences of life, whether in times of bereavement, divorce, or other emotional losses. It promotes confidence and purpose as the feelings of negativity disappear and stimulates the body’s immune system.

When used during yoga, meditation, or prayer, the fullness and capacity of this oil brings support physically, emotionally, and spiritually, offering healing to those who use it. Placing this oil on the temples, back of neck, top of head, and over the heart allows the opportunity for deeper spiritual connection.

**STEP 4. The 3 Wise Men blend** was formulated to open the subconscious mind through pineal stimulation to release deep-seated trauma encoded in the DNA. This blend opens the crown chakra and stimulates the limbic system, bringing a sense of grounding and uplifting through positive memory recall. Place 2-3 drops on the crown of the head.

**STEP 5. Release** helps a person let go of the energy that comes from anger and hate held within the cells of the liver in order to create emotional peace and well-being. Freedom comes from being at peace rather than from harboring negative emotions. Rub 1-2 drops over the front and back of the liver area in a circular motion.

**STEP 6: Idaho Balsam Fir** is a wonderful aroma that is very grounding and relaxing to the body. It helps with the effects of seasonally affected disorders, lifting depression. This strengthening oil stimulates the immune system, creating an increase of energy and sense of well-being. Rub a drop on the brain stem and under the nose. Breathe in the fortifying and balancing fragrance, bringing in the feeling of security.

**STEP 7. Inner Child** is a blend that may stimulate childhood memory. When children experience abuse or trauma, they can become “disconnected” from their inner child or identity. This disconnection may not be apparent until many years later, manifesting itself as a “midlife crisis.” The Inner Child fragrance may stimulate memory response, helping one reconnect with his or her fundamental identity. This is an essential step or condition to achieving emotional balance. Apply 1 drop under the nose and 1 drop around the navel.

**STEP 8. Forgiveness** has high electrical frequencies that can help release negative memories to facilitate forgiveness, letting go, and moving on. Apply 1-2 drops around the navel and massage in a clockwise motion.

**STEP 9. Grounding** may be helpful in situations where one is overexcited about new ideas or wants to escape into a protective fantasy. In this kind of mental state, it is easy to make choices that lead to bad relationships, bad business decisions, and other unfortunate circumstances. We seek for an escape because we have no anchor to know how to deal with negative emotions.

The aroma of Grounding helps restore confidence and peace, enabling us to deal logically and peacefully with life’s decisions. Apply 1-2 drops to the back of the neck and on the sternum.



**STEP 10. Hope** is formulated to reconnect with a feeling of strength and optimism for the future. Hope must be in place in order to move forward in life. Hopelessness can cause a loss of vision of goals and dreams, making it impossible to release emotional blocks. This aroma may also help in overcoming tendencies toward depression. Massage 1 drop on the outer edge of each ear.

**STEP 11. Joy** is an exotic blend of Ylang Ylang, Bergamot, and pure Bulgarian Rose oil and produces a magnetic energy to attract love and enhance self-love, bringing joy to the heart. Apply 1-2 drops over the heart area and massage in a clockwise motion.

**STEP 12. Present Time** has an empowering fragrance that gives a feeling of being “in the moment.” One can only progress through emotional release when in the present time. Apply 1-2 drops on the thymus (top of the sternum) in a circular motion.

**STEP 13. SARA** is an essential oil blend formulated specifically for opening the limbic system to release the memories of serious trauma connected with Sexual And/or Ritual Abuse. Apply 1 drop over the energy centers (chakras), navel, and chest.

**STEP 14. White Angelica** is an amazing blend of 18 different oils, some of which were used during ancient times to increase the aura around the body, bringing a delicate sense of strength and protection. Its frequency protects against negative energies and helps to create a feeling of wholeness and oneness with the Creator. Apply 1-2 drops on the crown and on the shoulders.

**STEP 15: Take Time** while still in the quiet, meditative space and choose an oil of your choice to enhance this process, reflect on your goals, your dreams, and on the positive things in your life, along with the things that you are choosing to change in your life.

Place a couple of drops of your oil of choice over your heart, back of neck, and then cupping your hands together, breathe in the life-giving, minute, fragrant molecules.

This can be a fortifying process, so take time to write some notes about your experience.

You can choose many oils and blends for this quiet time such as Rose, Amazonian Ylang Ylang, Ylang Ylang, Sacred Frankincense, Frankincense, Highest Potential, Gathering, The Gift, Envision, Motivation, Into The Future, Magnify Your Purpose, Joy, Gratitude, Believe, Transformation, Oola Balance, Oola Grow, etc. They are all wonderful oils and oil blends to anchor emotional balance and stability.

When you are finished with your quiet time or meditation, do not distract your focus by immediately watching TV or going out to a social event. Remember that the oils may continue to work on an emotional level for several days.

Several oils that you can carry with you that are easily available are the roll-on oils of Valor, Tranquil, RutaVaLa, and Stress Away, for those times when you need some emotional support immediately. Use them on a regular basis, especially at nighttime before you go to sleep. Roll the oils on behind your neck and along the rims of your ears; rub some on your hands until dry and then rub inside the pillow cover; or rub some on the pillow for a wonderful, aromatic, wafting fragrance to lull you off to sleep.

For a much more thorough explanation of emotional release and for specific emotional issues, consult the two books by Karol K. Truman entitled *Feelings Buried Alive Never Die*, 1991, and *Healing Feelings from Your Heart*, 2000, and the book by Dr. Carolyn L. Mein entitled *Releasing Emotional Patterns with Essential Oils*, Fifth Edition, 2004. These books are available through Life Science Publishing.