Essential Oils for Emotional Clearing

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Institute of Spiritual Healing and Aromatherapy, Inc.
Disclaimer

The material in this book is a guide to the practice of aromatherapy. It is not a replacement for traditional health care, medical diagnosis, or medical treatment for illness. Refer to a licensed medical practitioner for medical care.

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About the Author

Linda is President of the Institute of Spiritual Healing & Aromatherapy. She is certified in holistic nursing, Healing Touch, Healing Touch Spiritual Ministry, and in aromatherapy. As creator of a certification in clinical aromatherapy program, Linda has produced a unique offering that enhances the study of clinical aromatherapy by adding the study of vibrational frequencies of the oils, emotional and spiritual aspects of healing with oils, and energetic healing techniques. Linda lives in Arvada, Colorado but can be found most weekends teaching somewhere throughout the world. Her “calling” is to help restore healing in Christianity and so she takes a Christian approach to the presentation of essential oils—God’s healing pharmacy.

Linda is also an expert article writer on the internet and has published well over 250 articles for ezine articles primarily on aromatherapy and topics concerning Healing Touch Spiritual Ministry. To see a list of her published works you can google Linda Lee Smith or go to http://www.ezinearticles.com/?expert=Linda_Lee_Smith For more free aromatherapy education, you can go to Linda’s blog at http://EssentialOilEducation.com for the latest news and short articles on aromatherapy.

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Introduction

So much of the study of aromatherapy seems to be focused on the physical body that I believe we forget that fragrances are also affecting our emotional well-being. Just as the body can go out of balance and manifest as illnesses, our emotional being can also manifest a myriad of feelings that may not reflect a state of balance. We cannot split us up into body, soul, and spirit for we are one. So if we are using essential oils to bring the physical body back to a place of balance and harmony, are we not also affecting mind, emotions, and spirit?

This eBook looks at the many ways essential oils can restore, enhance, and change us for the better. Odors that carry a positive association can help bring about a change of attitude by allowing the individual to re-experience pleasure or joy. There is no doubt that certain scents can evoke powerful personal memories especially memories, from childhood. Since one’s emotional state has a direct influence on the ability of a virus to enter the cells of the body, using essential oils to cultivate a positive mental attitude can do much to prevent the onset of disease at its roots. In this light, essential oils provide the ideal components of preventative medicine.

Identifying which essential oil to use for a specific emotion, say for anger or grief, is not easy. Research is limited to that of individual aromatherapists. However, we have a body of information available to us from reliable teachers and practitioners. In the end, most essential oils will affect us emotionally—but knowing where to start can certainly shorten our time of experimenting to see what works and what doesn’t.

As aromatherapy practitioners, I invite you to pay attention to the moods and emotions of your clients. They are coming to you not only because they have a physical problem—they are coming as a whole being—body/mind/spirit, and as their practitioner, we owe it to them to pay attention to their whole being.

Linda Smith
Chapter 1

Essential Oils and our Emotional Self

We Are Body/Mind/Soul/Spirit

It is impossible to divide body from spirit for we ARE whole beings—what affects the body, affects the mind and spirit as well. This is certainly not new information, neither is it new to our own age. Ancient man understood this very well when he looked upon illnesses as caused by some kind of evil deities or malevolent spirits. Sickness invoked by one’s “sin” could only be remedied by a return to the spiritual path—a turning back to the spiritual realm—a healing of one’s soul.

Aromatherapy has shown itself to improve a person’s quality of life—physical, mental, emotional, and spiritual. In this regard, it is truly a holistic approach to health and healing. The mental and emotional effects of essential oils have been studied since the early twentieth century. In the 1970’s, two Italian physicians, Gatti and Cayola, published their observations of how aromatics can be beneficial for both anxiety and depression. Essential oils identified as sedatives were found to be useful for states of anxiety, whereas oils found to be stimulants were found to be useful for depression.1 Another Italian researcher, Paolo Rovesti, took Gatti and Cayola’s work to the next level. He did experimental studies on people suffering from “hysteria or psychic depression.” He had patients inhale a blend rather than single oils since he found people more receptive to blends. He confirmed Gatti and Cayola’s favorable opinion of ylang ylang as an antidepressant and further recommended jasmine, orange,
sandalwood, lemon, and lemon verbena. For anxiety, he listed petitgrain and neroli, adding bergamot, cypress, lavender, lime, marjoram, rose, and violet leaf.²

If you go to PubMed, you can find dozens of articles like the one done recently in Thailand that showed subjects report being “more calm” and “more relaxed” than subjects in a control group when using therapeutic essential oils. This study was on a blend of lavender and bergamot.³ Talk to any aromatherapy practitioner and you will find plenty of evidence to substantiate the fact that essential oils affect more than the physical body. According to another article found on PubMed, aromatherapy improves mood, heightens alertness, and increases a person’s ability to perform math problems faster and with more accuracy. This particular study compared the effects of lavender (a relaxing fragrance) and rosemary (a stimulating odor). Both groups did better with the math even though they affected different parts of the brain!⁴ There are even studies showing positive effects of essential oils on Alzheimer’s disease. For example, Spanish sage has been shown to inhibit the enzyme acetylcholinesterase. Anticholinesterase drugs are currently the only drugs available to treat Alzheimer’s disease.⁵ Another study pertinent to Alzheimer’s showed significant benefits in calming agitation. Since Alzheimer’s patients often lose their sense of smell, the benefits of aromatherapy are much more than a placebo effect from a pleasant fragrance.⁶

What Can History Teach Us About Fragrances and our Emotions?

The Sumerians, Babylonians, and Hebrews all used aromatics—oils and incense—for religious purposes. Their ancient practices served to expand consciousness and improve meditation. Their fumigations and incense burning was done also to
dispel certain physical conditions which they believed were caused by foul spirits. Now today’s psychologists might look at their practices and recognize the emotional impact of all this fumigation. More than a few have considered the mind-altering effects of some essential oils as natural mood-enhancing substances.⁷

The Greeks were perhaps the first to distinguish those psychological disorders arising from physical causes as compared to those of supernatural or metaphysical origin. Although they had a spiritual appreciation for aromatics, they systematically applied them in medicine for disease and wound healing.

The Greeks treated the sick in the temples of Asclepius. Central to their practice was a belief that curing the body lay primarily in re-activating a person’s life-force. In the temples, they offered prayers and sacrifices, the sick were physically cared for, and their dreams were interpreted by the priest-physicians. It was the interpreting of the dreams that gave them insights into the cause and cure of their afflictions. Pictured below is a pillar with entwined snakes—symbol of transmutation at the Askelpion temple in Pergamon (modern day Turkey) where I recently visited. Recipes for therapeutic aromatics and incense were used to enhance the psychological state of the patients and were inscribed on marble tablets hung on the walls. Aromatics were regarded in this period as valuable tools for transformation. Odors provided a direct doorway through to the feminine part of the mind, the non-rational or
‘magical’ domain. But as rational, patriarchal consciousness gained power, the non-rational, intuitive, feminine principle fell into the background, as well as women’s role in healing.

Succeeding the Greeks—the Romans, Arabians and Europeans have concentrated their study and use of essential oils to ailments afflicting the physical body and we see very little reference made to their emotional or mental impact.

We have to go all the way to the 17th and 18th centuries in Europe where decadent aristocracy used all kinds of perfumes and scented powders for various reasons including seduction. When alchemy gave way to the pharmaceutical industry, fragrant essential oils were relegated to the world of perfumes. It wasn’t until the early 20th century that we see investigation into the physical effects of essential oils. Any emotional or psychological effects were not considered to be of significant relevancy.

The Emotional Brain

I am amused every time I see a reference to the “primitive brain” as if we have a part of our brain that has less intricacy then the higher cortex, or that it acts somehow in a primitive manner similar to less evolved life forms. Nothing could be further from the truth. This so-called primitive brain is the central core—the limbic system which is responsible for our emotional processing. In the eBook on *The Role of Olfaction and Human Psychology*, we learned that the amount of brain tissue devoted to smell is huge. It involves the olfactory bulb that is hot-wired directly to the amygdala that processes emotions, and to the hippocampus which is responsible for associative learning. Our brain literally links an odor with an event, person, or thing. So we link smell and memory. Smell is therefore the most direct route to the release of hormones, to sympathetic/parasympathetic activity and to
musculoskeletal movement. The whole system is responsible for survival senses and basic emotions like fear, pain, pleasure, joy, anger, affection, sexual arousal and behaviors that these emotions prompt. In the animal kingdom, the sense of smell has a very practical responsibility. Smell and scent have to do with biological matters like survival, health, sustenance, procreation, territory, and enemies. Their’s represent a no-frills sense that is very reliable. Humans on the other hand are easily duped or deceived by scents.

**Nature’s Pharmacy**

Here in the “garden of Eden” (earth) we have everything we need if we just look around. The animals have figured this out primarily out of survival. Humanity has been observing animal behavior for thousands of years and has taken note that the animals seem to have an innate sense of what is healthy for them to eat and what is not. Monkeys and apes have been observed eating the leaves of certain trees and bushes for their therapeutic remedies and preventive medicine like killing off parasites. Humans have learned to imitate this animal behavior in certain regions for the same health benefits. This animal observation has led us to discover analgesics, sedatives, and stimulants. For example, the Aboriginal peoples of Australia have observed the sedative effects of the eucalyptus leaves on the koala bears. It was Ethiopian herdsmen who first observed their goats leaping excitedly into the air after eating coffee beans. (A caffeine high?) As for psychological effects, many animals have been observed literally getting “drunk” or “stoned” on purpose. Just look at domestic cats as they frolic in catnip. Or, observe cattle and horses out west who manage to get into the “locoweed” (clary sage) which has hallucinogenic properties. They may have legitimate health needs in pursuing these effects by dangerous plants, unlike man who may pursue hallucinogenics like peyote, marijuana, or opium for different purposes.
In other eBooks, I have looked at how essential oil fragrances affect various systems in the body from musculoskeletal to respiratory, digestive, circulatory, urinary, skin, nervous, immune and endocrine systems. Each eBook lists various oils and their effects on that particular system in the body. There are overlaps throughout with reference to emotional and spiritual effects as well. Most would agree that trying to do an eBook on how essential oils affect the emotional body itself is difficult at best since responses to fragrances are very individual and research is limited at best. Information is limited to particular aromatherapists’ clinical experiences. Yet, logically we know that all of these fragrant oils not only affect various physical systems, they also lift one’s spirit and can change or alter one’s emotional climate.

**Thoughts, Feelings, and Emotions**

If we are going to understand how essential oils can help us clear stored emotions, then it is important to first take a look at the difference between thoughts, feelings, and emotions. Karol Truman in her book *Feelings Buried Alive Never Die...*, points out that for many of us, we were taught in our younger years to close down our emotional being. We were programmed to deny feelings or to bury them. When our feelings were trounced on, we were told “ignore it,” “forget it,” “grow up,” “don’t worry,” “be quiet,” “don’t think about it.” Those feelings were repressed, suppressed, stuffed, or buried. But where did those feelings go, she asks? They didn’t die and were often buried unresolved. These feelings govern our thought patterns, our beliefs, and our attitudes. They determine our emotional reactions and our experiences in life. They are unconscious, hidden and denied. No matter what our age when one of these old feelings is triggered by an event, we revert almost instantly to the age or the time when the feeling was established. When this happens we literally take on the emotional demeanor of the age at which the feelings froze. Our “little child” acts out even when we are eighty!\(^{10}\)
A few definitions:

Thoughts—Involves thinking—an idea, concept, judgment, etc. There is a fine line between thoughts and self-talk, and of course our thoughts reveal our feelings.

Feelings—Are impressions, or reactions. This is the affective aspect of mental life as distinguished from thought and from intellectual aspects. Feelings are usually expressed through our thoughts before we ever speak.

Emotions—Emotions are energy in motion and are manifested in our reactions. They are strong surges of feeling marked by a need to express those feelings and often accompanied by complex bodily reactions. Emotions are further expressed through attitudes and beliefs which are externalized and manifested through our actions and behavior—all in a split second.

The emotion is the outward expression (or reaction) of the feeling. Emotion is the result of a thought and an intense feeling coming together. Your feelings and your thoughts are energy. Your feelings and your thoughts are matter. According to the physicists, matter cannot be destroyed. The form of matter CAN be altered, but matter itself is indestructible. Therefore thoughts and feelings as matter cannot be destroyed—only altered. This is good news—the energy of feelings and of thoughts can be changed. If the feeling or the thought is negative energy, it can be changed to positive energy. What makes thoughts and feelings negative? According to Deepak Chopra, when the energy of a particular feeling or thought obscures the truth of our being—obscures our perfect blueprint, negativity is created. 11

The influence of emotion and mood is significant because how you feel can determine what you think, perceive, remember, and ultimately how you behave. Since the body and mind are intrinsically related, a change in emotional or psychological disposition can have dramatic results on the health of the individual. When we take control of our thoughts, we can begin to feel good about ourselves. For every effect in our lives—there is a cause—this is the law of cause and effect. If we don’t like the effects in our lives—it is up to us to identify the causes and change them. Remember, everything that happens in our life
happens by law and not by chance. There are no accidents—that is victim mentality. So it is imperative that we learn to identify our negative thoughts and feelings before we can avoid or change them. Get in touch with your own inner dialogue—what you are saying to yourself and what you are feeling inside. Become aware and be sensitive to what is happening around you. Become your own observer.

This we know—there is a mind-body connection to the DNA. Every thought, every feeling, and every emotion we experience sends a message to each cell in our body. Each cell is affected either positively or negatively. When our thinking and feeling are out of harmony—health problems appear. Pain of any kind reminds you that you are out of balance somewhere. God is trying to communicate with you and pain certainly gets your attention. You might want to re-read Barbara Brennan’s book *Hands of Light* on this subject. She says that “illness is the result of imbalance. Imbalance is the result of forgetting who you are. Forgetting who you are creates thoughts and actions that lead to an unhealthy life-style and eventually to illness. The illness itself is a signal that you are imbalanced because you have forgotten who you are. Illness can thus be understood as a lesson you have given yourself to help you remember who you are.”

Remember, the only person you can ever change is you. There is purpose in all of life, purpose for every challenge and every situation in which we find ourselves. The purpose is for learning and growth—for remembering who we are. And according to the scriptures, we are love made manifest in the world. What is the key that opens us to love? Forgiveness—forgiveness of self and others.
Being Single-Minded

To recover balance—to remember who you are—you must be single-minded. That means bringing your thinking and your feeling together in unison. We have already seen that the left brain is the thinking and conscious side. The right brain is the feeling and the subconscious side. If our heart (feeling part) is not in sync with our head (thinking part) we will never move forward and achieve what we desire in life. For instance we may think (head) that we are not worthy but feel in our heart that we are. The heart will win but there will be an inner conflict or war until agreement is reached. If we feel in our heart that we are not worthy of something and we think in our head that we are, we generally will not receive what we desire. Thinking and feeling (head and heart) must be as one. Remember, the heart always wins. Truman writes that what we feel is literally the “prayer of our heart,” and we always receive the “prayer of our heart!”

Is your life going well? Do you enjoy loving and satisfying relationships with family and friends? Do you enjoy your work? Do you feel fulfilled? Do you enjoy optimum health? If the answer is yes, then you are probably single-minded. Or, do you desire changes in your life? Do you think you “deserve a happier life?” If so, there are mixed messages being communicated between thinking and feeling. Look at your heart and head and bring them together in unison. Be single-minded as you pray and the prayer of the heart will always be answered!

People who are single-minded not only think God will answer their prayers, they feel He will answer which adds up to knowing.¹³

Everyone who asks with the heart gets answers and this can unleash a tremendous energy in our life. To do this we must be willing to own our negative feelings and thoughts and honestly look at our issues. Sooner or later however, we will reach a point in our life when we desire to give up our negative thinking

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and our negative feelings to find our True Self. Our thoughts register in the mind and our feelings in the heart. Where is the heart? I am not referring to the muscle in your chest. Your heart is where your soul resides and it is the core part of you that governs your being. Being single-minded is the bringing together of feelings and thinking, heart and mind.

**Happiness and the New Field of Positive Psychology**

By happiness I am not referring to just a cheerful mood—a state of happiness is more about well-being. People who are genuinely happy have a high degree of life satisfaction. Well-being theory has five elements: positive emotion, engagement, meaning, positive relationships, and accomplishment.

*Positive emotions* include amusement, awe, gratitude, hope, inspiration, interest, joy, love, pride, and serenity.

*Engagement* comes from being in a flow state, using your strengths to work at full capacity. Engagement contributes to well-being as you meet the highest challenges that come your way.

*Positive relationships* are an important component to well-being. People in relationships tend to be happier than those who are not.

*Meaning* comes from belonging to and serving something bigger than yourself.

*Achievement* is described as using one’s strengths to accomplish one’s goals. Engaging one’s highest strengths to achieve goals can lead to more positive emotions, more meaning, better relationships, and more accomplishment—in another word, *flourishing*.¹⁴

Psychologist Martin Seligman, past president of the American Psychological Association, developed a specialty area known as “positive
psychology” as an alternative approach to the field’s negative orientation. So instead of focusing on weaknesses that lead to psychological breakdowns, and mental illnesses, the focus would shift to strengths that lead to happiness and success. Reading about positive psychology and happiness made me consider what the oils do for us not only on a physical level, but on an emotional one.

Valerie Ann Worwood, noted British aromatherapy author states that it is our “birthright to be spontaneous, joyful, confident, loving, trusting, and free—free in mind and spirit, free to soar, create, and laugh.” Furthermore, she states that “it is our human responsibility to be compassionate, sympathetic, and aware.” In her eyes, if we could make this our center awareness rather than depressed, anxious, or stressed, we would be much happier. When our state of mind reflects inner peace, joy, love and well-being—then, peace, joy, love and well-being is what we naturally project outward and this brings us positive experiences. What we choose to focus our attention on will automatically multiply in our lives. Essential oils very clearly have an ability to help us obtain emotional equilibrium and allow happiness and joy to manifest. They are facilitators and balancers. So as Worwood says, “essential oils can restore our birthright.”

Both Seligman and Worwood are approaching happiness and positivity from two different directions but are coming to the same conclusions. We are meant to be happy in this lifetime. Worwood adds that these fragrant oils can assist us in our quest to lift our spirits to soar with the angels.

**How do essential oils contribute to a sense of well-being and happiness which can lead to “flourishing in life”?**

Since the limbic system (the emotional center in the brain) is particularly affected by fragrance, it is possible to influence the attitude of a person by subjecting them to certain scents. Odors that carry a positive association can help bring
about a change of attitude by allowing the individual to re-experience pleasure or joy. This is one of the basic tenets of using incense in religious practice. The fragrance helps many to access the subconscious or subliminal level and come into a more spiritual place. It provides us with direct access to pre-programmed emotional states.

There is no doubt that certain scents can evoke powerful personal memories, especially memories from childhood. Odors can also be associated with specific feeling about a given person or place. For instance the smell of a particular perfume or lotion can be associated with your mother or grandmother. When you smell it, it takes you back to childhood memories.

Since one’s emotional state has a direct influence on the ability of a virus to enter the cells of the body, using essential oils to cultivate a positive mental attitude can do much to prevent the onset of disease at its roots. In this light, essential oils provide the ideal components of preventative medicine—they support the immune system and help prevent illness because of their physiological properties—antibacterial, antifungal, antiviral, antiseptic, etc—but also they can exert a positive psychological effect—lifting the spirit. One thing is a given—emotions are very complex.
Chapter 2

Developing a Positive Mind, Mood, and Emotion

We can promote or prolong positive emotions like happiness and joy by using essential oils. Destructive emotions are not enhanced by essential oils—they are discouraged, diminished or shortened. Destructive emotions can be damaging to ourselves—leading to a lowered immune system and ill-health, and can be damaging to our relationships with others.

In order to obtain the best results with clients suffering an imbalance emotionally or spiritually, the Institute of Spiritual Healing & Aromatherapy recommends a combination of the use of essential oils with one or more other healing methods—hands-on healing (energy healing), prayer/intentionality, chiropractic, massage/bodywork, counseling, or psychotherapy. Also, it is best to use essential oils in several ways—direct application, diffusion, massage, aromatic baths, etc.

We can actually group emotions in several different ways:

- **Primary emotions** are usually considered to be grief, fear, anger, hate, guilt, resentment, jealousy and rejection/abandonment. Primary emotions can also be welcome ones like peace, joy and love.
- **Secondary emotions** include apathy, moodiness, confusion, timidity, inferiority, etc.
- **Positive or negative**
- **Pleasant or unpleasant**
- **Stressful or stress-free**
- **Productive or destructive**

Let’s begin by examining positive states of mind with accompanying productive, pleasant emotions. In the next chapter, we will look at the primary and secondary emotions that are negative, unpleasant, stressful and destructive along with suggested oils to turn these emotions around.

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Alertness, Assertiveness, Focus, and Concentration

Concentration is about being able to focus on the tasks ahead. Focusing, we can direct all our attention and energy to one place. When we can cut outside interference and direct mental energy we can accomplish a great deal and feel a sense of accomplishment. Assertiveness is not being afraid to ask for what you want. Assertive people are focused—they stand their ground and are not afraid.

Essential oils have been well documented for their ability to enhance concentration and to bring out one’s assertiveness. Teachers have proven that students are better able to concentrate on tests when they subtly diffuse peppermint or lemon in the classroom. This can simply be through washing the student desks before tests with lemon water or placing a drop or two of peppermint on a cotton ball and placing it on the teacher’s desk. Being alert is more than being able to concentrate and focus; it is a necessary survival mechanism. We need to be alert when driving a car, mothers need to be alert to the sounds of their children, and certain jobs require a high level of alertness. It is more than just vigilance and attention. It’s about mental responsiveness. It’s more than just staying alive—it’s about being alive.

<table>
<thead>
<tr>
<th>Positive Emotions to Promote*</th>
<th>Alertness</th>
<th>Assertiveness</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basil, cardamom, cinnamon, petitgrain, eucalyptus, rosemary, grapefruit, lime, black pepper, coriander, juniper, thyme, peppermint, pine, bergamot</td>
<td>Fennel, jasmine, cypress, frankincense, ylang ylang, bergamot, cardamom, basil, cedarwood, ginger, patchouli, black pepper, coriander, lime, cistus</td>
<td></td>
</tr>
</tbody>
</table>
### Focus
- Thyme, fennel, basil, cypress, lemongrass, cinnamon, ylang ylang, linden blossom, lemon, bergamot, cedarwood, juniper, ginger, clove, nutmeg, rosemary.

### Concentration
- Lemon, lemongrass, cardamom, orange, rosemary, peppermint, basil, bergamot, cedarwood, eucalyptus.

*One note about the suggested oils—this is very individual. The list is but a starting point and is not meant to be an exclusive list.*

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**Confidence, Contentment, Creativity, and Performance**

When we are confident, we have a surety about ourselves. We are unafraid which helps us take advantage of opportunities as they come up. The oils you choose should make you feel good and relieve any fear, stress, and nervous tension that often prevent us from doing things.

Contentment isn’t about complacency—it goes hand-in-hand with confidence. It’s about being satisfied with your life. The oils can help reduce tenseness that discontented people feel, and any other stress or unhappiness.

When we are confident and contented, our creative juices can certainly be sparked. If we can imagine something—we can create it. That takes confidence and belief in oneself. Everyone is creative to some degree—the oils can certainly enhance that spark.

I have put performance in with confidence, contentment and creativity because who knows what we are capable of doing once we have gained confidence and given free rein to our creative spirit. Oils will not make you perform unless you possess the skills, confidence and self-esteem but will certainly enhance your abilities.
Positive Emotions to Promote

<table>
<thead>
<tr>
<th>Emotion</th>
<th>Oils</th>
</tr>
</thead>
<tbody>
<tr>
<td>Confidence</td>
<td>Cedarwood, coriander, fennel, bergamot, jasmine, rosemary, linden blossom, cypress, cardamom, ginger, grapefruit, pine, orange.</td>
</tr>
<tr>
<td>Contentment</td>
<td>Rose, lavender, bergamot, sandalwood, ylang ylang, Roman Chamomile, cypress, neroli, orange, patchouli, clove, benzoin.</td>
</tr>
<tr>
<td>Creativity</td>
<td>Bergamot, frankincense, neroli, rose, bay laurel, cypress, lemon, geranium, jasmine, clove, sandalwood, juniper.</td>
</tr>
</tbody>
</table>

Happiness, Joy, and Peace

A happy person is in a state of balance and harmony with life. They exude a radiance that is visible for all to see. It may come through accepting limitations, with forgiveness, with letting go all that holds one back, or with openness to the future. Every cell in the body will radiate happiness. It’s a tremendous feeling and a true gift. Think of a blind man seeing for the first time, of a child knowing only that he/she is loved, of an elderly person at the end of their life looking back and saying, I did well—I loved and was loved in life.

Don’t expect essential oils to create happiness and contentment for you, but they may help by reducing the tenseness and stress of unhappiness. With joy comes peace and unadulterated delight. Valerie Worwood describes peace as a state of grace—a spiritual restfulness that reaches to every cell in the body.¹⁶ I would agree and when we are filled with peace, it bubbles up in joy and fills the aura.
with a sweet smelling aroma. In peace, we embrace the stillness inside—in our bodies, minds, and spirits—and are one with the still vibration of the universe. Peace can come at any moment—often when we least expect it. Essential oils can help to create a peaceful environment that encourages peace within.

### Positive Emotions to Promote

<table>
<thead>
<tr>
<th>Emotion</th>
<th>Essential Oils</th>
</tr>
</thead>
<tbody>
<tr>
<td>Happiness</td>
<td>Orange, rose, coriander, clove, benzoin, jasmine, ginger, cinnamon, geranium.</td>
</tr>
<tr>
<td>Joy</td>
<td>Sandalwood, bergamot, rose, ylang ylang, petitgrain, linden blossom, Roman Chamomile, lemon, orange, neroli, frankincense.</td>
</tr>
<tr>
<td>Peace</td>
<td>Neroli, frankincense, melissa, yarrow, angelica, Roman chamomile, juniper, rose, spikenard, jasmine.</td>
</tr>
</tbody>
</table>

### Positivity, Self-awareness, Self-Esteem, and Self-Image

A positive outlook and self-image not only sees, but focuses on the light, rather than the dark, the good rather than the bad in life. We are the architects of our own future when we take control of our lives. Our view of reality is altered by our attitude, whether positive or negative. How self-aware are you? When you ask other people, they will reveal the person you present to the world. Self-awareness will bring you closer to your spiritual self and identify your hopes, fears, and joys. Self-aware people who possess a positive outlook on life are optimistic which dispels negativity. If we can see ourselves as positive, happy, vibrant and radiant—other people will be more likely to see us
in the same way. It is possible to raise yourself up to a positive outlook and self-image—even when you have been beaten down by life’s circumstances. When we have self-esteem, we recognize our potential and worth and take pride in what we have accomplished and in who we are as human beings. When we have self-esteem, we are secure in ourselves yet recognize our weaknesses because we believe in our strengths. Essential oils will subtly and gently support a positive outlook on life. They can help us find our better qualities, thus strengthening our self-image and build up self-esteem.

### Positive Emotions to Promote

<table>
<thead>
<tr>
<th></th>
<th>Basil, grapefruit, pine, patchouli, cypress, petitgrain, frankincense, lemon, cedarwood, vetiver, juniper, cardamom, geranium, rosemary, bay laurel.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Positivity</strong></td>
<td>Clary sage, cypress, pine, clove, coriander, sage, myrtle, ylang ylang, geranium, sandalwood, bay laurel, jasmine, mandarin, angelica, cistus.</td>
</tr>
<tr>
<td><strong>Self-Awareness</strong></td>
<td>Vetiver, rose, geranium, sandalwood, ylang ylang, jasmine, bergamot, cedarwood.</td>
</tr>
<tr>
<td><strong>Self-Esteem</strong></td>
<td>Orange, melissa, ylang ylang, jasmine, cypress, cedarwood, black pepper, mandarin, myrtle, Roman chamomile, lavender, neroli, rose, sandalwood, juniper, pine, frankincense, nutmeg, bay laurel.</td>
</tr>
</tbody>
</table>
Chapter 3

The Energy of Feelings and Thoughts CAN BE CHANGED!

If our emotions and mood are truly negative, the good news is that they can change. How you feel can determine what you think, perceive, remember, and ultimately—how you behave. What makes thoughts and feelings negative? Chopra says when the energy of a particular feeling or thought obscures the truth of our BE-ing—negativity is created. Our emotions can actually make us physically ill as well as mentally ill. But when we take control of our thoughts—we begin to feel good about ourselves. So, if you don’t like the effects you see in your life, it is up to you to identify the causes and change them. Sounds easy, but it is really the work of a life-time. It is why we are here.

How to Select Essential Oils for the Emotions

As an aromatherapist, select essential oils to:

- Benefit the mental state of the person rather than the isolated symptoms.

- Be a good listener—ask about past health history and lifestyle, find out whether or not stress or depression are evident.

- Each essential oil is capable of various effects depending on the properties of the oil. That is, an essential oil may be analgesic, anti-inflammatory, decongestant, etc. While relaxing or uplifting the state of mind, the essential oils may also aid the body with pain relief, or digestive aid, etc.

- Identifying the state of mind is not necessarily easy. Emotions are very complex. For example, when experiencing one emotion like sadness, there
may be a whole array of other emotions involved as well. One emotion may be the trigger causing a cascade effect of other emotions. This is true for both negative and positive emotions. Recommending an essential oil for an emotion is not as easy as recommending oils that have antibacterial or anti-spasmodic properties.

- Apart from research that shows essential oils do have an effect on the mind—relaxing or stimulating—there is no substantiated evidence of their effects on individual emotions. So, the recommendations from various aromatherapy authors are from their personal experience with their clients.

When we get to the bottom of emotions, they can be narrowed down to LOVE and FEAR. All positive feelings and emotions are LOVE-based. All negative feelings/emotions are FEAR-based. So you are either coming from LOVE or you are coming from FEAR. All of the emotions discussed in chapter two are flowing from LOVE. All of the emotions in this chapter are flowing from FEAR.

**Basic Destructive States of Mind/Emotions**

**Stress and Depression**

A certain amount of stress is necessary in order to function efficiently. Stress is only negative when it is unwanted or excessive. The body deals with all stress—both positive and negative—by releasing extra energy. Extra oxygen is transported to the brain and extra adrenalin produced in preparation for fight or flight.
When stress is chronic, it can bring about depression. Aromatherapy is particularly beneficial for both stress and depression with its main aim to bring balance and harmony to the mind. Always choose more than one oil for a synergistic effect.

**Anxiety and Worry**

Anxiety is a state of apprehension and worry is an over-anxious state of mind. These often are forerunners for stress and depression. For all forms of anxiety, essential oils that relax both mind and body are a clear choice. According to Gabriel Mojay, people who are worried, tense, and anxious, are too much up in their heads and need oils that work to settle the mind and are grounding and comforting. Anxiety as he says, is linked to an energetic imbalance of the heart leading to feelings of emotional unease.

**Mental Fatigue**

Mental fatigue can result from overwork or worry over personal problems that require a lot of thinking through of things. Stress may be a contributing factor and treatment will combine relaxing and uplifting oils to be most effective.

**Depression**

Depression will often manifest by suppressing the immune system and altering brain chemistry. Depression actually takes in a whole range of melancholic dispositions—moodiness and apathy, lethargy, boredom, mood swings, loss of interest, sadness, grief,
remorse, and shame. Symptoms usually include lack of energy, poor relationships with family, sleep disturbances, irritation, and inability to concentrate. There can be many causes of depression including lack of sunshine in the winter, feelings of inadequacy, inability to cope, postnatal, rejection, sense of being over-whelmed at work or with life, and physical illnesses. Depression that afflicts the heart involves loss of \textit{joie de vivre}, one’s natural “joy of life”. There is often a lack of enthusiasm and interest, and an inability to feel inspired.\textsuperscript{18}

Valerie Worwood in her book on \textit{The Fragrant Mind}, discusses depression and the role of aromatherapy by delineating various types of depression as “weepy”, “agitated” or “anxious”, “lethargic”, and “hysterical”. Essential oils can support and complement any other therapy the person may be engaging. Depression can have many faces.\textsuperscript{19}

<table>
<thead>
<tr>
<th>Suggested Oils for:</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Stress and Depression</td>
<td>Almost all of the relaxing oils recommended opposite for stress are also good for relieving depression since they are normalizing and uplifting:\textsuperscript{20} Roman chamomile, clove, juniper, lemon, melissa, orange, ylang ylang, bergamot, clary sage, cypress, lavender, marjoram, neroli, rose, geranium, sandalwood.</td>
</tr>
<tr>
<td>Anxiety and Worry</td>
<td>Vetiver, sandalwood, frankincense, myrrh, marjoram, both German and Roman chamomile, clary sage, patchouli, geranium, cardamom, melissa, thyme, rose, palmarosa, jasmine, lavender, neroli. These oils, while comforting, can be grounding and balancing.</td>
</tr>
<tr>
<td>Depression (Traditionally used for depression)</td>
<td>Essential oils which are neurotonic, energizing and balancing. Bergamot, mandarin, geranium, helichrysum, basil, German and Roman chamomile, clary sage, frankincense, myrrh, juniper, marjoram, orange, petitgrain, rosemary, sage, thyme, cypress, ginger, lavender, neroli, jasmine, peppermint, pine, rose, sandalwood, yarrow, spikenard, jasmine, ylang ylang, rose, melissa, patchouli, coriander, vetiver, cardamom, lemon, grapefruit, eucalyptus, hyssop, tea tree, St. John’sWort, \textit{Eucalyptus citriodora}.</td>
</tr>
<tr>
<td>Depression Type</td>
<td>Essential Oils</td>
</tr>
<tr>
<td>-------------------------------</td>
<td>-------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>Weepy Depression</td>
<td>Rose, sandalwood, geranium, neroli, patchouli, ylang ylang, Roman chamomile.</td>
</tr>
<tr>
<td>Agitated or Anxious Depression</td>
<td>Melissa, lavender, marjoram, valerian, ormenis flower, Roman chamomile, cedarwood, bergamot, nutmeg, lemon, orange.</td>
</tr>
<tr>
<td>Lethargic Depression</td>
<td>Grapefruit, rosemary, helichrysum, clary sage, <em>Eucalyptus citriodora</em>, <em>Eucalyptus dives</em> (this is the Eucalyptus peppermint), cypress, melissa, peppermint.</td>
</tr>
<tr>
<td>Hysterical Depression</td>
<td>Valerian, vetiver, neroli, lavender, linden blossom, Roman chamomile, mandarin, bergamot, narcissus, marjoram, spikenard.</td>
</tr>
</tbody>
</table>

Essential oil therapy deals with the power of the oils to strengthen the body’s immune system and invoke emotional stability through their work on the limbic brain, central nervous system, and endocrine systems. You might want to review the eBook on Psychoneuroimmunology to see the intricate communications between the nervous system and the immune system. Emotions can suppress the immune system by triggering certain hormonal messengers that switch off the white blood cell activity.

**Grief, Despair, Disappointment, Hurt, Sense of Loss, Sorrow**

Grief is a very complex emotion characterized by severe anxiety and psychological pain. There may be shock, deep sorrow and distress, a deep sense of loss, mental pain, loneliness, remorse, regret, and even guilt and anger. Or there may be frustration, confusion, and bewilderment. Grief needs to be expressed and not kept inside where it can continue to cause damage and linger much longer than necessary. Some relief can be had by openly crying or talking about the grief with a close friend. Essential oils can be of great help in all aspects of grief.
Grouped with grief are other feelings that can provoke great sadness in one’s life. Price calls them “little deaths.” For example, loss of a relationship, sudden empty nest, losing one’s job, and loss of a favorite pet.

### What kinds of essential oils do we need?

Those that will—
- Relieve pain
- Lift spirits
- Calm and sedate
- Are a tonic to the heart
- Stimulate the appetite, the immune system and the mind.

### Some Essential Oils That Aid Coping Effectively with Grief and Loss

<table>
<thead>
<tr>
<th>Essential Oil</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Frankincense</td>
<td>Frankincense is analgesic, relieving the mental pain associated with grief. It is energizing to the nervous system and strengthening against adversity. It has healing qualities for mental as well as physical wounds, and its antidepressant qualities revitalize and soothe the spirit. The calming effects will help release the past and encourage tranquility of mind.</td>
</tr>
<tr>
<td>Sacred Frankincense</td>
<td>With a slightly different chemistry, sacred frankincense helps to regulate powerful emotions, reduce 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 and it stimulates the immune system.</td>
</tr>
<tr>
<td>Marjoram</td>
<td>Marjoram is balancing like frankincense, strengthening and relaxing for the nerves; it is analgesic to relieve the pain of grief, it lifts the spirits and helps the person to deal with anguish and emotional exhaustion. It also relieves feelings of loneliness according to many aromatherapy authors.</td>
</tr>
<tr>
<td>Lavender</td>
<td>Lavender has many qualities that may be helpful in grief. It is analgesic relieving the pain of grief, sedative for easing the stress of the situation and enabling the mind to relax, and aids sleep. It’s a tonic for the heart and its healing properties can help heal any emotional wounds brought to the surface. It encourages acceptance of painful situations.</td>
</tr>
<tr>
<td>Essential Oils for Emotional Clearing</td>
<td></td>
</tr>
<tr>
<td>--------------------------------------</td>
<td></td>
</tr>
<tr>
<td><strong>Sage</strong></td>
<td></td>
</tr>
<tr>
<td>Sage has analgesic properties to help relieve the pain of grief. It has healing qualities like frankincense and it is a decongestant suggesting that it may clear the mind. If anger is present, it may help relieve anger spasms. It can lift the spirits and help dispel depression.</td>
<td></td>
</tr>
<tr>
<td><strong>Cypress</strong></td>
<td></td>
</tr>
<tr>
<td>Cypress helps regulate the nervous system therefore it is a balancing oil. Useful for the ‘ups and downs’ that are part of grief.</td>
<td></td>
</tr>
<tr>
<td><strong>Melissa</strong></td>
<td></td>
</tr>
<tr>
<td>Melissa is a balancing oil known as an antidepressant. It has sedative, calming effects to help cope with any restlessness, anxieties or worries associated with grief. It may restore clarity to a confused, dependent mind.</td>
<td></td>
</tr>
<tr>
<td><strong>Neroli</strong></td>
<td></td>
</tr>
<tr>
<td>Neroli has anti-depressive qualities and is lightly tranquilizing. It is most useful for emotional shock which begins the grieving process. Aids sleep and helps lift the spirits against inevitable fatigue.</td>
<td></td>
</tr>
<tr>
<td><strong>Rose</strong></td>
<td></td>
</tr>
<tr>
<td>Rose brings joy to the heart. It has energizing properties that help lift gloomy depression which is part of grief. Like frankincense, it can heal psychological wounds and help allay fear of what the future will hold.</td>
<td></td>
</tr>
<tr>
<td><strong>Myrrh</strong></td>
<td></td>
</tr>
<tr>
<td>Myrrh has been used for unrequited grief. Like frankincense, myrrh’s effect on the nervous system is a gently calming one, able to instill deep tranquility of mind. Mojay states that as a Funeral Herb, the peace that the oil conveys gives it the ability to ease sorrow and grief. It unites the spiritual with the physical and acts as a bridge between “heaven” and “earth”.²⁵</td>
<td></td>
</tr>
</tbody>
</table>

Other oils that Price and other authors list as helpful for grief include bergamot, clove, geranium, niaouli, rosemary, and thyme.

**Anger, Irritability, Impatience, Touchiness, Frustration**²⁶

Anger may exhibit outwardly or be bottled up and repressed and usually ends up adversely affecting the lives of those expressing it frequently. Anger can be instant or delayed. It can be short-term or long-term eating away at the person. It can smolder inside turning to resentment, bitterness, and hatred which is not good for the health of one’s soul or body.

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Strong emotions such as these ‘destroy’ the body and can result in stomach ulcers, kidney stones, liver disease, etc. Anger increases the heart rate, raises blood pressure and disrupts coronary artery blood flow. Essential oils can help but positive thinking and faith are also essential. Living a life of forgiveness is critical to healing anger.

**What kinds of essential oils do we need?**

Those that will—
- Sedate
- Calm and soothe
- Relax spasms
- Heal
- Relieve irritation and inflammation
- Relieve pain

Valerie Worwood classifies essential oils into three categories to deal with anger: those that help to calm down anger, oils to help cope with anger, and oils to help express anger. To calm down anger, she includes tuberose, lavender, rose, petitgrain, vetiver, bergamot, patchouli, Roman and German chamomiles, and linden blossom. Oils to help cope with anger are vetiver, rose, black pepper, myrtle, ylang ylang, valerian, spikenard, benzoin, Roman chamomile, and linden blossom. Oils to help release unexpressed anger include tuberose, ginger, patchouli, black peper, cedarwood, clove and ormenis flower.

<table>
<thead>
<tr>
<th><strong>Some Essential Oils That May Help You Cope Effectively with Anger</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Roman chamomile</strong></td>
</tr>
<tr>
<td>Roman chamomile has calming and sedative properties coupled</td>
</tr>
<tr>
<td>with its ability to be anti-inflammatory make it an excellent</td>
</tr>
<tr>
<td>choice for this group of emotions—especially in children.</td>
</tr>
<tr>
<td>Good for resolving irritations which may develop into</td>
</tr>
<tr>
<td>resentment.</td>
</tr>
<tr>
<td><strong>Bergamot</strong></td>
</tr>
<tr>
<td>Bergamot has calming, sedative properties that are</td>
</tr>
<tr>
<td>refreshing and uplifting. It could be an oil to forgive</td>
</tr>
<tr>
<td>whoever was responsible for your anger. It is especially</td>
</tr>
<tr>
<td>useful for releasing unexpressed anger. It</td>
</tr>
</tbody>
</table>
## Essential Oils for Emotional Clearing

<table>
<thead>
<tr>
<th>Essential Oil</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Grapefruit</strong></td>
<td>Mojay highly recommends the citrus oils but notes that grapefruit oil in particular is cleansing and refreshing. It is indicated for repressed or sustained feelings of anger—those which have developed into smoldering resentment, or are expressed through over-eating.</td>
</tr>
<tr>
<td><strong>Lavender</strong></td>
<td>Lavender has sedative, calming, antispasmodic and anti-inflammatory actions that will ease most of the emotional conditions in this group. It encourages acceptance of painful situations and may help heal disagreements as well as the feelings experienced.</td>
</tr>
<tr>
<td><strong>Lemon</strong></td>
<td>Lemon has calming and anti-inflammatory properties suggesting it would be helpful for most of the emotions in this group. It has an uplifting aroma that may be helpful in situations where children are involved. It clears the heat of the moment.</td>
</tr>
<tr>
<td><strong>Geranium</strong></td>
<td>Geranium is another antispasmodic, anti-inflammatory oil that has healing and analgesic qualities. It soothes agitation which will help the emotional pain of frustration or inner anger, encouraging acceptance of a painful situation and promoting forgiveness.</td>
</tr>
<tr>
<td><strong>Rosemary</strong></td>
<td>Rosemary has the same healing properties as those of geranium for these emotions. It also has the ability to clarify the mind and stimulate the brain and may provide the mental strength to deal with anger aimed at ourselves.</td>
</tr>
<tr>
<td><strong>Rose</strong></td>
<td>Rose is best reserved for the anger of those who feel hurt. It is particularly helpful for the resentment that results from emotional coldness, rejection, and betrayal.</td>
</tr>
<tr>
<td><strong>Peppermint</strong></td>
<td>Peppermint is excellent for bringing down fever which suggests its usefulness in relieving the heat produced in an angry situation. It is soothing to red, inflamed, irritated skin which suggests that it will soothe and reduce any emotions which would make one hot, annoyed, or irritable.</td>
</tr>
</tbody>
</table>

Some other oils that aromatherapy authors recommend as helpful for the anger group include: orange, German chamomile, yarrow, helichrysum, basil, cypress, coriander, mandarin, marjoram, melissa, niaouli, spikenard, and ylang ylang.
Fear, Apprehension, Trepidation, Dismay, Dread, Terror, Panic

Fear is actually a necessary emotion essential for self-preservation. However, it depends on the situation and on the personality of the individual. It can involve more than one emotion and may be tied to guilt, anger, and lack of confidence. Fear is a natural consequence when we are in threatening situations. An acronym for FEAR is False Evidence Appearing Real. Fear keeps us locked in immature and unsatisfying behavior. The stress from fear lies at the root of all disease whether it is emotional or physical disease. Fear literally saps and drains our life force. Courage on the other hand is the absence of fear. Stress and fear are closely related. Under stress, a person can become fearful. Doing something for the first time or experiencing a horrendous event often provokes the feeling of fear. Inhaling essential oils in advance of a fearful situation or during the event can actually diminish the fear.

Fear makes the adrenal glands release adrenaline which stimulates the sympathetic nervous system to go into flight or fight. (You might want to review the effects of the sympathetic system in the eBook on Essential Oils for the Nervous System). Fear, whether it is real or imagined, can lead to intense feelings of apprehension or dread or even be incapacitating. Essential oils can help dispel fears.

What kinds of essential oils do we need?

Oils that will—
- Calm and soothe
- Stimulate the mind
- Relieve spasms
- Slow down the heartbeat and act as a tonic to the heart and lungs
- Reduce blood pressure
### Some Essential Oils That Can Diminish Fears or Help You face Them:

<table>
<thead>
<tr>
<th>Oil</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Basil</strong></td>
<td>Basil has the ability to slow down the heart rate which may be helpful prior to taking exams, going for a job interview or other fearful situations. It is a mental stimulant so it will help clear and strengthen the mind in situations where dread or terror are present. It helps restore composure and serenity. It may help clear away doubt or indecision.</td>
</tr>
<tr>
<td><strong>Melissa</strong></td>
<td>Melissa lowers blood pressure and has both a calming and a sedative action which would be helpful for someone experiencing panic or terror. Although one of the more expensive oils, melissa is excellent for ongoing fear, nervous agitation or apprehension and it will help induce sleep. It works on the digestive system as well especially when we get that sick to the stomach feeling that comes with fear.</td>
</tr>
<tr>
<td><strong>Marjoram</strong></td>
<td>Marjoram is particularly useful if fear is preventing sleep. It relaxes nervous spasm and relieves any pain connected with fear. It is a respiratory tonic meaning it can help slow down the rapid breathing during fear. It calms and regulates the heartbeat as well and thus lowers blood pressure. It also reduces sweating which often accompanies fear.</td>
</tr>
<tr>
<td><strong>Bergamot</strong></td>
<td>Like melissa, Bergamot is both calming and sedative to the nervous system so it is good for chronic fear symptoms. It is neurotonic meaning it can relax the fear and also give courage to face the situation as with marjoram.</td>
</tr>
<tr>
<td><strong>Lavender</strong></td>
<td>Lavender is well known for its calming and sedative properties and for its ability to reduce blood pressure. It aids sleep, is a tonic for the heart and will help boost courage when apprehension, dread, and fear have taken hold.</td>
</tr>
</tbody>
</table>
| **Rosemary** | Rosemary is not a calming oil, but it is a tonic for the heart and it relieves palpitations. Rosemary is a mental stimulant and will help clear the mind and may help clear doubt or indecision. Since it is an anti-

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spasmodic, it will relieve tight muscles.

### Ylang ylang

Has calming and sedative properties, slows down the heart rate and thus lowers blood pressure. It will relax muscle spasms of fear, especially in the digestive system.

Other oils suggested by various aromatherapy authors that may be effective in dealing with fears are: angelica, black pepper, ginger, laurel, peppermint, thyme, lemon, orange, neroli, clary sage, galbanum, cypress, clary sage, sandalwood, vetiver, cedarwood, ormenis flower, frankincense, Roman chamomile, geranium, and rose.

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### Jealousy, Envy, Craving, Discontent, Resentment

Jealousy and envy are usually accompanied by other feelings or emotions. Jealousy is often linked with anger and resentment and can lead to passionate fury, and even violence. Envy is less volatile. Jealousy can be caused by an inability to share, a craving for things or people that you cannot have, unfulfilled ambition, or an over-suspicious mind. If left unchecked, jealousy and envy can lead to anger, fear, hatred, anxiety, and insecurity.

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### What kinds of essential oils do we need?

Those that are—

- Detoxifying
- Antifungal or
- Antiviral.

Jealousy and envy are like toxins in the mind and like viruses and fungus, they devour a person.
### Some Essential Oils That Can Help Deal with Jealousy and Envy:

<table>
<thead>
<tr>
<th>Essential Oil</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rosemary</td>
<td>Rosemary is detoxifying to the liver and gall bladder. It also helps dissolve gallstones which could help dissolve the hardness of jealousy from the mind. Rosemary is antiviral and antifungal, and a very healing oil.</td>
</tr>
<tr>
<td>Juniper</td>
<td>Juniper is well-known for detoxing the kidneys and the digestive system as a whole which suggests that it could rid the body of jealousy. It also has the ability to break down stones in the kidneys indicating that it could break down any hard set feelings.</td>
</tr>
<tr>
<td>Basil</td>
<td>Basil is both antiviral and antifungal and thus could rid the mind of the symptoms of jealousy and envy which are eating into the person. It is a mental stimulant and a tonic for the heart helping the person to think clearly about how jealousy may be adversely affecting their health. This is another oil which helps clear negative thoughts.</td>
</tr>
<tr>
<td>Bergamot</td>
<td>Bergamot is not only antiviral and healing it is also refreshing, uplifting, calming and sedative which could be useful if there is unexpressed anger and resentment or stress, along with the jealousy.</td>
</tr>
<tr>
<td>Lemon</td>
<td>Lemon has lots of qualities that may be helpful for the jealousy group. It is capable of clearing both viruses and fungal infections and it helps dissolve kidney stones which implies it could dissolve the stony hostile feeling of jealousy from our minds.</td>
</tr>
</tbody>
</table>

Other oils which may be effective for dissolving jealousy and its accompanying emotions are: pine, thyme, geranium, and peppermint.
Guilt, Remorse, Regret, Shame

Guilt is a complicated emotion that is the result of some action we have done or failed to do. It may be the result of something we have done to others or an action directed at ourselves as in feeling guilty for eating chocolate or taking an afternoon off. Price states that needless guilt reduces the stress-relieving and immune-system-boosting effects of enjoyment. It affects those who have a conscience about deceitful, unethical deeds they may have done, or hurtful, wounding words they may have spoken and regretted. Some forms of guilt include pain especially after having done something unintentional but harmful to another person. Being driven by guilt can also put one in a continual state of conflict where you feel guilty regardless of which decision you make in life.

Worwood states clearly that essential oils may be able to help for normal, everyday guilt that gets out of hand. She suggests choosing oils that seem “relevant to you.” There are oils that have traditionally been used for guilt like linden blossom, jasmine, rose, clary sage, nutmeg, vetiver, pine, juniper, and ylang ylang. She distinguished between normal everyday guilt, like forgetting to take out the trash or indulging yourself in chocolate, to deep-rooted guilt a person carries through a lifetime.

What kinds of essential oils do we need?

Oils that are—

• Analgesic
• Decongestant
• Healing
• Detoxifying
• Beneficial to digestion
• Tonic for the heart
Some Essential Oils That May Help Feelings of Guilt and Remorse:
(You may need to refer back to the same oils that help anger, fear, or grief)

<table>
<thead>
<tr>
<th>Essential Oil</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rosemary</td>
<td>Rosemary is detoxifying which suggests its usefulness after un-regretted actions or words. It has analgesic properties that may give some relief for mental pain and it strengthens the heart when guilt is long standing and causing depression. It lifts and revives, giving clarity and energy to work out the best solution to resolve the situation.</td>
</tr>
<tr>
<td>Lavender</td>
<td>Lavender can help heal any anguish of mind and self-reproach. It encourages acceptance of a painful situation and having analgesic properties, lavender should help where mental pain is part of the guilt feeling.</td>
</tr>
<tr>
<td>Frankincense</td>
<td>With its analgesic properties, frankincense can help dissipate any mental pain being suffered and if dejected, it will uplift the spirits at the same time. As an immune system stimulant, it will be helpful if long-standing guilt has begun to affect one’s health.</td>
</tr>
<tr>
<td>Peppermint</td>
<td>Peppermint is a decongestant, a digestive aid and a mental stimulant. It helps to clear congested minds of conflicting thoughts and mixed emotions.</td>
</tr>
</tbody>
</table>

Other oils suggested by many aromatherapy authors that may be helpful include geranium, basil, pine, linden blossom, jasmine, rose, clary sage, nutmeg, vetiver, juniper, ylang ylang.

Apathy, Lethargy, Listlessness, Boredom

These emotions seem to convey a sense of weariness and lack of interest. There is a “tiredness” and a lack of energy. Apathy is akin to a “don’t care attitude” of mind. It may be linked with a feeling of inadequacy. Underlying apathy are feelings of hopelessness, disappointment, and boredom. It develops slowly and may be the result of continually accepting the easy way out.
The word apathy is derived from the Greek word for feeling, “pathos,” and means to be without feeling—without joy, passion, excitement, and without sadness, hurt, and pain. Apathetic people are hard to motivate with their “so what” attitude. They may not care about their appearance, their work, even what they will eat. Worwood states that essential oils can certainly help dispel this gray attitude but the person needs to examine why they are feeling so isolated in the first place. In other words, they have to reach down deep and find something that will motivate them.36

What kinds of essential oils do we need?

Oils that will stimulate the—

- Digestion
- Heart
- Nervous system
- Mind
- Blood and lymph circulation
- The respiratory system.

Oils that stimulate!

Some Essential Oils That May Lift One Out of Apathy Include:

<table>
<thead>
<tr>
<th>Essential Oil</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rosemary</td>
<td>Rosemary is an extremely helpful oil for treating emotions. It is a great tonic for the nervous system, it stimulates blood and lymphatic circulation and has a positive effect on a sluggish digestive tract. It is very useful for stimulating the mind. It increases perception and creativity—necessary attributes to get out of apathy.</td>
</tr>
<tr>
<td>Peppermint</td>
<td>Peppermint is well known for its neurotonic properties and its power to stimulate the mind, aiding mental fatigue and apathy and can lead to mental clarity. It can stimulate digestion and appetite. It can unblock emotions which seem to be stuck.</td>
</tr>
<tr>
<td>Essential Oil</td>
<td>Description</td>
</tr>
<tr>
<td>--------------------</td>
<td>---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------</td>
</tr>
<tr>
<td><strong>Juniper</strong></td>
<td>Juniper is a cleansing and purifying oil but also a neurotonic, stimulating the nerves, digestive system, liver and appetite. This suggests it would be helpful when one is lethargic, detached or inactive as well as weary and lacking interest.</td>
</tr>
<tr>
<td><strong>Ginger</strong></td>
<td>Ginger is a good tonic oil that is stimulating and invigorating. It can help with fatigue and lift one’s spirits. It sharpens the senses and its stimulating properties could be helpful when someone is in a debilitated condition. Ginger may also help someone with a lack of drive, activating their willpower and stimulating initiative.</td>
</tr>
<tr>
<td><strong>Lemon</strong></td>
<td>Lemon is an immune stimulant which would be helpful when one’s spirit is low for an extended period of time. Its fragrance is refreshing and uplifting so it clears the mind and lifts the spirits. It is great for tiredness and sluggishness.</td>
</tr>
<tr>
<td><strong>Marjoram</strong></td>
<td>Marjoram is a powerful neurotonic and is energizing. It will lift weariness and stabilize the mind. Since it is a respiratory tonic, it will help deepen the breath which is energizing.</td>
</tr>
<tr>
<td><strong>Clary Sage</strong></td>
<td>Clary sage is also a neurotonic oil and is beneficial for the mental fatigue brought on by apathy. It is detoxifying and decongests the mind, clears the head and restores a feeling of well-being. It gives a mental-emotional uplift and restores clarity.</td>
</tr>
<tr>
<td><strong>Cypress</strong></td>
<td>This is another neurotonic oil that revitalizes the person by increasing the flow of venous blood and increasing energy and vigor as it speeds up circulation. As a consequence, it increases oxygen to the brain helping one to be optimistic and take action.</td>
</tr>
</tbody>
</table>

Other essential oils suggested by various aromatherapy authors that may be helpful for this emotional group: basil, coriander, geranium, nutmeg, rose, sage, cardamom, bergamot, jasmine, ormenis flower, black pepper, orange.
Mood Swings, Moodiness, Emotional Imbalance, Temperamental

Being touchy and irritable are common features of this group. General moodiness can affect us all—both women and men. Lots of things can be triggers including the weather, work, children, health, etc. Moods can swing quickly—we can feel bright and happy one moment, angry the next moment, then indifferent or a whole host of temperamental feelings. Making matters worse, we have an uncanny ability to synchronize our moods with that of others. Moods can be “contagious.” Moodiness is not uncommon in teenagers. For women, mood swings are often associated with hormones particularly during PMS and menopause. In general, moodiness is brought on by particular events during the day, or by life in general. Moody people can be frustrated, bored, isolated, repressed, irritable, or just plain bad-tempered. To make matters, worse, they feel no one understands them.

What kinds of essential oils do we need?

Oils that are—

- Calming
- Sedative
- Neurotonic
- Balancing

When the mood swings are hormonal, oils that are

- Estrogen-like.
Some Essential Oils That May Help Balance Mood Swings Include:

<table>
<thead>
<tr>
<th>Essential Oil</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Clary Sage</td>
<td>This is the classic oil for moodiness in connection with PMS or menopausal problems because of its estrogen-like action. Even if hormones are not the culprit, clary sage can be calming and neurotonic. It has antispasmodic action that should calm irritable feelings.</td>
</tr>
<tr>
<td>Cypress</td>
<td>Cypress is also hormone-like since it is an ovarian stimulant. It is neurotonic, calming and sedative and has antispasmodic properties. It is recommended for uncontrollable crying spells.</td>
</tr>
<tr>
<td>Marjoram</td>
<td>Marjoram is neurotonic and sedative. Its hormone-like properties are directed towards regulating an overactive thyroid which could make one irritable and restless which are connected with a change of mood. It is balancing and strengthening to the nerves and is a great oil for those who are emotionally unstable.</td>
</tr>
<tr>
<td>Geranium</td>
<td>Geranium calms anxiety and is a tonic to the nerves. It is a helpful oil for those whose mood takes them into depression or melancholy.</td>
</tr>
<tr>
<td>Lavender</td>
<td>Lavender is excellent for general moodiness. It is both calming and sedative and its neurotonic property makes it helpful for melancholy.</td>
</tr>
</tbody>
</table>

Other essential oils suggested by various aromatherapy writers—that could help with moodiness include: lemon, neroli, mandarin, neroli, ylang ylang, thyme, *Eucalyptus citriodora*, ormenis flower, and patchouli.

**Sensitivity, Timidity, Inadequacy, Unworthiness, Lack of Confidence**

Some people are overly sensitive and timid which is reflective of an overall feeling of inadequacy and unworthiness. Self-confidence seems to elude them. Essential oils are not a panacea, but they can help lighten the fears that may be holding the person back from being their authentic self.
What kinds of essential oils do we need?

Definitely you will want oils that are—
- Stimulating and
- Uplifting

Choose oils that are:
- Neurotonic
- Stimulating for the circulatory, digestive, respiratory and reproductive systems
- Are mentally stimulating.

### Some Essential Oils That May Help Dispel Feelings of Unworthiness and Lack of Confidence Include:

<table>
<thead>
<tr>
<th>Essential Oil</th>
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</tr>
</thead>
<tbody>
<tr>
<td><strong>Basil</strong></td>
<td>Basil is well-known as a tonic to the nerves, it is a mental stimulant as well as it stimulates the liver and the digestive system as a whole. It is also a tonic for the heart and helpful in cases of over-rapid heartbeat. It is recommended for a lack of self-confidence.</td>
</tr>
<tr>
<td><strong>Fennel</strong></td>
<td>Fennel has a stimulating effect on the reproductive system both for menstruation and the production of breast milk. It is a respiratory tonic, cardiotonic, and has a stimulating effect on the digestive system.</td>
</tr>
<tr>
<td><strong>Marjoram</strong></td>
<td>Marjoram is a nerve, respiratory, and digestive tonic and is recommended for palpitations and tachycardia. It is an oil to use when you feel like no one cares. It is also recommended for loneliness.</td>
</tr>
<tr>
<td><strong>Rosemary</strong></td>
<td>Rosemary is neurotonic, cardiotonic, and stimulates the digestive and reproductive systems. It is a mental stimulant so it will improve perception and creativity. It’s a great choice for someone with a poor self-image and lack of self-confidence.</td>
</tr>
<tr>
<td><strong>Peppermint</strong></td>
<td>Peppermint stimulates the mind, the reproductive and digestive systems.</td>
</tr>
</tbody>
</table>

Other essential oils suggested by aromatherapy authors that—may be helpful to dispel these feelings include: bergamot, ginger, rose, thyme, ylang ylang, cedarwood, linden blossom, cardamom, grapefruit, jasmine, pine, orange, coriander, and tuberose.
Confusion, Uncertainty, Perplexity, Bewilderment, Indecisiveness

Confusion can take on many faces—forgetting how to get somewhere, being unable to start tasks or finish them, giving wrong answers, or simply not being able to make sense of anything. It can be caused by stress, work, physical or mental illness, head injury, high temperature, or senile dementia. It can also be caused by drugs, depression, and schizophrenia. The suggested oils in this section are for confusion not caused by a physical reason, but may help with focus and concentration.

What kinds of essential oils do we need?

Oils that are—
- Stimulating and
- Uplifting

Choose oils that are:
- Neurotonic
- Stimulating for the circulatory, digestive, respiratory and reproductive systems
- Are mentally stimulating.

Some Essential Oils That May Help Dispel Feelings of Unworthiness and Lack of Confidence Include:

<table>
<thead>
<tr>
<th>Essential Oil</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Basil</td>
<td>Basil is known to help in times of indecision. It is recommended for a lack of self-confidence.</td>
</tr>
<tr>
<td>Clary Sage</td>
<td>Mojay says that clary sage offers a balance between stimulation and relaxation. It is a general tonic and neurotonic indicated for mental fatigue and nervous debility and is effective for calming the mind and easing tension. It offers a mental uplift and a euphoria.</td>
</tr>
</tbody>
</table>

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Lemon

Lemon is known for helping to disperse confusion and bring clarity of thought. It sharpens the focus of consciousness, clarifying and uplifting the intellect. It calms, lightens, and refreshes, dispersing confusion and easing worry.41

Rosemary

Rosemary is neurotonic, cardiotonic and stimulates the digestive and reproductive systems. It is a mental stimulant so it will improve perception and creativity. It’s a great choice for someone with a poor self-image and lack of self-confidence.

Other essential oils suggested by various aromatherapy authors that may help dispel confusion include cardamom, black pepper, geranium, helichrysum, peppermint, thyme, ormenis flower, juniper, ginger, bergamot, petitgrain, grapefruit, cypress, lavender, pine.

In the End. . .

We are such interesting beings. We not only have these marvelous physical bodies that essential oils can help keep in balance, but we also have emotions which can be kept in check and balanced with amazing fragrances from nature. Our research is sketchy at best so essential oil remedies are usually passed along from therapist to therapist as what works for them. In the end, most essential oils will affect us emotionally—but knowing where to start can certainly shorten our time of experimenting to see what works and what doesn’t. But know this—essential oils can be used to transform destructive emotions into positive ones.
Footnotes


2 Jade Shutes, Christina Weaver, *Aromatherapy for Bodyworkers*, p. 141.


7 Peter and Kate Damian, *Aromatherapy Scent and Psyche*, pp. 3-4.

8 Linda Smith, *The Role of Olfaction on Human Psychology*, eBook.

9 Peter and Kate Damian, Ibid., p. 100.


11 Deepak Chopra, *Quantum Healing*, p. 188.


13 Truman, Ibid., p. 59.


16 Worwood, Ibid., p. 106.


18 Mojay, Ibid., p. 166.

19 Worwood, Ibid., p.145.


21 Worwood, Ibid., pp. 145-150.


24 *Essential Oil Desk Reference, 5th edition*, p. 4.7.


26 Price, Ibid., pp. 126-134.

27 Worwood, Ibid., pp. 129-130.

28 Mojay, Ibid., p. 154.

29 Mojay, Ibid., p. 154.
30 Mojay, Ibid., p. 156.
31 Price, Ibid., pp. 134-142.
32 Price, Ibid., pp. 142-149.
33 Price, Ibid., pp. 149-154.
34 Worwood, Ibid., pp. 165-166.
35 Price, Ibid., pp. 154-163.
36 Worwood, Ibid., p. 132.
37 Price, Ibid., pp. 159-165.
38 Price, Ibid., pp. 163-165.
39 Price, Ibid., pp. 165-166.
40 Mojay, Ibid., pp. 62-63.
41 Mojay, Ibid., p. 93.
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