

# FREE AROMATHERAPY FOR HEALING THE SPIRIT RESTORING EMOTIONAL AND MENTAL BALANCE WITH ESSENTIAL OILS

## **Aromatherapy for Healing the Spirit**

An authoritative and unique approach to a popular subject, *Aromatherapy for Healing the Spirit* concentrates on the profound psychological benefits of essential oils. Building on the well-established link between fragrance and mood, this beautifully illustrated and practical guide helps you to alleviate tension, anxiety and depression, within yourself and others.

## **Aromatherapy for Healing the Spirit**

Using essential oils to influence your energetic make-up and karmic patterns • Details how to identify which tattvas--the Five Great Elements--are dominant in your energetic make-up • Explores the energetic signatures of the essential oils associated with each tattva and chakra, including their archetypes, sacred geometry, sacred sounds, and colors • Explains how to identify your personal vibrational signature, purify your energy body, impart vibrational properties to jewelry, and work with yantras and mantras The tattvas, the Five Great Elements--earth, water, fire, air/wind, and ether/space--create and sustain not only the universe but also all of its inhabitants. Each of us has a unique combination of these elemental energies behind our personal characteristics--everything from the color of our eyes to our behaviors and emotional temperament. What tattvas are dominant in your make-up can also be influenced by your surroundings and by karma. Essential oils, in addition to working biologically and chemically, also work at the energetic level, making them ideal for working with the tattvas. Teaching you how to use essential oils to affect the very fabric of your being, Candice Covington details how the Tattvas Method of essential oils allow you to access the deepest, most hidden aspects of Self, those beyond the reach of the mind, the very energetic causation patterns that set all behaviors and thoughts into motion. She reveals how the tattvas are the energy that animate each chakra and how we can use their archetypal energy to shape our inner life and align with our greater soul purpose. The author provides energetic profiles of each tattva, chakra, and essential oil, explains their relationships to one another, and details how to identify what tattva or chakra is dominant at any given time. Exploring the energetic signatures of the tattvic essential oils, she details their elemental make-up, animal and deity archetypes, sacred geometry symbols, sacred syllables, and colors. She reveals how to discover the energy patterns responsible for directing unhealthy life patterns and explains how to identify your personal vibrational signature, purify your energy body, and craft your own unique ritual practice with essential oils. Showing how essential oils are powerful vibrational tools for effecting change, the author reveals how they allow each of us to deliberately steer our own destiny, fulfill our personal dharma, and be all that our souls intended us to be.

## **Essential Oils in Spiritual Practice**

Fragrances possess a unique ability to evoke emotions, memories, and visions. Since the dawn of time spiritual traditions as diverse as Judaism, Christianity, Islam, Shinto, and Buddhism have used fragrances to enhance the experience of the Divine. With *Aromatherapy for the Soul*, world-renowned aromatherapist Valerie Ann Worwood has created a comprehensive guide to the use of essential oils and aromas to enhance spiritual practice. Originally published as *The Fragrant Heavens*, this groundbreaking book draws equally upon the pioneering research of eminent scientists and the insights of leading spiritual teachers. Extensive

charts and exercises demonstrate how to use fragrance in healing, prayer, and meditation and in conjunction with vibrational and energetic healing. This extraordinary guide covers more than seventy essential oils and will help you call upon the divine power of fragrance to enrich your spiritual journey.

## **Aromatherapy for the Soul**

Provides recipes for a variety of natural cosmetics and perfumes based on the use of essential oils.

## **Aromatherapy Handbook for Beauty, Hair, and Skin Care**

In a therapeutic blend bringing together Chinese Medicine, reflexology, and craniosacral therapy, massage therapist Deborah Eidson shows how essential oils and Bach Flower Remedies can be used to identify and free up emotional blockages which may be causing health problems. Eidson explains that all chakras have a location associated with organs, as well as a sound, color, and element. Giving a good massage can involve stimulating meridians and meridian points, finding the location of blocked energy, and then working with oils to affect change. Eidson writes in an unabashedly spiritual context, using her intuitive energetic abilities to help clients open to their own development and spiritual path. In a thorough listing of essential oils, Eidson describes each in terms of its use in life transformations, relevant growth and healing issues, the oil's energetic influences on blockages and distortions, relevant organs, and the botanical origin of the plant. Her trust in plants to reveal the nature and problems of a person amounts to a fascinating statement on the nature of the relationship between plants and people, as well as an important healing text.

## **Vibrational Healing**

A chemist and aromatherapy practitioner provides scientific proof for the effectiveness of using essential oils. Aromatherapy is the fastest-growing segment of the body care industry, an effective and deeply pleasurable way to maintain well-being. Now, Kurt Schnaubelt, a chemist and longtime aromatherapy practitioner, provides scientific proof for the efficacy of essential oils, explained clearly and logically. Advanced Aromatherapy draws on the most recent research to demonstrate how essential oils work on the cells and microbes of the body. These chemical changes affect emotional states as well as physical ones. Advanced Aromatherapy explains how to treat symptoms ranging from hay fever to stress disorders with predictable results. An essential textbook for aromatherapy practitioners.

## **Advanced Aromatherapy**

Aromatherapy, the centuries-old practice of using botanical scents and oils for physical and psychic benefit, reached its peak of popularity in the early 2000s. Roberta Wilson's essential resource for aromatherapy offers hundreds of healing recipes for compresses, baths, inhalants, air fresheners, and skin-care products specifically designed to assuage common disorders and complaints. Organized in a handy A-to-Z format, Aromatherapy is the most trusted sourcebook for this gentle healing art. First published in 1995, Wilson's guide is here revised and expanded to cover a wider selection of essential oils, more health conditions, and more ways of incorporating aromatherapy into your life.

## **Aromatherapy**

Discover the wisdom of a 4,000-year-old sacred oil tradition, learn transformational rituals and meditations, and unlock deep healing and incredible insight. Sacred oils are part of a mysterious and ancient art that dates back thousands of years. Their knowledge is passed from master to master - only a handful of people alive hold this knowledge. Among them is Felicity Warner, a healer and myrrhophore. In this book, Felicity will guide you through a healing journey with 20 of the world's most treasured oils, including Elemi, Holy Basil, Palo Santo and Spikenard. She explains how to: · mix, dilute, blend and store the oils · perform sacred rituals

of anointment · attune to the frequency of each oil through meditation as a pathway to deeper consciousness · use the oils to cleanse auras and heal the soul, for prophecy and to access past-life information Find wellbeing and peace today as you delve into the amazing world of sacred oils.

## **Sacred Oils**

Shiatsu, meaning finger pressure, is a traditional Japanese massage which can rebalance the body and ease mental and physical tension by applying pressure to the body's energy channels. This guide covers all aspects of the ancient art.

## **Shiatsu**

This encyclopedic book contains, in practical and easy-to-understand form, every conceivable use for essential oils and aromatherapy in everyday life. The author, a practicing aromatherapist for more than twenty years, unlocks the power of essential oils in more than 600 original recipes, most needing only a few essential oils. Unlike over-the-counter products, the recipes you make yourself contain no harmful preservatives. Most basic needs can be covered with just ten essential oils.

## **The Complete Book of Essential Oils and Aromatherapy**

The first of two volumes, this is a comprehensive clinical text on the principles behind the clinical use of essential oils. It builds an important foundation for essential oil therapy and includes profiles of the most important 30 essential oils used in practice. This detailed and practical database of clinical experience of essential oil therapeutics takes a truly holistic approach, focussing on the psychological, the physiological and the energetic or Chinese medical aspects. Skilfully blending the evidence of scientific research with that of clinical practice, the book builds a comprehensive therapeutic profile for each oil it presents to the reader. Based on the different administration methods used and the absorption pathways activated, it clearly differentiates the psychological, physiological and topical uses of these essential oils. An extensive Materia Medica section is included. Reliable clinical reference material is offered for all complementary therapists, including aromatherapists, medical herbalists, Chinese Medicine practitioners, energy medicine therapists and massage therapists.

## **Aromatica Volume 1**

Discover emotional healing power in a few drops of essential oil. You may already know essential oils can help heal your body--but what about your emotional state? Emotional Healing with Essential Oils shows you how to harness the power of aromatherapy to help relieve stress and anxiety, boost your mood, and increase your emotional resilience. A must-have for those new and not-so-new to essential oils, this guide lays out the most useful oils and the most beneficial application methods for your individual needs. Emotional Healing with Essential Oils includes: Mind-body wellness--Move beyond physical healing and experience the effectiveness of essential oils in treating your mental health. 50 oil profiles--Explore the emotional healing applications, properties, and safety guidelines for a variety of individual essential oils. 100 unique blends--Support your health with specific blends to treat insomnia, seasonal blues, food cravings, attention deficit, and more. Let the healing begin with Emotional Healing with Essential Oils.

## **Emotional Healing With Essential Oils**

Based on principles of aromatherapy and homeopathic cures and comforts, these healing bath recipes are guaranteed to bring vitality and balance to the mind and body. Detailed instructions and advice on where and in what form to gather ingredients--including information on mail-order resources--make it easy for readers to whip up a little magic right in their own homes.

## **Water Magic**

Use essential oils with confidence and make aromatherapy an indispensable part of your self-care routine. Science now supports what practitioners have long known: that oils derived from plants have powerful therapeutic properties, working holistically on mind, body, and spirit. This carefully curated collection of blends, remedies, and practices shows you how to blend essential oils to care for and heal yourself, follow step-by-step massage routines, and combine aromatherapy with yoga, meditation, and breathwork to deliver maximum benefit to you. This is your essential aromatherapy toolkit for wellness in the modern world.

## **Aromatherapy**

Synergistic blending is at the very core of aromatherapy practice. This book explores the concept of synergy and the evidence for its presence and significance, and provides practical guidance on how to build aromatherapeutic blends effectively and safely based on research evidence. The author covers new and exciting developments in research into the use of essential oils, explores the merits and limitations of holistic, psychosensory and molecular approaches to blending and suggests effective ways of choosing the most suitable approach for individual clients. Evidence-based profiles of essential oils and absolutes are included and the comprehensive tables summarising their actions enable practitioners to identify easily potential contenders for synergistic blends. Throughout the book, the author encourages students and practitioners of all levels to reflect on their practice, appraising the intended outcomes of their blends and treatment plans, so that they can emerge more knowledgeable and insightful practitioners.

## **The Blossoming Heart**

Popular medicine.

## **Aromatherapeutic Blending**

Focuses on the emotional, psychological and mood-changing effects of nature's essential oils. This work presents a background to the subject, and explains how essential oils work on the brain. It explains how essential oils can enhance emotional well-being and promote positive feelings. It introduces a different concept in aromatherapy.

## **The Way of Ayurvedic Herbs**

Many books discuss the aromatic power of essential oils, but *The Healing Bath* is the first to focus on using essential oils to cleanse, clear, and heal the energy field surrounding the physical body. If this energy field is damaged, the body's vitality, strength, and overall health and well-being is jeopardized. When energy fields in the subtle bodies are strengthened and energized, deep healing in the physical body is accelerated. This book describes essential oil therapy that can be used with conventional allopathic, herbal, and other healing methods. The author has been refining her essential oil techniques for ten years, and she draws on experiences from her personal practice to describe the method. Provides bath formulas for a wide range of physical and emotional ailments, including asthma, depression, substance abuse, headaches, sleep disorders, food intolerance, allergies, bladder and urinary tract problems, and hyperactivity. A special section discusses the use of essential oils to heal infants and children.

## **The Fragrant Mind**

Integration of complementary and alternative medicine therapies (CAM) with conventional medicine is occurring in hospitals and physicians offices, health maintenance organizations (HMOs) are covering CAM therapies, insurance coverage for CAM is increasing, and integrative medicine centers and clinics are being

established, many with close ties to medical schools and teaching hospitals. In determining what care to provide, the goal should be comprehensive care that uses the best scientific evidence available regarding benefits and harm, encourages a focus on healing, recognizes the importance of compassion and caring, emphasizes the centrality of relationship-based care, encourages patients to share in decision making about therapeutic options, and promotes choices in care that can include complementary therapies where appropriate. Numerous approaches to delivering integrative medicine have evolved. *Complementary and Alternative Medicine in the United States* identifies an urgent need for health systems research that focuses on identifying the elements of these models, the outcomes of care delivered in these models, and whether these models are cost-effective when compared to conventional practice settings. It outlines areas of research in convention and CAM therapies, ways of integrating these therapies, development of curriculum that provides further education to health professionals, and an amendment of the Dietary Supplement Health and Education Act to improve quality, accurate labeling, research into use of supplements, incentives for privately funded research into their efficacy, and consumer protection against all potential hazards.

## **Butterfly Miracles with Essential Oils**

This book is a collection of twenty-five years of healing experience using aromatherapy and Ayurveda. It includes a self-dianosis questionnaire to determine your metabolic type, descriptions of essential oils, and recipes for the use of essential oils for common problems. It contains detailed information on over 100 essential oils, as well as over 100 illustrations and photographs.

## **The Healing Bath**

The second volume in the *Aromatica* series builds on the fundamentals found in *Volume 1: Principles and Profiles*. This comprehensive clinical text delves further into the different profiles of essential oils and the proper applications for physiological and psychological functions as well as energetic and Chinese Medicines. Packed with charts depicting different functions and methods of administration, and an extensive catalogue of 40 new essential oil profiles, this is an indispensable guide for all complementary medicine practitioners.

## **Complementary and Alternative Medicine in the United States**

Tending our gardens; Global mosaic; Plants for people; A paradise to save; A third chance.

## **Ayurveda and Aromatherapy**

Explores science's new biological understanding of essential oils for improved immunity and treatment of degenerative diseases • Explains how essential oils convey the complex natural healing powers of plants, offering scientifically proven advantages over synthetic drugs • Offers revolutionary essential oil treatments to ameliorate the side effects of chemotherapy and other cancer treatments as well as for hepatitis, osteoporosis, liver detoxification, and the prevention of UV damage and melanoma • Presents simple recipes and protocols for strengthening the immune system; for treatment of common ailments, such as colds, flu, herpes, and candida; and for pain management Exploring science's new biological understanding of essential oils and their advantages over synthetic drugs, renowned aromatherapist Kurt Schnaubelt reveals how the effectiveness of essential oil treatments stems from our common biochemical and cellular heritage with plants. He explains how essential oils preserve a plant's complex natural life-supporting and immune-building qualities, developed through millions of years of interaction with animals and humans. Reviewing recent research in molecular, cellular, and evolutionary biology, he shows how the multilayered activity of plant essences helps maintain the integrity of our genetic code--the reason why pathogens cannot develop resistance toward essential oils as they do with antibiotics and antivirals--making essential oils a more effective and sustainable form of treatment for a variety of health problems. Laying to rest old arguments over essential oils' alleged toxicity and whether they can be ingested or used undiluted, Schnaubelt presents

simple recipes and protocols for treating and preventing common ailments, such as colds, flu, herpes, and candida, as well as for pain management. Offering new essential oil treatment opportunities for hepatitis, osteoporosis, liver detoxification, and the prevention of UV damage and melanoma, he shows how essential oils can also ameliorate the debilitating side effects of chemotherapy and other cancer treatments as well as how even home use of essential oils for relaxation or skin care can help build one's immunity and overall well-being.

## **Aromatica Volume 2**

Written for both lay readers and practitioners, *Awaken to Healing Fragrance* is divided into three parts structured around the past, present, and future of aromatherapy. The book begins with profiles of prominent female historical figures—from Cleopatra to Elizabeth I—known to have used essential oils for mind, body, and spiritual health. Part two explains the value of aromatherapy today: modern methods for using essential oils—from relaxation practices like massage and facials to treating common conditions like PMS, stress, and a sore throat—and describes how and why they work. Also featured are case studies, research on anti-infectious qualities of the oils, and a section on psychoneuroimmunology that shows how essential oils can help restore the mind-body-spirit connection and create balance. *Awaken to Healing Fragrance* concludes by exploring the future of essential oil therapy and how it can be integrated into traditional medical systems. Jones discusses energetic medicine, creating aromatic gardens, and establishing integrative medicine clinics where doctors trained in Western medicine would collaborate with alternative therapists such as acupuncturists, nutritionists, and aromatherapists to bring a new consciousness and sense of well-being to healthcare.

## **Our Green and Living World**

Donna Eden is a pioneer in the field of energy medicine. In this important book she shows you how to work with you body's energy to create physical, psychological and spiritual health and wellbeing. Discover how to:

- \* Bring more energy and vitality into your everyday life
- \* Use simple techniques to overcome tiredness and lethargy
- \* Cure common complaints and prevent disease
- \* Work with the eight major energy systems of the body for health and healing
- \* Heal your mind, body and soul

Energy medicine is a beautifully written, step-by-step approach for everyone who wants to achieve a healthier body, a sharper mind and a more joyful spirit.

## **The Healing Intelligence of Essential Oils**

Often called the father of modern aromatherapy, Tisserand introduced the use of essential oils in healing in this seminal bestseller. Includes a glossary and therapeutic index.

## **Awaken to Healing Fragrance**

With warmth and compassion, Sandra Ingerman describes the dramatic results of combining soul retrieval with contemporary psychological concepts in this visionary work that revives the ancient shamanic tradition of soul retrieval for healing emotional and physical illness. This revised and updated edition includes a new afterword by the author.

## **Energy Medicine**

Barry B. Kapp has written a philosophical overview of the importance of the Tree and Plant Kingdom in our lives and how to use Medicinal Aromatherapy for addressing all conditions within us spiritually, emotionally, and physically. Barry feels and knows that the Tree and Plants operate on a paradigm of Divine Love at all times. He feels that Medicinal Aromatherapy wrestles constantly between the Divine Love and Fear

paradigms. He states that Medicinal Aromatherapy ran parallel down through history with Herbalogy. Herbalogy seemingly was always in view for all to see, but True Medicinal Aromatherapy was in the background found in Mystery School Teachings. He firmly knows that the Essences of Trees and Plants are the original medicine of the Mother and is the most powerful medicine when pure. This Book addresses 12 major points on \"Truths\" that lie on every level of Human Existence in relationship to Earth Mother via the Tree and Plant Kingdom. There are two additional sections. One on \"Frequently Asked Questions,\" that have been asked of him over the years. The other section contains over 30 \"Medicinal Angel Essences,\" descriptions and Tree and Plant channelings. This Book is unlike any Aromatherapy Book you will read as it contains some hard truths about our relationship to ourselves and the natural world in which we live. This book has the ability to make you cry, get angry, laugh, and experience joy. For those looking for the deeper answers about our relationship with Mother Earth via Medicinal Aromatherapy, this book will not only blow you away, it will blow truth into your heart of hearts.

## **The Art of Aromatherapy**

As one of the world's only female experts on the ancient Indian tradition of Ayurvedic medicine, renowned teacher Bri. Maya Tiwari has devoted her heart and soul to share the philosophy and methods that saved her from terminal cancer and redirected her life. In this book, she offers a short course on healing and living and reveals how she has gone back to the sources of Ayurvedic wisdom to reclaim time-honoured, natural, spiritual techniques for use in contemporary life. Filled with illuminating insights, easy-to-follow recipes, and meditations and exercises that can be adapted to different lifestyles and traditions, The Path of Practice is one of the only holistic programs designed for women by a woman. This book has a strong focus on women because they are the staff-holders of sacred life and nurturance. The aim is to evoke, inform, strengthen, and safeguard the memory of women as guardians of sacred healing. It is also meant to help men become awakened to the Mother's primordial healing energy that has existed within them from ancient times.

## **Soul Retrieval**

\"Includes 109 essential oils & more than 450 remedies and uses\"--Cover.

## **Wisdom of the Earth Speaks: The Truth about Medicinal Aromatherapy**

Balance mind, body, and spirit with your own essential Ayurvedic self-care toolkit. New science has revealed the effectiveness of Ayurveda as a 360-degree approach to physical and mental wellness, tailored to the individual. This book directly delivers practical Ayurvedic advice according to your specific needs - as though you were having an Ayurvedic consultation. Sonja Shah-Williams has curated a collection of tried and tested Ayurvedic practices and remedies including foods, oils, yoga, and meditation, that you can apply to your need or situation - to aid sleep, increase energy, boost immunity, relieve digestive problems, improve relationships, and much more.

## **The Path of Practice**

\"\"The Sapiential Discourses contains ancient wisdom known to man since the beginning of time and new wisdoms for the new millennia. This book is designed to assist all who read these truths in their remembrance process, the remembrance of our divinity. This book takes us higher as it dives deeper into our true nature as humans. Meditation and prayer are explained to us in a loving way. The true natures of twin flames and soul mates are revealed. New information on the paranormal, faith, God, and parenting is included, along with other important topics that are relevant to our existence and obtaining a clean, peaceful Earth. God is providing us with loving, nonintrusive wisdoms to assist us in bettering ourselves and our world.\"\" -- Elliott Eli Jackson\"

## **The Complete Aromatherapy and Essential Oils Handbook for Everyday Wellness**

A classic, practical guide to the history, science, and art of aromatherapy, updated throughout with recent research and developments • Details more than 70 essential oils classified by botanical family, with discussions of their specific actions and energetic and spiritual properties • Provides specific formulas for common disorders such as digestive and circulatory ailments, headaches, insomnia, and menstrual and sexual problems • Explains techniques for using plant essences for beautifying, cleansing, and healing and addresses the controversy surrounding some methods of application Updated throughout with recent research and the latest developments in the use of essential oils, this 30th-anniversary edition of Marcel Lavabre's classic *Aromatherapy Workbook* provides the most comprehensive practical guide to the history, folklore, science, and art of aromatherapy available today. Examining the origins and applications of aromatics, from the mythical Queen of Sheba to René-Maurice Gatefossé, the author traces the medical, alchemical, and spiritual development of this healing art from classical civilizations up to the present. He explains the mysteries of the olfactory system and how this most ancient sensory system affects our moods, our emotions, and our sexuality. Illustrating the biochemistry of essential oils and how they work on the physical, energetic, emotional, mental, and spiritual levels, he explores more than 70 essential oils classified by botanical family, with detailed discussions of their specific actions. He shows how to use appropriate plant essences for beautifying, cleansing, and healing the body, as well as in massage, aromatic baths, ritual, and spiritual practice. He also addresses the controversy surrounding different methods of administration and explores in depth the risks, benefits, and safety guidelines for each technique. Addressing the fundamental issues of purity and quality, the author discusses the various methods of extraction in detail and includes a special section devoted to the art of blending. He offers specific formulas for common disorders such as digestive and circulatory ailments, headaches, insomnia, and menstrual and sexual problems. Lavabre also includes extensive reference tables to provide the reader with concise information on each essential oil and its therapeutic uses. This revised edition offers a perfect step-by-step guide for beginners as well as an ongoing reference for practicing aromatherapists.

### **Ayurveda**

An explanation of aromatherapy, what it is and how it works with especial reference to fifty plants and essences. It includes a guide to the plants and essential oils used in aromatherapy and how they can keep the body and mind healthy.

### **The Sapiential Discourses**

Have you been traveling down a dead-end road? Are you stuck in patterns of thinking, feeling and behaving that cause you unrest? Do you hear a voice within hinting that there is some greater purpose for you? Are you ready to revolutionize how you think, feel and live? This life changing book contains the keys for you to access your best self, and live your most fulfilled life. *Detox. Nourish. Activate: Plant & Vibrational Medicine for Energy, Mood & Love* by Dr. LuLu Shimek and Adora Winquist offers a visionary approach to empower readers on the path of self-discovery and self-mastery. This three step system is designed to heal trauma at the core level from this lifetime and many previous generations. These three areas of well-being are explored, in depth, with eleven primary alchemical interventions to facilitate healing down to the DNA level. With a series of introspective explorations, meditations, plant based formulas and profound insight, readers connect deeply to *Detox, Nourish and Activate* the brain, adrenal glands and heart for holistic healing and personal growth. The power for your healing journey is at your fingertips. Transform your health, your life, and your world. Leaders in the field of alternative medicine, Dr. Lulu Shimek and Adora Winquist guide you through the healing journey. Dr. Lulu Shimek is an expert in genetic health and works with patients experiencing chronic disease; she teaches her patients to create new lifestyles and relationships with themselves by a thorough examination of the foundations of health. Master formulator Adora Winquist is a visionary in the nascent field of Quantum Alchemy, an evolutionary transformative path for self-mastery which facilitates healing at the DNA level using an amalgamation of plant and vibrational modalities. She is a pioneer in the fields of aromatherapy and energy medicine..

## Reference Guide for Essential Oils

Valuable reference book. A gold-mine of research.

## Essential Oils and Aromatherapy Workbook

The Practice Of Aromatherapy

[the organic gardeners handbook of natural insect and disease control a complete problem solving guide to keeping your garden and yard healthy without chemicals](#)

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