



# oils

“If you want to find the secrets of the universe, think in terms of energy, frequency and vibration.”  
- Nikola Tesla

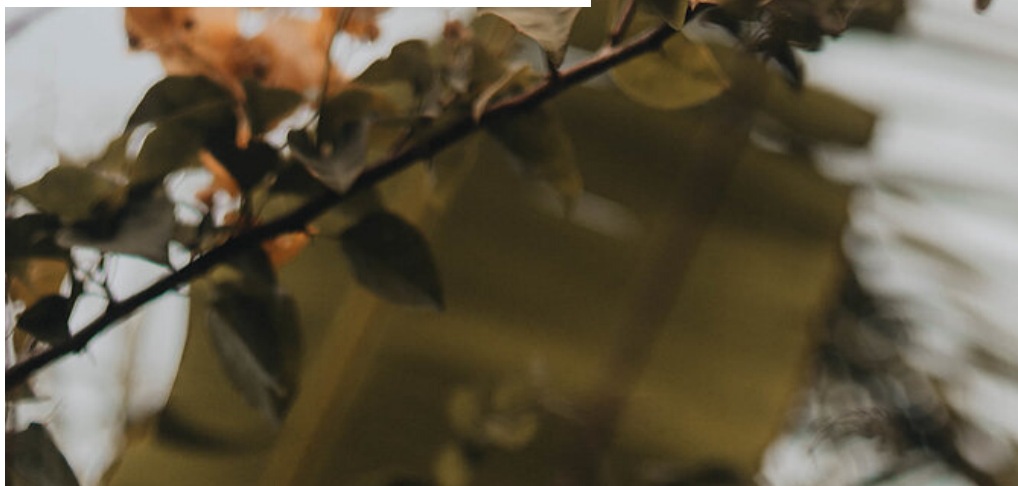


*the power of*

# essential oils

The power of essential oils in supporting our emotions begins in the physical body. When we feel strong in our physical body, we will feel strong to enter the emotional realm.

Research has shown that essential oils raise the frequency (The number of vibrations that occur in one second) of our bodies. **Albert Einstein said, “Everything is energy” including us.** Different things we do, say or feel can alter our frequency. A biofeedback machine that normally works to detect skin temperature and brain activity can be used to determine the frequency of the human body.





A healthy human body for example has the frequency of 62-70 MHz, and our cells begin to change when it drops below 62MHz.

*The frequency of your body measures at:*

58 MHz when you have a cold or flu

55 MHz if you have candida

42 MHz when cancer is present

20 MHz when the death process begins

What we ingest, food and emotions have a big effect on our personal vibration. So if we are too feed ourselves a processed fast food hamburger the frequency is 3-5 MHz, while broccoli is at 70 MHz. It has a huge effect on our personal frequency! And when it comes to emotions **joy can increase our frequency by 10 MHz**, while anger can lower it by 12 MHz.

Although we have a very clear choice when it comes to what we feed ourselves with food, it isn't always the same or easy when it comes to emotions, especially in motherhood. We may be sleep deprived or pushed to our "saying no" limit and feeling Joy may not feel so accessible. This is when having tools on hand to assist in the process can help us come back to a place of feeling grounded. Taking time out to be with ourselves help, and perhaps having a quick snack, but so do essential oils and herbs!

Essential oils have a frequency between 52 MHz to 320 MHz.

*Some of the best are:*

Lavender at 118 MHz

Peppermint 78 MHz

Basil at 52 MHz

Rose at 320 MHz.

Of course if you do not have access to essential oils, dried or fresh herbs can have a small effect on our frequencies as well. Essential oils can be used topically and internally but this should be done with professional expertise. I recommend using a diffuser for essential oils, as smell has a huge effect on our limbic brain, and thus on our emotions.

# action step

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Do you already have a favorite scent? An oil or herb? Think of ways you can bring it into your day. Perhaps during one of your rituals, the shower, or before you read a book or walk your baby? I love to place a blend called balance on the soles of my feet every morning as I get out of bed. It's my cue that my day has started. Here are some oils and their emotional interpretations that I feel are important for motherhood!

For more oils check out the book “Emotions & Essential Oils-A Modern Resource for Healing”

Basil	<i>The oil of Renewal</i>
Cedarwood	<i>The oil of Community</i>
Cilantro	<i>The oil of Releasing Control</i>
Clove	<i>The oil of Boundaries</i>
Geranium	<i>The oil of Love and Trust</i>
Ginger	<i>The oil of Empowerment</i>
Grapefruit	<i>The oil of Honoring the Body</i>
Lavender	<i>The oil of Communication</i>
Lemon	<i>The oil of Focus</i>
Lime	<i>The oil of Zest for Life</i>
Peppermint	<i>The oil of a Buoyant Heart</i>
Rosemary	<i>The oil of Transition</i>
Thyme	<i>The oil of Forgiving</i>