

Energetic Aromatherapy

Using Essential Oils to Improve Mental Attitude and Emotional Mood



There's an old saying, "the nose knows," a statement that acknowledges how intimately your brain is connected with your sense of smell. In fact, smell has a more direct connection to the brain than any other sense. This means smelling an essential oil can affect your mental outlook and emotional mood faster than anything you can ingest orally. So, if you're experiencing irritability, anxiety, grief, brain fog, mental fatigue or other mental or emotional imbalances, aromatherapy can be a fast and effective solution.

While, essential oils can help solve many physical health problems they are uniquely able to aid in mental and emotional ones. Which is why this issue of *Sunshine Sharing* focuses on how to use essential oils to increase mental alertness, improve concentration, reduce anxiety, lift depression, ease sadness, uplift the heart, promote better sleep and even encourage deeper intimacy.

How Aromatherapy Works

To understand how the smell of an essential oil can quickly alter the body's hormones and neurotransmitters, it helps to understand how the sense of smell works. Volatile chemicals released by plants, animals and the environment mix with the air, enter the nose and come in contact with the olfactory epithelium located in the upper portion of the nasal cavity. This membrane contains over 20 million nerve endings with receptors for volatile substances. Once these chemicals attach to a nerve ending, it sends a signal to the olfactory bulb.



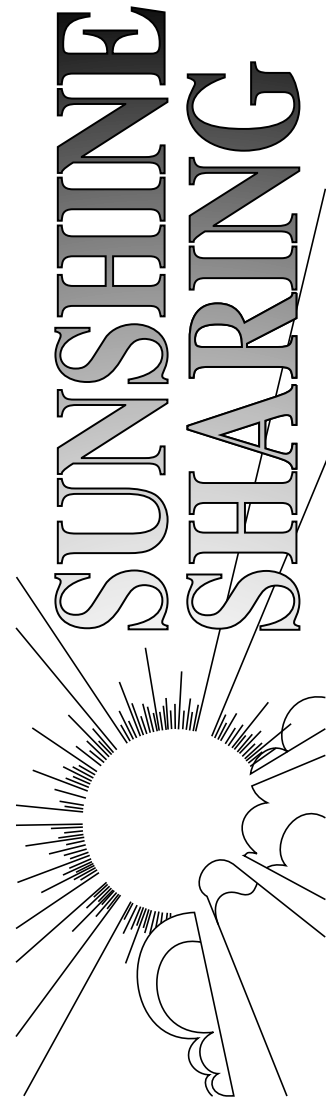
The olfactory nerves, shown as a white curving line in the illustration above, transmit messages from the olfactory bulb to the limbic system of the brain, which is in the middle of the head. The limbic system is responsible for alerting you to danger and creating positive or negative feelings that motivate you to take action to enhance your survival and well-being.

The limbic system acts as the switching station that turns on other parts of the brain, stimulating the release of various neurotransmitters. It also signals the release of the various hormones via the hypothalamus and pituitary. The effects of inhaled oils on brain and glandular function occur in less than a second.

The limbic system is also associated with memory, which is why most people have experienced smelling something that triggered a flash of memories. This association is important to understand because it means that the effect of a smell is somewhat subjective and personal. As you learn about the energetic properties of essential oils, keep in mind that effects they have can be slightly different in each person. If there are positive or negative memories associated with a particular aroma, it will alter the way that aroma affects someone. So, always let your knowing nose guide you to the essential oils that will work best for enhancing your mental outlook and mood.

Look Inside to Learn More About Essential Oils...

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26 Essential Oils to Improve Your Mind and Mood

This guide will help you pick out essential oils you can use to improve your mental attitude, resolve negative emotions and balance your energy. Simply breathing in the fragrance from an open bottle can be enough to improve your mental and emotional state. For longer use you can diffuse them via a vaporizer or diffuser. You can also dilute 7-8 drops of essential oils in a tablespoon of carrier oil and wear them as a perfume.

Bergamot

A floral, slightly citrus-smelling oil, bergamot tends to be balancing to the nerves. It is relaxing and uplifting at the same time. It can help with anxiety and depression, especially when these are associated with low self-esteem and excessive self-judgment. It helps overcome core beliefs that one is bad or just not good enough.

Cedarwood, Atlas

This is a camphoric oil, with a sweet, woody undertone. It is energizing and promotes a grounded strength and dignity. It can strengthen a person's resistance to stress, reducing anxiety and tension, while promoting a calm, conscious mind. It can help a person stand up to difficult circumstances with strength and serenity.



Chamomile, Roman

Chamomile is a sweet, floral oil that has a calming effect on the nerves. It is particularly helpful for people who are peevish or irritable, as it helps to promote a calm, sunny disposition. It is a

very good essential oil for easing stress and irritability in children, but is also good for anyone who is constantly complaining about little, insignificant things.

Cinnamon

A spicy, pungent oil that is very warming and stimulating, cinnamon is helpful for people who feel devitalized and weak. They may be suffering from depression due to extreme fatigue. It helps awaken the fire in a person, motivating them to get up and start doing something about their life. It can also help to arouse passion and sensuality in men.

Clary Sage

Clary sage is a floral and herbaceous oil that has a euphoric or uplifting effect. It is balancing to the nerves, so it helps both anxiety and depression. And while it has an energizing and uplifting effect, it also helps people stay grounded. It calms the mind reducing tension and stress while helping to overcome fatigue and increase energy. It also enhances estrogen in women, so it can be helpful for women who are suffering from depression due to low estrogen.

Clove Bud

The strong, pungent, slightly woody and sweet odor of clove is highly stimulating to



the nervous system, although topically it numbs the nerves. It is a very invigorating fragrance, promoting a strong, self-assured and energetic state of being. It helps people to stand up for themselves, breaking people from patterns of tolerating abuse.

Cypress

A sweet balsamic fragrance, with a refreshing or vaporous quality, cypress oil strengthens the nervous system when one feels burdened or overwhelmed. It is helpful for those who have lost touch with their own center and need to find calmness and strength in life. It can be helpful during times of transition in one's life, such as moving, changing jobs or the ending of close relationships.

Eucalyptus

Eucalyptus has a refreshing, camphoric odor. It is opening, cleansing and refreshing, helping a person feel like they can breathe freely in life. It helps a person let go of negativity and the problems of the past and approach life with a renewed sense of hope, optimism and vigor. If you feel stifled or stuck in life the smell of eucalyptus can help you feel free and alive again.

Frankincense

This oil has a turpentine-like odor that is refreshing and uplifting. It eases feelings of stress and muscle tension, helping someone to relax and breathe freely. It has been traditionally used to help purify a person's environment, driving away negative



Basic Qualities of Essential Oils



Here are some basic qualities of essential oils and their effects on the mind and emotions.

Generally speaking, oils with a pungent (spicy), citrus or vaporous (turpentine-like) odor will stimulate the sympathetic nervous system having an energizing, stimulating and invigorating effects. **Invigorating Blends** will feature these oils as key ingredients.

Pungent oils like cinnamon and clove are especially stimulating. Vaporous oils like eucalyptus, pine and tea tree have an opening quality, helping to relieve feelings associated with being stifled or stuck. Citrus-smelling oils are mildly invigorating, but also have a more refreshing, playful quality. They are less fiery.

Again, speaking generally, oils with floral, sweet, woody or balsamic aromas will stimulate the parasympathetic nervous system. This will have a calming and relaxing effect, reducing stress and anxiety. **Calming Blends** will feature these oils.

Floral oils like rose, lavender, chamomile and ylang ylang are particularly relaxing, but also tend to make one feel light and less grounded. Balsamic or woody essential oils like cedarwood, cypress, patchouli and sandalwood promote feelings of being grounded or down-to-earth.

Clary sage, myrrh, mint and bergamot all tend to have a balancing effect on the nervous system.

or dark feelings. It helps people with poor self-esteem to feel less vulnerable. It helps reduce mental chatter, calm the mind, cut ties with the past and become more present and focused. For these reasons it has been considered a valuable aid to prayer and meditation.

Grapefruit, Pink

Pink grapefruit has a sweet, citrus aroma that is both cooling and relaxing. It reduces muscle tension and is helpful for easing depression, stress and nervous exhaustion. It is particularly helpful for the wintertime blues, when people feel depressed and lethargic in the dark months of winter. It helps to promote feelings of self-worth, self-esteem and euphoria. It also helps people who tend to eat for comfort when they are under stress.



Lavender

The sweet, floral and slightly herbaceous aroma of lavender has a powerful balancing effect on the nervous system. It can act as a sedative, helping to relax the body and promote sleep, or it can produce a refreshing, uplifting feeling when one is depressed or discouraged. It has been called the mother of essential oils, suggesting that it helps to nurture the person's soul. It helps to bring a relaxed, spiritual focus into practical, day-to-day affairs. When you are feeling wound-up, tense, nervous and stressed this is one of the best essential oils for helping you to relax, unwind and get the rest you need.

Lemon

With its fresh, sweet citrus smell, lemon is a very uplifting and invigorating fragrance. It can help to overcome mental fatigue, clear the mind and aid decision-making. It eases fears and insecurities, promoting feelings of confidence and a radiant, warm and sparkling presence. It can be helpful for calming and centering children (or adults) who have ADHD.



Lemongrass

As its name suggests, lemongrass has a citrus fragrance coupled with a grassy or herbaceous quality. It is very refreshing, energizing and uplifting. It promotes concentration, clear thinking and may help people who are sluggish in the morning, acting like a morning shower to wake up their body and mind.

Marjoram, Sweet

Possessing a spicy, camphoric and woody odor, marjoram is a muscle relaxant that has a calming effect on the body. It is regarded as an aphrodisiac, meaning that it diminishes the desire for sexual contact. It can ease obsession and emotional craving, promoting a more self-contained and self-nurturing personality. If you need to be celibate and alone for a while, this is a good oil to use.

Mandarin, Red

The fragrance of mandarin is a very sweet citrus aroma. It is a playful fragrance, promoting the inner child and helping to uplift

the spirits and promote joy. It is a good oil for children who are restless, distressed, hyperactive or suffering from upset tummies. It promotes a sweet, loving and kind disposition. If you want to create a playful, happy mood, this is a good oil to choose.

Myrrh

Myrrh is a warm and spicy fragrance with a balsamic note. It is deeply calming to the nervous system, and promotes a sense of grounded awareness, which is why it has been traditionally used to aid meditation. It helps people who are prone to worry or over think things, as well as those who are easily distracted. Myrrh helps a person find inner stillness and peace, uniting the mind, spirit and body. People who are stuck in their lives, unable to decide a proper course of action, or those who feel restless and stuck will find myrrh useful in helping them to determine a course of action in life and move forward.



Orange, Sweet

A sweet citrus fragrance, orange oil is mildly sedative. It reduces anxiety and nervousness, being especially helpful to children with indigestion or insomnia due to nervousness. Like mandarin, there is a playful, joyous feeling in the smell of orange peel. It can be very helpful for people who take life too seriously and forget how to laugh, promoting a friendly, playful and optimistic state of mind.

Patchouli

This deep, woody, balsamic odor has a rich musk-like earthiness. It is a deeply grounding fragrance and helps daydreamers and people who are too much "up in their head" to stop over thinking or worrying. It helps people be more in touch with their body and the practical affairs of life. The grounding, centering effect of patchouli can also make it an aphrodisiac, promoting sensual feelings.

Peppermint

The familiar grassy, minty and slightly sweet fragrance of peppermint is very helpful for balancing mind and body. It is slightly warming or stimulating, but feels cooling or calming at the same time. It is very good for helping people digest things, physically, mentally or emotionally. When one has indigestion accompanied by brain fog, peppermint will clear the congestion in the stomach at the same time clearing the cloudy thought processes in the head. Peppermint oil can be helpful for staying alert while driving, studying



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Additional Help and Information

For more information about aromatherapy and essential oils contact the person who gave you this newsletter. You can also consult the following resources:

The Complete Guide to Aromatherapy by Salvatore Battaglia

Aromatherapy: A Complete Guide to the Healing Art by Kathi Keville and Mindy Green

Healing Scents: A Practical Guide to Aromatherapy by Lorrie Hargis

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or doing mental work, as it overcomes mental fatigue improving alertness and concentration.

Pine

The distinctive turpentine-like odor of pine is refreshing and slightly sweet. It is a stimulant, helping to overcome fatigue, lethargy, depression, weakness and heavy feelings in the chest. It opens up the lungs, helps a person breathe freely and let go of shame, fear, guilt and sadness. It renews hope, confidence and self-acceptance and can be particularly helpful for people who carry toxic shame and unnecessary guilt.

Rose

The wonderful floral aroma of the rose is sweet with a warm, slightly spicy quality. Rose has great affinity for the heart. It opens the heart and helps a person release feelings of sadness, grief, anger or fear. It promotes calm, peaceful and loving feelings in their place. Rose oil is very helpful for anyone who is experiencing anxiety or depression due to emotional wounds, loss or heartache. It helps a person who has been isolating themselves rediscover friendship and love. It also promotes empathy and compassion for others. Rose is also an aphrodisiac, promoting warm, loving intimacy.



Rosemary

Rosemary has a fresh, woody-herbaceous odor with woody, balsamic undertones. It is a central nervous system stimulant, aiding memory and concentration. Hence the saying, "Rosemary for remembrance." It helps keep the mind alert, aware and active aiding blood flow to the brain. This makes it particularly helpful for preventing memory loss and easing depression in the elderly. It's a good oil for anyone who wants to sharpen their mind and memory.

Sandalwood

A soft, woody, but sweet fragrance, sandalwood has a lingering balsamic quality. It is relaxing to the nerves and calming to

agitated emotions. A cooling oil, it is helpful for hot-headed people who tend to be angry, aggressive and irritable. Sandalwood promotes a serene, aware state of mind by calming down mental chatter, helping a person to have control of their emotions and their direction in life. It is considered one of the best oils for aiding prayer and meditation and developing a spiritual nature that is also grounded and practical.



Tea Tree

Best known for its antimicrobial activity, tea tree oil has a warm, spicy, vaporous odor. Emotionally, it dispels "cold," meaning it helps to awaken and invigorate a person. It uplifts the spirit and promotes confidence, making it helpful for people who are shy, timid, fearful, struggling with feelings of victim hood and weakness. It can help these people a lack of vitality and help improve general health.

Thyme

Thyme has a turpentine-like aroma that is spicy, woody and herbaceous. It is a nerve tonic and mental stimulant helping to increase circulation to the brain, promoting mental focus, clarity and memory. It dispels discouragement and despondency, aiding fortitude and vigor. It can be helpful for children who are disturbed because of family disharmony. It helps a person to be less dreamy and detached and more focused and logical.

Ylang Ylang

This sweet, floral oil has a calming effect on the mind and body. It reduces the rapid breathing and heart rate associated with irritability and stress, producing a more calm, relaxed state. It is helpful for people who are too harsh on themselves. It opens up sensual feelings and is considered an aphrodisiac.

