



ESSENTIAL EMOTIONS

YOUR GUIDE TO
PROCESS, RELEASE,
AND LIVE FREE

Libris.ro

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Respect pentru oameni și cărți

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ARBORVITAE

Divine Grace

Arborvitae assists individuals who believe or act like all progress must be made through struggle and solitary effort. Instead of trusting in the Divine, these individuals unconsciously block divine aid, choosing instead to live by their own efforts. Arborvitae addresses the need to control one's outcomes in life. It invites individuals to live with peace and joy by trusting in the abundant flow of divine grace.

Arborvitae is also a grounding oil that teaches Divinity is all around. God's grace can be felt and experienced here on earth; it is not distant or separate. God can help find balance in life and teach what to hold close and what to release.

Arborvitae's Latin name means "to sacrifice." This oil invites individuals to sacrifice their personal will and ambitions for a far more fulfilling way of living. By surrendering to God, the mind relaxes and the soul experiences harmony and peace. Arborvitae teaches that true strength can come through emptiness or a willingness to receive God's strength. It asks individuals to relax, take a deep breath, and trust in the flow of life. Arborvitae assists the soul to live effortlessly by divine grace.

NEGATIVE EMOTIONS: Willful, excessive effort, distrusting, rigid, fearful, controlling

POSITIVE PROPERTIES: Peaceful, surrender, grounded, trusting, relaxed, grace

COMPANION OILS: Basil, Cilantro, Oregano, Copaiba, Cumin, Hinoki

SUGGESTED USES:

Aromatic: Inhale from bottle, diffuse, or place drops in hand, rub, and inhale.

Topical: Apply 1-3 drops over solar plexus (upper stomach), on crown of head, or bottom of feet.

The symptoms of adrenal exhaustion help identify the main moods that are improved with Basil, primarily fatigue, low energy, being overwhelmed, and the inability to cope with life's stressors. The smell of Basil oil brings strength to the heart and relaxation to the mind. This oil is also excellent for states of nervousness, anxiousness, and despair.

Basil oil supports those who are under a great deal of mental strain. It brings rejuvenation of vital forces after long periods of burnout and exhaustion. Basil oil may strengthen the adrenals and restore the body to its natural rhythms of sleep, activity, and rest.

Basil oil is also helpful for recovery from negative habits. It gives hope and optimism to the tired soul. Basil may assist an individual in giving up false stimulants. By increasing natural energy, it helps individuals to achieve greater balance and health. In short, Basil is indicated for those who are weary in mind and body and for those in need of strength and renewal.

NEGATIVE EMOTIONS: Anxious, overwhelmed, drained, exhausted, negative habits

POSITIVE PROPERTIES: Energized, renewed, rejuvenated, rested, strengthened

COMPANION OILS: Wild Orange, Peppermint, Serenity[®], Grapefruit, Cumin, DigestZen[®], Red Mandarin, PastTense[®], Tulsi

SUGGESTED USES:

Aromatic: Inhale from bottle, diffuse, or place drops in hand, rub, and inhale.

Topical: Apply 3-5 drops over adrenal glands (lower back) or on bottom of feet in the morning and before bed.

Internal: Take 1-2 drops under the tongue, in a capsule, or in water.

Bergamot relieves feelings of despair, self-judgment, and low self-esteem. It supports individuals in need of self-acceptance and self-love. Bergamot invites individuals to see life with more optimism.

Bergamot has a cleansing effect on stagnant feelings and limiting belief systems. Because of core beliefs of being bad, unlovable, and not good enough, they seek to hide behind a facade of cheerfulness. They may fear revealing their true thoughts and feelings. Bergamot's powerful cleansing properties generate movement in the energy system, which in turn brings hope.

In this way, Bergamot is wonderful for those who feel down and hopeless. It awakens the soul to hope and offers courage to share the inner self. Reigniting optimism and confidence in the self, it imparts true self-acceptance. Bergamot teaches individuals to let go of self-judgment by learning to love themselves unconditionally.

NEGATIVE EMOTIONS: Despairing, low self-esteem, self-judgment, unlovable, hopeless

POSITIVE PROPERTIES: Self-acceptance, optimistic, confident, hopeful, lovable, good enough

COMPANION OILS: Cassia, Slim & Sassy®, Kumquat, Grapefruit, Copaiba, Beautiful, Pink Pepper, Bergamot Mint

SUGGESTED USES:

Aromatic: Inhale from bottle or diffuse.

Topical: Dilute 1-3 drops with carrier oil and apply over heart, solar plexus (upper stomach), or on forehead.

Internal: Take 1-2 drops under the tongue, in a capsule, or in water.

BERGAMOT MINT

Revived Heart

Bergamot Mint is primarily a heart-revitalizing oil. It is both beautifully uplifting and tenderly calming to the senses. It has a balancing effect on the emotions, comforting and soothing individuals when they feel like their heart is weighed down by the disappointments of life. It lifts them and helps them know they will heal and rise again.

Bergamot Mint opens up the soul to gentle inspiration followed by calm. It is a lovely oil for peaceful meditation or tranquil contemplation. This oil aids in simplifying problems that have grown out of proportion and are consuming too much emotional energy. It is also helpful when an individual's mind and heart are in need of deep, restorative rest.

Bergamot Mint encourages individuals to consciously consider if they are welcome in their own heart. It invites them to come home to themselves and be inspired from within. Its aroma reopens obscured and forgotten passageways, creating a welcoming refuge deep within their being. This oil facilitates complete self-acceptance so that the heart may unfold radiant, open, and alive.

NEGATIVE EMOTIONS: Weighed down, disappointed, rejection of self, closed to love, exhausted

POSITIVE PROPERTIES: Uplifted, hopeful, self-acceptance, loving, refreshed, open

COMPANION OILS: Rose, Lavender, Ylang Ylang, Helichrysum, Bergamot, Peppermint, Geranium, Lime, Cedarwood

SUGGESTED USES:

Aromatic: Inhale from bottle, diffuse, or place drops in hand, rub, and inhale.

Topical: Dilute 1 drop with carrier oil and apply over heart and on arms.

Birch offers support to the unsupported. When a person is feeling attacked or unsupported in life, this oil offers courage to move forward alone. It helps individuals ground within their own center to find their source of inner support and strength. Learning to be flexible is important but so is gaining a strong backbone. Birch offers support to the weak-willed to stand tall and firm in what they believe, especially in situations where one is at risk of being rejected if they choose a different way. Birch lends its spirit of endurance to help individuals face trials of adversity, so they may weather storms with the strength and conviction of a tree.

Birch also encourages individuals to accept support when it is offered. Often, when individuals have carried their burdens alone, they don't know how to receive assistance. Birch counsels individuals to not become the reason they are unsupported, by blocking those who would lend their support. It reminds that it sometimes requires more strength to accept help than to go it alone.

Birch teaches those in need to trust that even if they are abandoned by all others, the Divine will always be there. It also reinforces there is more to life than pain, and with the right support and the right grounding, one can be held up and sustained through hardship.

NEGATIVE EMOTIONS: Unsupported, alienated, fearful, weak-willed, overly flexible, rejecting help

POSITIVE PROPERTIES: Supported, firm, resolute, strengthened, grounded, connected, receiving

COMPANION OILS: Cedarwood, White Fir, Coriander

SUGGESTED USES:

Aromatic: Inhale from bottle or diffuse.

Topical: Dilute 1-3 drops with carrier oil and apply along spine, over lower back, or on bottom of feet.

Internal: Take 1-2 drops under the tongue, in a capsule, or in water.

Black Pepper reveals the masks and facades used to hide aspects of the self. Since childhood, most individuals have been taught that some feelings and behaviors are good while others are not. So instead of seeking to understand seemingly inappropriate feelings and behaviors, they usually judge, condemn, and repress them. Individuals learn early on that to be loved and accepted, they must hide undesirable aspects of themselves behind a mask or facade.

Black Pepper invites individuals to get real by digging deep within the less understood parts of the self. Whether one's true motives and feelings are acknowledged or not, they continue to exist. The more these feelings are pushed down, buried, and repressed, the more they seek to make themselves known. If they are not honestly dealt with and acknowledged, they will often be expressed through erratic, compulsive, or addictive behaviors.

Black Pepper also reignites the soul fire, fueling motivation and high energy, and hastening the healing process. It gives individuals strength to overcome the challenges and issues they carry inside and invites them to live in integrity with their True Self.

NEGATIVE EMOTIONS: Emotionally dishonest, repressed emotions, trapped, prideful, superficial

POSITIVE PROPERTIES: Emotionally honest, authentic, courageous, motivated, self-aware, integrity

COMPANION OILS: Kumquat, Vetiver, Coriander, Juniper Berry, Frankincense, Pink Pepper

SUGGESTED USES:

Aromatic: Inhale from bottle or diffuse.

Topical: Dilute 1-2 drops with carrier oil and apply on bottom of feet.

Internal: Take 1-2 drops under the tongue, in a capsule, or in water.

Black Spruce is both grounding and stabilizing. Of all the grounding oils, the spruces are the most effective. Spruces are especially helpful in times of crisis, shock, or trauma. During such experiences, a person's energy may splinter, causing emotional disruption. These trees stabilize an individual's energy, helping them return to a grounded, balanced state.

Black Spruce has mastered the art of energy conservation and endurance. It teaches individuals how to regulate their physical energy by listening to their body's rhythms and needs. Black Spruce models how to persevere through the storms of life by drawing strength from one's roots. It offers a model of vitality and longevity through living in harmony with nature's cycles and seasons. Spruce can also assist individuals who feel depleted of energy to renew themselves. It helps those who struggle with extreme moods to find balance and moderation.

Black Spruce is an ally in dealing with fear, especially sub-conscious, generational fears. All individuals hold genetic and DNA memories from the generations who have gone on before. At times, individuals may struggle under the weight of fears that didn't originate with them. Black Spruce helps them gain clarity about fear-based memories and release them from the mind and body—freeing themselves and others in the process.

NEGATIVE EMOTIONS: Unstable, depleted, fearful, exhausted, dysfunctional generational patterns

POSITIVE PROPERTIES: Stable, resolute, grounded, enduring, balanced

COMPANION OILS: Balance[®], Holiday Peace[®], Juniper Berry, Douglas Fir, Cedarwood, Vetiver, Island Mint[®]

SUGGESTED USES:

Aromatic: Inhale from bottle, diffuse, or place drops in hand, rub, and inhale.

Topical: Apply to lower back, across forehead, or on bottom of feet.

Blue Tansy supports those who resist taking action to change or transform their circumstances. It is especially helpful when individuals have become stagnant in their progression. It provides a kind of catalytic spark that overcomes the tendency to vacillate, avoid, or procrastinate. Blue Tansy necessitates that individuals choose to take the helm of their life. It also encourages individuals to live in alignment with the whisperings of their inner voice, prompting them to make necessary changes. When an individual represses these messages, they often feel lethargic, drained, apathetic, sluggish, and exhausted. Blue Tansy invites individuals to take the initiative to reclaim the life they dream of.

Blue Tansy invites individuals to manifest their passion into action. This is especially important when there is a desire to retreat or self-sabotage. By creating more inward mobility, Blue Tansy encourages them to accept all that is, including emotional setbacks and other challenges which must be overcome to actualize inspiration and sustain change. Blue Tansy teaches that each act is based on choice and requires individuals to own the responsibility of their cumulative choices. It demands personal mastery and purposeful action in achieving one's fullest potential.

NEGATIVE EMOTIONS: Procrastinating, resisting change and inner guidance, uninspired, exhausted, lethargic, apathetic, self-sabotage

POSITIVE PROPERTIES: Inspired, initiative, committed, responsive, energized, motivated, purposeful, responsible

COMPANION OILS: Litsea, Coriander, Roman Chamomile, Fennel, Turmeric, Laurel Leaf

SUGGESTED USES:

Aromatic: Inhale from bottle or diffuse.

Topical: Dilute 1-3 drops with carrier oil and apply behind ears, on wrists, over solar plexus (upper stomach), or on bottom of feet.

OIL BLENDS

Oil blends are created by combining several single oils to form an entirely new synergy greater than the sum of its parts. Blends are formulated to address specific physical or emotional themes or issues, and can assist with your healing by increasing the variety of emotional states addressed. Oil blends are unique from single oils but not necessarily superior. Still, blends may be more equipped than single oils because of their dynamic nature. Oil blends multiply effectiveness to address targeted issues.

LibrisALIGN

Respect pentru oameni și cărți *Centering*

Align calls the soul back to its center. It reaches gently into the heart space to shift heavy energies that are inhibiting progress and disrupting stillness and flow. While working on the heart center, it recalibrates an individual's inherent integrity and brings into awareness the costs of misalignment. It reminds that self-awareness, even if temporarily unpleasant, is the gateway to further expansion and growth. This blend invites individuals to pause and practice self-acceptance during moments of self-reflection, which allows them to act from a more conscious and clear space.

Align facilitates the emergence of love, openness, and trust. It encourages individuals to live congruently and offer true generosity to others. This blend invites individuals to refrain from projecting onto others' inaccurate or unkind motives and instead allows for a reflection of goodness to manifest in those with whom they come in contact. It can be difficult to choose this higher path when one has been repeatedly let down by the choices of others. However, this blend teaches that fearlessly choosing to stay open is the only way to stay in alignment. Align restores emotional balance by reorienting the heart back to its state of true purpose: love.

INGREDIENTS: Bergamot, Coriander, Marjoram, Peppermint, Geranium, Basil, Rose, Jasmine

NEGATIVE EMOTIONS: Misaligned, confused, conflicted, out of integrity, imbalanced, closed, distrusting, divided energies, fractured

POSITIVE PROPERTIES: Centered, aligned, still, integrity, self-acceptance, open-minded, trusting, loving

SUGGESTED USES:

Aromatic: Inhale from bottle, diffuse, or place drops in hand, rub, and inhale.

Topical: Apply to chest, stomach, or middle chakras (mid-back).

Amāvī® offers protective, meditative, and deeply grounding energy. This stability supports individuals to gather the necessary strength to face challenges and remain calm in adversity. This blend reminds that true strength lies not in outward facades, or expressions of egotism or dominance, but rather in connecting to one's own inner guidance and acting out of integrity.

Amāvī® encourages softening, purifying, and opening of the heart to assist in experiencing emotional clarity and honesty. It persuades individuals to release demanding expectations and false paradigms which drive them to perfectionism, control, anxiousness, irritability, workaholism, escapism, and stress. This blend invites all to slow down, breathe, relax, reconnect to their bodies, and simply be.

Amāvī® is also excellent for addressing male generational patterns and strained relationships with men. If individuals have rejected the masculine, isolated from men, or conversely, become overly masculine, this blend invites them to connect with healthy masculine energy, which is calm, grounded, aware, and strong, and to return to balance. Amāvī® assists both men and women in aligning with balanced male energy.

INGREDIENTS: Buddha Wood, Balsam Fir Wood, Black Pepper, Hinoki, Patchouli, Cocoa Extract

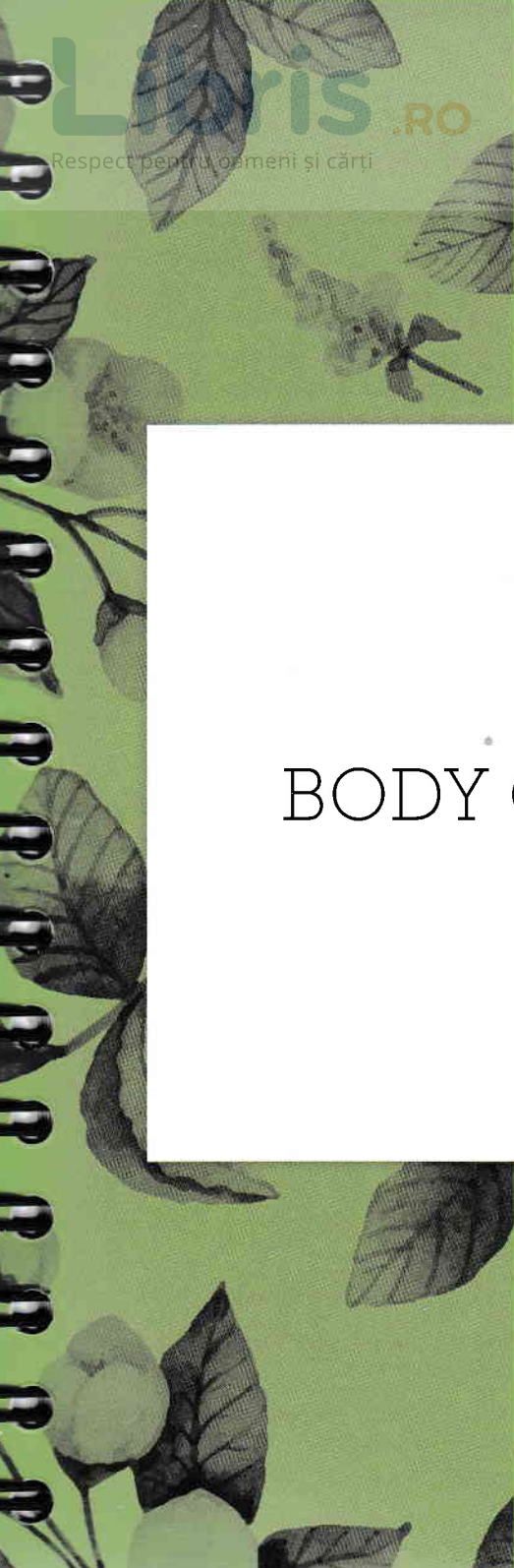
NEGATIVE EMOTIONS: Challenged, dominant, egotistical, stressed, resistant to male energy, resistant to men

POSITIVE PROPERTIES: Stable, strong, strengthened, calm, integrity, accepting of the masculine, balanced male energy, emotional clarity

SUGGESTED USES:

Aromatic: Inhale from bottle, diffuse, or place drops in hand, rub, and inhale.

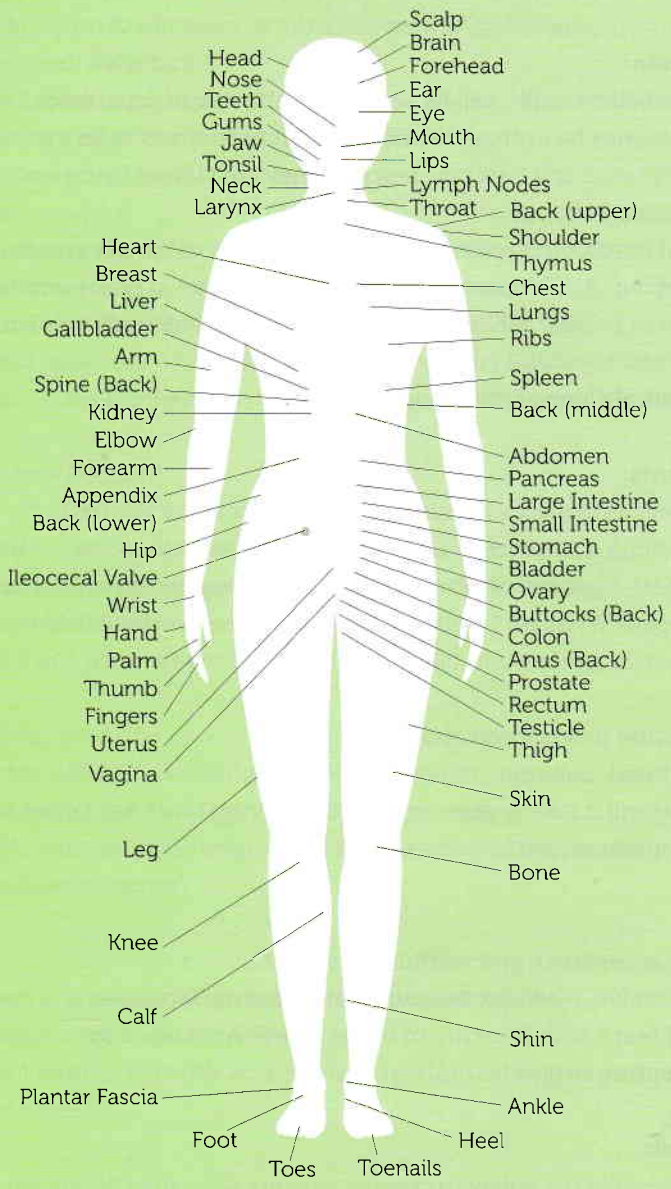
Topical: Apply on bottom of feet, over chest, on back of neck, and along spine.



BODY GUIDE

Libris .RO BODY MAP

Respect pentru The following body parts can be found in this section:



A

Abdomen:

- ⚙️ Core belief center; beliefs accumulated through experience.
There may be untrue core beliefs. Discomfort may reflect social acceptance and how you perceive they are viewed by others.
- ♥ Anxious, Nervous
- ⇩ Am I reinforcing positive or negative beliefs with my current thinking? Am I digesting something that is not at home with my current beliefs? What will it take for me to accept myself as I am?

Abdominal Cramps: (see *Abdomen*)

Accidents:

- ⚙️ Rebellion toward authority; inability to speak for yourself.
- ♥ Rebelling, Constricted, Disconnected (physically)
- ⇩ Is there a pattern of false beliefs that are triggered when accidents happen? What am I willing to let go of to feel worthwhile?

Aches:

- ⚙️ Longing to feel loved and held.
- ♥ Nurtured, Longing
- ⇩ What will it take to open myself to receiving love? Am I open to accepting myself?

Acne:

- ⚙️ Self-acceptance and worthiness of love.
- ♥ Charitable, Insecure, Jealous, Transforming, Worthless
- ⇩ Do I fear I am unworthy of being loved? Am I open to accepting myself?

Adrenals:

- ⚙️ Represents the ability to comply with life as is; may be weakened by feelings of anxiety.
- ♥ Anxious, Overwhelmed

⇓ Am I refusing to comply with life as it is? Am I trying to control things outside my reach?

Aging Problems:

- ⊗ Holding on to old ways of thinking; resisting change.
- ♥ Defeated, Reluctant
- ⇓ Am I open to embracing each moment of life? What will it take to feel I am right where I need to be in life?

Ankle:

- ⊗ Flexibility related to the future. This may reflect conflict issues with mother.
- ♥ Stubborn, Wounded
- ⇓ What issues am I not willing to bend on? Am I holding a grudge against my mother?

Anus: (see *Rectum*)

Appetite, Excessive:

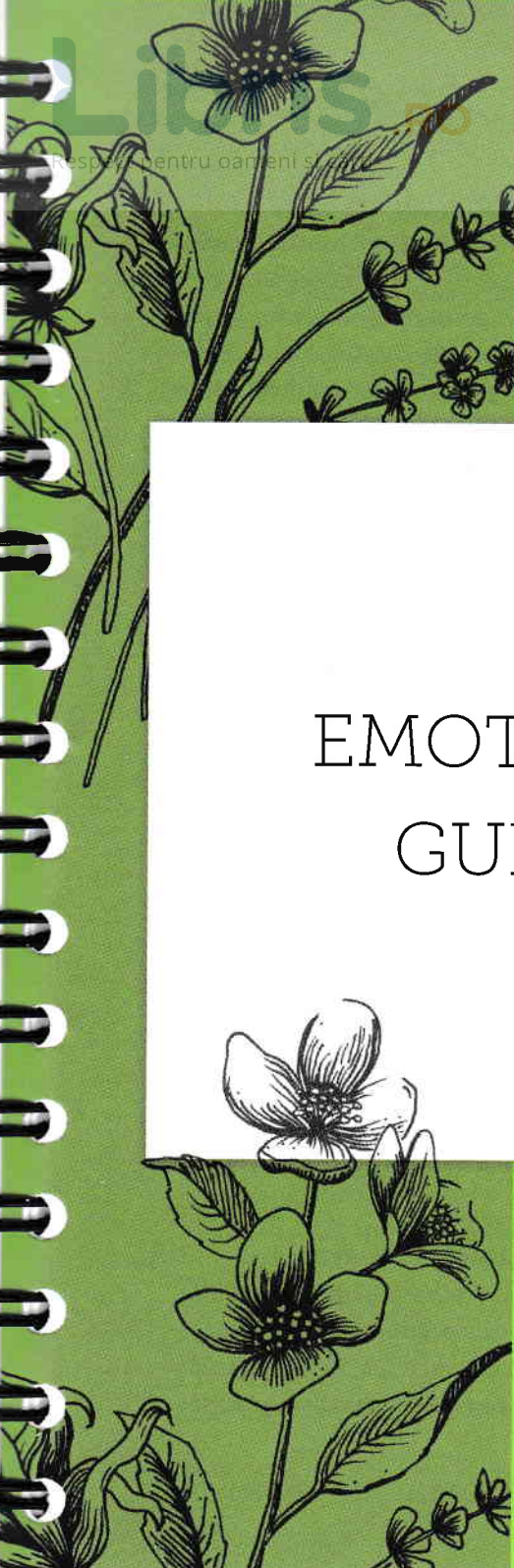
- ⊗ The need to feel protected or safe in your surroundings.
- ♥ Fearful, Judged
- ⇓ Am I in a place where I feel protection? Do my feelings scare me?

Appetite, Loss of:

- ⊗ Not trusting life; looking over your shoulder.
- ♥ Fearful, Hopeless
- ⇓ Will I trust in my intuition and look to a higher source for positive guidance?

Arms:

- ⊗ Reaching out to others; connection or community.
- ♥ Abandoned, Isolated, Helpless
- ⇓ Am I connected with others? Am I holding on to things that are not mine?



EMOTIONS GUIDE

A

Abandoned:

- 🕯 Frankincense, Myrrh, Marjoram, Geranium, Manuka
- 🔍 Who or what has left me alone? Do I feel loss over a change in my life?
- 🗣 I am now perfectly supported in every moment. I am now open to trusting and acknowledging that I am well provided for.
- 🌀 See yourself held in loving arms. Allow comfort and healing to flow into your heart.

Abundant:

- 🕯 Wild Orange, Spikenard, Citrus Bliss®, Elevation, Tangerine, Cumin, Litsea
- 🔍 What will it take for me to believe I am worthy and able to receive more? Am I limiting gifts that would otherwise flow to me? Do I have a subconscious belief that life should be hard?
- 🗣 I now allow abundance to flow to me in unexpected and surprising ways. I am now ready and open to receive all good gifts and have permission to do so.
- 🌀 See yourself open the door of abundance. Notice that everything you need is peacefully present.

Abuse:

- 🕯 Cinnamon, Clove, Helichrysum, White Fir, Douglas Fir, Jasmine, Turmeric, Beautiful
- 🔍 What is needed for me to recognize and process boundary violation in my life? Am I open to see the actions of myself and others in the light of truth?
- 🗣 I recognize that I am now worthy and deserving of healthy boundaries for myself and others. I am now open to healing from past abuse.
- 🌀 See yourself surrounded by a bubble of light. Imagine you can fill this bubble with any colors, feelings, and beauty that is supportive, healing, and uplifting to you.

Acceptance:

- ◆ Rose, Bergamot, Ylang Ylang, Spikenard, Jasmine, Pink Pepper, Amāvi®, Beautiful

- ↓ What am I afraid of? Do I feel the need to defend against a real or perceived threat?
- ↻ I am now safe and open to love.
- ⊙ Imagine your muscles releasing tension and your breath becoming slow and even. Imagine what is no longer serving you flowing out of your body.

Accountable: (see *Responsible*)

Actualized:

- ◆ Arise, Litsea, Blue Tansy, Clary Sage, Melissa, Star Anise
- ↓ What will it take for my dreams to become reality? What am I afraid of risking?
- ↻ I can now allow my inner desires to direct my outer actions. I am now one in purpose.
- ⊙ See your body, mind, and spirit connect with your higher purposes. Notice the increased potential energy you feel as they are brought into alignment.

Adaptable:

- ◆ Whisper®, Cypress, Siberian Fir
- ↓ What am I afraid of in this change? What will it take for me to release control and be open to the possibility that I am perfectly provided for in this change? Am I open to different outcomes than I have experienced in the past?
- ↻ I now have permission to cease fighting against the flow of life. I am now open to trusting and acknowledging that I am being directed for my highest good.
- ⊙ Imagine loosening your grip on a rope. Feel your hands relax as you release control. Imagine that as you release holding on to this rope, the current of a gentle river can carry you exactly where you need to go.