

THE
Essential Guide to
AROMATHERAPY
..... and
VIBRATIONAL
HEALING
.....

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*Essential Oil (Name); Key phrase; Botanical name; Note;
Method of extraction; Parts used; Fragrance; Color(s);
Chakra(s); Astrological sign(s); Planet(s); Number(s);
Animal(s); Element(s); Affirmation; Complementary flower
essences; Complementary stones; About the plant; Chemical
components; Spiritual uses; Mental uses; Emotional uses;
Physical uses; Therapeutic properties; Divine guidance;
For your safety; Interesting tidbits*



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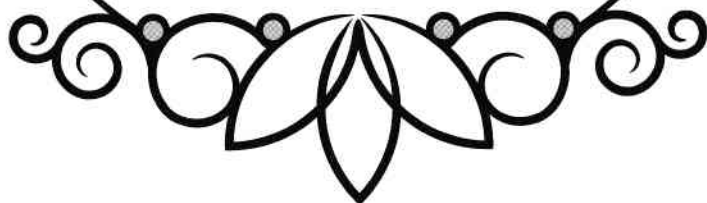




PART ONE

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Understanding
the Basics of Your
Aromatherapy and
Vibrational Healing
Practices



CHAPTER ONE



Working with Essential Oils

Essential oils have potent attributes on physical, mental, emotional, and spiritual levels. Through personal experience with aromatherapy, I have found relief from mental, emotional, and spiritual challenges, and I have witnessed the same in my clients. In this section, I will briefly introduce how the use of essential oils and aromatherapy evolved, and then I will move on to some helpful information for putting essential oils to work for you in your life for whatever changes you desire.

Historical Use of Essential Oils

Aromatic plants have played an important role in health, beauty, food preservation, and healing on all levels for millennia, with written records going back to around 3500 BC. Ancient Egyptians used aromatherapy in the embalming and mummification process (2650–2575 BC) as well as in their daily lives.

Still known today as master perfumers, the Egyptians were actually the first to extract the volatile oils from plants with the use of heat.

The earliest known Greek physician, Asclepius, who practiced around 1200 BC, combined the use of herbs with surgical procedures. According to Patricia Davis in her book *Aromatherapy: An A–Z*, the Greeks continued to perfect the process of extraction, eventually discovering a way to distill the volatile essences for use in their spiritual practices as well as for health and well-being. Persian philosopher Avicenna (c. 980–1035), known as the father of modern medicine and a pioneer in aromatherapy, is said to have further perfected the extraction process with the use of cooling systems in the distillation process.

The antiseptic, antibacterial, and antiviral properties of essential oils have been used to ward off diseases for centuries. It is said that during the Great Plague in Europe essential oils were used to prevent the plague from spreading. There were a number of these plagues that went through Seville (1647), London (1665–66), Vienna (1679), and Marseille (1720). Historical accounts suggest that because the perfumers were constantly handling aromatic substances in the making of perfumes, they were immune to this terrible illness.

René-Maurice Gattefossé (1881–1950), a French cosmetic chemist, is well known for his discovery of the use of lavender for burns. Gattefossé burned his hand while working in his laboratory and plunged his hand into the nearest tub of liquid, which was lavender oil. He noticed how quickly his burn healed, with minimal scarring. Because of this experience, he dedicated his life to uncovering the therapeutic qualities of the chemical components of essential oils. It was Gattefossé and his work that coined the term “aromatherapy” around 1928.

Another French practitioner, Jean Valnet (1920–1995), was inspired by the work of Gattefossé. Valnet used essential oils as a medical doctor during World War II in the treatment of battle wounds. His book *The Practice of Aromatherapy* evolved from his hands-on experiences and has become a true classic for all aromatherapists.



These historical practitioners knew what we know today: Essential oils contain powerful chemical components. There is a considerable amount of scientific research supporting the ability of essential oils to deter a wide range of bacterial, fungal, viral, and/or other disease-causing microorganisms through the diffusion of oils into the atmosphere and onto the skin with the use of a carrier oil. When diffused, the scent particles of the oils also help to remove odors from the air as well as purify the surrounding atmosphere, in the case of environmental contaminants.

Essential oils also work on an energetic level to rebalance us spiritually, mentally, and emotionally, and offer many physiological benefits. Emotional and mental rebalancing includes raising our spirits when we are feeling down to clearing out negative thoughtforms as well as psychic debris. It is important to note here that thoughts create, or form, our reality; hence the term “thoughtforms.” Throughout this book, I use this term to magnify for you the power of thoughts and intentions, as they create the world around us. “Psychic debris,” another term you will encounter, is closely related and can be described as the energetic residue of unwanted negative thoughts, experiences, emotions, and feelings.

The energetic value, or vibration, of an essential oil is stabilized by the devic forces associated with mother plant, flower, root, or bark. Devic forces are elemental energies or spirits of a plant, which are responsible for holding the blueprint, or the design, for which the plant will be used. On this blueprint is recorded the color of the leaves, the height, the chemical components, the flowers (if any), the innate knowledge of whether the main part of the plant is aboveground or belowground, and much more. So beyond its physiological effects, the energy of the plant offers a multitude of gifts you will uncover in this book. The devic forces of the plant kingdom are wide and varied. The personality and traits of each plant, flower, bush, vine, tree, and so on, are unique. In fact, they are as individual as each one of us.



The energy as maintained by the devic force of the plant brings energy and assistance to humans. Be it the color, shape, size, or the chemical components, these allies assist you on an energetic level. Sure, it might smell yummy and the joy that the olfactory experience brings is part of the shift of consciousness for the better, but its energetic signature goes beyond the extraction of the oil to align us on all levels.

How to Use Essential Oils

There are many ways for essential oils to have positive effects on the body, mind, and spirit. Throughout this book, you will discover oils for almost every use imaginable. The three ways I recommend using essential oils, whether as single notes or part of a blend, are:

1. Diffusion—cold-water mist from a diffuser or mister into the air.
2. Inhalation—smelling the oil or blend directly from the bottle or as a mist.
3. Topically—application to the skin (usually the soles of the feet) with the use of a carrier oil or lotion.

Cautions: Specific Safety Rules for Common Uses

I do not recommend or endorse the internal use of essential oils. The uses described within these pages include inhalation and topical use only. Most oils should not be used during pregnancy or nursing, all are generally contraindicated for the first trimester or nursing, and many should not be used on children under the age of six. For ages six and under, the safest dilution ration is 0.25% dilution, and for over age six, the typical dilution is 1%. For example, if you were to use 6 drops of essential oil in 20 ml of a carrier oil for an adult, then for a child over age six, you would use 1 drop to 100 ml of carrier oil.

Always practice essential oil safety, and remember to use the essential oil in a carrier when applying it to your skin. Any oils that have gone rancid should be discarded. Check on the contraindications in the “For your



safety” section under each essential oil to ensure you have a pleasant experience. For instance, some oils lower your blood pressure—like clary sage, sweet marjoram, and ylang-ylang—which may be beneficial for those with high blood pressure but may be harmful for those with low blood pressure.

Common Carrier Oils for Topical Use

If you are planning to use an essential oil topically, it is highly recommended that you use carrier oil. Just as the name implies, carrier oil *carries*, or dilutes, the highly concentrated essential oil for the purposes of application on the body. Carrier oils are oils extracted from nuts, seeds, or vegetables. When you add an essential oil to a carrier oil, the shelf life is significantly and immediately altered, as the oils extracted from nuts, seeds, and vegetables have a shorter shelf life than essential oils do. Incidentally, citrus oils maintain their shelf life best when refrigerated, and all other essential oils should be stored in a cool, dark place. There are many factors that affect the shelf life of oils. See the information about the Shelf Life of Essential Oils later in this chapter.

When choosing a carrier oil for your topical application of an essential oil or essential oil blend, choose from among the following:

- **Sweet almond oil** is derived from the almond nut, which is rich in antioxidants and high in vitamin E. Sweet almond oil is most popular for use as a carrier for essential oils. It is well received by most skin types. It improves the complexion, soothes irritations, and moisturizes and nourishes the skin, leaving it smooth and soft. Sweet almond oil has a clear, pale yellow color and a slightly sweet, nutty scent.
- **Coconut oil**, extracted from the meat of the coconut, is an excellent moisturizer. Coconut oil easily penetrates the skin and is a favorite among massage therapists and medical professionals as a carrier of essential oils. Fractionated coconut oil is claimed not to go rancid. Other advantages of fractionated coconut oil include that it is odorless, colorless, and washes out of fabrics and therefore does not leave a stain. Fractionated coconut oil remains



liquid and clear, while the non-fractionated type solidifies at room temperature.

- **Grapefruit seed carrier oil** is pressed from the seeds of the grapefruit. This is not the same as grapefruit essential oil or grapefruit seed extract. The consistency of grapefruit seed carrier oil is similar to canola oil. It has no scent. With its high vitamin C content, this carrier oil aids in healing acne and tones the skin. Due to its astringent nature, it helps clear congestion in the skin. Grapefruit seed carrier oil is virtually colorless and has little or no scent.
- **Jojoba carrier oil** is extracted from the seed of the jojoba bush. This oil is rich in vitamin E and encourages a glowing complexion. It quickly penetrates the skin. Its skin-smoothing and softening effect makes it a great makeup base. It has even been shown to reduce the appearance of pore size with use over time. Jojoba carrier oil has a slight odor and is pale golden yellow to orange in color.
- **Olive oil** has been used for centuries as a skin moisturizer. This benefit results from its high content of linoleic acid (a polyunsaturated fatty acid) as well as its high mineral and vitamin count. The oil is soothing and healing for the skin. Olive oil ranges from yellow to brown to green in color. It does have a distinct odor. Any type of olive oil will serve the intended purpose.
- **Unscented organic lotion**, which is usually made with organic oil and a natural thickening agent, in a pump dispenser bottle is my personal favorite for applying essential oils topically. A good-quality organic lotion will contain at least 80% organic ingredients and is ready-to-use for all skin types. It may contain a variety of oils like coconut oil, sunflower seed oil, shea butter, and apricot kernel oil.

To use a carrier oil or unscented lotion, the essential oil can be added to the bottle itself or a separate glass container for blending, or a portion of



Libris

the carrier oil can be poured into the palm of your hand along with a few drops of the desired essential oil(s).

Each of the carrier oils just listed are great for use by massage therapists, but for my home personal use, I prefer to use unscented lotion. I simply pump a few dollops of lotion into the palm of my hand, add a few drops of the essential oil(s), then emulsify the mixture in the palms of my hands, and apply it to the soles of my feet.

Essential oil in a carrier, whether oil or lotion, can also be applied to an affected area. However, be sure you are aware of any contraindications. For instance, citrus oils are phototoxic, so when using this particular oil on an exposed part of your body, be mindful to stay out of direct sunlight for a number of hours after application. See the “For your safety” sections in the A-to-Z guide for general contraindications to each oil. It is always best to talk with your healthcare practitioner if you have any medical conditions or concerns and to do further research on any contradictions specific to your ailment.

The Grades of Essential Oils

Aromatherapy products have entered the commercial marketplace by force. There are many commercial-grade products marketed as “aromatherapy,” but they are either not made with quality essential oils or contain synthetic fragrances and other impurities. Keep in mind that some essential oils with beneficial properties may have a bit of an unpleasant scent. (These won’t typically get shelf space in the commercial-grade air-freshener aisle!) If you plan to use essential oils therapeutically, it is necessary to know and understand the differences between the various grades of essential oils.

True medical-grade oils provide real therapeutic results. They bring about a physiological, mental, emotional, or spiritual response immediately. With the exception of a few resinous oils such as benzoin and patchouli, they are not greasy on your skin. True medical-grade essential oils have the longest shelf life when properly stored in a cool, dark place. Keep in mind that citrus oils are best kept in the refrigerator. Do not leave any oils in extreme heat or cold.

The following is an overview of the various grades of oils you will encounter on the market:



- **Pure Medical Grade/Therapeutic Grade** essential oils are 100% pure and completely natural. This means they do not contain any synthetic or unnatural adulterations. They are determined to be pure through quality control from the point of growth, processing, and laboratory analysis.
- **Pure Grade Organic** essential oils are from organic flowers, plants, and trees that are certified by U.S. standards and inspections. They are considered pure medical grade oils.
- **Aromatherapy Grade** essential oils are adulterated with natural and unnatural components and additives.
- **Commercial Grade** essential oils have been distilled again, creating a lower-grade oil, or have components added or removed to improve odor or safety.

I use medical grade oils for therapeutic reasons. Being the largest organ of the body, the skin is the key location for the absorption of the essential oils directly into the bloodstream. To use therapeutically, add the chosen oil or synergy to carrier oil, as described earlier, and apply it to the soles of your feet to maximize the integration of the oil's physiological benefits. Application to the feet also avoids sensitivity challenges in those with sensitive skin; irritation is less likely to affect the soles of the feet, which are generally thicker-skinned than the rest of the body.

Shelf Life of Essential Oils

It is difficult to predict the shelf life of essential oils. Many external factors can influence the integrity of essential oils. The truth is that anything that interferes with the chemical stability of the oils can cause a process of oxidation or deterioration. Temperature, light, and air can have an effect on the chemical components. Overall, medical-grade or therapeutic-quality essential oils will last longer, depending on the specific oil and conditions of storage. Even under ideal conditions it is hard to predict the deterioration rate.



Some factors that can maintain the freshness of the oils is to keep them stored in a cool, dark place away from direct sunlight and variation in temperatures. Avoid leaving them in your car or on a windowsill where they will be affected by light and temperature changes. The dark-colored glass bottles do offer some protection, yet leaving any oil in heat or in sunlight will contribute to oxidation and deterioration of the essential oil.

According to aromatherapy expert Robert Tisserand, the clock starts when you first open the essential oil and a full, unused bottle will remain fresh for a long time. Here are the guidelines Tisserand provides for essential oils that are refrigerated at 35–38°:

- 1–2 years citrus, frankincense, lemongrass, neroli, pine, spruce, and tea tree
- 2–3 years almost every other essential oil
- 4–8 years patchouli, sandalwood, vetiver

Essential Oil Extraction Methods

Essential oils are derived from various parts of plants including barks, bulbs, dried flower buds, flowers, fruits, grasses, gums, leaves, rhizomes, roots, seeds, tree blossoms, and woods. Most essential oils are extracted through steam distillation, a modern version of hydrodistillation. The extraction method is generally chosen based on which method will bring about the best result for the part of the plant used.

In the A-to-Z section of this book, the part of the plant used for extraction is included in the listing. For example, myrrh is from bark, lemongrass from leaves of the grass, vetiver from root, celery seed from seed, and cedar from wood. This information adds another layer to understanding the energetic vibration of the essential oil. For example, in vibrational healing work, an essential oil that is derived from the root or the wood indicates a stable and grounded energy, whereas an essential oil that is derived from a flower will provide an uplifting, joyful energy. Another example is an essential oil derived from the rind of a citrus fruit, offering support for improved integration of life circumstances.



The following is an overview of the various extraction methods used to extract the essential oil with the chemical components intact.

- **Cold-pressed method** is primarily used to extract the oils of citrus from the peel or rind of the fruit. It is specifically beneficial for citrus extraction, such as orange, lemon, and bergamot, because these volatile oils will oxidize in heat and degrade the medicinal qualities of the oil. (As mentioned, citrus oils are best kept in the refrigerator to maintain the integrity of the oil.)
- **Enfleurage method** is a traditional method of extraction typically used to absorb the aromatic essence from the highest-quality and most delicate flowers such as rose and jasmine. The end product is called an absolute. Because the process is extremely labor-intensive and highly concentrated, these absolutes are more expensive. Using hundreds of petals from the given flower, the essence is absorbed into lard, fat, or olive oil on tiered sheets of glass. The glass is coated with the oil or fat, the petals are sprinkled onto the fat, and then the essence from the petals is absorbed. The resulting pomade (a thick ointment-like substance) is diluted with alcohol and shaken for 24 hours to separate the fat from the essential oil.
- **Solvent extraction** is a process in which immiscible liquids, meaning liquids that cannot be mixed, are vigorously shaken to partition, or separate, the compounds in two different liquids in order to transfer the solutes (the dissolved substance) from one solvent to the other. Alcohol and other solvents may be used on some plant parts, usually flowers, to release the essential oil in a multistep process.
- **Steam distillation** is the use of steam from boiling water to extract the essential oil from the plant. A still, like those used by old-time moonshiners, is used, allowing the water to pass through plant material to produce a steam that travels through cooled coils. The volatile essence floats to the top of the water and is removed.

