

My “whole being” approach to care focuses on the interconnection between the various body systems (the physical body) and the many other factors that play a role in health and wellbeing: the mind/emotion/spirit, the physical and emotional environment of the client, sleep habits, nutrition and more.

Sometimes during a therapy session, it becomes clear that a client’s physical symptoms are intimately tied to a negative emotion, traumatic event or limiting belief. Helping to clear the negative emotion can actually help alleviate all sorts of physical symptoms, often preventing or reducing the need for other interventions (such as medications, invasive procedures/surgeries) and can have positive effects on overall wellbeing. In the book *Anatomy of the Spirit*, the author, talks about how our cells are actually imprinted with emotional experiences of all kinds—positive emotions of joy, calm, gratitude and peace, and of negatively-charged emotions, such as fear, anxiety, anger and grief. Dr Zach Bush describes on some of his podcasts how there appear to be receptors on cells for emotion. This is a concrete way our thoughts are tied to our physical body and overall state of wellbeing.

Plant essences can be useful in helping facilitate positive shifts in health, including when an emotional blockage to well-being needs to be addressed. Each plant oil has a unique application and many essential oils are known to help alleviate specific thought patterns or issues: for example, the high vibrational frequency of rose oil can be helpful in alleviating grief and anxiety, and geranium oil can help in addressing abandonment issues and providing emotional rebalancing. Ylang ylang is particularly helpful in clearing anger and resentment. Having the client inhale a few drops of an essential oil blend, while intentionally focusing on a specific thought or intention, makes a direct connection between the olfactory system which controls our sense of smell AND the limbic lobe of the brain, which is the brain’s emotional center, containing the amygdala, hypothalamus, and hippocampus. Making associations with past memories and thought patterns while stimulating the olfactory system (the sense of smell) with a calming, pleasant stimulant (the essential oil) can help to create new, neural pathways and help clients to overcome patterns that are hindering their overall well-being, including those that cause physical symptoms. The healing properties of the oils are obtained as they absorb through the skin (integumentary system) and mucous membranes of the respiratory tract and well as on a vibrational/energetic level through the human biofield.

Using the NIS system, I may find a trigger for a physical issue needing to be addressed such as a virus or inflammatory process. I may also note the presence of an emotional blockage. I will usually have the client intentionally focus on any negative emotions or experiences that come to mind, while I work on clearing the physical/neurological issue. This is one way I address the mind-body connection in my practice. I can then incorporate the use of a specific essential oil or oil blend, to strengthen and enhance the affects of the emotional release we are already targeting.

I am working with a certified aromatherapist to develop unique essential oil blends which may be helpful in clearing specific emotional patterns. I currently use Young Living products, so blends listed below are produced by this manufacturer. I use these tools as the need arises, and it is an exciting way of integrating wisdom from yet another healing art into my practice.

Specific Examples of Applications During Sessions:

* A client with chronic pain in her left hip and may be surprised at how physical symptoms are alleviated after she intentionally lets go of some long-held resentment towards her partner (*use rose oil for heart/grief; Release/Joy/Forgiveness blends all helpful*).

* A client with gallbladder pain no longer has discomfort from eating fatty foods after resentment and anger from childhood towards a parent is addressed and neurophysiological connections are strengthened during an NIS session. (*Use release over liver/gallbladder or on accu-points on wrist*).

* A client with sinus congestion finds symptoms are alleviated once emotions pertaining to sense of inadequacy are resolved (using statements relating to “I am good enough, I am loved enough, I am trying my best and love/accept myself deeply and completely”. *Rocky Mountain Oils’ Immune Strength and peppermint oils are recommended.*)

Emotion	Recommended Oil (or Blend)
Adrenal/Adenoid Gland Fatigue (low energy)	Joy (opens these glands)
Abandonment, esp from the female (mother or wife)	Geranium
Anger	Release over liver, Forgiveness (esp on naval and heart or behind ears), use joy on ears and chest.
Anxiety	Peace and Calming
Brain Fog	Clarity Blend Clarity (good for increasing alertness, stimulating energy levels, invigorating), Peppermint & Lemon
Craving Love from Self/Others	Joy
Denial	Acceptance
Depression	Peace and Calming, Joy
Depression with suicidal ideation or thoughts of doom/near death illness	Hope
Emotional Release from Trauma, especially sexual or ritual abuse or trauma related to the feminine-self	SARA
Emotional/Spiritual harmony (in need of): Emotional Imbalance	Harmony Geranium
Empowerment (seeking)	Belief Blend
Frustration	Release (helps let go of negativity, so one can move forward through life with greater focus/clarity and efficiency.)
Grief	Joy blend (allows one to be open to love again)
Guilt	Joy & Inspiration
Hate	Release (esp over liver)
Hopelessness/Sense of Giving Up/Poor Prognosis	Hope
Hyperactivity/Inattention	Peace and Calming
Identity Issues	Inner child is great for reducing identity issues/struggles and allowing one to accept oneself more easily. Great for mid-life crisis.
Mid-life Crisis	Inner child
Multiple Personality	Inner child
Negative Attitude	Release & then Joy
Physical Pain	PANAWAY (for arthritis, spasms, cramps, tension, etc.)
Procrastination	Acceptance
Resentment	See anger
Sadness (grief, depression, etc)	Peace and Calming, Joy
Sympathy	Joy/Inspiration
Self-Loathing, Disliking Self	Joy (facilitates self-love, receptive of receiving love)
Stagnant Emotions	Harmony
Stress/Tension (emotional)	Peace and Calming
Trauma (especially sexual or ritual abuse or trauma related to the feminine-self)	SARA

I own Acceptance, Release, SARA, PANAWAY, Valor, Joy, Harmony, Belief. (Gathering is good for helping formulate plans and thoughts).

