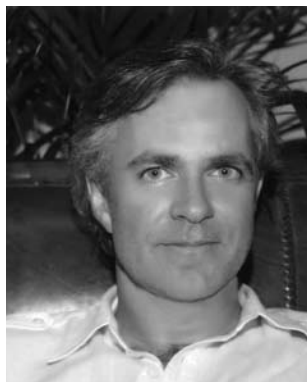


FINDING BALANCE IN AN UNBALANCED WORLD

BY MICHAEL SCHOLES



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From imbalance comes chaos, panic, fear and haste where there is often a need to quickly fix what is wrong and to act impulsively. This can lead to further challenges and often the larger picture is ignored as we can get caught up in all the bits and pieces of our lives. So in times of imbalance it's time to take a deep breath; find your center; quiet your mind; collect your thoughts; gather your facts; tap into your intuition and focus on the answer as it applies to you. This, after all, is just another cycle where there will be a beginning, middle and an end.

The aromatic equation

This is a real opportunity to put into practice all that we have learned from the natural world of aromatic plants.

The beauty of essential oils and aromatherapy is that there is a blend or oil for every mood or emotion, every physical condition or symptom and even essential oils

that will help open the mind and increase ones clarity. I do not just mean smelling them but instead using them in every part of your life from the minute you wake until the last thing at night. Maximum benefit comes when you use the blends while you are doing something else such as cardio vascular exercise, yoga or even when cleaning your home. It's about applying to your bath, scalp, temples, feet and any other part of your body where you feel discomfort or stagnation.

Why are essential oils so good at creating balance?

Essential oils are derived from plants that are not always balanced and far from perfect as plants suffer equally from environmental stress and adapt accordingly. The essential oil is a way that the aromatic plant regulates itself so it stands to reason that essential oils will assist us to do the same. Our ability to make complex

formulations is to place inside the blend all that needs to be corrected in an individual and then apply through inhalation and application what is missing.

What does it take to stay balanced in your life?

Staying balanced is dependant on whether you can find harmony between your emotions, mind, passion, ability to be grounded and your ability to complete something.

ABILITY TO COMPLETE (including expression and creativity)

What most of us long for are not ideas but the means to follow through on those ideas and complete projects. It is the power of the mind, and not ones emotions, that will help contain the energy necessary for completion. Leaving things incomplete has become the norm where we often lack the energy to see things through until the end. Without completion we feel incomplete,

“Essential oils will not help you to stay balanced they will only work if you take action by applying them into a bath, massage oil, yoga blend etc and then moving your body”

exhausted and unmotivated.



It's a vicious circle where if you do not have closure it can leave one feeling even less motivation. It begins right here right now by staying focused and well anchored in the ground. This involves being flexible, but not too flexible, or you will find yourself procrastinating and if you are too rigid it will not allow for the necessary compromise that is always required.

It's about taking just one idea and going with it and not letting anything get in the way through distraction. Just the right amount of focus is needed; enough to start the project but not too much stimulation where the mind brings too many ideas at once. It is the excitement of being in the process that fuels the fire and passion within. It's a very delicate balance.

Essential oils for completion:

For strength

- Cedarwood
- Guaiacwood
- Sandalwood

For flexibility

- Rosewood
- Hinoki

For clarity

- Agarwood

For movement

- Spruce
- Pine
- Fir

Application – Along the spine

“Our ability to make complex formulations is to place inside the blend all that needs to be corrected in an individual and then apply through inhalation and application what is missing.”

FINDING PASSION

We also need passion because without it our hearts would not beat and we would not be able to feel the joy of being in life. Passion is warmth, love and a circulatory system that is well tuned. We all have joy but we often do not feel it or release it.

However, to be fully in life and functioning at ones optimal level it is vital that one feels the inner warmth that is fueled from the heart in a glow that radiates outward. Not enough passion and you will have cold extremities and cold conditions such as aching joints, circulatory challenges and stagnation. Too much passion can lead to over excitement, the possibilities of burn out and a weakening of the immune system.

Adding a drop or two on the soles of the feet of oregano, ginger or cinnamon will bring warmth to the



system in winter and will assist in increasing circulation, dissolving fear and increasing confidence.

Essential oils for increasing passion

For joy

- Blood orange
- Neroli

For passion

- Jasmine
- Patchouli

For circulation

- Cinnamon
- Ginger
- Oregano

Application – In perfumes, body oils, massage oils and applied to the body before physical activity and exercise.

BEING GROUNDED (nourished and supported)



This is challenging in a world where we operate too much from the mind, where we miss sleep, skip meals and are constantly multi-tasking. The balance has to be just right. If you are too grounded you will not be able to move forward at all, you will experience rigidity, not have any personal power and will easily get stuck.

On the other hand if you are not grounded at all you can easily become like dust in the wind and be scattered in many directions. Somewhere in the middle is the place where the average person

can have success.

Grounding essential oils

For physical grounding

- Vetiver
- Angelica
- Carrot seed

For emotional grounding

- Clary sage
- Patchouli
- Orris

For spiritual grounding

- Amber
- Spikenard

Application – For extreme rigidity use deep tissue massage and to center the body you can use strong blends combined with massage, anointing and centering techniques. Inhalation of specific oils like angelica can also be highly beneficial.

BALANCING THE MIND

After being grounded, comes the mind. It is no good engaging the mind until you first have an idea where you ignite your passion and center yourself while waiting for the next step.

The mind is all about logic, focus, clarity of thought, intelligence and the ability to be resourceful. The mind is out of balance when you do not use it, and only rely on your emotions, or when you over use it and where you can easily isolate.

Without a strong mind you can appear weak and if you use it too much you can come across as cold,



calculating and devoid of emotion. If you only use logic and the mind you may self destruct as it is the human heart that brings the fire that in turn softens the mind.

Essential oils for balancing the mind

- Cedarwood
- Ginger
- Lavender
- Lemon
- Marjoram
- Peppermint
- Rosemary

Application – These can be applied in a scalp massage or by application (in very small concentrated doses) to specific point such as the temples, back of the neck, at the base of the skull and points across the scalp. Include any oils that can assist to relax the mind and dissipate energy.

EMOTIONAL HARMONY

We must first differentiate between emotions and being emotional. Emotions are connected to our hearts whereas being emotional, by definition is when we attempt to process our emotions when we are not grounded. Our emotions give us access to our intuition and our ability to sense or know immediately without reasoning.

Without intuition we would have to rely on our minds only. Our intuition guides us without thoughts or words and helps us feel our way through our daily decision process. Intuition thrives on balance and too much emotion or not enough bypasses logic.

Our emotions within need to be balanced because if we have too little we switch off our intuitive ability and if we have too many emotions we can end up with uncontrollable outbursts. Too few tears in life can leave you feeling unemotional and too many can

leave you completely and utterly out of control.

Finding a balance is the difference between not sharing how you feel and complete anxiety, fear, panic and paralysis. Intuition is about being sensitive to what is going on around you. Overly sensitive or not caring at all are examples of when this aspect of yourself is not balanced.



If emotional people are not grounded they will not be able to use their intuition for good and like water running down a mountain will flow away without the necessary containment that emotions need. It is only relevant to engage or share your emotions when you have engaged the other four aspects of yourself or emotions will turn emotional.

Essential oils for balancing emotions

Increasing the flow

- Grapefruit
- Lemon
- Cypress
- Celery

Releasing water (dry notes)

- Pine
- Fir
- Juniper

Application – Massage is an excellent way of utilizing these oils as is cardio-vascular exercise. Baths are also good but citrus and conifers can be irritating to the skin so must be combined correctly and also added to an emulsifier such as a low foaming milk bath.

Summary

In order to be balanced we must always look at every aspect of our lives. There is no beginning or end; it is a continuous flow that must be repeated daily, monthly and throughout one's life. This is where we constantly make adjustments depending on what is going on in our lives as our focus will shift constantly. It no doubt begins with balanced emotions that will result in good personal and professional relationships, good career choices and well deserved financial remuneration. Add to this a spiritual focus and anyone will have the ability to overcome obstacles and maintain optimal health.

It does not mean that our lives will be perfect but we will have a better opportunity at dealing with daily challenges. We are all born with a particular strength in the five areas

“If people do not complete what they start it is because they spend too much time thinking and not enough time taking action”

of our lives discussed above. This is why we cannot compare ourselves to others as someone else's strength may be our weakness.

Just remember that the stronger the strength in one area the bigger the challenge in another. No matter what you focus on, once you change one aspect of your life you change every aspect of your life. What you focus on will depend on

what is important at this particular moment in time.

There is no doubt that we need to focus on all aspects of ourselves simultaneously to gain balance and we also need a lot of self discipline to maintain balance. Using essential oils each day is the key to finding harmony as they help regulate the energy responsible for maintaining balance. Using formulas that contain every part of the plant combining with action orientated outcomes can bring incredible changes.

If you would like to find out how to balance your own personality please email mhscholes@aol.com with your date, time and location of birth and you will receive a complementary review of your specific strengths and challenges.

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