

Aromatherapy For Healing The Spirit Restoring Emotional And Mental Balance With Essential Oils

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Essential Oils for Beginners with Kathi Keville: PART 3 Best Books On Essential Oils And Aromatherapy For Everyday Use Dynamic Diy Book Review -The Complete Book of Essential Oils and Aromatherapy by Valerie Ann Worwood ~~Aromatherapy For Healing The Spirit~~

"Aromatherapy for Healing the Spirit" provides help for a wide range of common emotional and mental complaints--including depression, low energy, lack of concentration, poor memory, anxiety, and low self-esteem.

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Aromatherapy for Healing the Spirit: Restoring Emotional and Mental Balance with Essential Oils

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Aromatherapy for Healing the Spirit presents the first truly comprehensive approach to understanding and applying the psychological benefits of essential oils. The therapeutic and spiritual insights of Oriental medicine help to reveal how aromatherapy works to harmonise the body, mind and Spirit. Forty common essential oils are surveyed from a wide range of perspectives.

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Aromatherapy is a holistic healing treatment that uses natural plant extracts to promote health and well-being. Sometimes it ' s called essential oil therapy. Aromatherapy uses aromatic essential...

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Founding Co-Chair of the International Federation of Professional Aromatherapists (IFPA) and author of Aromatherapy for Healing the Spirit Gabriel Mojay first studied natural medicine in 1978, initially training in Shiatsu Therapy and Oriental Medicine. He later became a registered member of the Shiatsu Society.

~~Gabriel Mojay, Institute Principal~~

Aromatherapy for Healing the Spirit: A Guide to Restoring Emotional and Mental Balance Through Essential Oils by Gabriel Mojay (Principal, Institute of Traditional Herbal Medicine & Aromatherapy, Suffolk; Private Practitioner of Traditional Chinese Medicine & Aromatherapy/Aromatic Massage)

~~Aromatherapy for Healing the Spirit By Gabriel Mojay ...~~

Aromatherapy for Healing the Spirit is a beautiful 192-page text. Whether at a beginning, intermediate or advanced level of aromatherapy knowledge, this text is a wonderful addition to any aromatherapy library. In this work, Mojay discusses the use of aromatics for emotional and spiritual well being.

~~Aromatherapy for Healing the Spirit by Gabriel Mojay ...~~

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Aug 30, 2020 aromatherapy for healing the spirit restoring emotional and mental balance with essential oils Posted By Ry?tar? ShibaLibrary TEXT ID c949d39f Online PDF Ebook Epub Library aromatherapy for healing the spirit provides help for a wide range of common emotional and mental complaints including depression low energy lack of concentration poor memory anxiety and low self

This aromatherapy guide synthesizes Eastern and Western approaches to restoring emotional and mental health by using the healing properties of 40 essential oils. 159 illustrations, 77 in color.

Fragrances possess a unique ability to evoke emotions, memories, and visions. Since the dawn of time spiritual traditions as diverse as Judaism, Christianity, Islam, Shinto, and Buddhism have used fragrances to enhance the experience of the Divine. With Aromatherapy for the Soul, world-renowned aromatherapist Valerie Ann Worwood has created a comprehensive guide to the use of essential oils and aromas to enhance spiritual practice. Originally published as The Fragrant Heavens, this groundbreaking book draws equally upon the pioneering research of eminent scientists and the insights of leading spiritual teachers. Extensive charts and exercises demonstrate how to use fragrance in healing, prayer, and meditation and in conjunction with vibrational and energetic healing. This extraordinary guide covers more than seventy essential oils and will help you call upon the divine power of fragrance to enrich your spiritual journey.

Presents an easily applied approach to the art of using the fragrances of flowers, plants, & herbs for problems of a mental, emotional, & spiritual nature. Lavishly illustrated with over 80 full color reproductions of artwork & photos, this authoritative & practical guide builds on the well established link between fragrance & mood to reveal how to alleviate stress, anxiety, depression, & a wide variety of other ailments through the natural healing power of essential oils. Applies the traditional psychological wisdom of Oriental medicine to modern aromatherapy.

Using essential oils to influence your energetic make-up and karmic patterns

- Details how to identify which tattvas--the Five Great Elements--are dominant in your energetic make-up
- Explores the energetic signatures of the essential oils associated with each tattva and chakra, including their archetypes, sacred geometry, sacred sounds, and colors
- Explains how to identify your personal vibrational signature, purify your energy body, impart vibrational properties to jewelry, and work with yantras and mantras

The tattvas, the Five Great Elements--earth, water, fire, air/wind, and ether/space--create and sustain not only the universe but also all of its inhabitants. Each of us has a unique combination of these elemental energies behind our personal characteristics--everything from the color of our eyes to our behaviors and emotional temperament. What tattvas are dominant in your make-up can also be influenced by your surroundings and by karma. Essential oils, in addition to working biologically and chemically, also work at the energetic level, making them ideal for working with the tattvas. Teaching you how to use essential oils to affect the very fabric of your being, Candice Covington details how the Tattvas Method of essential oils allow you to access the deepest, most hidden aspects of Self, those beyond the reach of the mind, the very energetic causation patterns that set all behaviors and thoughts into motion. She reveals how the tattvas are the energy that animate each chakra and how we can use their archetypal energy to shape our inner life and align with our greater soul purpose. The author provides energetic profiles of each tattva, chakra, and essential oil, explains their relationships to one another, and details how to identify what tattva or chakra is dominant at any given time. Exploring the energetic signatures of the tattvic essential oils, she details their elemental make-up, animal and deity archetypes, sacred geometry symbols, sacred syllables, and colors. She reveals how to discover the energy patterns responsible for directing unhealthy life patterns and explains how to identify your personal vibrational signature, purify your energy body, and craft your own unique ritual practice with essential oils. Showing how essential oils are powerful vibrational tools for effecting change, the author reveals how they allow each of us to deliberately steer our own destiny, fulfill our personal dharma, and be all that our souls intended us to be.

In a therapeutic blend bringing together Chinese Medicine, reflexology, and craniosacral therapy, massage therapist Deborah Eidson shows how essential oils and Bach Flower Remedies can be used to identify and free up emotional blockages which may be causing health problems. Eidson explains that all chakras have a location associated with organs, as well as a sound, color, and element. Giving a good massage can involve stimulating meridians and meridian points, finding the location of blocked energy, and then working with oils to affect change. Eidson writes in an unabashedly spiritual context, using her intuitive energetic abilities to help clients open to their own development and spiritual path. In a thorough listing of essential oils, Eidson describes each in terms of its use in life transformations, relevant growth and healing issues, the oil's energetic influences on blockages and distortions, relevant organs, and the botanical origin of the plant. Her trust in plants to reveal the nature and problems of a person amounts to a fascinating statement on the nature of the relationship between plants and people, as well as an important healing text.

This encyclopedic book contains, in practical and easy-to-understand form, every conceivable use for essential oils and aromatherapy in everyday life. The author, a practicing aromatherapist for more than twenty years, unlocks the power of essential oils in more than 600 original recipes, most needing only a few essential oils. Unlike over-the-counter products, the recipes you make yourself contain no harmful preservatives. Most basic needs can be covered with just ten essential oils.

All over the world, people are turning toward homeopathic and alternative medicines. Essential Oils for Healing is an easy-to-use guide for anyone who wants to learn how to use essential oils to heal a multitude of ills. Ailments are listed in alphabetical order and are accompanied by hundreds of recipes you can re-create at home using the essential oils at your disposal. Tips on safe handling and usage, contraindications, and storage ensure that even the most novice of essential oils user can get the healing benefits from our planet's natural resources. Did you know that a few drops of lavender oil can be added to your kids' shampoo to protect them from head lice? Or that a drop of clove oil mixed with orange oil can relieve a mind-numbing toothache? Common, everyday problems such as nausea, dry skin, and insect bites to more serious issues like migraines and arthritis are included along with all-natural remedies that are simple and accessible.

Discover the wisdom of a 4,000-year old sacred oil tradition, shared for the first time in written form! Sacred oils are part of a mysterious and ancient art that dates back thousands of years. Their knowledge is passed from master to master - only a handful of people alive hold this knowledge. Among them is Felicity Warner, a healer and myrrhophore. In this book, Felicity guides you through a healing journey with 20 of the world's most treasured oils, including Elemi, Holy Basil, Palo Santo and Spikenard. Detailing their history dating back to Egypt and Babylon, she explains how to: mix, dilute, blend and store the oils perform sacred rituals of anointment attune to the frequency of each oil through meditation, and by using mandalas as a pathway to deeper consciousness use the oils to cleanse auras and heal the soul, for prophecy and to access past-life information.

Although the use of essential oils to help physical, mental and emotional problems has been thoroughly investigated and described over the past few decades, this is the first book devoted solely to their use on a subtle or spiritual level. Written by the author of the best-selling aromatherapy book of all time, Aromatherapy An A-Z, it examines the applications of aromatherapy in personal and spiritual growth, meditation and healing. Topics covered include Vibrational Healing, The Role of the Healer, Methods of Use, Chakra Energy, Essential Oils and Crystals, Meditation etc., etc., with detailed notes on the subtle properties of the individual oils.

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