

Enrich Your  
Energy-Based Practice  
with *Aromatherapy*



*The human body has an electrical frequency range representing a state of health or harmony. Inflammation, illness, and emotional distress bring your body out of balance and lower your frequency.*

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**F**lowers, trees, bushes, and herbs are the sources of concentrated energy in the form of essential oils. These “energy generators” can enhance your hands-on energy work. As energy practitioners, we are aware of the power within our hands, but science shows us how the field brightens and comes into harmonic resonance when an essential oil is brushed through the field or applied to the body. Is there a difference between essential oils and how they act on the body? Science says yes! Essential oils have vibrational frequencies which affect our subtle energy system (energy fields and energy centers/chakras). Ancient writings identify that our first medicine used our healing hands (energy therapy), plants (aromatherapy), and prayer or blessings.

As a practitioner, it’s crucial to use essential oils safely and with confidence for yourself, your family, and within your practice. Assessment and client history are critical in selecting and using aromatherapy with

others. A thorough history and assessment will guide you to determine which essential oils may benefit your client and which essential oils to avoid.

Energy therapy is an excellent tool and very beneficial in my holistic practice. The use of aromatherapy has been an integral part of what I can provide to clients. Jean Watson suggests that aromatherapy in conjunction with touch can create a transpersonal caring moment (Gnatta et al., 2015). I’ve discovered that when adding aromatherapy to the session, the client benefits may occur more quickly, such as greater relaxation and comfort. In addition, the aromatherapy may give longer-lasting benefits; that is, the client may notice the effects of the session for a more extended period of time. The aroma may serve as a reminder of the benefits of that session, such as relaxation and peace. Providing the client with an aromatherapy tool such as an inhaler/aromastick or aroma blend can bring about ease or comfort on their own.

### ESSENTIAL OILS AS MEDICINE

Essential oils are the life essence of the plant. Oils contain naturally occurring chemicals, and these chemical constituents and their effects have often been studied and synthetically replicated to produce medications that we use today. The essential oil chemistry is why aromatherapy safety is so important as these essential oils can act like or even interfere with medications.

It's vital to know the quality of the essential oils you use on others. You can't rely on the essential oil labels to determine quality. There are no guidelines or standards in the United States for "therapeutic," "certified," or "clinical grade." These are marketing labels. The word "pure" can be misleading and may only equate to 5-10% of the product as a pure essential oil. You need to research the aromatherapy company, their farms or farm partners, how they harvest, their extraction process, and the botanical precision of the oil. Working with a Clinical Aromatherapist can be helpful when deciding on essential oils to use in your practice.

Client history is significant before using aromatherapy. Consider allergies and sensitivities of the client. You may wish to avoid aromatherapy if someone presents with sensitivities or respiratory concerns. If someone has breathing difficulties, they should not inhale an aroma, but diffusion may be appropriate. An aromatherapist or practitioner may do a skin test when a client has allergies before determining any topical application. A skin test involves placing a drop of the essential oil or oil blend onto the skin. If there's a reaction within 20 minutes, you may wish to avoid the topical use of essential oils. If there's a history of any allergies or allergic-type conditions, then consider waiting 24 hours after the skin test to evaluate the results (Schnaubelt, 2011).

### HARMONIC RESONANCE OF AROMATHERAPY & ENERGY THERAPY

We know that everything in life resonates – atoms, cells, tissues, and more. Anything organic has a vibration (Oschman, 2000). There is an orderliness to this vibration in nature, creating a frequency. All living cells have a frequency that we can measure. When we are stressed or out of balance, our frequency lowers. Our healing tools, such as aromatherapy and energy therapies, assist in bringing one back to a harmonic resonance or balance.

The human body has an electrical frequency range representing a state of health or harmony. Even the earth has a magnetic field frequency. Inflammation, illness, and emotional distress bring your body out of balance and lower your frequency. Research shows prayer and positive affirmation increases the frequency of the body. Gerber (1988) states that the best way to change dysfunctional patterns in our energy bodies is to administer therapeutic doses of "frequency-specific subtle energy" in the forms of vibrational medicines. Energy therapies such as Healing Touch and Aromatherapy are vibrational therapies and can raise the frequency of a client bringing harmonic balance.

### THE NOSE KNOWS

Aromatherapy involves the sense of smell. As you inhale an aroma, the aromatic molecules move from the olfaction system to the limbic system in the brain. This system is the area of emotions. So, the experience of an aroma is emotional before it's rationale. Essential oil molecules have a frequency range that the brain can recognize. Daniel Penoel, MD (1998) coined the term Osmobiosis which relates to the synergy of plant essences and human essences coming together within the body for the balance of the whole or harmonic resonance.

Inhalation is the quickest way to bring an effect to your system. An essential oil or oil blend can be placed on a tissue or cotton ball and inhaled as identified for

beneficial effects of comfort, peace, energy, and more.

Inhalers or aromasticks are an excellent tool for the client to take home. You can create inhalers with the essential oils used in a healing session, and this can serve as a reminder of the session and its benefits. Diffusion of essential oils is another way to disperse aromatic molecules in a room and can be an effective way to create relaxation during a healing session.

### Essential Oil Suggestions for Emotional Healing



Lavender (*Lavandula angustifolia*) can create calm and relaxation in the mind and emotions.



Peppermint (*Mentha x piperita*) awakens and aids mental clarity and focus.



Lemon (*Citrus limon*) is uplifting and energizing, clarifying thoughts and ideas.

### Essential Oil Suggestions for Physical Healing



Orange (*Citrus sinensis*) can give comfort and ease the nervous system. An excellent oil to relieve anxiety and procedural stress with children.



Frankincense (*Boswellia carteri*) is beneficial to support immune balance, especially during times of stress.



Copaiba (*Copaifera reticulata*) has shown anti-inflammatory qualities which might aid muscle relaxation and comfort.


## BLENDING HEALING TOOLS

Each of the healing tools mentioned has been used alone with excellent outcomes and benefits. You are beginning a healing session with intention, centering, and grounding to set the tone for your practice. Offering prayer, blessings, or positive affirmations is integral to a healing presence. Your assessment will guide the energy therapy techniques and essential oils to use for your interventions to bring balance to you or your client.

## CASE STUDIES

Melissa was having challenges with her chemotherapy, and nausea was her most distressing symptom. Upon assessment, we discovered the most palatable foods to her system. As a woman of faith, she embraced prayer as part of her session. We agreed to integrate the relaxation techniques of visualization and breathwork along with Healing Touch (precisely, the method of Hands Still) over her abdomen. She decided to combine aromatherapy with peppermint oil on a tissue that she inhaled throughout her treatment. After her session, we discussed the importance of practicing breathwork and visualization for her comfort and balance. Melissa chose a peppermint aromastick to trigger her to use whenever she felt nausea. After about six weeks, Melissa reported a considerable improvement in digestive balance and overall well-being.

Carolyn was a care provider for her husband, who had a diagnosis of dementia and brain cancer. She reported feelings of chronic stress and fatigue. Carolyn received education on grounding herself every day to help with focus and inner strength. One drop of lavender and orange oils together was provided on a tissue for her to inhale during the session. She received the Healing Touch technique of Chakra Connection to assist her with balance and inner peace. After the session, Carolyn remarked how relaxed and renewed she felt. She continued using aromatherapy at home, both on a tissue and in a diffuser. Carolyn found the healing tools to be beneficial for her and her husband, and it gave her options to bring balance into her environment and for herself.

Aromatherapy can be an excellent tool to enrich your energy practice and personal health plan. Client history and assessment are essential to guide your interventions and essential oil selections. Education and research can assist you in selecting essential oils that you can use safely and with confidence. 



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