



# The Intuitive Connection

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## Finding Your Emotional Balance



Now, more than ever, it is important to support your immune system. Stress plays a big role in undermining your immunity. Let's face it, its getting harder and harder to escape stress in these uncertain times. However, using tools such as essential oils to help reduce or minimize your stress levels can go a long way in aiding your immune system.

To understand the correlation between your emotions and immune function, we have to take a look at what happens to the body under stress. Strong negative emotions (such as anger or fear) trigger several physical reactions in the body. Anger, for example, triggers increased heart rate, elevated blood pressure and increased body temperature. Whereas fear triggers reactions such as goose bumps, increased heart rate, sweating, elevated blood pressure, insomnia, difficulty in digestion and increased urination. These physical changes serve a purpose and provide the energy we need for a "fight or flight" situation. However, when we remain in a constant state of anger or fear, our bodies are too busy doing these extra tasks that it takes away from needed functions such as keeping our immune system strong. Repeated stress not only leads to a reduced immune system, but other physical ailments such as headaches, weight gain, heart attacks or worse. Think of your body like a balloon and stress is the air. If you keep adding air into the balloon without ever releasing any, one day the balloon will pop.

To understand how stress gets triggered, we have to look at the driving source: the brain. There are two main areas of the brain; the cerebral cortex and limbic system. The cerebral cortex is the "thinking" part of the brain that controls conscious processing, discernment, recognition and memory. The limbic system (made up of several structures) is the "emotional" part of the brain that controls instinctive behavior, motivation, drive, feelings, learning, long term memory and emotions (both expressing and understanding). Let's focus on two structures of the limbic system that play major roles in our emotional and physical health: the thalamus and hypothalamus.

The thalamus acts as a filter. It receives information from all 5 senses (touch, taste, sight, hearing and smell), filtering what is important/not important, and then only sending what it deems as important to the cerebral cortex. If information is not sent by the thalamus to our thinking part of the brain, we don't become aware, therefore we don't have all the information needed to make a conscious decision. The hypothalamus on the other hand controls many functions of our physical body such as heart rate, respiration, hormone secretion, blood pressure, body temperature, sleep cycles, and coordination between the nervous and endocrine systems. If we are constantly overloaded by negative stimuli, then the only information the thinking part of our brain is receiving is "OH MY GOSH, OH MY GOSH, OH MY GOSH," which in turn triggers the hypothalamus and physical reactions I previously mentioned. Are you starting to see the connection?

So how can an essential oil help to reduce your stress? Here's the really cool part...SMELL is the ONLY sense that can bypass the filter of the thalamus and send information directly to the cerebral cortex! All odors are made up

of molecules. When those molecules are inhaled and pass over the olfactory membrane, messages are instantaneously sent to the brain. If we associate the scent with a positive experience, it has a happy and/or calming effect. If we associate the scent to a negative experience, it has an unhappy and/or negative effect. Let me give you an example.

*Imagine walking in the door from work and you find your son's sweaty socks on the couch. You pick up the sock and inadvertently smell the odor of sweaty teenage feet. Flashback to junior high school where you were bullied and stuffed repeatedly into a gym locker that smelled like sweaty socks. Instantly you become angry, your emotions explode, and you yell at your son grounding him for 2 years.*

Why such a strong reaction? If you recall, I mentioned that the limbic system not only controls emotions, but long term memory. In this example, scent triggered the long term memory which was quite unpleasant, and activated the "fight" mode, which in turn created the emotional response.

Scent has that much affect on us. Think of a smell you like (flowers, chocolate chip cookies, coffee, etc). How does that make you feel? Now think of a smell that you don't like (skunk, rotten eggs, sour milk, etc). What feeling does that invoke?

Now that the science part has been explained, let's look at some essential oils that are known to reduce anxiety/stress, and more specifically, the plant parts that they come from. Why are plant parts important? Because they serve a very specific role for the plant, and in turn can aid us in the same way. Let's take a look.

- ◆ Seeds: are responsible for plant reproduction, the beginnings of life and potential new start or growth. Therefore seed oils help us feel nourished and supported during a fresh start, help us feel "unstuck", and support the reproductive system.
- ◆ Roots/Rhizomes: anchor plants to the soil, absorb water and nutrients, and are vital to the plant's growth. So root oils help support us during times of anxiety, fear and instability, aid us in feeling grounded/settled, provide an anchor and strength to help us "absorb" what we need while giving us a sense of stability/balance.
- ◆ Trunk/Wood: conducts water and nutrients to leaves/stems/flowers. These oils help give us a base and feel more centered, and support our skeletal/muscular systems to reduce pain.
- ◆ Bark: protects the inner layers of the plant and aids the plant's circulatory system sending nutrients throughout. Bark oils help us feel protected, shielded, nourished, allow us to feel regenerated, and aid the circulatory system.
- ◆ Resins: seep out to heal when the plant is wounded. Historically resin oil has been used for meditation, incense, rituals, protection and honor. They can also be used to heal emotional wounds, support inner reflection, or when you want to show respect to an aspect of your life.
- ◆ Branches/Grasses/Leaves/Needles/Sprigs: help the plant to breathe, supports photosynthesis and protect the plant from water loss. Using these oils can help us breathe when we are anxious, supports expansion and creativity, calms/clears the mind when we are over-thinking, supports respiration, deeper breathing and supports the immune system.
- ◆ Flowers/Buds: attracts insects for pollination, therefore they represent abundance and new growth. Flower/bud oils can support feelings of love, friendship and forgiveness, soothe the heart, calm the mind, and support skin care.
- ◆ Fruits: bring nourishment, energy, and protect the seeds of the plant. Fruit oils have a fun, uplifting effect, are refreshing and bring clear energy to a space/person, bring encouragement, inspiration, creativity, self-expression, ease, offer joy to heart/mind, and support the lymphatic system.

The best way to choose an oil to ease anxiety or stress is to try and determine where the emotion is coming from. For example are you anxious or stressed because:

- You feel disconnected/alone?
- You feel overwhelmed?
- You feel out of control?
- You feel fearful?

These are all good examples of anxiety or stress, but for very different reasons. I've included a chart below to help you find your best oil option based on the part of the plant the oil comes from and the emotion you are dealing with.

Anxiety/Stress Cause	Plant Part	Oils
Overthinking, overwhelmed, having trouble breathing	Branches, Grasses, Leaves, Needles, Sprigs	Basil, Lemongrass, Marjoram, Melissa, Patchouli or Siberian Fir
Anger, trouble forgiving, too many new things or changes, restless heart/mind	Flowers/Buds	Clary Sage, Clove, Jasmine, Lavender, Neroli, Roman Chamomile, Rose, Rosemary, Thyme or Ylang Ylang
Too many old emotions, feeling drained or unnourished, life's no fun, lack of creativity, depressed	Fruits	Bergamot, Grapefruit, Lemon, Lime, Tangerine or Wild Orange
Carrying old wounds, feeling unprotected, inner reflection, help with meditation	Resins	Copaiba, Frankincense or Myrrh
Feel flighty, no foundation, unsettled, fear, life is unstable	Roots/Rhizome	Spikenard or Vetiver
Starting over, feeling unnourished, feeling stuck	Seeds	Cardamom or Fennel
No base, off balance, un-centered	Trunk/Wood	Cedarwood or Sandalwood
All of the above	Whole Plant	Geranium

Considering the part of the plant the oil comes from is a great way to narrow down your oil choices while addressing the cause of the anxiety so that healing can be more effective. Remember, oils will work differently for different people. What may work for me, may not work for you. After all we are unique, individual beings.

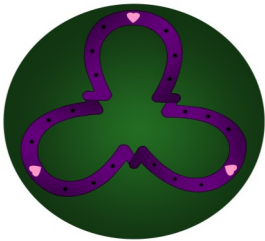
One final point I'd like to make is that not all oils are created equal. The oils I'm talking about are therapeutic, medicinal grade oils with no adulteration. The brand I recommend is dōTERRA. You don't have to take my word for it, but please do your research.

If you'd like more information about essential oils, or are interested in trying a sample, please contact me. I'm a certified aromatherapist, I love talking about oils (in case the article didn't make that clear), and I'm happy to work with you to find the right option for you.

## Upcoming Events

### **Mile High Mystics Spiritual & Healing Arts Event**

Hassayampa Inn  
122 E Gurley St  
Prescott, AZ  
July 11th  
9:30-4:30



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## Services offered:

Animal Communication

Energy Healing

Sacred Healing Crystal Jewelry

Essential Oils

Educational Workshops

*For your convenience, services can be scheduled  
in person or remotely*

### Referrals

Needing a service I don't provide? I recommend the following:

**Anne Angelheart**

Transformational Coach, Channeler, Author & Speaker

Website: [www.anneangelheart.com](http://www.anneangelheart.com)

Email: [info@anneangelheart.com](mailto:info@anneangelheart.com)

530-755-4767

**Kris Tondee**

Psychic Reader

Website: [readingsbykristondee.com](http://readingsbykristondee.com)

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