

# ESSENTIAL OILS

All atoms in the universe have vibrational motion. Each periodic motion has a "frequency", (the number of oscillations per second), measured in Hertz:

1 Hertz (Hz) = 1 oscillation per second (ops)

1 Kilo Hertz (KHz) = 1,000 ops

1 Mega Hertz (MHz) = 1,000,000 ops or 1 million

1 Giga Hertz (GHz) = 1,000,000,000 ops or 1 billion

1 Tetra Hertz (THz) = 1,000,000,000,000 ops or 1 trillion

Essential oils are measured in Megahertz frequencies.

Essential oil frequencies start at 52 MHz and go as high as 320 MHz. Rose (*Rosa damascena*) essential oil has the highest of all the oils at 320 MHz. Please keep in mind that frequencies of essential oils vary according to each batch, growing conditions, soil and weather conditions.

Essential oils align frequencies, thus balancing and harmonizing body organs. Mixing or blending essential oils amplifies these frequencies - this is called "synergy", which is a natural way to increase the body's electrical frequency.

Clinical research shows that essential oils have the highest frequency of any natural substance known to man, creating an environment in which disease, bacteria, virus, fungus, etc. cannot live. Essential oil frequencies are several times greater than frequencies of herbs, foods and even the human body.

Another worthy point is the influence that thoughts have on our frequency as well. Negative thoughts lower the measured frequency by 12 MHz and positive thoughts raise the measured frequency by 10 MHz. It was also found that prayer and meditation increase the measured frequency levels by 15 MHz.

Essential Oils are multifunctional so they have a wide spectrum of application. They work for the need that is present. If there is no need present in the body, there is minimal reaction. While oils are not accumulative in the body, their frequency and effect is cumulative. They are made of the same substances the body is made of – they are non-toxic.

Essential oils are absorbed and go to work within seconds in the body. Layering the oils in application, and the addition of heat produces faster penetration and results. Essential oils stay in a healthy body up to 8 hours.

I suggest getting an essential oil reference book if you choose to use them in your practice to see which ones you can apply directly to the skin and which ones need a carrier oil. Also, by rule of thumb, I generally only put 1 - 2 drops of up to 1 - 3 different oils. Too much can overwhelm the person, so less is more.

Always ask the person first if it's ok if you put the oil on them. For the base chakra, put the oil on their feet. You can put oils at all other chakra points, just drop the oil on and ask them to rub it into their skin. Use the oil on the three chakras that need it the most. For the third eye, I put it on their temples.