

Aromatic Medicine

In Aromatic Medicine, we recognize that there are many bio-systems in the body, and that each one represents an opportunity to use Essential Oils to correct, regulate, or bring balance to the affected bio-system. We know that Essential Oils are adaptogens and they have the ability to resonate and communicate information to the body.

The body has the ability to exchange information with the Essential Oil molecules which allow them to go to the area of the body where they are needed and to exert their influence there. This includes the limbic system of our brain, where our memories are stored. The limbic system is referred to as the “emotional brain”. It’s responsible for the perception of odor, sensations of pleasure and pain, and emotions like rage, fear, sadness, and sexual feelings.

The limbic system is directly connected to those parts of the brain that control heart rate, blood pressure, breathing, memory, stress levels, and hormone balance. (Higley & Higley, 1998)

Scientists now understand that memories are also retained at the cellular level and Essential Oils have a unique ability to penetrate and oxygenate cells. Essential Oils can clear the “fight or flight” sympathetic nervous system response of traumatic memories while encouraging a calm, relaxed parasympathetic response.

One drop of a pure Essential Oil contains approximately 40 million-trillion molecules. Considering that it only takes one molecule of the right kind to open a receptor site and communicate with the DNA to alter cellular function, you can see why even a small amount of oil can have profound effects on the body, brain, and emotions. This relationship helps explain why smells often trigger emotions. Knowing this, we can hypothesize how the use of Essential Oils can have some very profound physiological and psychological effects. Of our seven senses, smell is the only one wired directly to the brain!

Essential Oils can shift unconscious beliefs, emotions, and patterning - instantaneously in most cases, or soon after with repeated daily use - because the chemical constituents of pure Essential Oils, primarily Sesquiterpenes, can not only release emotions and patterning on a cellular level stored anywhere in the body, but can also help to re-anchor new healthy patterning on a DNA level. Furthermore, Essential Oils are the only natural substance that can cross the blood-brain barrier and enter the limbic system or the emotional brain.

your body & applied kinesiology

Applied Kinesiology is the medical science of energy balancing, grounded in the study of anatomy and physiology. Applied Kinesiology recognises there are flows of energy within the body that relate not only to the muscles, but to every part of the bio-systems which make the body a living, feeling being.

Our body has the ability for innate healing, and is at all times doing its best to care for itself; always knowing what it needs both physically and emotionally. Applied Kinesiology uses muscle testing to help identify imbalances in the body’s structural, chemical, emotional, or other energy in order to establish the body’s healing needs. Using Applied Kinesiology allows our body to choose which Essential Oils it needs at that time.

kindred essences & the circle of vitality

The Circle is an ancient symbol that can be found throughout the world’s indigenous cultures. It expresses the cycles of nature and man and the rhythm and seasons of the Earth. Sometimes represented as a ‘medicine wheel’, ‘circle of life’, or ‘web of life’. Each culture views their circle from a slightly different perspective, but each has a common understanding that the circle is a map of the balance, harmony, and cycles of nature. For thousands of years the indigenous peoples understood another way of looking at the world, a view that sees all living things as connected, each an integral part of a larger whole, each a part of the mystery we call life.

The Circle of Vitality is a model and guide of what human beings could become if they were to develop their individual potential at each direction of the circle and become whole. The object of the truth teaching that the Circle of Vitality represents is to be able to travel the entire Circle, learning the positive expressions of the of the gifts and lessons each Kindred Essence animal has to offer.

sesquiterpenes

Sesquiterpenes are compounds of three isoprene units, which is fifteen carbons and twenty-four hydrogens per molecule - molecular weight 204 amu.

There are more than 10,000 kinds of sesquiterpenes. Sesquiterpenes are the principal constituents of Cedarwood, Vetiver, Spikenard, Sandalwood, Black Pepper, Patchouli, Myrrh, and Ginger. They are also found in Galbanum and Frankincense.

Sesquiterpene molecules deliver oxygen molecules to cells, like hemoglobin does in the blood. Sesquiterpenes can also erase or deprogram miswritten codes in the DNA.

The American Medical Association (AMA) has said that if they could find an agent that would pass the blood-brain barrier, they would be able to find cures for many ailments. Such agents already exist and have been available since Biblical times. The agents, of course, are Essential Oils; particularly those containing the brain oxygenating molecules of Sesquiterpenes.

kindred animal essences

Animals are born with a deep connection to the Earth and the rhythms of life. They have no hidden agendas, no greed and they don't lie. They do, however, have characteristics, qualities, skills, and talents that can serve, teach, and tutor humanity. As such, they are perfect guides for our own journey, reminding us of the ancient wisdom we have lost.

Our Kindred Animal Essences demonstrate potential characteristics, qualities, talents, abilities, or strengths that constitute an expression of our own personality. The animal world shows us the potentials that lie within us. Some animals are excellent parents and nurturers, teaching us patience, respect, love, and loyalty. Others are great protectors and show us how to have courage and overcome fear. While some are teachers of fun and play, reminding us of the needs of the child within.

Each animal is a teacher with a lesson to share, sitting at its most energetically compatible position on the Circle of Vitality and waiting... hoping to lead the way to a reconnection with the Earth. Bonded in friendship our "Kindred Essence" animal friends can rescue us, teach us, and can be a vehicle for wisdom that will serve us. Although there are many tribes and versions of the Circle, there are universal truths represented by all. Many different cultures means we may have many different ways of looking at the Circle of Vitality. The Circle we are using follows closely with the seasons and cycles of nature and man.

north - the season of winter

The three directions of Winter; North, North North West and North North East are about death and rebirth, cleansing, and starting fresh. This direction is where we gain wisdom from the experience we had in the seasons before, and start anew with that experience embodied.

The color of Winter is white, and it represents purification and spirituality. The lessons here are spiritual in nature. It is about cycles of dying and the gathering of energy to start renewed; a new beginning and a return to the season of Spring to start the cycle afresh.

The season of Winter represents letting go of the old and accepting new opportunities with a chance to do things differently come Spring. Those who need to end some relationship or project or cleanse and purify their lives of any negativity that no longer serves their highest good would benefit from aligning with the essences of the direction of North.

kindred essences of the west

- **North North West: Owl**
100% Pure, Certified Organic and Wildcrafted oils of Rosemary ct. 1,8 cineole, Sage, Sandalwood, and Lavender, fine
- **North: Dragonfly**
100% Pure, Certified Organic and Wildcrafted oils of Palmarosa, Neroli, Dragon's Blood, Elemi, Ocean Pine, Petitgrain, Cypress, Sandalwood, and Spikenard
- **North: White Buffalo**
100% Pure, Certified Organic and Wildcrafted oils of Frankincense, Sandalwood, Cardamon, Myrrh, and Cedarwood Atlas
- **North: Dove**
100% Pure, Certified Organic and Wildcrafted oils of Myrrh, Spikenard, Sandalwood, Rose, and Lavender, fine
- **North North East: Dolphin**
100% Pure, Certified Organic and Wildcrafted oils of Elemi, Tangerine, Inula, Balsam Copiava, Cistus, and Tanacetum Annuum

emotional release with the circle of vitality

Choose a Circle Of Vitality blend and then muscle test **or** draw from a bag that contains the Kindred Essences. Drawing from a closed bag is a quick and easy Kinesiology protocol. After choosing a blend, read that animal's datasheet, making note of the lessons of that animal and the recommended Chakra application. While thinking about the chosen animal's lessons:

- Apply 3 drops daily, along the spinal reflex of each foot.
- Apply daily to the recommended Chakra(s).
- Use daily according to the specific animal's data sheet.

Draw another Circle of Vitality Blend, and use in the same way, whenever you intuitively feel your body is telling you to do so. All five blends for each season can be used at one time. Each season you will want to change the Circle of Vitality blends being used.

