

## **How to Use Essential Oils for DEEP EMOTIONS: Depression, Anxiety, Grief, Anger, Rage**

presented by Holly Draper, Certified Medical Aromatherapist  
in a live webinar, [www.youtube.com/watch?v=focSdcJSjyo](http://www.youtube.com/watch?v=focSdcJSjyo), March 12, 2014  
notes compiled by Jennilyn Young

“But of the greatest interest is the effect of the fragrance on the psychic and mental state of the individual. Powers of perception become clearer and more acute, and there is a feeling of having seen more objectively and therefore in truer perspective. It might even be said that the emotional trouble which in general obscures our perception is practically suppressed” -- Madame Marguerite Maury quoted by Robert Tisserand in *The Art of Aromatherapy: The Healing and Beautifying Properties of the Essential Oils of Flowers and Herbs*

“The essence raises us above our problems, making us feel lighter and more detached. Depression, despair, and other negative feelings always make us feel heavy, and they stem from desires and fears of the mind. Joy is a light feeling, and comes directly from the soul. Although they work through the sense of smell essences go deeper than the senses. They work on our mind, lightening it, making it less heavy, less dark. Although essences cannot liberate our souls they can, by lightening the mind, help the light of the soul to shine through. At the same time as they uplift our spirits they have a calming effect on the nervous system.” --Robert Tisserand, *The Art of Aromatherapy*

“In the case of serious mental disturbance, essences cannot be expected to do the whole job on their own: they are not miracle drugs. In such cases some form of counseling, psychotherapy or spiritual inspiration is needed in combination with aromatherapy. In the same way a purely physical treatment with essences is greatly enhanced by massage, diet, or some other form of natural therapy.” --Robert Tisserand, *The Art of Aromatherapy*

### **Limbic System in the Brain is the Emotional System**

Olfactory system connects directly to Limbic system in the brain

Controls: hunger, thirst, pain response, anger, pleasure, frustration, aggression, life support systems, fight / flight responses

### **Application for Raising Low Frequency Emotions:**

**\*\*INHALE *certified organic/wildcrafted* oil by breathing it in deeply for 5-10 min.\*\***

(Put on tissue or cotton ball and hold by nose. If put on hand, oil absorbs in 1 minute.)

**Bathe** with Dead Sea mineral salts (1/2 c. salt to 10-12 drops)

**Massage**

**Herbal Tea** (MIX: 1T honey + 1 drop essential oil; put in 1 cup warm water)

### **Clary Sage**

Uplifting (like an elevator that takes you up one level)

Hormone Regulator

Antidepressant

Energizes

Lightens, Relieves you of Heaviness/Weariness

Euphoric (so use sparingly, with wisdom, only when needed)

### **Ylang Ylang** (flower of flowers)

Releases low vibrational emotions from your bodies' cells (INTENTION -- LET GO)

Antidepressant

Builds Confidence

Uplifting

Releases Anger / PMS

### **Mandarin, Red & Green**

Uplifting (**All Citrus Oils are Uplifting--Bergamot, Lemon, Grapefruit, Orange, Tangerine**)

Heals the Inner Child (upset, confused, hurt, raging, crying)--esp. Red Mandarin

Anti-anxiety

Antidepressant

Relieves Insomnia

### **Orange**

Uplifting

"Pick-Me-Up"

Antidepressant

Anti-anxiety

Soothes Nervous Tension

Relieves Insomnia

Makes One Happy

Inspires a Cheerful Attitude

Stimulates Right Side of Brain (creative thinking)

### **Bergamot**

**Nature's Prozac - Antidepressant**

Instantly Elevates Mood

Restores Emotional Balance

**Anti-anxiety**

**Anti-fear**

Releases Anger

Releases Rage

Releases Grief

Stabilizing

**Rose Geranium**

Effective in all states of low frequency emotions because it can help release them  
Balances Hormones  
Relieves Stress  
Soothes Nervous Tension  
Anti-anxiety  
Antidepressant

**Patchouli**

Stress  
Worry  
Anti-anxiety (very grounding oil)  
Soothes Nervous Excitability  
Sedative (calming)  
Antidepressant

**Rose Damascena orig. Bulgaria (Most Medicinal / Healing Grade of Rose Essential Oil)**

Profound influence on the emotions--can use it for all emotions listed so far  
Heals the Heart  
Heals Deep Emotional Injuries  
Releases Emotional Pain from Heart  
Relieves Restlessness (calming)  
Heals Grief  
Antidepressant  
Uplifting (feeling loved, nurtured, comforted)

**Frankincense**

Soothing, warming on mind and emotions  
Anti-anxiety  
Anti-fear  
Connects you with Divinity (opens crown chakra)  
Antidepressant  
Heals Trauma  
Heals Grief

**Spikenard**

Heals Deep Spiritual Wounds (mistrust/disconnect from higher power--RECONNECTS)  
Calming  
Sedative  
Stabilizing  
Regulates Nerves  
Regulates Heart  
Soothes Deepest Forms of Anxiety  
Relieves Stress  
Brings a profound sense of Peace

### **Spearmint**

Heals the Inner Child

Helps with Sleep (go to sleep faster, sleep deeper--INHALE before BED)

Helps Emotional Release

Stimulates Appetite

Best Emotional Healing oil for Kids

### **Peace of Mind Blend**

*(includes: Clary Sage, Bergamot, Rose, Geranium, Spikenard, Patchouli, Orange)*

Specifically made to Release / Relieve Depression, Anxiety, Grief, Anger, Rage

Builds Confidence

Feel in Control of Emotions

Antidepressant

Anti-anxiety

### **Release Blend**

*(includes: Ylang Ylang, Lavender, Cypress, Vetiver)*

LET GO of low frequency emotions

LIFT UP

Relieves Insomnia (use with Spearmint before bed)



To Order Essential Oils from *Purify Skin Therapy* Click [HERE](#).  
FREE Shipping on orders over \$50.