Essential Oils For Various Emotions

The cells of our bodies are all participants in a very sophisticated communication network. Interleukins, interferons, and lymphokines are types of messenger cells whose communications manage our immune systems. Interleukin 2 has been identified as the messenger cells that our bodies use to instruct the immune system on how to recognize cancer cells and other enemies of our physical well being. Without sufficient and well-functioning interleukin 2 cells, our phagocytes, B-cells, and T-cells, which would normally attack and kill abnormal cells like cancers, will misjudge them as friendly and allow them to live and multiply.

Interleukin 2 levels are reduced with overproduction of cortisol, a necessary steroid hormone that regulates many bodily functions. Having the right amount of cortisol is healthy, but too much can lead to sickness and even death.

A variety of emotional and spiritual factors have been shown to result in the overproduction of cortisol and the reduction of interleukin 2. These emotions include chronic anger, fear, anxiety, bitterness, and resentment. Negative attitudes such as lack of forgiveness, desire for revenge, repressed rage, a poor self image, inability to deal with a significant loss or trauma, and unrelieved stress around any issue can set up conditions favorable to the growth of cancer cells.

With a properly functioning immune system, it is impossible for cancer to take hold and grow. We have been given a certain amount of control over our immune systems by how we think, feel, and live. The molecular and cellular activities in our bodies may be chemical in nature, but much of the control of that chemistry is ultimately in the spiritual nature of our lifestyles.

Because of the ability of essential oils to help us release emotions, they can be of great assistance in getting to whatever emotional or spiritual roots our diseases and discomforts have. Do essential oils change our personalities or even our emotions? Of course not. But they seem to mitigate some of the power of these emotions and give us a little extra space in which to look more realistically or more creatively at our lives. Solutions seem to present themselves in the pause provided by the aroma of the oil. I can't explain it to you. I can only say that I have experienced it myself and seen it in others.

ABILITY TO LET GO
- Believe, Letting Go, QuietEssence, Synopsis, Tranquility, coriander, lemon, peppermint, pine

ABANDONMENT (FEAR OF)
- Faith, lavender

ABUNDANCE
- Acknowledge, Bountiful, Unity, cardamom, myrrh, patchouli

ABUSE (ALL/ANY)
- Angel, Beloved

ACCEPTANCE (OF LOVE)
- AgeLess, Angel, Believe, Beloved, Faith, Grace, Trust, chamomile Roman, melissa, pine, rose

ACCEPTANCE (OF SELF)
- Cherish, Believe, Beloved, Faith, Inner Peace, Letting Go, cypress, helichrysum, peppermint, petitgrain

ACCEPTANCE (OF CHANGE)
- Cherish, Believe, Beloved, Faith, Inner Peace, Tranquility, geranium, grapefruit, helichrysum, lemon

ALERTNESS
- Crystal Clear, IQ, bergamot, black pepper, cinnamon, coriander, eucalyptus, grapefruit, juniper berry, lavender, lime, peppermint, petitgrain, pine, rosemary, thyme
ALONE (FEAR OF BEING)
Le GoodNite, Le Inner Peace, Le Magi, Le Whispering Hope

ANGER

ANXIETY

APATHY
Le Assurance, Le Believe, Le IQ, Le Vision

APPRECIATION
Le Connection, Le Moonlight, Le Reconciliation, Le Sego Lily (feeling appreciated), Le Trust, Le Unity

ARROGANCE
Le Discernment, Le Letting Go, Le Reconciliation, Le Trust, Le Vision

ASSERTION
Le Millenia, Le Vitality, basil, bergamot, black pepper, cedarwood, coriander, cypress, fennel, frankincense, ginger, jasmine, lime, litsea cubeba, patchouli, ylang ylang

AWARENESS (SELF)
Le Sanctuary, grapefruit, jasmine, helichrysum, lavender, lemon, rosemary

AWARENESS (SPIRITUAL)
Le Believe, Le Grace, Le Inner Peace, Le Reconciliation, Le Sanctuary, Le Vision, chamomile Roman, frankincense, juniper berry, neroli, palo santo, rose

BABY BLUES
Le Baby Me, Le HeartSong, Le Reconciliation

BALANCED (EMOTIONALLY)
Le AboutFace, Le Believe, Le Connection, Le Grace, Le HeartSong, Le Reconciliation, Le Tranquility, Le Unity, cedarwood, lavender, lemon, mandarin, orange sweet, rose, sandalwood

BENEVOLENCE
Le Bountiful, Le Grateful Heart, Le Reconciliation, benzoin, cinnamon, lavender, patchouli

BONDING
Le Baby Me, Le Cherish, Le Moonlight

CALMING (GENERAL)
Le Believe, Le EZ Traveler, Le Grace, Le GoodNite, Le HeartSong, Le Insight, Le Meditation, Le Paine, Le Tranquility, lavender, melissa, melissa blend

CALMNESS
Le Assurance, Le Believe, Le GoodNite, Le QuietEssence, Le Sanctuary, Le Sego Lily, Le Tomorrow, Le Unity, chamomile German, chamomile Roman, clary sage, frankincense, helichrysum, lemon, mandarin, marjoram, neroli, rose, ylang ylang

CELLULAR MEMORY
Le AboutFace, Le Insight, Le Letting Go, Le Grace
CHANGES (GOING THROUGH)
Le AgeLess, Le Millenia, Le Tomorrow, cedarwood, cypress, lemon, rosemary

CLARITY
Le Meditation, Le Millenia, Le Unity, basil, fennel, grapefruit, lavender, lemon, rosemary

CLARITY (OF THOUGHT)
Le Crystal Clear, Le LivN, basil, clove, lemon, rosemary, petitgrain, violet leaf

CO-DEPENDENCY
Le Reconciliation, Le Trust, sandalwood

COMFORTING
Le Baby Me, Le Believe, Le GoodNite, Le Grace, Le Inner Peace, Le Magi, Le Sanctuary, cedarwood, chamomile Roman, cypress, frankincense, geranium, lavender, marjoram, melissa, rose, sandalwood

COMMUNICATION
Le Cherish, Le Connection, Le Grateful Heart, Le Reconciliation, Le Trust, Le Unity, chamomile German, geranium, grapefruit, lemon, peppermint

COMPASSIONATE
Le Cherish, Le Believe, Le Meditation, Le Trust, Le Unity, chamomile German, chamomile Roman, cypress, lavender, melissa, neroli, pine, rose

COMPETENCE
Le Baby Me, Le Millenia

CONCENTRATION
Le Crystal Clear, Le Focus, Le IQ, Le WakeUp, cedarwood, eucalyptus, lemon, peppermint, rosemary, thyme, violet leaf

CONFIDENCE

CONFLICT (FEAR OF CONFLICT)
Le EZ Traveler, Le Millenia, goldenrod

CONFUSION
Le Crystal Clear, Le Focus, Le IQ, Le LivN, Le Reflections, benzoin, cinnamon, clove, ginger, lavender, marjoram, rosemary, violet leaf

CONSOLING
Le Believe, Le Millenia, Le Sanctuary, benzoin, chamomile Roman, cypress, geranium, melissa, melissa blend, rose

CONTENTMENT
Le Believe, Le Sanctuary, Le Tranquility, bergamot, chamomile Roman, clove, cypress, lavender, neroli, orange sweet, patchouli, rose, sandalwood, ylang ylang

COOPERATION
Le Believe, Le Beloved, Le Unity, chamomile Roman, grapefruit, jasmine, rose, ylang ylang

COPING (INABILITY TO)
Le Beloved, Le EZ Traveler, Le Grace, Le Millenia, Le QuietEssence
COURAGE
Le Cherish, Le Exhilaration, Le EZ Traveler, Le Millenia, frankincense, cedarwood, marjoram, orange sweet, thyme

DECISIVENESS

DEPENDENCE (FEAR OF)
Le Bountiful, Le Reconciliation, Le Trust, peppermint

DEPRESSION

DREAMS
Le Dreams, Le Exhilaration, Le GoodNite, cedarwood, helichrysum

EMOTIONAL BAGGAGE (RELEASING)

EMPATHETIC
Le Grateful Heart, Le Reconciliation, Le Unity, chamomile Roman, lavender, melissa, melissa blend

ENERGIZING

ENERGY WORK
Le Benediction, Le Magi

ENERGY PROTECTION
Le Benediction, Le Grace

ENTHUSIASM
Le Millenia, Le Vitality, Le WakeUp, coriander, geranium, grapefruit, jasmine, lemon, melissa, melissa blend, orange sweet, ylang ylang

EXHAUSTION (PHYSICAL)
Le Aspire, Le Energy, Le EndoRelief, Le Intention, Le WakeUp

EXPRESSING NEEDS
Le Benediction, Le Millenia

FAITH
Le Believe, Le Discernment, Le Faith, Le Sanctuary, chamomile Roman, coriander, frankincense, juniper berry, neroli, spikenard

FEAR
Le AboutFace (fear of death), Le Assurance, Le Faith (abandonment, poverty), Le Magi, Le Wisdom

FLEXIBILITY
Le Insight, Le Millenia, Le Tomorrow, clary sage, geranium, lavender, lemon, myrtle, ylang ylang

FORGIVING
Le Believe, Le Trust, Le Grace, Le QuietEssence, Le Reconciliation, Le Tomorrow, chamomile Roman, neroli, pine, rose, spikenard
FORTITUDE
  LeBeloved, LeEZ Traveler, LeMillenia, cedarwood, frankincense, rosemary, thyme

FRUSTRATION

FUTURE (LOOKING FORWARD TO WITH JOY)

GENEROSITY
  LeBelieve, LeBountiful, LeReconciliation, LeTrust, benzoin, cinnamon, geranium, grapefruit, lavender, melissa, melissa blend, nutmeg, sandalwood

GRATITUDE
  LeBenediction, LeFaith, LeGrateful Heart, LeQuietEssence

GRIEF

HEALING (DESIRE TO)
  LeAboutFace, LeFaith, LeGrace, LeMillenia, LePatches, LeQuietEssence, LeReconciliation, LeReflections

HUMILITY
  LeFaith, LeTrust, LeUnity, chamomile Roman, chamomile German, juniper berry, melissa, melissa blend, neroli, pine

INDEPENDENCE
  LeLetting Go, LeMillenia, LeWakeUp, clary sage, geranium, grapefruit, lemon, peppermint

INNER STRENGTH

INTUITION
  LeBelieve, LeInsight, LeMagi, LeQuietEssence, LeSanctuary, LeVision, jasmine, neroli

IRRITABILITY

JEALOUSY
  LeGrace, LeKadence, LeLetting Go, LeReconciliation, LeSynopsis, LeTrust, LeUnity

JOY
  LeAgeLess, LeCherish, LeKadence, LeTomorrow, LeUnity, LeWhispering Hope, bergamot, chamomile Roman, frankincense, grapefruit, helichrysum, jasmine, lemon, neroli, orange sweet, rose, sandalwood, ylang ylang

JOURNALING
  LeConnection, LeMeditation

JUDGING, JUDGEMENTAL
  LeGrace, LeKadence, LeLetting Go, LeReconciliation, LeSynopsis, LeTrust, LeUnity
LEADERSHIP
Le Discernment, Le IQ, Le Tomorrow, Le Unity

LIMBIC SYSTEM
Le Discernment, Le Millenia

LONELINESS
Le Believe, Le Benediction, Le Cherish, Le Grace, Le GoodNite, Le Key to my Heart, Le Magi, Le Reconciliation

LOVE ONESELF
Le Cherish, Le Believe

LOVED (FEELING)
Le Angel, Le Grace, Le Reflections, Le Sego Lily

MEDITATION
Le Cherish, Le Connection, Le Dreams, Le Meditation

MEMORIES (TRAUMATIC)
Le Angel, Le Grace, Le Reconciliation

MEMORY (IMPROVE)
Le Crystal Clear, Le IQ, Le WakeUp, coriander, lemon, rosemary, peppermint

MOOD
Le Beloved, Le Bountiful, Le Everlasting, Le Kindred Spirit, Le TendaCare

MOOD SWINGS
Le Angel, Le Balance, Le Beloved, Le Bountiful, Le HeartSong, Le Tomorrow, Le Woman Wise

MOTIVATING
Le Assurance, Le Believe, Le Intention, Le Meditation, bergamot, black pepper, clove, coriander, cypress, grapefruit, lavender, lemon, pine, rosemary

NEGATIVE EMOTIONS (CELLULAR LEVEL)
Le AboutFace, Le Believe, Le Discernment, Le Everlasting, Le Focus (patterns), Le Letting Go, Le Reconciliation, Le UnDone

NIGHTMARES
Le Dreams, Le GoodNite

NON-ACCEPTANCE OF A PREGNANCY
Le Whispering Hope

OPTIMISM
Le Believe, Le Cherish, Le Energy, Le Everlasting, Le Millenia, Le Whispering Hope, coriander, jasmine, petitgrain

ORGANIZED
Le Connection, Le Insight, Le Millenia, Le Turmoil, cedarwood, chamomile German, lemon, peppermint

OVERWHELMED
Le Grace, Le QuietEssence, Le Whispering Hope

QUARRELSOME
Le Cherish, Le Synopsis, Le Unity

PARENT/CHILD RELATIONSHIPS
Le Baby Me, Le Reconciliation
PATIENCE
Le Kindred Spirit, Le Tranquility, Le Unity, chamomile German, cypress, helichrysum, pine, rose

PEACE (IN THE HOME OR OFFICE)
Le QuietEssence, Le Unity

PEACEFUL
Le Believe, Le GoodNite, Le QuietEssence, Le Reconciliation, Le Sanctuary, Le Sego Lily, Le Solitude, Le Tranquility, Le Trust, Le Unity, Le Whispering Hope, chamomile German, chamomile Roman, mandarin, melissa, neroli, sandalwood

PERSPECTIVE

PREGNANCY (NON-ACCEPTANCE OF)
Le Whispering Hope

PRIDE
Le AboutFace, Le Discernment, Le Letting Go, Le Reconciliation, Le Unity

PROBLEM SOLVING
Le Exhilaration

PROCRASTINATION
Le Assurance, Le Acknowledge, Le Believe

REBELLION
Le Letting Go, Le Tranquility, birch

REGRET
Le Cherish, Le HeartSong, Le Reflections, Le Synopsis, rue

RELATIONSHIPS
Le Beloved, Le CinnamonBear, Le Expressions, Le Grace, Le Holiday Spirit, Le Moonlight (romantic), Le Reconciliation, anthopogon

RELAXATION

RELEASE EMOTIONS
Le Believe, Le Letting Go, Le Reconciliation

RESENTMENT

SAFE
Le Angel, Le Letting Go, Le Sanctuary

SECURITY
Le Bountiful, Le Holiday Spirit, Le Letting Go, Le Reconciliation, Le Whispering Hope

SELF CONFIDENCE
Le Assurance, Le CinnamonBear, Le Faith, Le Grace, Le Millenia, Le Vision
SELF-ESTEEM
Le Believe, Le Magi, Le Sanctuary, Le Inner Peace, bergamot, cedarwood, geranium, jasmine, rose, sandalwood, ylang ylang, vetiver

SELF-FORGIVENESS
Le Believe, Le Letting Go, Le Solitude, chamomile Roman, frankincense, geranium

SELF-WORTH
Le Believe, Le Beloved, Le Breezy, Le Millenia, Le Faith, Le Vision, juniper berry, mandarin, orange sweet, patchouli, rose

SERENITY
Le Believe, Le Grace, Le Letting Go, Le Solitude, chamomile Roman, sandalwood

SOOTHING
Le Baby Me, Le Believe, Le Inner Peace, Le Magi, Le Sanctuary, Le Solitude, Le Tranquility, Le Unity, Le Whispering Hope, chamomile German, chamomile Roman, jasmine, patchouli

STAMINA
Le LiteN, Le LivN, Le Revitalize, Le Vitality, Le WakeUp, black pepper, cinnamon

STUBBORNNESS
Le Letting Go, Le Reconciliation, Le Unity, Le Vision

STUDYING
Le Crystal Clear, Le Focus, Le IQ, laurel, peppermint, rosemary

IF RESTLESS, EASILY DISTRACTED
frankincense, geranium

FORGETS WHAT WAS READ
lemon, pine, rosemary

SYMPATHETIC
Le Believe, Le Grace, Le Reconciliation, Le Trust, Le Unity, geranium, mandarin, orange sweet, rose, rosewood

TENACITY
Le Believe, Le Millenia, pine

TENDERNESS
Le Believe, Le Grateful Heart, Le Unity, benzoin, mandarin, rose

THANKFULNESS
Le Cherish, Le Bountiful, Le Grace, Le Grateful Heart

TOLERANT
Le Believe, Le Grace, Le Grateful Heart, Le Letting Go, Le Reconciliation, Le Trust, clary sage, frankincense, lavender, marjoram, peppermint, thyme

TRAUMA

TRAUMATIC MEMORIES
Le Angel, Le Cherish, Le Grace, Le Reconciliation
**TRUST**
LeBelieve, LeBeloved, LeLetting Go, LeTrust, LeTurmoil, LeSanctuary, basil, cypress, lavender

**UNDERSTANDING**
LeBelieve, LeCherish, LeGrace, LeQuietEssence, LeReconciliation, LeTranquility, LeUnity, chamomile German, chamomile Roman, cypress, neroli, pine

**UPLIFTING**
LeCherish, LeHeartSong, LeMillenia, LeSanctuary, LeTomorrow, clary sage, grapefruit, jasmine, juniper berry, mandarin, orange sweet, petitgrain, ylang ylang

**VITALITY**
Intention, LiteN, LivN, Revitalize, Vitality, juniper berry, peppermint

**VICTIM (CONSCIOUSNESS)**
LeCherish, LeFocus, LeGrace, LeReconciliation

**WILLPOWER**
EZ Traveler, Vision, cypress

**WISDOM**
Grace, Reconciliation, Reflections, Sanctuary, Tomorrow, Wisdom, frankincense, rose, cypress, sandalwood

**WORRY**
LeBelieve, LeBountiful, EZ Traveler, Faith, Kadence, QuietEssence