

## Essential Oils For Various Emotions

(Based on anecdotal experience and traditional usage)

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 function. 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 unforgiveness, 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:** <sup>Le</sup>Believe, <sup>Le</sup>Letting Go, <sup>Le</sup>Tranquility, coriander, lemon, peppermint, pine

**Abandonment (fear of):** <sup>Le</sup>Faith, lavender

**Abundance:** <sup>Le</sup>Bountiful

**Abuse (all/any):** <sup>Le</sup>Angel, <sup>Le</sup>Beloved

**Acceptance (of love):** <sup>Le</sup>Angel, <sup>Le</sup>Believe, <sup>Le</sup>Beloved, <sup>Le</sup>Trust, pine, rose, Roman chamomile, melissa

**Acceptance (of self):** <sup>Le</sup>Believe, <sup>Le</sup>Beloved, <sup>Le</sup>Inner Peace, <sup>Le</sup>Letting Go, peppermint, cypress, helichrysum, petitgrain

**Acceptance (of change):** <sup>Le</sup>Believe, <sup>Le</sup>Beloved, <sup>Le</sup>Inner Peace, <sup>Le</sup>Tranquility, grapefruit, helichrysum, geranium, lemon

**Alertness:** <sup>Le</sup>IQ, <sup>Le</sup>Crystal Clear, grapefruit, lavender, thyme, bergamot, black pepper, cinnamon, coriander, eucalyptus, juniper, lime, peppermint, petitgrain, pine, rosemary

**Alone (fear of being):** <sup>Le</sup>Good-Nite, <sup>Le</sup>Inner Peace, <sup>Le</sup>Magi, <sup>Le</sup>Whispering Hope

**Anxiety:** <sup>Le</sup>EZ-Traveler, <sup>Le</sup>Good-Nite, <sup>Le</sup>Heart Song, <sup>Le</sup>Tranquility, <sup>Le</sup>Trust

**Apathy:** <sup>Le</sup>Believe, <sup>Le</sup>IQ, <sup>Le</sup>Vision, <sup>Le</sup>Believe

**Assertion:** <sup>Le</sup>Millenia, <sup>Le</sup>Vitality, jasmine, fennel, basil, cedarwood, cypress, frankincense, ginger, patchouli, bergamot, ylang ylang, black pepper, coriander, lime, litsea cubeba

**Awareness (self):** <sup>Le</sup>Sanctuary, grapefruit, lemon jasmine, lavender, rosemary, helichrysum.

**Awareness: (spiritual):** <sup>Le</sup>Believe, <sup>Le</sup>Inner Peace, <sup>Le</sup>Sanctuary, <sup>Le</sup>Vision, Roman chamomile, neroli, frankincense, juniper, rose.

**Balanced (emotionally):** <sup>Le</sup>Heart Song, <sup>Le</sup>Tranquility, <sup>Le</sup>Believe, <sup>Le</sup>Unity, lavender, lemon, rose, cedarwood, sweet orange, mandarin, sandalwood

**Benevolence:** <sup>Le</sup>Bountiful, <sup>Le</sup>Grateful Heart, cinnamon, benzoin, patchouli, lavender.

**Calming (general):** <sup>Le</sup>Believe, <sup>Le</sup>EZ-Traveler, <sup>Le</sup>Good-Nite, <sup>Le</sup>Tranquility, <sup>Le</sup>Heart Song, lavender, melissa and melissa blend

**Calmness:** <sup>Le</sup>Believe, <sup>Le</sup>Good-Nite, <sup>Le</sup>Unity, German & Roman chamomile, clary sage, rose, helichrysum, lemon, mandarin, marjoram, neroli, ylang ylang, frankincense

**Cellular Memory:** <sup>Le</sup>Insight, <sup>Le</sup>Letting Go.

**Changes (going through):** <sup>Le</sup>Millenia, <sup>Le</sup>Tomorrow, cypress, cedarwood, rosemary, lemon

**Clarity:** <sup>Le</sup>Meditation, <sup>Le</sup>Unity, basil, fennel, grapefruit, lavender, lemon, rosemary

**Clarity (of thought):** <sup>Le</sup>Crystal Clear, lemon, rosemary, basil, clove, petitgrain

**Co-dependency:** <sup>Le</sup>Trust, sandalwood

**Comforting:** <sup>Le</sup>Believe, <sup>Le</sup>Baby Me, <sup>Le</sup>Good-Nite, <sup>Le</sup>Inner Peace, <sup>Le</sup>Magi, <sup>Le</sup>Sanctuary, cedarwood, Roman chamomile, cypress, frankincense, geranium, marjoram, rose, lavender, sandalwood, melissa

**Communication:** <sup>Le</sup>Connection, <sup>Le</sup>Trust, <sup>Le</sup>Unity, geranium, German chamomile, grapefruit, peppermint, lemon

**Compassionate:** <sup>Le</sup>Believe, <sup>Le</sup>Meditation, <sup>Le</sup>Trust, <sup>Le</sup>Unity, chamomile Roman chamomile, lavender, rose, neroli, pine, cypress, melissa

**Concentration:** <sup>Le</sup>Crystal Clear, <sup>Le</sup>Focus, <sup>Le</sup>IQ, <sup>Le</sup>Wake-Up, peppermint, rosemary, cedarwood, eucalyptus, lemon, thyme

**Confidence:** <sup>Le</sup>Beloved, <sup>Le</sup>Millenia, <sup>Le</sup>Wisdom, bergamot, cedarwood, clary sage, coriander, cypress, fennel, ginger, grapefruit, jasmine, ylang ylang, marjoram, pine, petitgrain, rose, rosemary

**Conflict (fear of conflict):** <sup>Le</sup>EZ-Traveler, <sup>Le</sup>Millenia.

**Confusion:** <sup>Le</sup>Crystal Clear, ginger, rosemary, benzoin, cinnamon, clove, marjoram, lavender

**Consoling:** <sup>Le</sup>Believe, <sup>Le</sup>Millenia, <sup>Le</sup>Sanctuary, Roman chamomile, cypress, benzoin, melissa and melissa blend, rose, geranium

**Contentment:** <sup>Le</sup>Believe, <sup>Le</sup>Sanctuary, <sup>Le</sup>Tranquility, cypress, rose, lavender, neroli, bergamot, sweet orange, sandalwood, patchouli, ylang ylang, Roman chamomile, clove

**Cooperation:** <sup>Le</sup>Believe, <sup>Le</sup>Beloved, <sup>Le</sup>Unity, R. cham, grapefruit, rose, jasmine, ylang ylang

**Coping: (inability to)** <sup>Le</sup>Beloved, <sup>Le</sup>EZ-Traveler, <sup>Le</sup>Millenia

**Courage:** <sup>Le</sup>EZ-Traveler, <sup>Le</sup>Millenia, frankincense, marjoram, cedarwood, sweet orange, thyme

**Decisiveness:** <sup>Le</sup>Millenia, <sup>Le</sup>Vision, <sup>Le</sup>Wake-Up, basil, thyme, cedarwood, patchouli, peppermint

**Dependence: (fear of)** <sup>Le</sup>Bountiful, <sup>Le</sup>Trust, peppermint

**Depression:** <sup>Le</sup>Believe, <sup>Le</sup>Beloved, <sup>Le</sup>Heart Song, <sup>Le</sup>Turmoil, <sup>Le</sup>Acknowledge, <sup>Le</sup>Baby Me, <sup>Le</sup>Unity, <sup>Le</sup>Meditation, <sup>Le</sup>Tranquility, <sup>Le</sup>Letting Go, <sup>Le</sup>Sego Lily, <sup>Le</sup>Grateful Heart, madnarin, rose, bergamot, sweet orange, ylang ylang, rose, geranium, lavender, Roman chamomile, lemon, jasmine, neroli, sandalwood, marjoram, frankincense, ravensara, rosewood

**Dreams:** <sup>Le</sup>Dreams, <sup>Le</sup>Exhilaration, <sup>Le</sup>Good-Nite, helichrysum, cedarwood

**Empathetic:** <sup>Le</sup>Grateful Heart, <sup>Le</sup>Unity, Roman chamomile, lavender, melissa and melissa blend

**Energizing:** <sup>Le</sup>Bountiful, <sup>Le</sup>Energy, <sup>Le</sup>Revitalize, <sup>Le</sup>Vitality, <sup>Le</sup>Wake-Up, sweet orange, pine, thyme, basil, peppermint, rosemary, cinnamon, eucalyptus, grapefruit, helichrysum

**Enthusiasm:** <sup>Le</sup>Millenia, <sup>Le</sup>Vitality, <sup>Le</sup>Wake-Up, sweet orange, jasmine, lemon, grapefruit, ylang ylang, coriander, geranium, melissa and melissa blend

**Exhaustion: (Physical)** <sup>Le</sup>Aspire, <sup>Le</sup>Energy, <sup>Le</sup>Endo Relief, <sup>Le</sup>Wake-Up.

**Faith:** <sup>Le</sup>Believe, <sup>Le</sup>Faith, <sup>Le</sup>Sanctuary, frankincense, spikenard, juniper, coriander, Roman chamomile, neroli

**Flexibility:** <sup>Le</sup>Insight, <sup>Le</sup>Millenia, <sup>Le</sup>Tomorrow, geranium, lavender, clary sage, lemon, myrtle, ylang ylang

**Forgiving:** <sup>Le</sup>Trust, <sup>Le</sup>Tomorrow, pine, rose, neroli, Roman chamomile

**Fortitude:** <sup>Le</sup>Beloved, <sup>Le</sup>EZ-Traveler, <sup>Le</sup>Millenia, cedarwood, frankincense, rosemary, thyme

**Frustration:** <sup>Le</sup>Acknowledge, <sup>Le</sup>Discernment, <sup>Le</sup>Tranquility

**Generosity:** <sup>Le</sup>Believe, <sup>Le</sup>Bountiful, <sup>Le</sup>Trust, grapefruit, benzoin, nutmeg, cinnamon, sandalwood, melissa and melissa blend, lavender, geranium

**Humility:** <sup>Le</sup>Faith, <sup>Le</sup>Trust, <sup>Le</sup>Unity, juniper, pine, Roman & German chamomile, melissa and melissa blend, neroli

**Independence:** <sup>Le</sup>Letting Go, <sup>Le</sup>Millenia, <sup>Le</sup>Wake-Up, geranium, clary sage, lemon, grapefruit, peppermint

**Inner Strength:** <sup>Le</sup>Believe, <sup>Le</sup>Beloved, <sup>Le</sup>EZ-Traveler, <sup>Le</sup>Millenia, <sup>Le</sup>Tranquility, <sup>Le</sup>Unity, <sup>Le</sup>Vision helichrysum, geranium, Roman chamomile, melissa

**Intuitiveness:** <sup>Le</sup>Believe, <sup>Le</sup>Insight, <sup>Le</sup>Sanctuary, <sup>Le</sup>Vision, jasmine, neroli

**Joy:** <sup>Le</sup>Unity, <sup>Le</sup>Whispering Hope, bergamot, lemon, neroli, sweet orange, rose, sandalwood, frankincense, ylang ylang, Roman chamomile, grapefruit, jasmine, helichrysum

**Loneliness:** <sup>Le</sup>Believe, <sup>Le</sup>Benediction, <sup>Le</sup>Good-Nite, <sup>Le</sup>Magi

**Memory: (good)** <sup>Le</sup>Crystal Clear, <sup>Le</sup>IQ, <sup>Le</sup>Wake-Up, coriander, lemon, rosemary, peppermint

**Motivating:** <sup>Le</sup>Assurance, <sup>Le</sup>Believe, <sup>Le</sup>Meditation, coriander, lavender, clove, rosemary, grapefruit, lemon, pine, cypress, bergamot, black pepper

**Optimism:** <sup>Le</sup>Believe, <sup>Le</sup>Energy, <sup>Le</sup>Millenia, <sup>Le</sup>Whispering Hope, coriander, jasmine, petitgrain

**Organized:** <sup>Le</sup>Insight, <sup>Le</sup>Turmoil, German chamomile, cedarwood, peppermint, lemon

**Patience:** <sup>Le</sup>Tranquility, <sup>Le</sup>Unity, German chamomile, cypress, pine, helichrysum, rose

**Peaceful:** <sup>Le</sup>Believe, <sup>Le</sup>Good-Nite, <sup>Le</sup>Tranquility, <sup>Le</sup>Trust, <sup>Le</sup>Unity, mandarin, melissa, sandalwood, neroli, Roman & German chamomile

**Procrastination:** <sup>Le</sup>Believe, <sup>Le</sup>Assurance, <sup>Le</sup>Acknowledge

**Rebellion:** <sup>Le</sup>Letting Go, <sup>Le</sup>Tranquility, birch

**Self-esteem:** <sup>Le</sup>Believe, <sup>Le</sup>Magi, <sup>Le</sup>Sanctuary, sandalwood, ylang ylang, rose, vetiver, jasmine, bergamot, geranium, cedarwood

**Self-forgiveness:** <sup>Le</sup>Believe, <sup>Le</sup>Letting Go, <sup>Le</sup>Solitude, R. chamomile, frankincense, geranium

**Self-worth:** <sup>Le</sup>Believe, <sup>Le</sup>Beloved, <sup>Le</sup>Breezey, <sup>Le</sup>Millenia, <sup>Le</sup>Vision, juniper, rose, mandarin, sweet orange, patchouli

**Serenity:** <sup>Le</sup>Believe, <sup>Le</sup>Letting Go, <sup>Le</sup>Solitude, Roman chamomile, sandalwood

**Soothing:** <sup>Le</sup>Believe, <sup>Le</sup>Baby Me, <sup>Le</sup>Inner Peace, <sup>Le</sup>Magi, <sup>Le</sup>Sanctuary, <sup>Le</sup>Solitude, <sup>Le</sup>Tranquility, <sup>Le</sup>Whispering Hope, <sup>Le</sup>Unity, German & Roman chamomile, jasmine, patchouli

**Stamina:** <sup>Le</sup>Vitality, <sup>Le</sup>Wake-Up, <sup>Le</sup>Revitalize, black pepper, cinnamon

**Sympathetic:** <sup>Le</sup>Believe, <sup>Le</sup>Trust, <sup>Le</sup>Unity, mandarin, sweet orange, geranium, rose, rosewood

**Tenacity:** <sup>Le</sup>Believe, <sup>Le</sup>Millenia, pine

**Tenderness:** <sup>Le</sup>Believe, <sup>Le</sup>Grateful Heart, <sup>Le</sup>Unity, rose, mandarin, benzoin

**Tolerant:** <sup>Le</sup>Believe, <sup>Le</sup>Grateful Heart, <sup>Le</sup>Letting Go, <sup>Le</sup>Trust, thyme, peppermint, frankincense, clary sage, lavender, marjoram

**Trust:** <sup>Le</sup>Believe, <sup>Le</sup>Beloved, <sup>Le</sup>Trust, <sup>Le</sup>Letting Go, basil, cypress, lavender

**Understanding:** <sup>Le</sup>Believe, <sup>Le</sup>Tranquility, <sup>Le</sup>Unity, G. & R. chamomile, cypress, neroli, pine

**Uplifting:** <sup>Le</sup>Heart Song, <sup>Le</sup>Millenia, <sup>Le</sup>Sanctuary, <sup>Le</sup>Tomorrow, clary sage, grapefruit, jasmine, juniper, mandarin, sweet orange, petitgrain, ylang ylang

**Vitality:** <sup>Le</sup>Revitalize, <sup>Le</sup>Vitality, juniper, peppermint

**Victim: (consciousness):** <sup>Le</sup>Focus

**Willpower:** <sup>Le</sup>Ez-Traveler, <sup>Le</sup>Vision, cypress

**Wisdom:** <sup>Le</sup>Sanctuary, <sup>Le</sup>Tomorrow, <sup>Le</sup>Wisdom, frankincense, rose, cypress, sandalwood

**Worry:** Believe, <sup>Le</sup>Bountiful, <sup>Le</sup>EZ-Traveler, <sup>Le</sup>Faith