

**360 Homeopathy, LLC**

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If you were able to join us for **April's Emotional Spring Cleaning with Essential Oils** class, thank you for coming! It was great to see everyone!

If you missed it, we compiled all our notes and are excited to share a recap of everything we covered.

If you have any follow-up questions, please don't hesitate to contact us!

WHAT ARE ESSENTIAL OILS?

Pure plant essence derived/distilled from flowers, trees, roots, bushes, resins, and seeds

HOW TO USE?

Inhalation, topical, internal (cautions- dilutions, photosensitivity, age, pregnancy, health conditions, etc.)

FOR EMOTIONAL TRANSFORMATION: massage topical oils clockwise onto skin, then inhale oils while visualizing desired outcome.

Smell accesses the limbic system of the brain which is the seat of our emotions. Studies at New York University proved the amygdala gland (the gland in the limbic system that stores and releases trauma in the body) DOES NOT respond to sound, sight or touch, it can only release emotional trauma through the sense of smell. For example, Sesquiterpenes (found in high levels in frankincense and sandalwood) help to increase oxygen in the limbic system of the brain which in turn "unlocks" the DNA and allows emotional baggage to be released from our cellular memory.

EVERYDAY OILS FOR EVERYDAY EMOTIONS FEELINGS KIT**Emotions/Oils/Alarm Point**

1. Identify and feel the emotion
2. Smell the appropriate oil
3. Feel the other side of the emotion
4. Apply the oil to the alarm points
5. Focus on or say the statement that provides a way out, allowing you to move from a negative to a positive state.
6. Repeat as needed

FAVORITE EMOTIONAL OILS

BELIEVE, CEDARWOOD, CLARITY, FRANKINCENSE, HARMONY, JOY, HIGHEST POTENTIAL, INNER CHILD, PEACE AND CALMING, RELEASE, SAGE, SANDALWOOD, STRESS AWAY, VALOR, WHITE ANGELICA

HOMEOPATHY'S MOST POPULAR UNIVERSAL REMEDIES for emotional imbalance support

Aurum: This remedy is made from gold and is an important remedy for depression possibly brought on by the loss of love, grief or severe emotional stress where a person becomes despairing, tired of life, discontented and has a profound sense of worthlessness; the person may be full of self-condemnation and is the epitome of gloom and doom, fearsome, worried, hurried and quarrelsome; cannot stand contradiction and is liable to outbursts of rage with subsequent remorse. Aurum suits the person whose negativity is brought on or made worse by grey, cold, cloudy days, and is also the homeopathic treatment for SAD – Seasonal Affective Disorder.

Ignatia: Best used where the emotions are in great turmoil after shock, grief, loss of love or disappointment, and where symptoms of worry, anxiety or hysteria are most pronounced. This emotional state may be accompanied by symptoms such as hiccoughs, a lump in the throat, sighing, trembling and twitching, or even hysterical vomiting, diarrhoea or insomnia. Moods may vary from sadness, silence and sobbing to total uncontrollable or inconsolable hysteria; brooding or bottling up of emotions.

Lachesis: This remedy will help with negative emotions such as hatred, bitterness, jealousy and envy. It suits the person who feels sad in the morning, with no desire to mix with the world. The person may feel restless and uneasy, and is suspicious of others. All symptoms are worse after sleep, and mental labour is best performed at night.

Pulsatilla: For fear or anxiety about separation which leads to clinginess, tearfulness and emotional changeability. Fear of a loved one being harmed.

Sepia: My favorite woman's remedy. Helpful for symptoms including sadness, tearfulness and irritability. The person is easily offended, snappy (especially with her husband and children);

feels that she can't cope and is exhausted. Sleep is restless and unrefreshing. She has low libido and cannot stand to be touched.

Nat Mur: For the long-term ill effects of grief (and even fear or anger) where the person will not let go of the pain, still feels emotional hurt, bears grudges, feels resentful and dwells on past emotional upsets such as separation, divorce, betrayal, financial difficulties and lack of parental love. Also helpful in cases where the emotions have been suppressed. This remedy will suit the person who appears 'in control', is irritated by consolation and prefers to cry alone. Where a

friend or loved one seems almost too brave and stoic under dire circumstances, Nat Mur will ease their suffering.

THE ORIGINAL BACH RESCUE REMEDY

Rescue Remedy is a combination of five of the original Bach Flower Remedies which are especially beneficial when you find yourself in traumatic situations, such as, stress, emergencies, after getting bad news, before an exam or job interview and all other kind of situations where we suddenly lose balance mentally. The Remedies quickly get us back in our normal balance so that we calmly can deal with any situation.

Impatiens: For those who act and think quickly, and have no patience for what they see as the slowness of others. They often prefer to work alone. Teaches empathy and understanding of and patience with others. We've found it very fast-acting in alleviating an impatient attitude and lowering stress.

Star of Bethlehem: For trauma and shock, whether experienced recently or in the past. Teaches the ability to recover from traumas and to integrate them into the present life.

Cherry Plum: For those who fear losing control of their thoughts and actions and doing things they know are bad for them or which they consider wrong. Teaches trust in one's spontaneous wisdom and the courage to follow one's path.

Rock Rose: For situations in which one experiences panic or terror.

Clematis: For those who find their lives unhappy and withdraw into fantasy worlds. They are ungrounded and indifferent to the details of everyday life. Teaches one to establish a bridge between the physical world and the world of ideas; may foster great creativity. Is also used to bring clarity and alertness to the present moment.

Chestnut Bud

“For those who do not take full advantage of observation and experience, and who take a longer time than others to learn the lessons of daily life. Whereas one experience would be enough for some, such people find it necessary to have more, sometimes several, before the lesson is learnt. Therefore, to their regret, they find themselves having to make the same error on different occasions when once would have been enough, or observation of others could have spared them even that one fault.” - **Dr. Edward Bach**

Keywords: Learning, repeating mistakes

Human indication: Keeps repeating the same mistake, doesn't learn from past Mistakes

Oak

“For those who are struggling and fighting strongly to get well, or in connection with the affairs of their daily life. They will go on trying one thing after another, though their case may seem hopeless. They will fight on. They are discontented with themselves if illness interferes with

their duties or helping others. They are brave people, fighting against great difficulties, without loss of hope or effort.” -**Dr. Edward Bach**

Keyword: Exhaustion, overwork, workaholic, fatigued, over-achiever

Human Indication: When you are exhausted, but keep struggling on.

Walnut

“For those who have definite ideals and ambitions in life and are fulfilling them, but on rare occasions are tempted to be led away from their own ideas, aims and work by the enthusiasm convictions or strong opinions of others. The remedy gives constancy and protection from outside influences.” - **Dr. Edward Bach**

Keywords: Change, link breaker, menopause, puberty, moving, let go of the past, protection

Human indication: Protection from outside influences and energies. Helps you adjust to major changes.

Willow

“For those who have suffered adversity or misfortune and find these difficult to accept, without complaint or resentment, as they judge life much by the success which it brings. They feel that they have not deserved so great a trial that it was unjust, and they become embittered. They often take less interest and are less active in those things of life which they had previously enjoyed.” - **Dr. Edward Bach**

Keywords: Self pity, resentment, short-changed, poor me, sulky, irritable, grumbling, bitterness, blame, complain

Human indication: When you feel resentment, self-pity and bitterness. You would like to regain a sense of humor and proportion.

DOSING BACH FLOWERS: How do I prepare a treatment bottle?

You get a 1oz mix dropper bottle add 2 drops of each Remedy. You can combine up to 6 or 7 Remedies in a treatment bottle. As preservative (optional) you can add 1 teaspoon brandy, apple cider vinegar or vegetable glycerin. Then you fill the bottle with distilled water. From this mixture you take 4 drops, 4 times a day until you feel better.

You may also take 2-4 drops directly on the tongue straight from the bottle. Taking 6 times a day or as needed.

Dosing: *Begin with a 6C or 30C potency and take two tablets every two to four hours depending on the severity, or acuteness, of the illness. Once you begin to notice improvement, increase the intervals between dosages, and when it seems that improvement is well on its way, discontinue the treatment. If you use a remedy longer than necessary, it might tend to cause the symptoms to recur. If symptoms don't improve stop taking the remedy. It's always better to consult with a qualified practitioner if you are experiencing long term chronic conditions.*

Take your remedy with a clean mouth free from drink, food, tobacco, toothpaste, or mouthwash. Allow the tablet or granules to dissolve in your mouth rather than swallowing

them with water, and do not ingest anything except water for fifteen minutes after taking the remedy.

RESOURCES

RELEASING EMOTIONAL PATTERNS WITH ESSENTIAL OILS

by Carolyn Mein, D.C.

“A practical guide to shift a negative feeling or experience into one that was love rather than fear based.”

Harmonizing Emotions p29

Peaceful Warrior p95

Auricular Therapy p98 (as a general clearing use Release on all points)

Muscle Testing p108

YOUNG LIVING- FARMS, SEED TO SEAL PROCESS, 20TH YR, EDUCATION AND MATERIALS

http://www.youngliving.com/en_US