

High Vibe Essential Oils

Essential oils have been around for thousands of years. Ancient civilizations used this form of plant medicine for religious ceremonies, burial rituals, and for remedies for common ailments. I have been learning about and using essential oils for the last ten years and I have found that they are an amazing addition to my daily life, my spiritual practices and my massage practice. Each essential oil has specific qualities, chemical constituents and high vibrational frequencies, that can support your physical body and most importantly shift your energy/vibration very quickly!

We know that we can change the vibrations in our bodies by eating high vibrational food, drinking water, exercising regularly, getting out into nature daily and by singing/toning a consistent frequency, it just makes you feel good to do those things! You can also get the same shift by inhaling an essential oil. Essential oils have very high frequencies ranging between 52 mhz and 320 mhz.

According to some, they have the highest frequencies of any organic substance available. Some examples are; Frankincense- 147 mhz, Lavender- 118 mhz, Sandalwood- 98 mhz, Peppermint- 78 mhz and

the highest is Rose at 320 mhz. How do you use them?? There are 3 ways you can use them, aromatically, topically and internally (only certain brands).

There are a couple ways to use them aromatically. First way is the quickest. Put a couple of drops of the oil into the palms of your hands and inhale through your nose, the aromatic compounds go to your olfactory bulb and into the brain creating a chemical shift. Secondly, is using a diffuser to diffuse the oils into your home or workplace.

You can also use them topically, placing a couple drops on the bottoms of your feet, on the back of the neck, on your chest or on the bottoms of your feet, to be absorbed into the body. You can put them anywhere you need them.

What to use and when?

If you think about what the plant of the essential looks like, or where it comes from it can help to guide you to its benefits. For example; Oils that come from trees or roots are very grounding and calming.

Cedarwood, Frankincense, Blue Spruce, Arborvitae (the tree of life) are all examples of oils that are great to keep you grounded. Citrus oils are amazing to help elevate your mood creating happy and joyful

feelings. You can tell by the bright vibrant colors of orange, lemon and lime. If you look at a rose, you can see the petals soft and open. This oil warms the heart and every time I use it, I feel like I'm getting a warm hug. Most of the floral oils are very comforting, and heart opening, or help with expressing your emotions.

Personally I have had a lot of experience with overwhelm, and depression, I am a mother of two, a wife, and I work full time. I tend to find myself in that low vibrational state quite often, because I take care of everyone else including my clients... Having essential oils by my side has been a game changer for me. I diffuse uplifting citrus oils or peppermint to give me the strength to get through the day, or Lavender to help calm my nerves if I get overwhelmed.

There are also a few essential oils that I use during my meditations. They help me get into a very deep state of relaxation and calm my monkey mind. I use Frankincense, Sandalwood, and Arborvitae for journey work as well.

I challenge you to surround yourself with high vibrational people, places and things. You will see a huge shift I promise!

“If you want to find the secrets of the universe, think in terms of energy, frequency and vibration” - Nicola Tesla