

Essential Oils and the Body-Mind Connection

We all have favorite essential oils. I love rose oil, with its beautiful, intoxicating aroma. It is indeed the most luxurious

perfume of all times. I also like Valor and Frankincense; they are so uplifting (Valor has Frankincense in it). No wonder why the ancients choose Frankincense to be the Holy Anointing oil!

We love the pleasant smell in an oil, yet sometimes don't even care to know what or how this happens or why it makes us feel happy! Here is a little bit of what has been found so far.

Some refer to essential oils as, "Vehicles of Living Energy." Why? First, to understand this, we need to remember that a compound made in a lab may have the same chemical formula as one produced in nature, but it is NOT the same and does not have the same effect on your body and mind. What scientists concluded is that the chemical ring-structures of an essential oil could no longer be thought of as an expression of matter measured by discrete sizes, dimensions and masses. This is because they are actually waveforms to be measured by frequencies and amplitudes. In other words, the compounds of essential oils are not just molecules of matter, they are energetic waveforms. Thus, essential oils can manifest either as particles of matter (chemistry) or as waves of energy (physics) or both. They belong to the quantum physics (Q.P.) realm. Q. P. deals with things too small to experience or measure with our five senses - things with smaller dimensions than an atom.

Essential oils have very high energy:



their frequencies vary from 52-320MHz (Rose oil-320MHz).

Before we apply the concepts of quantum physics to essential oils, let us mention some other related research concerning the interaction of mind and matter. Let's consider essential oils as "living energy" and consider how human intent and the decisions we make can determine the action of an oil. We know that

the human mind can affect the electromagnetic frequencies of essential oils. Prayer and positive thinking elevates the frequencies while negative thoughts will decrease the frequencies.

In the 1950's, Franklin Loehr, an American scientist, explored the effect of prayer and human thought on water (The Power of Prayer on Plants, Franklin Loehr). More recent experiments by the Japanese scientist, Masaru Emoto, graphically prove that human thought and emotion affect the crystal structure of frozen water (Messages from Water, Masaru Emoto). Thought is one of the most powerful components of healing - this has been my experience based on what I've read and have discovered in my own life, as well as helping others for 13 years. Once you FOCUS on healing, vs. disease, the disease begins to disappear! I've had a great many realizations about this by reading a few good books: Your Empowering Spirit, Gary Sinclair, p. 56-57; Love, Medicine and Miracles, Bernie Siegel; The Holographic Universe, Michael Talbot, p. 93-94; The Chemistry of Essential Oils Made Simple, Dr. David Steward.

Human thought and human intent affect electron behavior. Since every chemical and neural process in the human body involves the activity of electrons, we see that our bodily functions are not simple matters of traditional chemistry and classical physics. They are mental, emotional, and spiritual as well. The so called, "body-mind connection" is

through the electrons.

Essential oils amplify intent -- the intent of the person applying the oils as well as the intent of the person receiving the oils. When I (and other practitioners) pray while applying essential oils to help my clients, I do believe that indeed they WILL help -- and they do! And, if my client-receiver prays and believes too, the effect is EVEN BETTER!

When someone asks me, "What will this oil do for me?" I give them two answers:

- 1) It depends on the chemical structure of this particular oil and your body's own chemistry, whether it can do this or that.
- 2) Or, I reply, "What do you want it to do?", because this bottle is only a packet of possibilities; which possibility it manifests for you will depend on your thought and desires!

The science of essential oils, as agents of health and healing, involves both physics and chemistry in combination with the human heart and mind.

Therapeutic grade essential oils are in a category all their own, above and beyond the simple drugs, antibiotics and antibacterial agents marketed by physicians and pharmacists. Essential oils have been available on earth since the creation of plant life and are imbued with the qualities and intent of their Creator. The medicines of man fabricated in factories and labs have NO such qualities and the intent of their makers is not necessarily...healing.

To your Health, Happiness and Wealth!

Ilka Handshaw

There is so much more to learn about this subject! Join us for an Essential Oils Class via teleconference!



For more information or to inquire about classes, call or e-mail at 754-222-6971. www.ilkashealthyheaven.com.