Course overview

This course is designed to:

- Help you understand the science behind emotions and essential oils
- Identify emotions and learn how to release them
- Tools and habits for a healthy body chemistry
- Practical steps to enhance your wellness routine
- Assist you in raising your vibration so you manifest more

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The Science of Emotions

Every time we feel an emotion there is a chemical reaction that takes place within the body. For example, have you ever been very angry where you felt like your blood was boiling?

Or perhaps you know of someone whose face would turn red when they got upset. In this case the body is being flooded with chemicals that are probably toxic. The opposite is also true. When we do something nice for someone, someone does something nice for you, there is an increase in serotonin levels, a feel good neurotransmitter.

E-motions are “energy in motion.”

Emotions are information carrying molecules that effect the body in a couple of ways. First, they bind to and react with cell receptors. Every cell in our body is effected by the chemistry of an emotion we feel. Second, they impact the cells function and behavior due to the chemistry of the emotions we feel.

Emotions are felt throughout the entire body. Although we may notice a specific area of concentration for particular emotions. For example, somebody says something to you. You don’t feel that you have the right to speak your mind or perhaps fear the outcome. Your heart rate increases and stomach feels knotted. You want to speak up but there is tension in throat. All of these responses take place in a few seconds.

Emotions are processed throughout the body. Science reveals there are complex neural-processing functions that take place in the brain, heart, and gut.
The Three Minds

Do you ever feel your body is in conflict? Your heart is telling you one thing, your mind another, and even your gut another.

Which one wins? It's not always an easy process. You may feel that you’re going through emotional calisthenics, bouncing from one emotion to another.

We have three primary places we feel emotions. The head, heart, and gut.

The Brain

You know

Processes through logic, reason, answers, knowledge.

Useful when you need to know the correct answer. The subconscious part of the brain directs over 90% of our behavior.

The Heart

You feel

Feeling, love

Useful when you want to express yourself or pursue the unknown. There are more neuropathways running from the heart to the brain, then the brain to the heart.

The Gut

You intuit

Useful when you need to make a decision or solve a problem without complete information. 90% of the body’s serotonin involved in mood management is produced in the gut.
The three minds communicate with each other. They feedback to and influence the mind. They instinctively process every life experience. Sometimes they may be in sync and other times they may not.

The three minds may be in conflict.

The brain may think – I’ve got to figure this out.

The heart may feel – I’m overwhelmed!

The gut may sense – I’m stuck.

This disconnection may cause head tension, constriction in the chest, and an unsettled stomach.

Although we may initially react with differing emotions in these areas, we can take a minute to address each of these areas and the reaction we feel. This helps us validate everything we feel, connecting with the emotions. When we can look at it objectively we see new perspectives and different solutions.

**Mindfulness**

We all feel a wide range of emotions every day. It is usually easy to recognize emotions like joy, happiness, and love. And of course, we all want to feel more of those emotions. Sometimes we are faced with emotions that are uncomfortable, confusing, or we don’t know how we feel. We may not want to deal with it in the moment we feel it so we avoid or bury them. But they seem to reappear at the most inopportune moments. Our emotions also trickle down and effect other people around us, and vice versa.

For example, you get yelled at by your boss. You’re a hard worker, but didn’t understand the full scope of a project. You feel inadequate and unworthy. You think, “I should look for a job that I’m better suited for, where I’m appreciated.” Then your daughter calls. You’re still upset for the situation at work. She asks if she can drive to her friend’s house after school. You snap at her saying, “Just because you have your license doesn’t mean you drive all over.” Your emotional distress transferred over to her. Then she is upset and snaps at someone at school.

We interact with everything around us. We are in relationship with everything around us – the people, our environment, even with ourselves. A big part of emotional wellbeing is being aware of how we impact everything we are relating to.

Being mindful of our feelings in the moment is one way we can manage them. Otherwise we may leave a trail of emotional debris behind us. When we can immediately process what we feel in the moment, then we change how we impact others.
How do we recognize what we feel?

It’s not always easy. Every time we feel an emotion it may also trigger other emotions and past memories.

One of the simplest ways to identify some of the emotions is to take out a piece of paper or notebook and ask yourself, “What do I feel?” Jot down whatever word or words come to mind. Keep asking the question over and over. You can create a word cloud like the one shown here.

You can journal more extensively to fully express whatever you feel. Getting it out on paper helps you identify the emotions, formally organize them on paper, and allows you to see patterns or themes. The patterns are normally the suppressed emotions from past experiences cropping up to help you permanently release them.

Journaling helps us identify the stories we have told ourselves that related to specific events in our lives that created significant emotional imprints.

We create stories around events to help the mind make sense of them. At the time of the emotional wound the mind develops the characters of the story. Because we have limited data in the story, the subconscious fills in the gaps forming a story that sticks with us until we decide to create a new one. The stories generally consist of elements such as who was the bad guy, how did I feel, and how can I avoid that again. The challenge with the story is we end up changing our personality and behavior to avoid feeling that way again. We fear those emotions coming up. But now we are operating from a place of fear, and will attract more opportunities to feel that way until we resolve the emotions.

Emotions and the Physical Body

Now we’re getting into the juicy stuff. This is the stuff I love! Another way to determine what you’re feeling is to notice how your body feels. The physical body is such an amazing barometer of what’s going on emotionally.

Where is there tension? What physical issues do you have? They physical body is a symbolic representation of the emotional body. Imbalances in the emotional body are eventually reflected in the physical one.

There are many great books such as Louise Hay’s book, You Can Heal Your Life, that describe physical issues you may feel and where it’s associated in the body. I’ve used these books as
others as a reference to determine what I may be feeling based on what’s taking place in my body. At first I didn’t believe it. But the more I practiced it and was open to the possibilities, the more accepting I became. It is a great reference book.

Some examples, if you’re unable to speak up, maybe your throat gets tight, you need to clear your throat often, or cough. The back supports the torso, so any back pain is most likely related to feeling “unsupported” in life. Perhaps a person worries often about the future. They may have stomach and digestive issues that are related to difficulty in trusting the process of life. Tension in the head could be related to overthinking things and ignoring the feelings in the heart or gut instincts. Lower leg or hip issues often relate to an inability to move forward.

There are many examples in Louise’s book. You can also just look at the part of your body that feels tension and think, “What is the function of this part of my body and what is the fear I’m feeling?”

It’s so rewarding when people make this connection. When they create a system to help them identify what their emotions and the patterns behind it, they feel empowered. No longer are they bound by their past emotional wounds that cloud perceptions, experiences, and decisions. They are freed from these prisons. Limitations are removed and they are open to receive greater abundance in all areas of their life.

So now we have a basic about the body’s biochemical reaction to emotions and some general tools to help you identify what you feel and where you feel it, let’s incorporate a few more tools to help you manage emotions more effectively.

**Essential Oils**

Essential oils are extracted from plants - the flowers, leaves, roots, fruit, bark, and resins. Plants produce these extracts to protect it from predators and environmental threats, and assist in reproduction. Basically you could say they are essential for a plant to survive and thrive.

Our bodies recognize these essential oils and can benefit from them, just as plants do. They can impact our mood, support our physical and emotional wellbeing, and enhance our lives in many ways.
Essential oils can be used several ways

- **Aromatically** – opening the bottle and breathing it in, placing a drop in your hands and inhaling it, or diffusing it into the air.
- **Topically** – applying the oils directing to the skin where there is tension, or on the acupressure points on the hands or feet
- **Internally** – some are safe to be taken internally to support detoxification and internal issues.

There is a reason it's called “aromatherapy.” Did you know that aroma is the fastest way to affect mood, and the quickest way to reach the deepest parts of the brain?

Our sense of smell is more complex than any other sense, including sight. And scientist have recently discovered that there are actually smell receptors on the cells of EVERY organ in the body. Astounding, right?

As you inhale an essential oil, those aromatic molecules travel to the olfactory bulb. The bulb is directly linked to the limbic system, the emotional seat of the brain. This is why inhaling the oils creates an immediate emotional impact.

The amygdala portion of the brain is the first response team to emotions. Everything is processed there to determine the immediate danger (fight or flight) or if the information needs to be sent to the brain for further processing. Since many of the emotional wounds we hold elicited a fight or flight response they are still stored within the amygdala. Some scientist believe, our sense of smell is the only way to address deep seated emotional issues.

Just like our emotions, the compounds in essential oils are very complex. Each single oil holds an array of chemicals that interact with our body's chemistry. It’s a simple way for us to offset some of the unpleasant emotions and bring our body's chemistry back into balance.

Our body, the emotions we feel and essential oils interact to create a chemical change within our body. Essential oils promote a healthy emotional purification (detoxification) process and enhance a health biochemistry.

The chemical compounds in essential oils provide support to every cell in the body in a matter of minutes. Because they are pure and natural, the body recognizes these natural chemicals versus with synthetic products or prescription meds that are synthesized chemicals. Although the chemistry is similar on paper, the body more readily accepts the natural chemistry of essential oils versus the synthetic version of medications.

Essential oils support the cell receptors, promote a healthy cell function, and help maintain healthy cells. The human body is an AMAZING system. Every cell is wired to restore health.
The challenge is if we are feeding it junk food, living a stressful life, or not getting enough sleep. How likely will our cells be able to restore themselves?

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*When we give our body what it needs, it knows how to heal.*

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Just like our emotions, the essential oils blends in the emotional aromatherapy system are very complex. There are different categories of plants that produce essential oils and give a variety of support to our body in their own unique and specific ways. The blends in the system have been scientifically combined to work synergistically with the body to impact and support our body’s chemistry.

**The Emotional Aromatherapy System**

The blends in this system are a veritable rainbow of colors and scents. These blends draw from the citrus, mint, spice, grasses & herbs, trees, and floral families. Some of the oils in these blends are extremely rare and expensive oils such as rose, jasmine, and Nookia tree oil.

On the cover of the Emotional Aromatherapy system box you will see an outer wheel with the oil blends, then a wheel with the plant families, and the inside wheel that consists of various emotions.

Each of the wheel combines various plant families to support emotions we may feel. The inner wheel points towards the blends that may support us. You can also think, “What do I need or want to feel?” and pick an oil that way also. Let’s look at these blends.
**Motivate Blend**

Oils: Clemintine, peppermint, coriander, basil, Yuzu peel, Melissa leaf, rosemary, vanilla bean

Emotions addressed: apathy, discouraged, gloomy, and other emotions

Motivate combines the citrus and mint families. Citrus oils are a natural mood uplifter. Scientists have found citrus oils stimulate serotonin levels in the body (the feel good neurotransmitter). Citrus oils are like opening a bottle of liquid sunshine. They are energizing and promote a positive outlook. Citrus oils inspire us to take action, giving us the courage and confidence to move forward.

It’s called the “encouraging blend.” Peppermint, like all mints, are invigorating. They help us be more alert, and are a great afternoon pickup or anytime one needs to be more focused. This blend also contains basil which support a health adrenal system.

Motivate is a clear, fresh smell that uplifts moods and inspires. It reaffirms what you want to do.

Uses: Inhale often, apply to 2nd chakra.

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**Cheer Blend**

Oils: Wild orange, clove bud, star anise fruit/seed, lemon myrtle leaf, nutmeg kernel, vanilla bean extract, ginger rhizome, cinnamon bark, Zdravetz herb

Emotions addressed: gloomy, distressed, somber, disinterest, and other emotions

Cheer blends the citrus and spice families. The citrus oils are uplifting, while the spices inspire the richness of life. They have a warm, earthy feel. As such they support our passions, excitement, and intrigue.

It’s called the “uplifting blend.” It helps us feel more optimistic when feelings such as distress or disinterest have been prevalent. This is another great blend when wanting more happiness and positivity.

Use: Apply over 3rd chakra and inhale throughout the day.
**Passion Blend**

Oils: Cardamom, cinnamon bark, sandalwood, jasmine, ginger, clove bud, vanilla bean, Damiana leaf, coconut oil

Emotions addressed: disinterested, bored, disconnected, bitter, and other emotions

Passion blends the spice and herbs and grasses families. The spices help us with focus, inspiring our interests, and the richness life holds. Herbs and grasses are soothing and clarifying. They assist us in releasing bitterness, anger, and frustration.

This blend is called the “inspiring blend.” It ignites feelings of excitement and joy, sparking creativity and innovation. When we feel more passionate in our life, we attract more passionate people to us.

Use: Over 2nd or 3rd chakra and inhale throughout the day.

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**Forgive Blend**

Oils: spruce, bergamot, juniper berry, myrrh, arborvitae, Nookia tree, thyme, citronella

Emotions addressed: bitterness, anger, ashamed, sad, and other emotions

Forgive combines oils from the herb & grass family, along with tree oils. Herbs and grasses help soothe and clarify, while tree oils provide stability.

This is called the “renewal blend.” We all need help in letting go of bitterness and anger, practicing forgiveness. Holding onto negative emotions keep us stuck in the past and tied to our stories. Forgiveness is the key to moving forward.

Stuck within forgiveness is grief and sadness. Tree oils help us in releasing these emotions so we can see there is life after pain. Trees grow slowly and help us feel grounded and connected.

Use: Over the heart chakra and inhale throughout the day.
Console Blend

Oils: frankincense, patchouli, ylang ylang, Labdanum leaf, sandalwood, rose, Amyris bark, and osmanthus

Emotions addressed: sadness, grief, hurt, worry, and other emotions

Console combines oils from the tree and florals families. Trees promote feelings grounding and stability, while florals are calming and comforting. Florals provide a renewed perspective on life. So this blend helps us grow from a new perspective.

When using this blend, set the intention to console yourself and others, so you’re open to new opportunities.

Part of our healing journey is recognizing the past isn’t going to repeat as we evolve. Console helps us realize that we can move forward after difficult situations.

Use: Over the heart and throat chakras, inhale throughout the day.

Peace Blend

Oils: vetiver, lavender, ylang ylang, frankincense, marjoram, clary sage, Labdanum, spearmint

Emotions addressed: worried, fearful, anxious, insecure, and other emotions.

Peace blend combines oils from the floral and mint families. Florals are calming and comforting, while mints are invigorating.

A great blend to diffuse at night to promote healthy sleep patterns or to use prior to presenting information to a group or taking a test.

Use: Over the heart chakra, bottoms of the feet, inhale throughout the day.

All of the blends in the emotional aromatherapy system help us manage the complexities of relationships. Since we are in relationships with everything including how we related to ourselves, it’s important to learn how to manage our moods and emotions.

It just takes one grumpy kid, spouse, or boss that can set our day into a downward spiral. Essential oils are an effective way to bring the body back into balance. They work with our chemistry.
Tools for a Healthy Lifestyle

What do I need to weed out?
- Negative thoughts
- Emotions
- Relationships
- Substances

What do I need to plant?
- New beliefs
- Relationships
- Habits
- Nutrition
Nourish to Flourish

How will I nourish myself?

- Healthy habits
- Practices
- Patterns

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You clear your mind thought by thought
You fill your bucket drop by drop
You heal yourself moment by moment
Week 1 Exercise

Find a place where you are free from distractions for 20-30 minutes. Close your eyes, take a couple of deep breaths and begin the exercise.

Create a list of all emotional memories you recall or perceived feelings going back to your conception. You may ask, “Why identify emotions before my birth?” We are influenced by the emotions of people around us. Everything your mother felt, you also felt.

Be as open and honest with yourself as possible. You can add to the initial list later. Just come up with 50-100 significantly emotional times in your life. You can write these in a notebook or use the space below. Don’t worry, you won’t have to share them with anyone, unless you want to. During the first class we will practice using the oils and tapping exercises to clear some common issues.

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Emotions & Essential Oils

Manifesting Essentials