ESSENTIAL OILS
FOR
Prosperity
Abundance
& Success

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Introduction to Essential Oils

ESSENTIAL OILS ARE THE NATURAL AROMATIC compounds found in the flowers, bark, seeds, and other parts of plants. These aromatic essences provide protection for the plant against disease and predators. We all have experienced essential oils – whether we are walking by a lavender plant, rubbing mint leaves, or peeling an orange.

Essential oils have been used throughout history for their aromatic qualities, medicinal, and therapeutic benefits. They were used in ancient rituals for thousands of years. Some essential oils such as frankincense were considered more precious than gold. Because of the expense in obtaining frankincense. It was often only available for royalty.

In recent years essential oils have become more popular as people learn about their health promoting properties. The chemical compounds in the plants, oils provide a fast, safe, and effective way to support us physically and emotionally. They help us naturally support our moods, emotions, and stress.

Integrating essential oils into a wellness practice is a tangible tool that helps us release emotional wounds. It's simple, and everyone can learn how to use them. Releasing emotional wounds helps us raise our vibration and we attract new opportunities and stuff to us.

In 1989 scientists discovered that our emotions are stored in a part of the brain called the amygdala gland. This gland is located in the brain and plays a significant role in storing and releasing emotional trauma. It is the gatekeeper through which all sensory information is processed. When we have an experience or information comes in, the amygdala determines if it needs to be sent to the adrenal glands first, for a fight or flight response, or onto other parts of the brain for further processing.

The amygdala is programmed to react without the benefit of input from the logical brain. Studies at New York University proved this gland does not respond to sight, sound, or touch, it only responds to our sense of smell. Through our sense of smell we have the ability to release emotional wounds and trauma stored in the amygdala. Essential oils can help release emotional wounds that have caused longstanding painful memories and limit our ability to manifest.

Many psychologists believe that most of our emotional programming and patterns are determined before age seven. As a child we lacked the emotional maturity to understand our feelings. On some level, our ego felt our needs were not being met, creating fear that our survival was at risk. Sounds extreme doesn't it? For example, a toddler is left crying in her crib, feeling neglected because her mom is sleeping off a migraine. The child feels abandoned because no one is picking her up. These types of hidden patterns and fears end up being the unconscious limitations that stand between us and creating flourishing relationships, balanced health, and financial abundance.

In my holistic coaching practice, I look at a client's physical issues as a symbolic representation of emotional issues. I believe emotions are the catalyst for physical issues that break down and create disruptions in our body's energy system or *dis-ease*.

When there are consistent thoughts or beliefs (conscious or unconscious) about ourselves and life, we create energetic imprints in our body. It affects the neurons in the brain and chemical reactions that can change our DNA. This may cause a short circuit or breakdown in the flow of energy in the body. As such, it often appears as physical ailments in the body.

Since we are magnetic beings, we attract vibrations that support what we are projecting – more opportunities to feel abandoned, abused or rejected. When we subconsciously feel unworthy, we attract situations where we feel incapable or inadequate. This can physically show up in the body in many different ways, such as stomach disorders, ulcers, acid reflux, or other digestive issues because we have difficulty processing life (processing food). As we make the correlation between the physical body and what we feel we can make conscious choices to change our thoughts, beliefs, and behavior that have caused the body's breakdowns.

Over the past two decades, it has been an interesting journey for me learning how the body works and how essential oils support it. Each time we feel an emotion there is a chemical reaction that occurs. With essential oils, we can offset the flood of toxins that may occur with certain emotional reactions. Essential oils are more than just something that smells good. Our blood chemistry changes as a result of using them. They help us feel calmer, elevate our mood, and other responses.

Our body's chemistry has an impact on every cell in our system. It can positively and negatively influence us, and even cause changes in our DNA. When someone does something nice for us, we do something nice, or we witness a random act of kindness our serotonin levels increase. Serotonin helps us feel good. Essential oils such as wild orange, lemon, and lime have a similar effect on our body's chemistry. They are uplifting. Essential oils such as lavender or frankincense can be soothing to the nervous system, helping us relax and feel less stressed. Memory and alertness may be enhanced by smelling essential oils such as rosemary and peppermint. Applied along the spine, peppermint has a cooling sensation on a hot summer night.

In addition to raising our vibration by assisting us in resolving emotional wounds, essential oils can be used to anchor affirmations, goals, and setting empowering questions. Our sense of smell is the most powerful sense we have. Do you recall a situation where a smell takes you back to a particular time or place? My mom loved to bake. In the fall, she made pumpkin chocolate chip cookies, and the whole house smelled like pumpkin, cinnamon, and clove. Now whenever I smell cinnamon and clove it reminds me of helping her plop cookie dough on the baking sheets. The body can also recall smells that we associate with painful memories. We have been *unconsciously* programmed by smells. Why not use them to create what we want?

Essential Oils and Emotional Healing

We can *consciously* program what we want by breathing in the essential oil while reciting affirmations, visualizing achieving a goal, or asking empowering questions. Then whenever we smell the essential oil we used to program ourselves, the brain subconsciously remembers the connection between the smell and our affirmation, goal or empowering question. I love using wild orange with manifesting because it elevates our mood. Wild orange trees are abundant with fruit. They overflow with the fruit and symbolically these trees remind us that life is abundant and the Universe freely gives to all of us. The Universe doesn't discriminate nor determine who should receive and who should not. The sun shines equally on saints and sinners. It simply gives to everyone who believes they deserve to receive all the goodness it provides. The key to manifesting is removing any limiting beliefs that stand between us and what we want.

A few years ago, I had asked the Universe to provide me with tools to help people heal more quickly. I had no idea what would happen. Within the next few months a friend asked me to try some essential oils she had been using. I had been using essential oils for about 15 years so this wasn't something new. But she told me these essential oils were different than any she had used. I was skeptical because I had used so many different ones over the years. She was right. I remember opening the bottles and thinking, "Wow, these oils are different." The smell was more pure, intense, and potent, just like the actual plant was in front of me.

I've learned that not all essential oils are created equal. It is an unregulated industry, so companies can deceive us by saying their essential oils are "pure, organic, or therapeutic," yet their oils may be a lower grade, include filler oils, or synthetic. Lower grade products lead to less effective or no results.

I had used essential oils in a few classes I taught prior to these new ones, but I didn't notice a difference. But when I used these new essential oils, I had such a profound shift in my energy and perceptions that I knew I needed to share them with others.

My experience with these essential oils may be different that of other people. And I respect their desire to use other brands of oils. But, as a holistic intuitive practitioner, I knew dōTERRA's essential oils were here to work through me. It's a tangible tool that anyone can learn to work with and helps them balance their body's chemistry.

Our internal chemistry affects all aspects of our body, including the building blocks in the cells, our DNA. Unresolved emotions cause a breakdown in the DNA. That programming is carried forward through the generations until someone chooses to break the cycle. That means that any unresolved emotions that affected our ancestors is a part of our DNA. We have the choice to continue with the current pattern and transfer it to our children, or we can stop the pattern by resolving our emotional wounds, as well as releasing our ancestor's emotional wounds.

Doctors know there is a relationship between our family's health and our health. They may not make the connection between the emotional piece and our health. But ongoing studies are seeing this correlation, and as more studies are done, it will eventually become common knowledge.

Holding onto consistent emotions such as anger, resentment, jealousy, guilt or shame create chemical reactions that may break down the body. These lower vibrating emotions short circuit our system. We can offset emotional reactions by using essential oils. By opening up a bottle and breathing it in, our blood chemistry begins to change. We can also shift lower vibrating emotions through mindfulness practices. Go to www.ManifestingEssentials.com under the Mindfulness tab to experiment with these types of exercises.

Plants support us by holding a vibration that helps us heal. Do you feel attracted to certain plants, maybe a type of tree, or flower? In our humanness it is difficult to hold a consistent vibration. We go through a range of emotions. Situations

trigger emotions or fears, people and situations throw us off balance, and there are underlying emotional issues that are hidden in our psyche that cause our vibe to be volatile. We can take a walk in the park or nature to help calm us down. Or we can open a bottle of an essential oil and quickly change how we feel.

There are more medical studies being performed using essential oils and how they affect us. The correlation between releasing emotional wounds and using essential oils is an effective and easy way to manage our wellbeing. Since resolving emotional wounds is a key part to raising our vibration so we attract what we want, I thought, "Great here is an awesome tool that people can learn how to use for their healing." It's empowering. My clients no longer have to rely upon me helping them release emotional wounds. As people become more aware of the emotions they are feeling or physical issues in their body, they can look to essential oils to manage their physical and emotional health.

Here are a couple of suggestions on how to use essential oils to enhance manifesting and emotional healing. You can use them prior to meditation, prayer, or yoga. They may enhance spiritual connection, provide relaxation, or stop the monkey mind. Use a few drops in an Epsom salt bath for relaxation. Add them to a massage treatment.

As we deepen our connection with our higher-self, we receive greater guidance from our Divine source. Place a drop in your hands, rub them together, and take a couple of deep breaths. Use essential oils with the new and full moons, try a few essential oils to help you set your intentions, anchor affirmations, and release emotional wounds. Of course, there is much more information about essential oils. This provides a brief overview of how and why to use them in relationship with manifesting.

For those of you who are new to using essential oils or have used less effective essential oils, contact me for more information about them. The essential oils I recommend are from a company called dōTERRA – which is Latin for "Gift of the Earth." I find these essential oils are very different and have enhanced my life by helping me manage stress levels and emotions. They have also helped my client's

learn how to feel more empowered. They are an effective tool to help us release emotional wounds, anchor affirmations, and feel more inspired.

My intention is to provide tools to enlighten people's minds, expand people's hearts, and empower people's souls. My website has blog posts, podcasts, videos, and a free e-course available to help you learn more about essential oils and manifesting – visit my site at NewMoonManifesting.com or ManifestingEssentials.com.

I want people to feel empowered with their lives and learn how to manage their health. Contact me through my website to learn how to integrate essential oils into your spiritual practice and wellness routine.

Manifesting with Essential Oils

To use essential oils to program the subconscious, place a drop or two in your hands, rub them together, cup them over your nose and mouth and breathe in deeply while reciting your affirmation or empowering question, or during visualization activities.

After doing this for several days the neurons in your brain will be triggered by the smell of the essential oil. Our memories are also stored in the back of the brain, called the amygdala. When we smell essential oils, they go into the olfactory bulb and begin changing the blood chemistry of the brain.

Essential oils may be used prior to writing in your journals, visualizations exercises, yoga, or just smelling them, and applying them to your body. It's a simple and powerful tool to reprogram the subconscious, reduce stress, and manage emotions effectively.

Pick an essential oil that you want to work with. Place a drop or two in your hands. Rub them together. Cup your hands over your nose and breathe in deeply a

couple of times. Think about your affirmation, pose a manifesting question, use visualization or meditation, or write in your journal.

Using essential oils to release emotional wounds and consciously program the brain is a powerful way to shift your vibe and attract more of the good stuff you want. Review these essential oils and see what speaks to you. Since we all have different chemical compositions essential oils and blends will react differently. So just because one person has a specific result with an oil doesn't mean you'll have the same one.

When working with issues related to manifesting prosperity, abundance, success, and money, here are a couple of dōTERRA essential oils and blends to support you:

Wild Orange – orange trees are abundant and overflow with fruit. It's symbolic because the Universe if abundant and equally gives to everyone.

Frankincense – is an oil that has been used for thousands of years for its therapeutic benefits and in rituals. It helps us feel grounded since it is a tree oil. Because trees grow slowly, they provide a feeling of stability and security. Because we slow down, Frankincense help us on an emotional level see the truth of ourselves, of others, and of situations. When we see the truth, we have a deeper understanding of how we may be sabotaging ourselves or holding back.

doTERRA Balance Blend – a blend of four tree oils. When manifesting we are often caught in our heads trying to figure everything out. But manifesting is a co-creative relationship between us and our higher-self (God, Universe or whatever you want to call it). Balance Blend connects us with the earth and helps us see different options or paths that may be clouded when worried or fearful.

Use: 1-2 drops on the bottoms of the feet or from the tailbone up the lower part of the spine. Place a drop in the hands and inhale throughout the day.

Juniper Berry – on a physical level Juniper Berry supports the immune system, urinary tract, kidneys and other areas of the body. It relieves stress and tension and is a natural cleaning agent. On an emotional level it supports the regulation

of fluids in the body and accompanying emotions, releases fears of the dark or unknown aspects of ourselves. It helps us realize our fears are intended to be our teachers. It helps us reconcile fears and restore balance between dark and light.

Use: 1-2 drops on the bottoms of the feet and inner thigh between the pelvis and knee (kidney meridian). Place a drop in the hands and breathe deeply. Place 3- drops in a spray bottle and mist throughout bedroom before bed

doTERRA Citrus Bliss Blend – the invigorating blend contains wild orange, lemon, grapefruit, bergamot, tangerine and other essential oils. As was mentioned previously wild orange stimulated serotonin levels, lemon helps with focusing; grapefruit is also a powerful anti-depressant and stimulates the lymphatic system; bergamot helps relieve tension and also is a strong antidepressant. The combination of these oils is ideal for stimulating creativity. They help us connect with our inner child and natural creative sense.

Use: Place 1-2 drops behind the ears, over the stomach or heart. Inhale throughout the day

Cypress – on a physical level calms stress, reduces water retention, and is a sedative. On an emotional level it assists at releasing mental or emotional rigidity, stiffness, over-striving, or having perfection tendencies. It teaches us to let go of the past and move with the flow of life.

Use: Place 1-2 drops over the kidneys or bottom of the feet. Add 2-3 drops with shower gel in bath water. Inhale throughout the day.

Douglas & Siberian Fir – Fir oils are very grounding. It supports is cleansing and restorative as it is an antioxidant. It also supports the blood, urinary tract infections, pain relief, cough, and fever. Emotionally it supports the healing of generational issues. Fir trees live long and hold memories just like our DNA. Negative patterns such as addiction, abuse, anger, codependency, eating disorders, pride, alcoholism, pride, and the need to be right can be addressed.

Use: Place 1-2 drops over the lungs and chest or the bottoms of the feet. Add 1-3 drops with shower gel to bath. Inhale throughout the day.

doTERRA Serenity Blend – contains lavender, marjoram, Roman Chamomile, Ylang Ylang and other essential oils. Lavender helps calm anxieties, which is turn helps us put our thoughts and emotions into words. Marjoram is calming and reduces stress. It helps soften the heart and learn to build trust. Roman Chamomile is great at calming insecurities, anxiety, depression, insomnia, and clears the liver of toxins. Ylang Ylang is a powerful remedy for being overstressed, sadness, and grief. The combination of these essential oils encourages the heart to dream again. They help restore joy.

Use: 1-2 drops over the heart and throat. Blend 3-4 drops with shower gel and add to bath. Inhale throughout the day.

Creating Prosperity, Abundance & Success Blends

Here are a couple of blends to that support creating more prosperity, abundance, and success. Which blends/essential oils speak to you and what you're trying to achieve?

Calling in Prosperity/Abundance Blend

2 drops Roman Chamomile – elevates mood helping see new possibilities
2 drops Patchouli – brings magic into the physical body, integrates spirit & physical body
2 drops Cedarwood – enhances connecting with others and community
1 drop of Clove – empowering oil that encourages you to stand up for yourself

Combines oils in a 2 oz. spray bottle, fill the bottle with water. Spritz on your money and put the money in your wallet. Place on pulse points on your wrists.

Prosperity/ Abundance Blend

2 drops Myrrh – anchoring oil that helps ground our goals in physical form
4 drops Wild Orange – inspires abundance, uplifting and motivating
2 drops Frankincense – dispels illusion, aligns us with truth and higher purpose
2 drops Patchouli – enhances connecting with the body to be more present
1 drop Clove – break out of feeling controlled by others, empowering oil
2 drops Bergamot – enhances self-esteem and confidence
1 drop Cassia – comforting to the heart, restoring balance
1 drop Ginger – restores power into your physical body

This blend helps you draw in plenty of riches of ALL sorts. Set your intentions as you apply this blend to wrist pulse points and diffuse to keep your vibe high.

Manifesting Blend

5 drops Cypress – opens up blockages and restores natural flow of energy
2 drops Myrrh – nourishes the heart, connection to divine feminine
1 drop Patchouli – helps integrate the body and spirit, bringing in unite
3 drops Douglas Fir – breaks out of past patterns of doing things, open to new ones
3 drops Geranium – inspires the heart to stay on your path
1 drop Sandalwood – connects heart and mind to align with your highest good
3 drops Siberian Fir – supports letting go of self-sabotage, breaks family patterns
3 drops Coriander – encourages you to be true to yourself and follow your heart
1 drop Ginger – empowering oil that inspires massive action
2 drops Wild Orange – uplifting oil that inspires new perspectives and abundance
2 drops Frankincense – protects from negative influences, dispels darkness
2 drops Cedarwood – restores connection to others and community

Manifesting Blend is for those who have many great ideas or glimpses of your highest potential yet have not manifest them into your life. This blend helps take your ideas and makes them real. Many creative people have this dilemma. They can imagine and picture something grand but struggle to make it happen. Use Manifesting Blend if you are serious about making your dreams into reality.

Momentum Blend

12 drop Eucalyptus – uplifting and increases physical energy to embrace new
3 drops Patchouli – connects heart and mind to take ideas to the next level
1 drop Cypress – moves stagnant energy and create critical momentum
5 drops Douglas Fir – invigorates the mind and helps you see the bigger picture
2 drops Lavender – improves communication so people clearly see your vision
1 drop Arborvitae – brings in Divine power to support and create momentum
5 drops Marjoram – opens the heart to trust in yourself and the process
1 drop Cinnamon or Cassia – strengthens your personal power
3 drops Lime – brings excitement to your heart for growth and change
1 drop Ylang Ylang – enhances joy and gratitude within your heart

The Momentum Blend is used when you are about to embark on a new journey that requires significant effort to get going. Any new project takes courage and effort to get started. The road is uncertain. Options are opening. As you get moving and follow your intuition you move more effortlessly and attract the resources you need to allow momentum to take over.

These are just some of my favorite essential oils for manifesting Prosperity, Abundance, and Success. Of course, your body knows what it needs. If you're attracted to certain essential oils, it's your body's way of telling you to use it. Trust your intuition and follow your heart.

Summary

Using essential oils to support you mentally, physically, emotionally, and spiritually, helps you feel uplifted, empowered, and capable of following your Divine path. Prosperity, Abundance and Success are your Divine Birthright! For more information contact Jana Groscost at ManifestingEssentials@gmail.com or visit her websites at:

www.NewMoonManifesting.com
www.ManifestingEssentials.com
www.GoodVibeEnergy.com