

ESSENTIAL OILS TO BALANCE THE FIVE ELEMENTS
Article Series



THE METAL ELEMENT



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Metal Element Meridians: Lung (yin) Large Intestine (yang)

Your body is the physical expression of your Subconscious Mind and your Emotions are the Language of your Subconscious Mind. Your meridians are the channels through which your emotions flow. The natural and free flow of life force energy (your e-motions - energy in motion) coursing through your meridians ensures your health and longevity. While blocked or suppressed emotions result in clogged meridian channels and imbalances of health.

In classic, Oriental, or Chinese, Medicine all disease is seen as disordered elements. Restoring balance of the five elements and the harmonious flow of Chi is at the heart of Chinese medicine.

Essential oils can help balance the five elements and restore the flow of chi through your meridians. The results of using aromatherapy to restore energetic balance and flow of chi may be enhanced through a regular practice of diaphragmatic breathing.

The power of Metal is movement and integration. A balanced metal element supports acceptance and integration of your life experiences.

Properties of the metal element:

SEASON: Autumn

CLIMATE: Dryness

TASTE: Pungent/spicy

SMELL: Spicy, sweet, camphoraceous

EMOTION: Grief and loss

BODY PARTS: Lungs, large intestines, skin and nose, hamstrings, rib cage, diaphragm

COLOR: White

PUNGENT ACTION: Cooling, promotes digestion, enzyme secretion and liver function

You may experience imbalance of your metal element as an inability to surrender and let go of old issues surrounding grief and loss. Emotional heaviness, sadness, despair and depression (grief turned inward), feelings of being victimized, unloved or unlovable are all symptoms of imbalanced metal element.

Keywords: Openness, Acceptance, Inspiration, Breath, Circulation, Integration, Fulfillment, Movement, Fluidity

Related physical imbalances include: Respiratory problems, Allergies, Congestion, Chronic cough, Asthma, Sinusitis, Lung and Breast Cancer, Chronic cough, Pneumonia, Arthritis, Shoulder Girdle Pain and Discomfort, Rotator Cuff Injuries, Tendinitis, Carpal Tunnel, Arm and Hand Pain, Chronic Restrictions in the Upper Back and Thoracic area, Cellulite, Dry, itchy, flaky skin conditions, Parasites, Constipation, Diarrhea, Irritable Bowel, Hemorrhoids.

Related emotional imbalances include: victim consciousness, insensitivity, passivity, unresolved grief and loss, anger (grief turned inward), lack of forgiveness, emotionally closed, stubborn, refusal to change, lack of acceptance.

Essential oils to balance the metal element include: sweet, spicy, camphoraceous aromas with restorative and regulating properties like Cinnamon (*Cinnamomum zeylanicum*), Cloves (*Eugenia caryophyllata*), Eucalyptus (*Eucalyptus globulus*), Rosemary (*Rosmarinus Officinalis*), Blue Tansy (*Tanacetum anuum*), Myrrh (*Commiphora myrrha*), Thyme (*Thymus vulgaris*), Tea Tree (*Melaleuca alternifolia*), Ravensara (*Ravinsara aromatica*), Ginger (*Zingiber officinale*), Black Pepper (*Piper nigrum*), Frankincense (*Boswellia fereana*), Sweet Marjoram (*Origanum marjorana*).

DELIVERY METHODS - Pure essential oils have a wide range of therapeutic uses and benefits. The choice of delivery method often depends on your intended goal. Here are some of the most practical and therapeutic methods for using your aromatic oils for balancing the 5 elements.

Direct inhalation is the method I primarily use in my practice. Research shows that aromatic vapors will remain in your bloodstream for up to 4-6 hours.

PLEASE NOTE: Stimulating circulation of your blood, lymph and nerve flow through rhythmic breathing in conjunction with inhalation of aromatic oils enhances their delivery into your system!

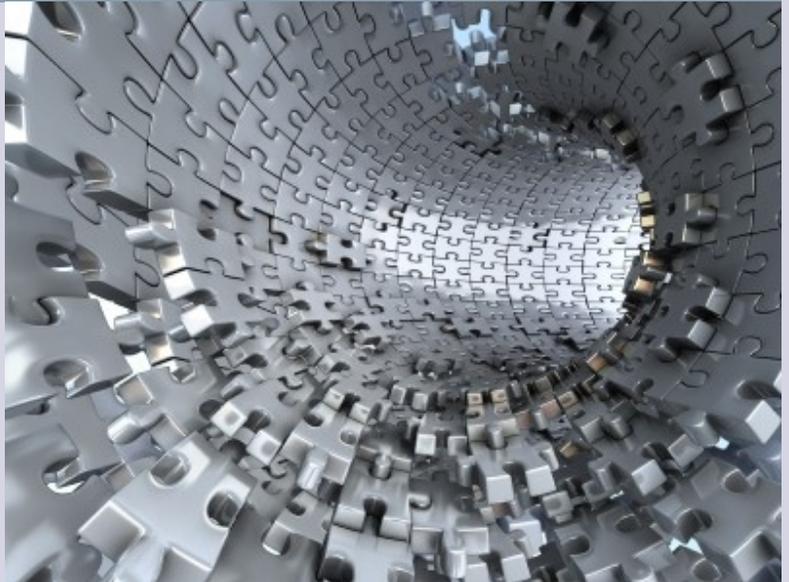
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Steam Inhalation is one of the easiest and most direct ways to support your respiratory system with essential oils. Use steam inhalation to soothe and promote healing for your respiratory system, clearing nasal passages and enjoying therapeutic benefits for your lungs. Great method to prevent or treat respiratory infections, support your health and prevent colds and the flu.

Add 4-8 drops of oil to a large bowl of steaming hot water, but not so hot it will burn your skin or mucous membranes. Put a towel over your head to capture the steam. Close your eyes and inhale until the water cools or until you stop smelling the oil. Breathe in the steam for a few minutes, as long as you desire. Please keep your eyes closed to prevent any of the essential oil vapors from getting into your eyes!

Repeat the treatment, if necessary, every 4-5 hours. Relieves sinus congestion, coughs, colds, flu and sore throats. Suggested oils to use: eucalyptus, ravensara, lavender, peppermint, lemon and tea tree.



Bathing is an age-old method for using aromatic oils to balance the 5 elements and is great for stress reduction, relaxation, soothing sore muscles and joints, supporting respiratory health, mood enhancement, and treating your senses to the full aroma of an essential oil.

Fill your tub with water, add 5-8 drops of oil that has been mixed in a dispersant such as a water soluble carrier oil, milk or cream, or a spoonful of honey, swish to disperse in the water. A half cup each of Epsom Salts (muscle relaxant, detoxifier) and Baking Soda (skin softener) can also be used to disperse the oils in your bath water.

PLEASE NOTE: Essential oils are not water soluble you must use a dispersant when adding them to a facial steam or bath and water may cause the oils to penetrate your system more quickly or cause irritation to sensitive or damaged skin, i.e. blemishes, sores or rash.

Compress ~ Excellent for topical application to ease pain from strained muscles, menstrual cramps, etc. Disperse 4-8 drops of oil in a teaspoon of milk or honey and add to a small stainless steel bowl of hot water. Absorb the "HOT" water into a wash cloth, using protective gloves, wring out excess water and apply compress to area of discomfort, repeat when your cloth cools. You may cover the warm cloth with a hot water bottle, plastic sheet or a towel to keep it "HOT" longer.

KG STILES, LMT, CAT, RBT, CBP, NCTMB (OR Lic #2313) is a specialist in the field of Aromatic Plant and Energy Medicine. She has been a licensed and accredited MindBody therapist and health educator for more than 30 years. She is the owner of Springhill Wellness Center in Ashland, Oregon, and the Founder and Director of PurePlant Essentials Organic Fair Trade Aromatherapy. KG specializes in formulating aromatic remedies for healthy living, including chakra care, individual signature blends and remedies for colds and flu, insomnia, stress, anxiety, depression, menopause, anti-aging, skin care and more. KG teaches chakra and energy balancing with aromatherapy workshops, and is the author of the Chakra Guidebook and audio CD program, "Healing Your Rainbow Bridge." For more information please visit www.pureplantessentials.com or contact KG at 541-941-7315

PLEASE NOTE: There are many cheap, synthetic copies of aromatic oils, but these are not recommended for therapeutic use. For best results purchase the highest quality oils you can possibly find. Use certified organic essential oils, or oils that have been tested and are pesticide free.

Aromatherapy is a gentle and noninvasive complementary health care system used for balancing and synchronizing your body, mind, spirit and emotions to enhance your health. Properly administered essential oils are a natural, safe and effective way to enhance your health and well-being and may produce satisfying results where other methods have failed. Please consult with your physician regarding serious health concerns and do not attempt to self diagnose.