

Essential Oils to Balance the Five Elements  
Article Series



# The Wood Element



# Essential Oils to Balance the Five Elements The Wood Element

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## Wood Element Meridians: Liver (yin) Gall Bladder (yang)

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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 Earth is the call "to be" awakened fully to life and your full potential.

### Properties of the wood element:

SEASON: Spring

CLIMATE: Wind

TASTE: Sour

SMELL: Citrus, fresh

EMOTION: Anger

BODY PARTS: Liver, gall-bladder, eyes, tendons

COLOR: Green

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

**A balanced wood element supports you to** plan, organize and take decisive action. You know how to make things happen and are highly motivated.



**In balance you trust yourself and take full responsibility for your life.** You feel a strong sense of self worth and positive self value and act with integrity that is guided by your own personal honor code.

**A balanced wood element supports your** personal freedom and autonomy to direct your spirit to realize your highest potential. You enjoy being the creator of your reality and manifest easily all that you desire into the physical world.

**You may experience imbalance as** an inability to take responsibility for yourself and your life experiences. You may lack self control, and blame and criticize others for your inability to make decisions, organize, plan and take consistent action towards the fulfillment of your life purpose.

**Keywords:** Leadership, self esteem, personal honor, self respect, integrity, optimism, self approval, commitment, self control, self motivation, organization, planning, decisive, willing to change and take charge.

**Related physical symptoms of imbalanced wood element include:** Diaphragm (organ for processing emotions) restrictions, Liver, Lower Respiratory, Immune response, Hormonal and Digestive system problems, Gallstones, Tumors, Hepatitis, Cirrhosis, Arthritis, Allergies, Skin problems, Chronic pain, Fatigue, Cellulite, Headache, Edema, bloating and swelling.

**Related emotional symptoms of imbalanced wood element include:** Depression (anger turned inward), Indecision, Lack of motivation and focus, Victimization, Need for Approval, Stress, Anger, Frustration, Fear of Responsibility, Self Doubt, Self Esteem and Commitment issues.

**Essential oils to balance the wood element include:** citrus, fresh, and sweet aromas with restorative and regulating properties like Lemon (*Citrus limonum*), Grapefruit (*Citrus paradisi*), Basil (*Ocimum basilicum*), Cypress (*Cupressus sempervirens*), Ledum (*Ledum groenlandicum*), German Chamomile (*Matricaria recutita*), Sweet Orange (*Citrus sinensis*), Myrrh (*Commiphora myrrha*), Petitgrain (*Citrus aurantium*), Tangerine (*Citrus aurantium*), Peppermint (*Mentha piperita*).

**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.

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**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!**

**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.

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**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.