

ESSENTIAL OILS TO BALANCE THE FIVE ELEMENTS



~ THE EARTH ELEMENT ~



Author KG Stiles

ESSENTIAL OILS TO BALANCE THE FIVE ELEMENTS ~ THE EARTH ELEMENT ~

By Certified Aromatherapist KG Stiles, LMT, RBT, CBP, NCTMB

Earth Element Meridians: Stomach (yang), Spleen (yin)

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 earth element:

SEASON: Indian Summer

CLIMATE: Damp

TASTE: Sweet

SMELL: Fragrant, warm and radiant

EMOTION: Worry/desire

BODY PARTS: Pancreas, spleen, stomach, muscles, mouth

COLOR: Yellow

SWEET ACTION: Warming, soothing, nourishing, restorative, body-building and tonic. Most foods are classified as sweet.

There are complex sweet flavors like grains, beans, dairy products and meat. Simple sweets like honey, sweet fruits and juices are less satisfying and intensify your sweet craving rather than satisfy it.

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

In balance you trust yourself and take full responsibility for your life. You feel a strong sense of self worth and positive self value.

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 problems.

Keywords: Stability, Security, Connected, Self Motivation, Self Esteem, Commitment, Personal Power, Self Control, Honor, Integrity, Self Respect, Self Approval, Willingness to Change and take Responsibility.

Related physical symptoms of imbalanced earth element include: Diaphragm (organ for processing emotions), Poor lymph circulation, Adrenals, Kidney, Pancreas, Liver, Stomach, Spleen, Lower Respiratory, Immune Response, Hormonal and Digestive Systems, Food allergies, Sinusitis, Neck tension, Fatigue, Insomnia, Ulcers and Gallstones, Heartburn, Indigestion, Diabetes, Hypoglycemia, Tumors, Anorexia, Bulimia, Hepatitis, Cirrhosis, Arthritis, Transverse colon problems, Eczema, Rashes, Sweet Cravings, Frequent urination.

Related emotional symptoms of imbalanced earth element include: Victimization, Need for Approval, Stress, Anger, Frustration, Fear of Responsibility, Guilt, Worry, Doubt, Self Esteem and Commitment issues.

Essential oils to balance the earth element include: sweet, balsamic, warm and radiant, resinous and earthy, herbaceous and woody, exotic and sensual aromas with restorative and regulating properties like Sandalwood (*Santalum album*), Myrrh (*Commiphora myrrha*), Atlas Cedarwood (*Cedrus atlantica*), Fennel (*Foeniculum vulgare*), Coriander (*Coriandrum sativum*), Ylang Ylang (*Cananga odorata*), Vetiver (*vetiveria zizanoides*), Patchouli (*Pogostemon patchouli*), Geranium (*Pelargonium graveolens*), Ginger (*Zingiber officinale*), Rosemary (*Rosmarinus Officinalis*), Sweet Marjoram (*Origanum marjorana*), and Helichrysum (*Helichrysum italicum*)

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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!

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.

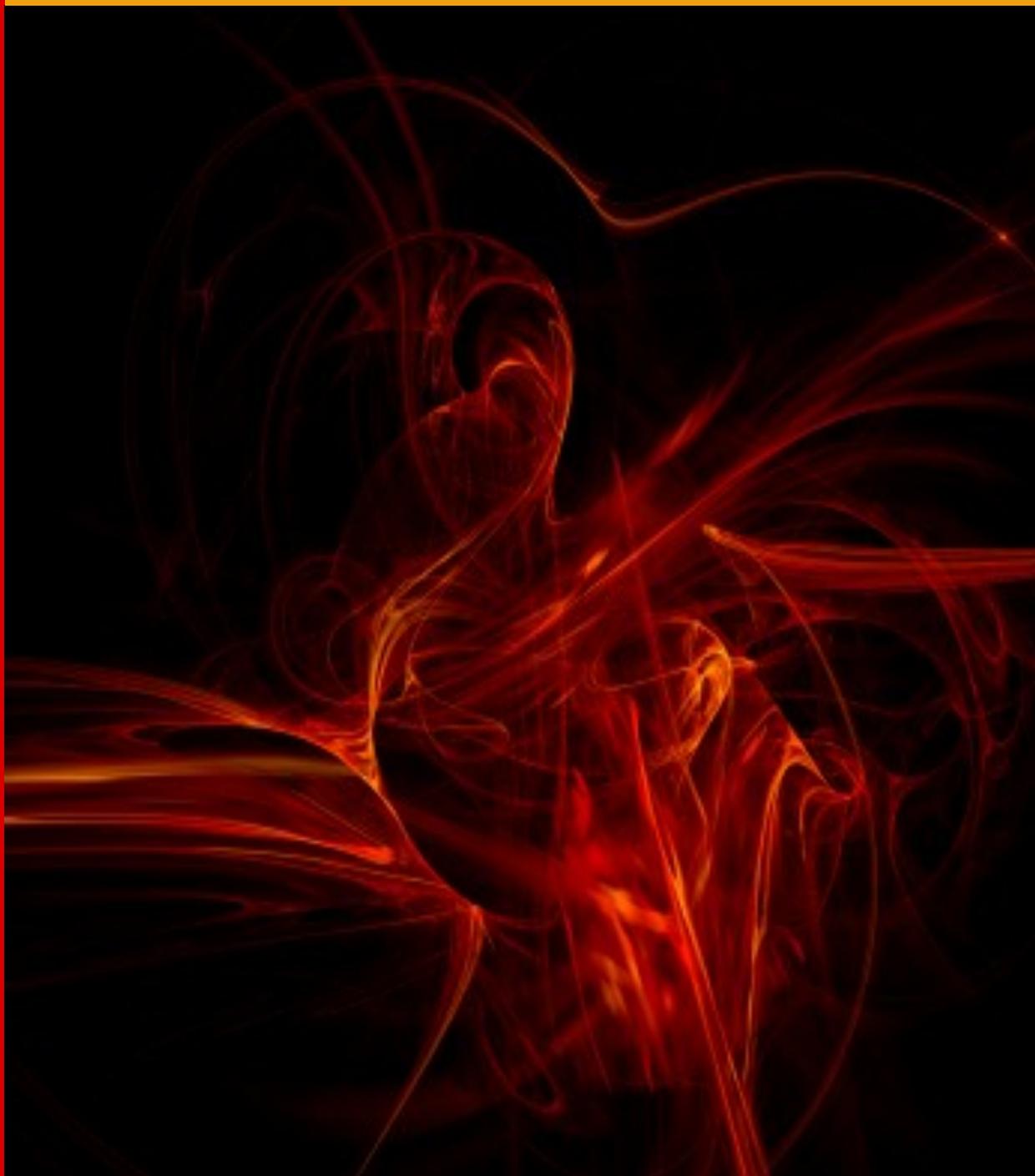
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ESSENTIAL OILS TO BALANCE THE FIVE ELEMENTS

Article Series



~ THE FIRE ELEMENT



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THE FIRE ELEMENT

by Certified Aromatherapist KG Stiles, LMT, RBT, CBP, NCTMB

Fire Element Meridians: Heart, Pericardium (yin), Small Intestines, Triple Warmer (yang)

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The power of Fire is transformation. This is your vital life force energy for empowerment and self esteem.

Properties of the fire element:

SEASON: Summer

CLIMATE: Heat

TASTE: Bitter

SMELL: Sweet, fresh

EMOTION: Joy/Sadness

BODY PARTS: heart, pericardium, cardiac plexus, thymus, breasts, small intestines, circulation, blood vessels, tongue

COLOR: Red

BITTER ACTION: Cooling, sweet, astringent, drying, anti-inflammatory, antibiotic, often ant parasitic and antiviral, promotes detoxification. Stimulates appetite and secretion of digestive juices throughout the gastro-intestinal system, enhances digestion and flow of bile.

In balance you experience feelings of JOY, abundance, prosperity and sharing. You easily feel self love and acceptance.

A balanced fire element supports your healing of emotional wounds and letting go of old issues of grief and loss, emotional heaviness, sadness, despair and depression (anger turned inward), feelings of being unloved or unlovable.

Keywords: Compassion, Empathy, Trust, Optimism, Acceptance, Forgiveness, Joy, Love of Self and Others, Gratitude, Integration, Fulfillment, Movement, Sensitivity

Related physical symptoms of imbalanced fire element include: Cardio-vascular and Respiratory problems, Poor circulation, Allergies, Heart disease, Asthma, Lung and Breast Cancer, Thoracic spine, Pneumonia, Heart palpitations, Chest pain, Hypertension, Stroke, Angina, Arthritis, Shoulder Girdle Pain and Discomfort, Frozen shoulder, Rotator Cuff Injuries, Tendinitis, Carpal Tunnel, Arm and Hand Pain, Chronic Restrictions in the Upper Back and Thoracic area, Dry skin and hair, Insomnia.

Related emotional symptoms of imbalanced fire element include: insensitivity, passivity, sadness, depression, lack of forgiveness, anxiety, unresolved loss, and grief, being emotionally closed.

Essential oils to balance the fire element include: sweet, fresh, citrus aromas with restorative and regulating properties like Frankincense (*Boswellia fereana*), Myrrh (*Commiphora myrrha*), Neroli (*Citrus aurantium*), German Chamomile (*Matricaria recutita*), Cypress (*Matricaria recutita*), Lemon (*Citrus limonum*), Rose Geranium (*Pelargonium roseum*), Himalayan Cedarwood (*Cedrus deodora*), Ylang Ylang (*Cananga odorata*), Helichrysum (*Helichrysum italicum*).

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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.

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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.

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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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Article Series



THE METAL ELEMENT



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THE METAL ELEMENT

By Certified Aromatherapist KG Stiles, LMT, RBT, CBP, NCTMB

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.

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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*).

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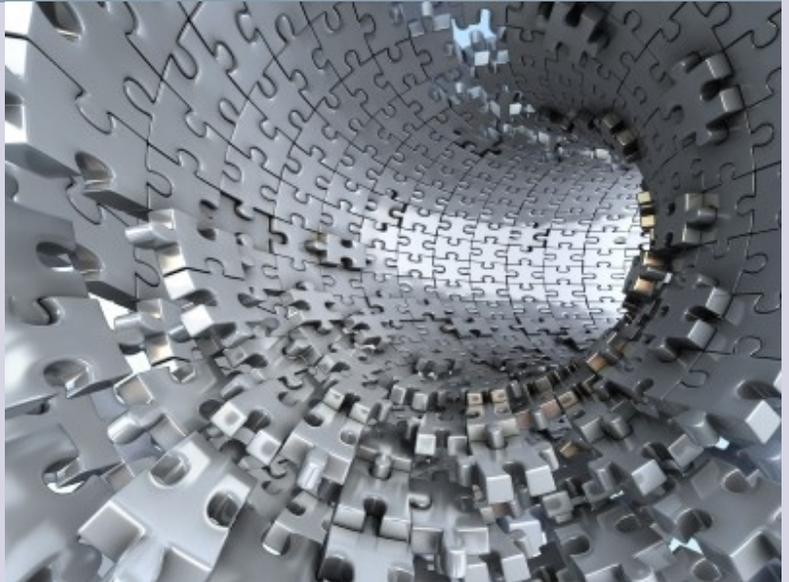
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Essential Oils to Balance the Five Elements
Article Series



The Water Element



Essential Oils to Balance the Five Elements The Water Element

By Certified Aromatherapist KG Stiles, LMT, RBT, CBP, NCTMB

Water Element Meridians: Kidney (yin), Bladder (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.

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The power of water is to be fluid, yet unyielding. It is your power to overcome obstacles and act with integrity.

Properties of the water element:

SEASON: Winter

CLIMATE: Cold

TASTE: Salty

SMELL: Fresh, Minty, Camphoreous

EMOTION: Fear

BODY PARTS: kidneys, bladder, female reproductive organs, urinary system, ears, bones, nails

COLOR: Black/deep blue

SALTY ACTION: Cooling and moistening, nourishes kidneys and bladder, helps maintain fluid balance



In balance you trust the natural flow of life, giving and receiving in equal measure without difficulty.

You are relaxed, calm and at ease with your life. You feel robust energy, physical power, stamina and aliveness; you shine like a star! You surrender to the process of sharing and your relationships are harmonious and deeply connected. Openness of your heart, mind and body ensure enjoyment of your life experience. You express sensuality and sexuality in a fluid and unified way.

A balanced water element supports a strong immune system and an inherent sense of physical power, health and well-being, including financial health.

Keywords: fluidity, trust, faith, sensuality, sexuality, giving and receiving love, communion, co-creation, pro-creation, endurance, self confidence, patience

Related physical symptoms of imbalanced water element include: lumbar tension, chronic lower back pain, sciatica, tight hamstrings, leg cramps, painful feet, toxic and infectious conditions, body odor, kidney and bladder infections, cystitis, immune disorders, chronic stress and fatigue, energy and mood swings, impotence, frigidity, irritable bowel, bed wetting, cancer, dark circles under eyes, heat sensitivity, salt cravings and addictions of all kinds.

Related emotional symptoms of imbalanced water element include: feeling rejected, toxic environmental conditions (both internal and external) that trigger states of fear, panic, anxiety and worry. You may be locked into power struggles with yourself or others, and experience issues of rejection and victimization, jealousy and mistrust, as well as the need for protection may be prevalent.

You may experience imbalance as an inability to give or receive, and find it difficult to surrender to "what is" and struggle with universal laws. You may be locked into the purely physical expression of your sensuality and sexuality. You may try to control situations and emotions in relationships which may lead to repression of your needs and healthy self-expression of your truth.

Essential oils to balance the water element include: sweet, fresh, minty, camphoreous aromas that are fluid, regulating and restorative like Eucalyptus (*Eucalyptus globulus*), Frankincense (*Boswellia fereana*), Clary Sage (*Salvia sclarea*), Rose Geranium (*Pelargonium roseum*), Blue Tansy (*Tanacetum anuum*), Tea tree (*Melaleuca alternifolia*), Peppermint (*Mentha piperita*), Juniper berry (*Juniperis communis*), Cypress (*Cupressus sempervirens*)

Essential Oils to Balance the Five Elements-Water Element

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The Wood Element



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

Author KG Stiles

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.

Essential Oils to Balance the Five Elements Wood Element

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.