

FREE

INNER REALM

a holistic health magazine dedicated to your personal
Journey to total health of the body, mind and spirit.

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Exploring the Scientific Impact of Mindfulness By Sally Nazari, PsyD

Unveiling The Beauty Within By Joan Snow

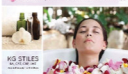
WHAT IF YOU COULD CHANGE THE PAST? by Donna Cerame, Practitioner, Holographic Kinetics

Yoga Science Teaches Us How to Transform Energy© By Leonard Perlmutter

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THE ESSENTIAL OILS Complete Reference Guide



In my new book, *The Essential Oils Complete Reference Guide*, I share some of my own direct personal experiences about how I've used essential oils with myself and my clients with outstanding results over the past three decades, including recovery from early childhood abuse, as well as suffering a ten-year physical disability.

From my perspective as a veteran in the metaphysical healing movement everyone is on a healing journey during their lifetime. There's always some challenge that needs a solution. This now seems more apparent than ever as at the collective level we experience repeating patterns of war and strife.

Perhaps now at this seeming critical moment in human history in which we've created such a multiplicity of challenges at the world level like global warming, over populations, massive poverty, rampant disease, world starvation and species extinction there is an opportunity available for a mass paradigm shift: a transformation in our way of thinking and behaving in which we move from competition to cooperation.

I believe we can look to nature for solutions to our individual and global challenges. Nature and natural life has been adapting to changes and evolving for hundreds of thousands of years. If you observe nature you can see that she works holistically and in cooperation through cycles of time to sustain herself. Historically when things get out of balance there is massive die off of species and natural habitats shift to bring balance once again. I believe we are in one of those major shift points on planet earth.

From a metaphysical perspective everything is working perfectly to bring balance into the crisis point we are faced with on planet earth. It's attuning to and aligning with natural forces to support them in this natural process of evolution that will help restore balance.

Transformation and healing are always available. It's our willingness to align with natural forces that guides us to see the opportunities available in our own personal life and for planetary evolution. Humans can be stewards for this evolution to take place.

Essential oils can help with this process of transformation and change. On an individual level when used properly essential oils can act like trusted allies and friends to help you shift and handle any challenges you may be faced with whether physical, mental, emotional or spiritual to become more integrated and whole.

As a metaphysician and holistic healing practitioner I've explored using many forms of transformation and healing. Overtime I've come to focus solely on working with my clients at the metaphysical and energetic level. Your e-motion is literally energy in motion. Resistance to feeling the energy expressing as your emotions creates stress in your body and physical tension builds. Resistance and suppression of emotions is at the core of most illness and disease. When you release the blocked patterns of emotional resistance the natural process of transformation that's always available can occur to bring you back into balance and healing occurs naturally.

Young children naturally express the inner joy that comes with the experience of being alive. Children are naturally inquisitive and creative. Before age four the majority of children test at genius level and by age ten test at average intelligence. The conditioning and indoctrination children experience results in suppression of their natural talents and abilities.

I realized early on it was the way people were thinking that caused most, if not all, of their problems. I became passionate about changing the way people think about their life situation. After college and with nothing more than a desire to help people overcome their challenges I began pursuing my dream.

Insatiably curious I became a lifelong student of fitness, wellness, nutrition, philosophy, metaphysics, astrology and psychology. I discovered the work of Carl Jung and Rudolph Steiner and was later introduced to the transformational healing arts at the Findhorn community in Scotland where I rekindled my connection with the Devic kingdom.

Findhorn, a spiritual community in northern Scotland, is one of the largest intentional communities in the world and a working ecovillage that was created to inspire and encourage transformation in human consciousness. Findhorn is renowned for growing huge veg-

THE ESSENTIAL OILS COMPLETE REFERENCE GUIDE

Over 250 Recipes for Natural Wholesome Aromatherapy

KG Stiles, BA, CBT, CBP, LMT

etables, produced in cooperation with nature spirits. While at Findhorn my communication with the Devic kingdom opened fully. It was like coming home to myself.

After Findhorn I relocated to San Diego, California a mecca for evolving consciousness and learning about and practicing the healing arts. My own personal healing journey continued as I explored a wide variety of cutting edge healing modalities.

After being introduced to essential oils, I realized that I had found what I had been looking for my entire life. One sniff of pure plant essences can instantly shift a person's thinking and mental attitude. Having a direct personal experience of whatever I taught or used in my practice was essential for me. The same has been true with using essential oils.

Having so many of my own health challenges to heal has been a blessing in that I know first-hand what my client must face and overcome. Though each client is an individual and has their own personal experience there are similar patterns that surface that must be exposed and released so that natural healing may occur.

Much of the healing journey is about forgiving and releasing the past. We make decisions often in early childhood about what things mean and get locked into perspectives, attitudes and beliefs about ourselves and life that can undermine our best attempts at creating a happy life for ourselves. We develop a storyline for our life. When we're at the effect of these patterns of thinking and behaving we generate the same chemicals that create the same emotional set points. These emotional set points can hard wire us into feeling depressed or frustrated and angry most of the time. Emotional patterns can become chronic.

It's very simple to release these set points though it can take time to fully cleanse your cup, so to speak, to experience a paradigm shift and a new way of life for yourself.

Here's an essential oil recipe from *The Essential Oils Complete Reference Guide*, to get you started - **Gabriel**

To Support Your Work as a Messenger

Protector of the element of water the word Gabriel is derived from Hebrew and means, "God is my strength." Gabriel is the angel that oversees conception, birth and the adoption of a child and helps those whose purpose in life involves art and communication.

An angel of mercy and compassion Gabriel helps to purify the body, mind and emotions of those called to be writers, counselors, therapists and teachers and considered the patron of postal workers, clergy and those in the communications field.

Gabriel Angel Therapy Oil

To Support Healthy Connections and Communications

To a 5 ml color glass euro-dropper bottle add:

Neroli - 40 drops

Rose - 20 drops

Ylang Ylang - 20

German Chamomile - 10 drops

Helichrysum - 10 drops

Close cap tightly and shake bottle vigorously to thoroughly blend essential oils. Allow to synergize for eight or more hours before using.

Dispense 1-3 drops on a cotton ball or small strip and inhale the aromatic vapors of your Gabriel angel therapy oil for 10-15 seconds. May repeat as needed. May use diffused into the air, or as an aromatic mist. To make a ready-to-use angel therapy oil simply add 15-30 drops of your synergy blend to a one ounce bottle of your favorite carrier oil, shake bottle well to disperse oils thoroughly. Apply a few drops of your ready-to-use blend to your heart area, sinus points around nose and forehead, as well as on the back of your neck and behind both ears.

KG Stiles, BA, CBT, CBP, LMT, is a metaphysician, holistic health coach and aromatherapy consultant providing expert essential oil services since 1980. She has worked with many celebrities over the past three decades and has published hundreds of articles, many of which have appeared in *Massage Therapy Journal*, *Massage Today*, *Breast Cancer Wellness* magazine, *Aromatherapy Today* (Australia) and *NAHA Aromatherapy Journal*. She lives in Ashland, Oregon. www.kgstiles.com

