

# HOW TO CHOOSE FLOWER AND TREE ESSENTIAL OILS FOR ANOINTING

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## INTRODUCTION

If you're new to essential oils, then the guidelines I offer here will assist you in choosing quality essences that are pure, and considered "therapeutic" or "medicinal". Not all essential oils are considered equal. When I first started using essential oils, I looked for bargain oils at the grocery store. I found frankincense, lemon, lavender, and many others that were labeled *pure*. They weren't. In fact, they went rancid. That means these essences were adulterated with vegetable oils (which do go rancid).

That made them ineffective for use in any way, in my opinion. You can't expect results from inferior products. It was a lesson I quickly learned. If you want quality, you have to go with the leaders in the industry.

Pure essences stay fresh for centuries and have been found in Egyptian tombs with original quality, as fresh as new. Since pure essential oils are made from the careful distillation of plants (leaves, roots, wood, flowers, resins) there's no added oil to corrupt their chemistry. In fact, the term essential oil is a little misleading because they're not *oily*. Rather than feely greasy, essential oils jump into the air or sink into the skin immediately.



Several factors can provide clues to having authentic, pure essential oils.

1. Essential oils are stored in dark amber bottles to filter out harmful light rays that can alter their chemistry.
2. There's no residue left on paper or skin when you apply a drop of essential oil. Remember, essential oils aren't oily.
3. Pure essences cost a little more. Some companies add chemicals to dilute the essences or add similar but cheaper essential oils to reduce cost. Among the most easily adulterated is lavender, for example. I've also detected chemical smells coming from supposedly pure frankincense essential oil – that's due to using chemical extraction (a cheaper method) rather than steam distillation. Chemical extraction leaves a chemical residue.
4. You'll see the exact scientific name on the bottle, indicating the exact species from which the essential oil is derived, along with the parts of the plant harvested for the essential oil. You should also be able to easily find the source (where the plants grew) and method of extraction.
5. Seek out single essential oils rather than blends. Each plant is unique and offers its own "medicine" (as in shamanic medicine). Blends can be tricky to make, and a deeper understanding of plant chemistry as well as spirituality reveals the special gifts of the people who create the blends. Dr. Gary Young was one such individual who pioneered effective distillation and use of essential oils. Since then his methods and blends have been copied and adulterated. Just tune-in to your own inner wisdom to help you decide.

Government regulations prohibit the mentioning of medical claims or cures. As a result, some companies have been deliberately vague on the benefits of essential oils. That said, learn from your own experiences with the oils. They have so much to teach us all!



## FLOWER ENERGY

### FLOWER BLOSSOMS/PETALS

The culmination of all that matters to plants – to achieve the highest vibration in physical form – manifests through flowers. Evolution has guided plants to interact with other species for their mutual benefit. Though not all flowers are colorful and fragrant (grass flowers are so inconspicuous, for example, without petals so they can be pollinated by wind), the ones that are conspicuous represent a coexistence of beings for higher vibration.

We cannot ignore, for example, the role of bees and other insects, birds, deer and other mammals, as cooperators in pollination and seed dispersal. Beauty, color, and fragrance are of the highest vibration. Therefore, flowers energetically represent both subtleties and power of spirit, the opening and healing of the heart, connection to the divine, naturally stimulating to the senses as an aphrodisiac, and protecting of the auric field.

Because it takes so many flowers to create tiny amounts of essential oils, expect the price to be substantially higher than essences from leaves and wood.

Choose any of these amazing flower essential oils: Jasmine, Neroli, Rose, Ylang Ylang

### *FLOWERING TOPS OF HERBS*

A great many essential oils are distilled from the flowering tops of herbs. Combining the valuable properties of flowers (divine connection) with the physical benefits of leaves, these blossoms intensify chemical responses to the environment, a result of a short life or growing season combined with vulnerability to the elements.

Literally all plant essences distilled from these blossoms are anti-bacterial, anti-fungal, and many support the physical nature of humans – digestion, reducing stress, relieving headaches, warming muscles, calming nerves, offering hormonal balance and dissipating cold and flu symptoms. Spiritually, they allow for harmony in the body with nature and the elements.



Choose any of these plant essences: Basil, Clary Sage, Sage, Cistus, Roman Chamomile, Blue (German) Chamomile, Geranium, Helichrysum, Hyssop, Fine Lavender, Spikenard, Marjoram, Patchouli, Peppermint, Oregano, Rosemary, Spearmint, Tansy, Thyme

## TREE ENERGY

### *EVERGREEN TREE ENERGY*

Trees connect Heaven and Earth, bridging the gap between physical and non-physical presence. While roots submerge through soil and rock layers, anchoring deeply into Mother Earth, branches reach for sun, moon and stars of Father Sky. The trees richest in essential oils are evergreen, maintaining their abundant presence year round. Oils distilled from these evergreens – wood, branches, and needles – capture the aromas of endurance, freshness, wisdom, and deep healing through courage, empowerment, and forgiveness.

Choose from any of these powerful plant essences: Cypress, Balsam Fir, Pine, Spruce, Cedar, Sandalwood, Blue Cypress, Ravintsara, Hinoki

### *RESIN ENERGY*

Essential oils distilled from the resins of trees hold the energy of ancient wisdom and ritual. As shaman tools, they assist in emotional and physical healing of deep wounds, helping to release beliefs that no longer serve the individual (or humanity). Their enduring, thick qualities reach further into the soul to access repressed emotions and memories (even ones from another lifetime). These resin essential oils assist in meditative practices to bring about expression and enlightenment. In the physical realm, they are often anti-viral and anti-tumor.

Choose these plant essences that come from tree resins: Copaiba (Copal), Elemi, Frankincense, Galbanum, Myrrh, Palo Santo

