Essential Oils For Various Emotions  
(Based on anecdotal experience and traditional usage)

The cells of our bodies are all participants in a very sophisticated communication network. Interleukins, interferons, and lymphokines are types of messenger cells whose communications manage our immune systems. Interleukin 2 has been identified as the messenger cells that our bodies use to instruct the immune system on how to recognize cancer cells and other enemies of our physical well being. Without sufficient and well-functioning interleukin 2 cells, our phagocytes, B-cells, and T-cells, which would normally attack and kill abnormal cells like cancers, will misjudge them as friendly and allow them to live and multiply.

Interleukin 2 levels are reduced with overproduction of cortisol, a necessary steroid hormone that regulates many bodily functions. Having the right amount of cortisol is healthy, but too much can lead to sickness and even death.

A variety of emotional and spiritual factors have been shown to result in the overproduction of cortisol and the reduction of interleukin 2. These emotions include chronic anger, fear, anxiety, bitterness, and resentment. Negative attitudes such as lack of forgiveness, desire for revenge, repressed rage, a poor self image, inability to deal with a significant loss or trauma, and unrelieved stress around any issue can set up conditions favorable to the growth of cancer cells.

With a properly functioning immune system, it is impossible for cancer to take hold and grow. We have been given a certain amount of control over our immune systems by how we think, feel, and live. The molecular and cellular activities in our bodies may be chemical in nature, but much of the control of that chemistry is ultimately in the spiritual nature of our lifestyles.

Because of the ability of essential oils to help us release emotions, they can be of great assistance in getting to whatever emotional or spiritual roots our diseases and discomforts have. Do essential oils change our personalities or even our emotions? Of course not. But they seem to mitigate some of the power of these emotions and give us a little extra space in which to look more realistically or more creatively at our lives. Solutions seem to present themselves in the pause provided by the aroma of the oil. I can’t explain it to you. I can only say that I have experienced it myself and seen it in others.

**Ability to Let Go:**  
- *Believe, Letting Go, Tranquility*, coriander, lemon, peppermint, pine

**Abandonment (fear of):**  
- *Faith*, lavender

**Abundance:**  
- *Bountiful, Acknowledge, Unity*, cardamom, myrrh, patchouli

**Abuse (all/any):**  
- *Angel, Beloved, Abuse*

**Acceptance (of love):**  
- *Angel, Believe, Beloved*, Trust, Faith, pine, rose, chamomile Roman, melissa

**Acceptance (of self):**  
- *Believe, Beloved, Inner Peace, Faith, Letting Go*, peppermint, cypress, helichrysum, petitgrain

**Acceptance (of change):**  
- *Believe, Beloved, Faith, Inner Peace, Tranquility*, grapefruit, helichrysum, geranium, lemon

**Alertness:**  
- *IQ, Crystal Clear*, grapefruit, lavender, thyme, bergamot, black pepper, cinnamon, coriander, eucalyptus, juniper, lime, peppermint, petitgrain, pine, rosemary
Alone (fear of being):  ^eGood-Nite, ^eInner Peace, ^eMagi, ^eWhispering Hope


Apathy:  ^eAssurance, ^eBelieve, ^eIQ, ^eVision

Appreciation:  ^eMoonlight, ^eConnection, ^eTrust, ^eReconciliation, ^eUnity, ^eSego Lily (feeling appreciated)


Assertion:  ^eMillenia, ^eVitality, jasmine, fennel, basil, cedarwood, cypress, frankincense, ginger, patchouli, bergamot, ylang ylang, black pepper, coriander, lime, litsea cubeba

Awareness (self):  ^eSanctuary, grapefruit, lemon, jasmine, lavender, rosemary, helichrysum.

Awareness (spiritual):  ^eBelieve, ^eInner Peace, ^eSanctuary, ^eVision, ^eReconciliation, chamomile Roman, neroli, frankincense, juniper, rose

Baby Blues:  ^eBaby Me, ^eReconciliation

Balanced (emotionally):  ^eConnection, ^eHeart Song, ^eTranquility, ^eBelieve, ^eReconciliation, ^eUnity, lavender, lemon, rose, cedarwood, orange sweet, mandarin, sandalwood


Bonding:  ^eBaby Me, ^eMoonlight

Calming (general):  ^eBelieve, ^eEZ-Traveler, ^eGood-Nite, ^eTranquility, ^eHeart Song, ^eInsight, ^eMeditation, ^ePaine, lavender, melissa and melissa blend

Calmness:  ^eBelieve, ^eGood-Nite, ^eUnity, ^eAssurance, ^eSanctuary, ^eSego Lily, ^eTomorrow, chamomile German, chamomile Roman, clary sage, rose, helichrysum, lemon, mandarin, marjoram, neroli, ylang ylang, frankincense

Cellular Memory:  ^eInsight, ^eLetting Go.

Changes (going through):  ^eMillenia, ^eTomorrow, cypress, cedarwood, rosemary, lemon

Clarity:  ^eMeditation, ^eMillenia, ^eUnity, basil, fennel, grapefruit, lavender, lemon, rosemary

Clarity (of thought):  ^eCrystal Clear, lemon, rosemary, basil, clove, petitgrain

Co-dependency:  ^eTrust, ^eReconciliation, sandalwood

Comforting:  ^eBelieve, ^eBaby Me, ^eGood-Nite, ^eInner Peace, ^eMagi, ^eSanctuary, cedarwood, chamomile Roman, cypress, frankincense, geranium, marjoram, rose, lavender, sandalwood, melissa

Communication:  ^eConnection, ^eTrust, ^eReconciliation, ^eUnity, geranium, chamomile German, grapefruit, peppermint, lemon

Compassionate:  ^eBelieve, ^eMeditation, ^eTrust, ^eUnity, ^eGrateful Heart, chamomile German, chamomile Roman, lavender, rose, neroli, pine, cypress, melissa

Competence:  ^eBaby Me
Concentration: **Le**Crystal Clear, **Le** Focus, **Le** IQ, **Le** Wake-Up, peppermint, rosemary, cedarwood, eucalyptus, lemon, thyme

Confidence: **Le**Beloved, **Le**Millenia, **Le**Wisdom, **Le**Breezy, **Le**Exhilaration, **Le**Tranquility, **Le**Whispering Hope, bergamot, cedarwood, clary sage, coriander, cypress, fennel, ginger, grapefruit, jasmine, ylang ylang, marjoram, pine, petitgrain, rose, rosemary

Conflict (fear of conflict): **Le**EZ-Traveler, **Le**Millenia.

Confusion: **Le**Crystal Clear, **Le**Focus, **Le**IQ, ginger, rosemary, benzoin, cinnamon, clove, marjoram, lavender

Consoling: **Le**Believe, **Le**Millenia, **Le**Sanctuary, chamomile Roman, cypress, benzoin, melissa, melissa blend, rose, geranium

Contentment: **Le**Believe, **Le**Sanctuary, **Le**Tranquility, cypress, rose, lavender, neroli, bergamot, orange sweet, sandalwood, patchouli, ylang ylang, chamomile Roman, clove

Cooperation: **Le**Believe, **Le**Beloved, **Le**Unity, chamomile Roman, grapefruit, rose, jasmine, ylang ylang

Coping: (inability to) **Le**Beloved, **Le**EZ-Traveler, **Le**Millenia

Courage: **Le**EZ-Traveler, **Le**Millenia, **Le**Exhilaration, frankincense, marjoram, cedarwood, orange sweet, thyme

Decisiveness: **Le**Connection, **Le**Millenia, **Le**Vision, **Le**Wake-Up, **Le**Energy, basil, thyme, cedarwood, patchouli, peppermint

Dependence: (fear of) **Le**Bountiful, **Le**Trust, **Le**Reconciliation, peppermint

Depression: **Le**Believe, **Le**Beloved, **Le**Heart Song, **Le**Turmoil, **Le**Acknowledge, **Le**Baby Me, **Le**Unity, **Le**Meditation, **Le**Tranquility, **Le**Letting Go, **Le**Sego Lily, **Le**Solitude, **Le**Grateful Heart, **Le**My-graine, mandarin, rose, bergamot, orange sweet, ylang ylang, rose, geranium, lavender, chamomile Roman, lemon, jasmine, neroli, sandalwood, marjoram, frankincense, ravensara, rosewood

Dreams: **Le**Dreams, **Le**Exhilaration, **Le**Good-Nite, helichrysum, cedarwood

Emotional baggage (releasing): **Le**Letting Go, **Le**Trust, **Le**Believe, **Le**Inner Peace, **Le**Reconciliation, **Le**Tomorrow, **Le**Unity, **Le**Vision, **Le**Whispering Hope, **Le**Wisdom

Empathetic: **Le**Grateful Heart, **Le**Unity, **Le**Reconciliation, chamomile Roman, lavender, melissa and melissa blend

Energizing: **Le**Bountiful, **Le**Energy, **Le**Revitalize, **Le**Vitality, **Le**Wake-Up, orange sweet, pine, thyme, basil, peppermint, rosemary, cinnamon, eucalyptus, grapefruit, helichrysum

Energy Work: **Le**Benediction, **Le**Magi

Energy Protection: **Le**Benediction

Enthusiasm: **Le**Millenia, **Le**Vitality, **Le**Wake-Up, orange sweet, jasmine, lemon, grapefruit, ylang ylang, coriander, geranium, melissa and melissa blend

Exhaustion: (Physical) **Le**Aspire, **Le**Energy, **Le**Endo Relief, **Le**Wake-Up

Expressing Needs: **Le**Benediction, **Le**Millenia

Faith: **Le**Believe, **Le**Faith, **Le**Sanctuary, **Le**Discernment, frankincense, spikenard, juniper, coriander, chamomile Roman, neroli
Fear: Assurance, Faith (abandonment, poverty), Magi, Wisdom
Flexibility: Insight, Millenia, Tomorrow, geranium, lavender, clary sage, lemon, myrtle, ylang ylang
Forgiving: Believe, Trust, Tomorrow, pine, rose, neroli, chamomile Roman, spikenard
Fortitude: Beloved, EZ-Traveler, Millenia, cedarwood, frankincense, rosemary, thyme
Frustration: Acknowledge, Discernment, Tranquility, Letting Go, Wisdom
Future (looking forward to with joy): Tomorrow, Trust, Whispering Hope, Expressions, Faith, Millenia, Vision, Wake-Up, Vitality, Kadence
Generosity: Believe, Bountiful, Reconciliation, Trust, grapefruit, benzoin, nutmeg, cinnamon, sandalwood, melissa and melissa blend, lavender, geranium
Gratitude: Benediction, Faith, Grateful, Heart
Grief: Believe, Heart Song, Trust, Baby Me, Whispering Hope, Wisdom, Letting Go, Sanctuary, Magi, Millenia, Benediction, Reconciliation, Turmoil, lavender, chamomile Roman, rose, rose geranium, palarosa, orange sweet, clementine, anthropogen,
Healing (desire to): Faith, Reconciliation, Millenia, Patches
Humility: Faith, Trust, Unity, juniper, pine, chamomile Roman & chamomile German, melissa and melissa blend, neroli
Independence: Letting Go, Millenia, Wake-Up, geranium, clary sage, lemon, grapefruit, peppermint
Inner Strength: Believe, Beloved, EZ-Traveler, Millenia, Tranquility, Unity, Vision, helichrysum, geranium, chamomile Roman, melissa
Intuition: Believe, Insight, Sanctuary, Vision, Insight, Magi, jasmine, neroli
Irritability: Wisdom, Letting Go, Woman Wise, Benediction, Connection, Unity, Reconciliation, Expressions, Inner Peace, Insight, Letting Go, Millenia, Moonlight, Tranquility
Jealousy: Unity, Letting Go, Kadence, Trust
Joy: Unity, Whispering Hope, Tomorrow, bergamot, lemon, neroli, orange sweet, rose, sandalwood, frankincense, ylang ylang, chamomile Roman, grapefruit, jasmine, helichrysum
Journaling: Connection
Judging, Judgemental: Unity, Letting Go, Kadence, Trust
Leadership: Discernment, Unity, IQ, Tomorrow
Limbic System: Discernment, Millenia
Loneliness: Believe, Benediction, Good-Nite, Magi, Reconciliation,
Love Oneself: Believe
Loved (feeling): Angel, Sego Lily
Meditation: Connection, Dreams, Meditation
Memories (traumatic): Angel, Reconciliation
Memory: (improve) Crystal Clear, IQ, Wake-Up, coriander, lemon, rosemary, peppermint
Mood: Beloved, Bountiful, Everlasting, Tenda Care
Motivating: LeAssurance, LeBelieve, LeMeditation, coriander, lavender, clove, rosemary, grapefruit, lemon, pine, cypress, bergamot, black pepper
Negative Emotions (cellular level): LeBelieve, LeLetting Go LeDiscernment, LeEverlasting, LeFocus (patterns), LeReconciliation
Nightmares: LeDreams
Non-acceptance of a pregnancy: LeWhispering Hope
Optimism: LeBelieve, LeEnergy, LeMillenia, LeEverlasting, LeWhispering Hope, coriander, jasmine, petitgrain
Organized: LeInsight, LeTurmoil, LeConnection, LeMillenia, chamomile German, cedarwood, peppermint, lemon
Overwhelmed: LeWhispering Hope
Quarrelsome: LeUnity
Parent/Child Relationships: LeBaby Me, LeReconciliation,
Patience: LeTranquility, LeUnity, LeTranquility, chamomile German, cypress, pine, helichrysum, rose
Peace (in the home or office): LeUnity
Pride: LeDiscernment, LeReconciliation, LeLetting Go, LeUnity
Problem solving: LeExhillaration
Procrastination: LeBelieve, LeAssurance, Le Acknowledge
Rebellion: LeLetting Go, LeTranquility, birch
Release Emotions: LeBelieve, LeReconciliation,
Resentment: LeLetting Go, LeReconciliation,
Safe: LeAngel, LeLetting Go, LeSanctuary
Security: LeBountiful, LeHoliday Spirit, LeReconciliation, LeLetting Go, LeWhispering Hope,
Self confidence: LeAssurance, LeFaith, LeVision
Self-esteem: LeBelieve, LeMagi, LeSanctuary, LeInner Peace, LeMagi, sandalwood, ylang ylang, rose, vetiver, jasmine, bergamot, geranium, cedarwood
Self-forgiveness: LeBelieve, LeLetting Go, LeSolitude, chamomile Roman, frankincense, geranium
Serenity:  Let Believe, Let Letting Go, Let Solitude, chamomile Roman, sandalwood

Soothing:  Let Believe, Let Baby Me, Let Inner Peace, Let Magi, Let Sanctuary, Let Solitude, Let Tranquility, Let Whispering Hope, Let Unity, chamomile German, chamomile Roman, jasmine, patchouli

Stamina:  Let Vitality, Let Wake-Up, Let Revitalize, black pepper, cinnamon

Stubborness:  Let Unity, Let Reconciliation, Let Letting Go, Let Vision

Studying:  Let Crystal Clear, Let Focus, Let IQ, rosemary, laurel, peppermint

If restless, easily distracted:  frankincense, geranium

Forgets what was read:  pine, lemon, rosemary

Sympathetic:  Let Believe, Let Trust, Let Unity, Let Reconciliation, mandarin, orange sweet, geranium, rose, rosewood

Tenacity:  Let Believe, Let Millenium, pine

Tenderness:  Let Believe, Let Grateful Heart, Let Unity, rose, mandarin, benzoin

Thankfulness:  Let Bountiful

Tolerant:  Let Believe, Let Grateful Heart, Let Letting Go, Let Trust, Let Reconciliation, thyme, peppermint, frankincense, clary sage, lavender, marjoram

Trauma:  Let Heart Song, Let Turmoil, Let Revitalize Let Assurance, Let Trust, Let Letting Go, Let Life Force, Let Millenium, Let Sanctuary, Let Whispering Hope, Let Turmoil

Traumatic Memories:  Let Angel, Let Reconciliation,

Trust:  Let Believe, Let Beloved, Let Trust, Let Letting Go, Let Discernment, Let Sanctuary, basil, cypress, lavender

Understanding:  Let Believe, Let Tranquility, Let Unity, chamomile Roman, chamomile German, cypress, neroli, pine

Uplifting:  Let Heart Song, Let Millenium, Let Sanctuary, Let Tomorrow, clary sage, grapefruit, jasmine, juniper, mandarin, orange sweet, petitgrain, ylang ylang

Vitality:  Let Revitalize, Let Vitality, juniper, peppermint

Victim: (consciousness):  Let Focus, Let Reconciliation

Willpower:  Let Ez-Traveler, Let Vision, cypress

Wisdom:  Let Sanctuary, Let Tomorrow, Let Wisdom, Let Reconciliation, frankincense, rose, cypress, sandalwood

Worry:  Let Believe, Let Bountiful, Let EZ-Traveler, Let Faith, Let Kadence