

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: ^{Le}Believe, ^{Le}Letting Go, ^{Le}Tranquility, coriander, lemon, peppermint, pine

Abandonment (fear of): ^{Le}Faith, lavender

Abundance: ^{Le}Bountiful, ^{Le}Acknowledge ^{Le}Unity, cardamom, myrrh, patchouli

Abuse (all/any): ^{Le}Angel, ^{Le}Beloved, ^{Le}Abuse

Acceptance (of love): ^{Le}Angel, ^{Le}Believe, ^{Le}Beloved, ^{Le}Trust, ^{Le}Faith, pine, rose, chamomile Roman, melissa

Acceptance (of self): ^{Le}Believe, ^{Le}Beloved, ^{Le}Inner Peace, ^{Le}Faith, ^{Le}Letting Go, peppermint, cypress, helichrysum, petitgrain

Acceptance (of change): ^{Le}Believe, ^{Le}Beloved, ^{Le}Faith, ^{Le}Inner Peace, ^{Le}Tranquility, grapefruit, helichrysum, geranium, lemon

Alertness: ^{Le}IQ, ^{Le}Crystal Clear, grapefruit, lavender, thyme, bergamot, black pepper, cinnamon, coriander, eucalyptus, juniper, lime, peppermint, petitgrain, pine, rosemary

Alone (fear of being): ^{Le}Good-Nite, ^{Le}Inner Peace, ^{Le}Magi, ^{Le}Whispering Hope

Anger: ^{Le}Angel, ^{Le}Expressions, ^{Le}Insight, ^{Le}Letting Go, ^{Le}Revitalize, ^{Le}Tranquility, ^{Le}Trust, ^{Le}Turmoil, ^{Le}Unity, ^{Le}Wisdom

Anxiety: ^{Le}Angel, ^{Le}Assurance, ^{Le}EZ-Traveler, ^{Le}Good-Nite, ^{Le}Heart Song, ^{Le}Tranquility, ^{Le}Trust, ^{Le}Sego Lily, ^{Le}Solitude, ^{Le}Vision

Apathy: ^{Le}Assurance, ^{Le}Believe, ^{Le}IQ, ^{Le}Vision

Appreciation: ^{Le}Moonlight, ^{Le}Connection, ^{Le}Trust, ^{Le}Reconciliation, ^{Le}Unity, ^{Le}Sego Lily (feeling appreciated)

Arrogance: ^{Le}Discernment, ^{Le}Reconciliation, ^{Le}Vision, ^{Le}Trust, ^{Le}Letting Go

Assertion: ^{Le}Millenia, ^{Le}Vitality, jasmine, fennel, basil, cedarwood, cypress, frankincense, ginger, patchouli, bergamot, ylang ylang, black pepper, coriander, lime, litsea cubeba

Awareness (self): ^{Le}Sanctuary, grapefruit, lemon, jasmine, lavender, rosemary, helichrysum.

Awareness: (spiritual): ^{Le}Believe, ^{Le}Inner Peace, ^{Le}Sanctuary, ^{Le}Vision, ^{Le}Reconciliation, chamomile Roman, neroli, frankincense, juniper, rose

Baby Blues: ^{Le}Baby Me, ^{Le}Reconciliation

Balanced (emotionally): ^{Le}Connection, ^{Le}Heart Song, ^{Le}Tranquility, ^{Le}Believe, ^{Le}Reconciliation, ^{Le}Unity, lavender, lemon, rose, cedarwood, orange sweet, mandarin, sandalwood

Benevolence: ^{Le}Bountiful, ^{Le}Grateful Heart, ^{Le}Reconciliation, cinnamon, benzoin, patchouli, lavender.

Bonding: ^{Le}Baby Me, ^{Le}Moonlight

Calming (general): ^{Le}Believe, ^{Le}EZ-Traveler, ^{Le}Good-Nite, ^{Le}Tranquility, ^{Le}Heart Song, ^{Le}Insight, ^{Le}Meditation, ^{Le}Paine, lavender, melissa and melissa blend

Calmness: ^{Le}Believe, ^{Le}Good-Nite, ^{Le}Unity, ^{Le}Assurance, ^{Le}Sanctuary, ^{Le}Sego Lily, ^{Le}Tomorrow, chamomile German, chamomile Roman, clary sage, rose, helichrysum, lemon, mandarin, marjoram, neroli, ylang ylang, frankincense

Cellular Memory: ^{Le}Insight, ^{Le}Letting Go.

Changes (going through): ^{Le}Millenia, ^{Le}Tomorrow, cypress, cedarwood, rosemary, lemon

Clarity: ^{Le}Meditation, ^{Le}Millenia, ^{Le}Unity, basil, fennel, grapefruit, lavender, lemon, rosemary

Clarity (of thought): ^{Le}Crystal Clear, lemon, rosemary, basil, clove, petitgrain

Co-dependency: ^{Le}Trust, ^{Le}Reconciliation, sandalwood

Comforting: ^{Le}Believe, ^{Le}Baby Me, ^{Le}Good-Nite, ^{Le}Inner Peace, ^{Le}Magi, ^{Le}Sanctuary, cedarwood, chamomile Roman, cypress, frankincense, geranium, marjoram, rose, lavender, sandalwood, melissa

Communication: ^{Le}Connection, ^{Le}Trust, ^{Le}Reconciliation, ^{Le}Unity, geranium, chamomile German, grapefruit, peppermint, lemon

Compassionate: ^{Le}Believe, ^{Le}Meditation, ^{Le}Trust, ^{Le}Unity, ^{Le}Grateful Heart, chamomile German, chamomile Roman, lavender, rose, neroli, pine, cypress, melissa

Competence: ^{Le}Baby 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}Breezey, ^{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: ^{Le}Assurance, ^{Le}Faith (abandonment, poverty), ^{Le}Magi, ^{Le}Wisdom

Flexibility: ^{Le}Insight, ^{Le}Millenia, ^{Le}Tomorrow, geranium, lavender, clary sage, lemon, myrtle, ylang ylang

Forgiving: ^{Le}Believe, ^{Le}Trust, ^{Le}Tomorrow, pine, rose, neroli, chamomile Roman, spikenard

Fortitude: ^{Le}Beloved, ^{Le}EZ-Traveler, ^{Le}Millenia, cedarwood, frankincense, rosemary, thyme

Frustration: ^{Le}Acknowledge, ^{Le}Discernment, ^{Le}Tranquility, ^{Le}Letting Go, ^{Le}Wisdom

Future (looking forward to with joy): ^{Le}Tomorrow, ^{Le}Trust, ^{Le}Whispering Hope, ^{Le}Expressions, ^{Le}Faith, ^{Le}Millenia, ^{Le}Vision, ^{Le}Wake-Up, ^{Le}Vitality, ^{Le}Kadence

Generosity: ^{Le}Believe, ^{Le}Bountiful, ^{Le}Reconciliation, ^{Le}Trust, grapefruit, benzoin, nutmeg, cinnamon, sandalwood, melissa and melissa blend, lavender, geranium

Gratitude: ^{Le}Benediction, ^{Le}Faith, ^{Le}Grateful, Heart

Grief: ^{Le}Believe, ^{Le}Heart Song, ^{Le}Trust, ^{Le}Baby Me, ^{Le}Whispering Hope, ^{Le}Wisdom, ^{Le}Letting Go, ^{Le}Sanctuary, ^{Le}Magi, ^{Le}Millenia, ^{Le}Benediction, ^{Le}Reconciliation, ^{Le}Turmoil, lavender, chamomile Roman, rose, rose geranium, palarosa, orange sweet, clementine, anthopogon,

Healing (desire to): ^{Le}Faith, ^{Le}Reconciliation, ^{Le}Millenia, ^{Le}Patches

Humility: ^{Le}Faith, ^{Le}Trust, ^{Le}Unity, juniper, pine, chamomile Roman & chamomile German, melissa and melissa blend, neroli

Independence: ^{Le}Letting Go, ^{Le}Millenia, ^{Le}Wake-Up, geranium, clary sage, lemon, grapefruit, peppermint

Inner Strength: ^{Le}Believe, ^{Le}Beloved, ^{Le}EZ-Traveler, ^{Le}Millenia, ^{Le}Tranquility, ^{Le}Unity, ^{Le}Vision helichrysum, geranium, chamomile Roman, melissa

Intuition: ^{Le}Believe, ^{Le}Insight, ^{Le}Sanctuary, ^{Le}Vision, ^{Le}Insight, ^{Le}Magi, jasmine, neroli

Irritability: ^{Le}Wisdom, ^{Le}Letting Go, ^{Le}Woman Wise, ^{Le}Benediction, ^{Le}Connection, ^{Le}Unity, ^{Le}Reconciliation, ^{Le}Expressions, ^{Le}Inner Peace, ^{Le}Insight, ^{Le}Letting Go, ^{Le}Millenia, ^{Le}Moonlight, ^{Le}Tranquility

Jealousy: ^{Le}Unity, ^{Le}Letting Go, ^{Le}Kadence, ^{Le}Trust

Joy: ^{Le}Unity, ^{Le}Whispering Hope, ^{Le}Tomorrow, bergamot, lemon, neroli, orange sweet, rose, sandalwood, frankincense, ylang ylang, chamomile Roman, grapefruit, jasmine, helichrysum

Journaling: ^{Le}Connection

Judging, Judgemental: ^{Le}Unity, ^{Le}Letting Go, ^{Le}Kadence, ^{Le}Trust

Leadership: ^{Le}Discernment, ^{Le}Unity, ^{Le}IQ, ^{Le}Tomorrow

Limbic System: ^{Le}Discernment, ^{Le}Millenia

Loneliness: ^{Le}Believe, ^{Le}Benediction, ^{Le}Good-Nite, ^{Le}Magi, ^{Le}Reconciliation,

Love Oneself: ^{Le}Believe

Loved (feeling): ^{Le}Angel, ^{Le}Sego Lily

Meditation: ^{Le}Connection, ^{Le}Dreams, ^{Le}Meditation

Memories (traumatic): ^{Le}Angel, ^{Le}Reconciliation

Memory: (improve) ^{Le}Crystal Clear, ^{Le}IQ, ^{Le}Wake-Up, coriander, lemon, rosemary, peppermint

Mood: ^{Le}Beloved, ^{Le}Bountiful, ^{Le}Everlasting, ^{Le}Tenda Care

Mood Swings: ^{Le}Angel, ^{Le}Balance, ^{Le}Beloved, ^{Le}Bountiful, ^{Le}Heart Song, ^{Le}Tomorrow, ^{Le}Woman Wise

Motivating: ^{Le}Assurance, ^{Le}Believe, ^{Le}Meditation, coriander, lavender, clove, rosemary, grapefruit, lemon, pine, cypress, bergamot, black pepper

Negative Emotions (cellular level): ^{Le}Believe, ^{Le}Letting Go ^{Le}Discernment, ^{Le}Everlasting, ^{Le}Focus (patterns), ^{Le}Reconciliation

Nightmares: ^{Le}Dreams

Non-acceptance of a pregnancy: ^{Le}Whispering Hope

Optimism: ^{Le}Believe, ^{Le}Energy, ^{Le}Millenia, ^{Le}Everlasting, ^{Le}Whispering Hope, coriander, jasmine, petitgrain

Organized: ^{Le}Insight, ^{Le}Turmoil, ^{Le}Connection, ^{Le}Millenia, chamomile German, cedarwood, peppermint, lemon

Overwhelmed: ^{Le}Whispering Hope

Quarrelsome: ^{Le}Unity

Parent/Child Relationships: ^{Le}Baby Me, ^{Le}Reconciliation,

Patience: ^{Le}Tranquility, ^{Le}Unity, ^{Le}Tranquility, chamomile German, cypress, pine, helichrysum, rose

Peace (in the home or office): ^{Le}Unity

Peaceful: ^{Le}Believe, ^{Le}Good-Nite, ^{Le}Tranquility, ^{Le}Trust, ^{Le}Unity, ^{Le}Reconciliation, ^{Le}Sanctuary, ^{Le}Sego Lily, ^{Le}Solitude, ^{Le}Whispering Hope, mandarin, melissa, sandalwood, neroli, chamomile German, chamomile Roman

Perspective: ^{Le}Reconciliation, ^{Le}Bountifu, ^{Le}Discernment, ^{Le}Expressions, ^{Le}Faith, ^{Le}Grateful Heart, ^{Le}Holiday Spirit, ^{Le}Letting Go, ^{Le}Millenia, ^{Le}Tranquility, ^{Le}Vision

Pride: ^{Le}Discernment, ^{Le}Reconciliation, ^{Le}Letting Go, ^{Le}Unity

Problem solving: ^{Le}Exhilaration

Procrastination: ^{Le}Believe, ^{Le}Assurance, ^{Le}Acknowledge

Rebellion: ^{Le}Letting Go, ^{Le}Tranquility, birch

Relationships: ^{Le}Beloved, ^{Le}Expressions, ^{Le}Holiday Spirit, ^{Le}Reconciliation, ^{Le}Moonlight (romantic)

Relaxation: ^{Le}Everlasting, ^{Le}Grateful Heart, ^{Le}Sunburst, ^{Le}Baby Me, ^{Le}Dreams, ^{Le}Expressions, ^{Le}Heart Song, ^{Le}Grateful Heart, ^{Le}Inner Peace, ^{Le}Insight, ^{Le}Letting Go, ^{Le}Sanctuary, ^{Le}Sego Lily, ^{Le}Solitude, ^{Le}Tranquility, ^{Le}Unity, ^{Le}Whispering Hope

Release Emotions: ^{Le}Believe, ^{Le}Reconciliation,

Resentment: ^{Le}Letting Go, ^{Le}Reconciliation,

Safe: ^{Le}Angel, ^{Le}Letting Go, ^{Le}Sanctuary

Security: ^{Le}Bountiful, ^{Le}Holiday Spirit, ^{Le}Reconciliation, ^{Le}Letting Go, ^{Le}Whispering Hope,

Self confidence: ^{Le}Assurance, ^{Le}Faith, ^{Le}Vision

Self-esteem: ^{Le}Believe, ^{Le}Magi, ^{Le}Sanctuary, ^{Le}Inner Peace, ^{Le}Magi, sandalwood, ylang ylang, rose, vetiver, jasmine, bergamot, geranium, cedarwood

Self-forgiveness: ^{Le}Believe, ^{Le}Letting Go, ^{Le}Solitude, chamomile Roman, frankincense, geranium

Self-worth: ^{Le}Believe, ^{Le}Beloved, ^{Le}Breezey, ^{Le}Millenia, ^{Le}Faith, ^{Le}Vision, juniper, rose, mandarin, orange sweet, patchouli

Serenity: ^{Le}Believe, ^{Le}Letting Go, ^{Le}Solitude, chamomile Roman, sandalwood

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

Stamina: ^{Le}Vitality, ^{Le}Wake-Up, ^{Le}Revitalize, black pepper, cinnamon

Stubbornness: ^{Le}Unity,, ^{Le}Reconciliation, ^{Le}Letting Go, ^{Le}Vision

Studying: ^{Le}Crystal Clear, ^{Le}Focus, ^{Le}IQ, rosemary, laurel, peppermint

If restless, easily distracted: frankincense, geranium

Forgets what was read: pine, lemon, rosemary

Sympathetic: ^{Le}Believe, ^{Le}Trust, ^{Le}Unity, ^{Le}Reconciliation, mandarin, orange sweet, geranium, rose, rosewood

Tenacity: ^{Le}Believe, ^{Le}Millenia, pine

Tenderness: ^{Le}Believe, ^{Le}Grateful Heart, ^{Le}Unity, rose, mandarin, benzoin

Thankfulness: ^{Le}Bountiful

Tolerant: ^{Le}Believe, ^{Le}Grateful Heart, ^{Le}Letting Go, ^{Le}Trust, ^{Le}Reconciliation, thyme, peppermint, frankincense, clary sage, lavender, marjoram

Trauma: ^{Le}Heart Song, ^{Le}Turmoil, ^{Le}Revitalize ^{Le}Assurance, ^{Le}Trust, ^{Le}Letting Go, ^{Le}Life Force, ^{Le}Millenia, ^{Le}Sanctuary, ^{Le}Whispering Hope, ^{Le}Turmoil

Traumatic Memories: ^{Le}Angel, ^{Le}Reconciliation,

Trust: ^{Le}Believe, ^{Le}Beloved, ^{Le}Trust, ^{Le}Letting Go, ^{Le}Discernment, ^{Le}Sanctuary, basil, cypress, lavender

Understanding: ^{Le}Believe, ^{Le}Tranquility, ^{Le}Unity, chamomile Roman, chamomile German, cypress, neroli, pine

Uplifting: ^{Le}Heart Song, ^{Le}Millenia, ^{Le}Sanctuary, ^{Le}Tomorrow, clary sage, grapefruit, jasmine, juniper, mandarin, orange sweet, petitgrain, ylang ylang

Vitality: ^{Le}Revitalize, ^{Le}Vitality, juniper, peppermint

Victim: (consciousness): ^{Le}Focus, ^{Le}Reconciliation

Willpower: ^{Le}Ez-Traveler, ^{Le}Vision, cypress

Wisdom: ^{Le}Sanctuary, ^{Le}Tomorrow, ^{Le}Wisdom, ^{Le}Reconciliation, frankincense, rose, cypress, sandalwood

Worry: ^{Le}Believe, ^{Le}Bountiful, ^{Le}EZ-Traveler, ^{Le}Faith, ^{Le}Kadence