

A Brief Over-view of the Meridian System and Some Suggested Essential Oils for Each Meridian

In Oriental medicine the subtle energy that moves throughout the body is considered of prime importance. Blockages in this flow are believed to occur long before the physical problem that will be the result if the blockage is not dealt with and removed. Meridians (sometimes called channels, vessels, or elements) is the term chosen to describe the overall distribution system of this energy. It must be understood, however, that energy frequently moves between these meridians and back and forth among the chakras also.

Each of these meridians (with the exception of 0, which is considered to be Mind and Air) is associated with a season and with the emotional patterns appropriate to that season. These emotional characteristics have been drawn from the observation of nature in the earth and human nature over the centuries.

Most of us seem to live quite strongly within one rhythm, or season, while being greatly influenced by the seasons preceding and following it in the Chinese Creative Cycle. Our own basic rhythm is made up of the strengths and weakness within our primary rhythm, mixed with a unique combination of the abundance or depletion of the qualities of the others. This is a fascinating, but complicated, topic and too lengthy for in-depth consideration here.

Although we seem to live our lives in our particular rhythm or blend of rhythms, we also move through all five of the seasons many times during the cycles that make up a lifetime. Both your core rhythm and the season through which you are passing at the moment profoundly influence the way you respond to your world and the people in it.

Understanding your rhythms can help you to understand your vulnerabilities and your responses to people and situations. A study of the emotional patterns of the meridians can help us identify our faults and our strengths, understand the amazing things we are capable of accomplishing, and point out to us the things in our core personalities that we should be on our guard against. Behaviors that exhibit the out-of-balance patterns of these seasons are usually not serving us well or making us happy and should be identified and abandoned.

Understanding our children and the people around us can also be helpful, but only if we can contemplate them with love and compassion, while managing to mind our own business and not use our new-found understanding in any manipulative or controlling manner.

Professional aromatherapists use personality classifications to help determine which oils from the wide range available will be most beneficial to a person. Of course, it is not ever just one personality type that fits us at any point in our lives, but several layered one on top of another. Sometimes a particular characteristic only becomes apparent in certain stressful situations and when dealing with, or associating with, certain people.

As shown in the previous chapter, the properties of essential oils are very much a part of the plant family they come from, the part of the plant they are extracted from, and the season in which it is harvested. Each oil, or combination of oils, has very strong characteristics and affinities for certain personality imbalances as well as physical problems.

Each meridian (rhythm or personality type) is prone to certain types of imbalances, and can be brought back into balance most quickly in certain ways and with the use of the essential oils which have an affinity for or a balancing effect on those problems. The next few pages will give you a brief overview of each meridian and suggest essential oils that are useful in balancing and strengthening them.

When you achieve a deep harmony between a particular person and a particular essential oil, physical, mental and emotional problems can clear up very quickly. Choosing oils based only on personality type, without any regard for physical ailments, often brings about very dramatic results. This illustrates that certain types of personalities are prone to certain types of physical illnesses. This phenomenon is often seen, and used successfully, in homeopathic treatment programs. It is effective in working with essential oils, also.

It is interesting to ponder on and consider what it is that we inherit from our ancestors. Is it just the shape of our nose or the color of our hair or do we also inherit a tendency to certain personality traits and a vulnerability to certain types of illnesses? Will an oil that has been successful for you also be successful for your children? Is your husband partial to particular oils that you are not fond of and are some of your children fond of your favorites and some fond of his favorites? Is there a correlation between the oils that work for your spouse and children and their various personality types?

The goal of this type of study is to help us achieve as many of the abundant characteristics of all the groups as we possibly can. For example, one person might eventually have the enthusiasm shown by the florals, the good natured equilibrium of the fruit group, the practicality and caring skills demonstrated by the herbal world, the intuition and vision that is common among the leaf group, the wisdom and maturity of the resinous oils, the peace making qualities of the roots, the joy and vitality of the spices, and the courage of the woods. A person with all this qualities would be a pretty wonderful and well-balanced individual, wouldn't they. This life, and the perfection we are seeking, is a journey of a thousand miles that begins with the baby steps we are taking today as we meet our challenges in the best ways that we can.

0 - Air/Mind

Governing Vessel

**Moving forward on life's path with faith and confidence or
*embarrassment, reluctance to move forward at all***

Controls the peripheral nervous system, which has two main divisions: the *somatic* nervous system and the *autonomic* nervous system.

The *somatic* nervous system has two separate functions. The first is to collect information from the outside world using the sensory organs and the second is to transmit this information to the central nervous system and on to the skeletal muscles. The second is the *autonomic* nervous system, which is concerned with those functions over which we *do not consider ourselves* as having *conscious* control such as the heartbeat, the function of the kidneys, the flow of hormones, etc.

Emotionally, the peripheral nervous system represents our perception of the world around us, our place in it, and our ability to stay firmly on the path that we believe is right for us. When we are out of balance or weak in this meridian we are vulnerable to self-doubt and becoming overly controlled by other people's opinions of what we should do and who we should be.

Blends: ^{Le}Believe, ^{Le}Benediction, ^{Le}Focus, ^eGood-Nite, ^{Le}Letting Go, ^{Le}Meditation,
^{Le}Millenia, ^{Le}Sanctuary, ^{Le}Vitality

Singles: frankincense, mandarin, vanilla, coriander, pine, spruce,
clary sage, marjoram, lavender, clove, niaouli

Central Vessel

**Firmness; balance between logic and emotion; considerate of, but not unduly
influenced by, other people's energies or opinions
*feelings of shame, shyness***

Controls the central nervous system whose core processing units are the brain and the spinal cord. This meridian is closely attuned to both your left-brained analytical side and the more right-brained creative side. When weakened in this meridian you are at the mercy of your own widely fluctuating emotions and are more vulnerable to the energies (particularly the negative ones) of others. Your ability to analyze and act appropriately on facts becomes erratic or inhibited.

Blends: ^{Le}Believe, ^{Le}Acknowledge, ^{Le}Benediction, ^{Le}Meditation,
^{Le}Millenia, ^{Le}Sanctuary

Singles: cedarwood, cypress, rose, rosewood, angelica, fennel, sandalwood, cardamom,
fennel, celery seed, clove, frankincense, lavender, niaouli

Governing Vessel

Moving forward on life's path with faith and confidence

Embarrassment, reluctance to move forward

Central Vessel

Firmness; consideration; balance between logic and emotions

Feeling of shame, shyness

Blends

- ^{Le}Millenia the easiest way to balance all meridians at once; always brings feelings of courage, self-confidence; helps us move forward with calmness and purpose; use in combination with the most appropriate blend or single listed below for these meridians
- ^{Le}Letting Go letting go of the desire to please others instead of walking our own way; letting go of past mistakes while still learning from them
- ^{Le}Focus helps us see more clearly the negative thought patterns and self-defeating behaviors that unduly influence our decision; helps to clear the clouds of confusion in our minds because of the many different voices and choices that we have every day
- ^{Le}Believe confidence that we are just as smart, just as lucky, and just as blessed by Heaven as anyone else; confidence that we will be in the right place, at the right time, and able to do the right thing
- ^{Le}Vitality increases stamina and nervous system function; strengthens our belief in ourselves; decreases self-doubt and moderates the influence of other people's opinions
- ^{Le}Acknowledge enthusiasm for new things and new ideas; an expectation that things will work out well for us, bringing us joy and abundance; a dose of reality with a focus on the positive
- ^{Le}Benediction protection from other people's negativity and opinions
- ^{Le}Meditation targets decision making ability, including communication with Heaven; this is a good oil for use when pondering spiritual things or thinking about the direction of one's life
- ^{Le}Sanctuary self-awareness and spiritual judgement

Singles

- frankincense communication with the Creator; improved attitude and judgement
- mandarin moderates irritability; helps us make decisions based on rationality instead of irritation
- vanilla helps to ease anger and frustration; helps us to feel warm and welcome in our world
- cedarwood enhance spiritual communication while remaining firmly in the present and concerned about things in our physical and material world
- cypress considered in many cultures to be symbolic of life after death; centering and an aid in helping us decide, and live by, the things of eternity
- rose highest frequency oil; best choice for emotional crisis or extreme debility and fatigue
- rosewood feelings of peace and gentleness; helps us find a balance between giving and receiving
- angelica aid the liver in discharging anger and toxins so that decisions can be rationally made
- coriander for emotional/mood swings during convalescence from an illness or following a particularly traumatic time
- fennel fennel supports the liver and balances hormones, making it useful for emotional stability
- pine/spruce conifers are noted for their ability to maintain their needles in times of cold; there is a definite corollary between this stability and their ability to aid us in remaining constant even when under a great deal of stress or when life is being a trifle hostile or difficult
- niaouli helps us see the bigger picture of our lives and find the things we were born to do
- sandalwood the energy of sandalwood vibrates between the crown chakra and the base chakra along the governing and central meridians. Sandalwood brings harmony to the entire complex.

1 - Wood/Season of Spring & Wind (The Pioneer)

Gallbladder
Liver

Feelings of love and adoration or feelings of rage
Happy and cheerful or angry and annoyed

If Spring is your primary rhythm, your disposition is to push forth with your roots firm and your territory clearly marked. The sound of your voice is often choppy, almost a shout. This element embodies the power, energy, confidence and enthusiasm of new growth. A wood phase involves the transformation of energy into matter and ideas into genuine productivity and accomplishment. Wind is considered an element of change, bringing in new ideas and totally rearranging old patterns.

A balanced *Liver* meridian allows our lives to flow more smoothly as we are able to ‘take things in our stride.’ Through its management of the blood, the liver nourishes our muscles and tissues, regulates menstruation and strengthens our heart and mind. Of course, the liver absorbs what cannot be digested, physically, emotionally and spiritually.

The Gallbladder, which is closely associated with the *Gallbladder* meridian is the only yang organ that is an organ of storage. When the gallbladder is compromised, fats can accumulate in the bloodstream or tissues. The gallbladder also controls that part of the energy system that governs choice.

People balanced and clear in their wood meridian are able to take a strong stand. seek challenge and push to their limits. They enjoy and do well under pressure and like to be first ,best and only. They are bold and decisive and act immediately on their hunches with a clear and inspiring vision. They are organized. Their goals are sound. They show good judgement and make wise decisions.

The ‘terrible twos’ are the first cycle of Spring’s rhythm

Symptoms of imbalance:

Self-confidence sometimes becomes arrogance and their assertiveness can become inflexible and self-indulgent. In their self-righteousness, they judge those who do not agree with them harshly and vocally. When they lose their vision they become discouraged, angry and indecisive under stress.

Physical complaints: Stiff neck, frequently caused or aggravated by wind and weather. The stress in their liver creates headaches, migraines, high blood pressure and nerve inflammations

Balance is restored by:

Expressing themselves creatively; yoga and other forms of flexibility and stretching exercises; learning to back down from arguments and retreat from or use judgement in adventures

Age usually mellows the characteristics of Spring into wisdom, a healthy determination and they acquire the ability to work better with others.

Gall Bladder

Blends: ^{Le}Believe, ^{Le}Connection, ^{Le}Kadence, ^{Le}Millenia, ^{Le}Purify, ^{Le}Reconciliation, ^{Le}Sanctuary, ^{Le}Whispering Hope, ^{Le}Wisdom

Singles: helichrysum, mandarin, orange bitter, bergamot, fennel, lavender, lemon, sandalwood, carrot seed, chamomile German, clove, frankincense, lime, melissa, orange sweet, peppermint, yarrow

Liver

Blends: ^{Le}Acknowledge, ^{Le}Tranquility, ^{Le}Unity, ^{Le}Aspire, ^{Le}Angel, ^{Le}Letting Go, ^{Le}Millenia, ^{Le}Reconciliation

Singles: lemon, petitgrain, copaiba balsam, vanilla, nutmeg, spruce, rosemary, lavender, orange bitter, orange sweet, peppermint, lime, melissa, yarrow

Gallbladder **Feelings of love and adoration or *feelings of rage***
Liver **Happy and cheerful or *angry, and annoyed***

Blends

- ^{Le}Millenia the easiest way to balance all meridians at once; always brings feeling of courage, self-confidence and a desire to move forward with both calmness and purpose;
- ^{Le}Believe release negativity at the cellular level; promote feelings of self-worth and contentment; confidence in your ability to do the right things and be in the right place in the future
- ^{Le}Connection sage has an affinity for the pelvic area chakras and organs while spruce has to do with the solar plexus and receiving divine inspiration. This blend connects those two areas giving us a great inner strength
- ^{Le}Whispering Hope a synergistic blend that encompasses several plant cycles and plant families; frustration at other people's choices and at the impossibility of 'stepping in and 'doing it for them', when you can only sit and wait.
- ^{Le}Tranquility fuller understanding of all parts of a situation; inner strength and decisiveness
- ^{Le}Unity contains several of the single oils specific to these meridians; balances all of the chakras; promotes unity within ourselves and with those around us
- ^{Le}Angel release both the anger and the toxic build-up that is stored in the liver, especially connected to traumatic or negative childhood experiences and abuse
- ^{Le}Letting Go letting go of anger and frustration and the rebelliousness that sometimes accompanies these feelings; aids the gallbladder and liver in letting go of past resentments and anger

Singles

- helichrysum calm acceptance of change; emotional blockages from some type of abuse; self-confidence to make choices; relief from emotional and mental fatigue; physically healing to tissues
- mandarin for those who are dwelling in the past; calming to those who are easily over-stimulated or excited; aids in relationships with children and the very elderly; anxiety; depression
- orange, bitter very little information available but is being used recently (since MaHuang ran afoul of the FDA) as an ingredient in weight loss formulas and as a gallbladder stimulant
- bergamot promotes 'young at heart' qualities; helps build confidence and ability to concentrate; helps the inner despair and depression that is often covered by outward cheerfulness
- fennel inner courage and confidence to stand by decisions already made; break down walls that have been built around emotions; stabilizes hormones and the absorption of nutrients that are sometimes the cause of deep depressions and sudden mood swings
- lavender called the 'grandmother' of essential oils because of its ability to care and nurture us through a variety of physical and psychological imbalances; balance between masculine and feminine traits; calming; protection from outside energies and influences
- lemon handling life's problems calmly, with a bit of joy and a lot of energy; creates an attitude of 'I can do it'; lemon can be both sweet and sour—both sensitive to others and critical of them; a good oil for those who start projects but have difficulty completing them
- sandalwood desire to ponder and then act on solutions to problems; curb manipulative or controlling tendencies; create an attitude of forgiveness
- petitgrain orange family; helps overcome pessimism and insomnia due to anger (often with feelings of betrayal); stabilize from mental fatigue, confusion and irrationality
- rosemary use for loss of memory, learning difficulties, indecisiveness, mental fatigue
- vanilla soothing to the spirit; promotes feelings of confidence and ability to listen to the Spirit

2 - Water/Season of Winter The Philosopher

Kidney **Trust in self and in the future, feelings of faith or feelings of fear, trembling**
Bladder **Authoritative, sure, in-tune or timid, with lack of back-bone or self-will**

In winter, life appears to have ceased when in reality it is growing and changing though out of sight and underground. The season of Winter is about beginnings; childlike enthusiasm but with periods of deep introspection where energies are directed inward. Water people tend to ‘go with the flow’ and seek the path of least resistance. They would rather adapt than try to change a situation, but when feeling safe they are playful and spontaneous (like a small child). ***This aspect is very rarely seen in most of them as they rarely feel that safe.*** Water people can be articulate and self-sufficient. They spend a lifetime seeking understanding, truth, the meaning of life, and finding their own spiritual strengths. They are particularly good at envisioning a project and getting it under way, but their energy sometimes runs out before the project is completed. They withdraw into themselves, seeking quiet and alone (much like a hibernating bear) to restore themselves.

Symptoms of imbalance:

The negative side of water is fear! Fear is what Water people feel when they have over-extended themselves or been pushed beyond their comfort zone or imagined limitations. Confronted with a situation they feel they have no control over or lack the skills to cope with, Water people respond with fear and its attendant health problems and energy disturbances.

The energies of Winter/Water people may be limited (since this season has little light and light is energy). They are usually more vulnerable to illness and fatigue than most. Their energy is easily depleted; they frequently fall into the stress patterns of their rhythm. On the other hand, a little time alone usually brings back their energy and optimism just as quickly. Winter/Water people sometimes think they need special care and attention (surviving in winter seems difficult to them) and they are often unable to recognize how their actions affect other people, focusing only on what others are doing to them. Can be difficult to live with because they must be showered with love in order to feel loved. *Water* meridian people tend to adapt to other people’s ideas and will; they are only truly themselves when alone. When they are under stress their natural courage becomes fear, particularly fear of moving forward or making a commitment. They are sometimes paralyzed by dangers, either real and imagined, doesn’t matter much which, since they usually can’t perceive the difference.

Physical complaints include hardening of the arteries, heart problems, bladder infections, black circles under the eyes, deterioration of teeth and gums, back ache, chilliness, loss of libido.

In maturity a Winter person’s tendency to be fearful tempers into a wise and discerning caution that includes great faith in life, God, and other people. They usually develop an astonishing ability to listen to the Spirit.

Balance restored by:

Water (Winter) people’s energies can be seriously depleted by the excess energies of Fire and Earth people. Time alone to study, think, reflect or just putter around is essential to Water people.

Bladder

Blends: ^{Le}Believe, ^{Le}Benediction, ^{Le}Magi, ^{Le}Millenia, ^{Le}Sanctuary

Singles: lavender, palmarosa, rosewood, yarrow, sandalwood, chamomile, frankincense, neroli, thyme, tea tree

Kidney

Blends: ^{Le}Believe, ^{Le}Faith, ^{Le}Millenia, ^{Le}Solitude, ^{Le}EZ-Traveler, ^{Le}Sanctuary, ^{Le}Solitude, ^{Le}Whispering Hope

Singles: juniper, bergamot, coriander, lemon, neroli, cedarwood, frankincense, lavender, tea tree, thyme

Kidney **Feelings of faith, trusting in self and in the future or *great fear, trembling***
Bladder **Authoritative, in-tune or *timid with lack of backbone or self-will***

Blends

- ^{Le}Believe replace the overwhelming and pervasive fear of everything with confidence that we have the ability to do what is needed and be where we need to be at the appropriate time
- ^{Le}Benediction protects against the ‘energy drains’ to which *Winter* meridian people are so susceptible
^{Le}Magi particularly helpful for fear of being alone or being left alone; helps to clarify intuition and the ability to receive divine inspiration; offsets the despair of this meridian
- ^{Le}Millenia fear and courage are opposing states—the *Water* meridian is about fears and lack of courage and faith. Millenia is the #1 oil for moving forward with confidence, courage and faith.
- ^{Le}Sanctuary feelings of protection and safety; trust in one’s intuition, wisdom and good-judgement
^{Le}Faith feelings of peace and hopefulness instead of fear and trembling; issues to do with abandonment; confidence instead or worry
- ^{Le}Solitude this meridian needs peace and quiet to regenerate and rebuild. This blend is like a little dose of solitude when there simply isn’t time for any of the real thing.
- ^{Le}EZ-Traveler calms the nervous stomach that so often accompanies a state of fearfulness; adds a bit of humor and gladness just to be alive

Singles

- lavender faith and confidence even in times of hardship or great unease and distress; calming
palmarosa feelings of security and recovery from nervous exhaustion; affinity for cardiovascular system, thyroid gland and the heart chakra
- yarrow in Chinese folklore this herb, and its essential oil, are said to bring about the meeting of Heaven and Earth, allowing us to have both the vision of our head in the clouds and the stability of our feet firmly planted on earth
- sandalwood inner calm even when knowing that there are difficult challenges ahead; developing communication and management skills
- juniper developing a reverence for sacred things and the ability to be directed by inspiration and religious beliefs; delight in new experiences, rather than dread them; antidote for uneasiness and unnamed fears
- bergamot for those times when the weight of other people’s distress is bearing you down and the cheerful face you would like to present to the world is sagging badly
- coriander self-doubt and fear of failure; lack of usual zest and passion for life; overly cautious and concerned about ability to make decisions
- lemon the constant fearfulness of this meridian can lead to a great deal of resentment, even grudges, toward the people and situations that are ‘perceived’ as causing all the problems. Lemon adds a zestful dose of reality here
- neroli helps with cynicism and despair and the feeling that ‘nothing changes, nothing ever will’; for those who are becoming fearful, withdrawn and timid because the world out there feels like a really scary, *cold* place
- cedarwood quiets the mind and lets us come to a decision, then gives us the backbone to carry it through

3 - Metal/Season is Late Fall The Alchemist

Large Intestine **Feelings of confidence and self-worth or *feelings of guilt***
Lung **Humility, feeling of tolerance or *pride and intolerance***

This rhythm seems to be stretched between Heaven and Earth and is called ‘the Alchemist’ because of the ability to find truth from every day experiences and restore order from chaos. These people maintain personal standards and see clearly what needs to happen for the best in any situation.

Balanced Metal people are almost always high achievers. They maintain standards of excellence for themselves yet they manage to be sympathetic to the problems of those around them. They are neat, orderly, meticulous; logical, analytical and reflective. They are only accepting of authority if the person in authority is more competent than they are (which is something they rarely see). They enjoy moderation in all things and are reluctant to express opinions but, somehow, make excellent leaders anyway. An amazing thing to watch. They often exhibit great depths of kindness, honesty and integrity.

This is the cycle of coming death—the final death and all the little ‘deaths’ that change and moving on in life brings to each of us. Autumn is a season of closure but there need not be the grief of regret for the past. Rather this season should be about release and letting go. Resolve is the gift that comes after grief and should bring to us the recognition that we have the choice to move forward, taking with us the many blessings and lessons that we have learned from loss and the changes that have occurred in our lives.

This is the energy we often feel when we experience a death, a breakup with a friend, or other loss

Symptoms of imbalance:

Metal people are vulnerable to becoming overly serious, sinking into depression, and becoming dry and too restrained. They sometimes appear, or even are, aloof, and often try to cram more into each day than it can contain. The type of depression that out-of-balance metal people are prone to comes from the pressure they put on themselves to reach perfection. They often look forward to things in the future while ignoring things that need their attention today. They ‘freeze in place’ while they obsessively evaluate and re-evaluate a situation, looking for the right solution. Sometimes they struggle with patience, especially when others fail to ‘live by the rules.’

Physical complaints: stiff joints and muscles; dry hair and skin; sensitive to climate and climate changes; poor circulation; acne; respiratory problems; cough

Maturity sometimes brings sadness for opportunities missed and for what must be left behind. There is also an understanding and a deep peace and acceptance of maturity and death. Metal people become wise and often become teachers who pass their knowledge along to others.

Balance restored by:

Metal is associated with dryness. Many of the imbalances of *Metal* people can be corrected with water—taking a drink or going for a swim or a soak.

Large Intestine

Blends: ^{Le}Millenia, ^{Le}Wisdom, ^{Le}Sanctuary

Singles: basil, cedarwood, cypress, sandalwood, elemi, myrrh, clove, fennel, frankincense, lavender, tea tree, bergamot, thyme, yarrow

Lung

Blends: ^{Le}Believe, ^{Le}Aspire, ^{Le}Millenia, ^{Le}Trust, ^{Le}Sanctuary

Singles: peppermint, eucalyptus, frankincense, lavender, pine, birch, cajeput, clove, fennel, myrrh, bergamot, cardamom, tea tree, thyme, yarrow

Large Intestine **Feeling of confidence and self-worth or *feelings of guilt***
Lung **Humility and tolerance or *pride and intolerance***

Blends

^{1c}Millenia in this situation, this blend seems to be balancing the moisture and fluids in the body as well as finding an equilibrium between being organized, neat, orderly, meticulous, logical and analytical and being obsessively focused on perfection in themselves and in others; tolerance for other people’s lack of neatness and orderliness

^{1c}Wisdom in this cycle of impending change and/or death, ^{1c}Wisdom helps us to maintain a firm presence in today and not become distraught over the pressures to be perfect or to be ready for tomorrow; helps one in overcoming resistance to change

^{1c}Sanctuary helps us to see clearly our own strengths and weakness; aids us in developing wisdom and good judgement; makes it easier for us to replace fear with confidence, and guilt with forgiveness

Singles

basil a good oil for burnout and exhaustion; helps to restore powers of concentration and feelings of joy; tempers a tendency to be too blunt or too insistent on ‘doing it my way’

cedarwood helps with tendencies to be dogmatic or self-righteous; move on from obsessively evaluating and re-evaluating everything to the point of doing nothing; helps to moderate obsessive tendencies

cypress for those who have become unbending or fixed in their attitudes and ideas or have a tendency to pride or arrogance; loosening of the purse strings and opening themselves to spending on things that are not absolute necessities

sandalwood help ‘drier’ personalities open to the pleasures and relaxations available in this life; acceptance of others; tempering of ego-centricities

frankincense relieve feelings of bitterness, skepticism and cynicism; promotes a return of drive, forcefulness and the will to live; relief of anxiety attacks brought on by stress; this meridian is about forceful, alive, remarkably gifted people and frankincense is about returning to normal stability and effectiveness when stress has forced them over the edge to an imbalanced state

lavender as always, promotes feelings of calm and a return of psychological harmony and balance, particularly a return to kindness and generosity from a place of judgement

pine specific for moving on from regrets and self-judgement; relief from feeling that they are carrying the whole world on their shoulders every day; establishing a healthy respect for one’s own needs and desires

yarrow helps us keep heaven’s view of who we can be in our minds and hearts, even while we are struggling with who we are in the here and now.

cardamom allows us to see the endless possibilities and opportunities that are before us; reminds us of the abundance and blessings in our lives; helps us understand that we are of worth with many fine qualities

4 - Earth/Late Summer The Peacemaker

Stomach Contentment, appreciation for what is or *disappointment, greed, never has enough*

Spleen Happy anticipation of the future or *anxiety about the future, lack of faith and hope*

This is a season of transition between the extremes of summer and winter—and symbolizes the strength to stay stable while nurturing the changes that are happening around them or within them. Justice and fairness are important to earth people but they can be supportive and compassionate when others are struggling. They are able to bring a fresh perspective to the most mundane of situations and almost always give people a feeling of safety. Both their balanced and imbalanced states include putting the needs of others before their own, and being involved, or too involved, in other people's lives. They are loyal and always accessible to friends and relatives.

Because Earth holds within it all of the other elements, this meridian reflects the whole of the meridian cycles more than the other meridians do. Earth's wood facets control the shifts between yin and yang, or the masculine/feminine sides of our nature. Earth's fire elements create a balance which is the management of opposing forces. Energy out of balance creates heat but balanced energy produces a calm and peaceful atmosphere. Earth's wood attributes are about accumulating the nutrients and resources needed for growth and development later. This part of the *Earth* meridian is where money issues and imbalances occur. An interesting aspect of this meridian is the metal aspect in that when Earth has nourished others (which it is constantly doing) these resources are then lost to the Earth person. All things related to reproduction and birth, with the natural result of the child growing away and leaving the mother, are Earth element functions.

Any cycle of your life that is bringing change can fall into this category

Symptoms of Imbalance:

obsessive worry; lack of concentration; putting the needs of others too far ahead of own needs; over-protective or controlling; able to see other's mistakes and how to fix them but fail to see or grow from their own; will stay with a bad situation (marriage, dull job, etc) too long, co-dependence out of sympathy; accepts other people's assessments of themselves and their lives; relies too much on the skill and judgement of other people

Physical complaints: nausea, vomiting; canker sores; eating disorders, diabetes, menstrual pain

With maturity, exaggerated compassion ripens into a wise and balanced compassion along with a healthy sense of one's own worth.

Balance restored by:

Walking barefoot on the earth; lying on the earth; spending time alone or meditating; learning to value self and set boundaries for others.

Stomach

Blends: ^{Le}Inside-Out, ^{Le}Vision, ^{Le}Bountiful, ^{Le}Millenia, ^{Le}Sanctuary

Singles: fennel, ginger, patchouli, pine, dill, sage, hyssop, yarrow, ylang ylang, caraway, clove, coriander, frankincense, lavender, marjoram, myrh, neroli

Spleen

Blends: ^{Le}Believe, ^{Le}Endo Relief, ^{Le}Revitalize, ^{Le}Millenia, ^{Le}Sanctuary

Singles: anthropogon, lemongrass, orange sweet, chamomile German, chamomile Roman, tangerine, clary sage, cypress, eucalyptus, geranium, lavender, marjoram, cedarwood, grapefruit, rose, frankincense, myrrh, neroli, benzoin, cardamom, caraway, peppermint

Stomach	Contentment and appreciation for what is in one's life or <i>disappointment, greed, feeling that there is never enough</i>
Spleen	Happy anticipation of the future or <i>anxiety about future, lack of faith and hope</i>

Blends

^{Le} Inside-Out	imbalance in these two meridians almost always brings about the types of obsessive worry that creates nausea, vomiting and eating disorders
^{Le} Vision	ability to see and grow from mistakes and mis-perceptions; move past over-reliance on other people's opinions of them and their lives; learn to rely on own judgement and skill
^{Le} Bountiful	this meridian is where money issues have residence and this blend can help ease the feeling that there is never enough for everybody to have what they need that creates greed and lack of faith in the future
^{Le} Millenia	clarity of mind about what is and what is not necessary for happiness and contentment
^{Le} Endo Relief	the endocrine system is easily thrown out of balance and depleted of energy—use this blend for strengthening the various organs and re-establishing the boundaries between ourselves and others; allows us to be both tactful and firm about our boundaries
^{Le} Revitalize	this meridian is especially prone to depletion from serving and doing for others. This blend helps to replenish inner stores of strength; also increases mental alertness and alleviates mental fatigue

Singles

fennel	believed to bestow strength and courage; establishes a balance between appropriate service to others and service to the point of exhaustion and burnout; a stomach herb and oil
ginger	another good stomach tonic herb but more appropriate to the usually fiery and dynamic soul who has lost all drive and has become confused, apathetic and without direction; for a particular type of profound sadness that is not depression but rather the opposite of warmth and connection with others
patchouli	usually well-grounded, strong personalities, the person in need of patchouli is unaccustomed to paying attention to his health and has ignored it to the point of collapse, mentally and physically from 'burning the candle on both ends' for too long
pine	relief from trying to fix everyone's problems day in and day out; help establish a healthy respect for one's own needs and desires, including the need to rest and rejuvenate
dill	affinity for the pancreas; helps control glucose and insulin levels and keep energy on a even plane—no spikes that are followed by lows; calming to the autonomic nervous system
sage	deeply supportive of all pelvic organs and functions
lemongrass	aids those who too often put other's need before their own; depletion when all of our internal resources have been given away or squandered; deep compassion
sweet orange	encourages escape from patterns of emotional and physical abuse; helps to reestablish optimism and a sense of humor when they have become lost
chamomile German	the deep, emotionally strong blue chamomile personality, when out of balance, is prone to dark moods, periods of indifference, and outbursts directed at those nearest to them—use this oil, or a blend it contains, to subdue these tendencies
clary sage	for those with a tendency, when tired, to be hypersensitive and find fault with others; also for those whose pattern has been to chose the wrong friends and companions

5 - 6 Fire/Season of Summer The Wizard

This season has four meridians associated with it, the first two of which are protective in nature

Triple Warmer	Protection of the physical body Feelings of lightness and hope or <i>feelings of heaviness and depression</i>
Pericardium	Protector of the heart and emotions Open & peaceful in relationships or <i>withdrawal into anger and hurt</i>

The *Triple Warmer* is closely associated with the immune system and protects the entire body from external threats. It gauges everything from the temperature of the room to the safety of the building that we are entering or standing in. Triple Warmer governs those ‘feelings’ or ‘inspirations’ that we get concerning external events such as what is happening with our children or to the economy or in politics.

This meridian is responsible for the distribution of water in the cells and tissues of the body. It energetically connects all the organs to each other and distributes energy among them. Some suggest that the Triple Warmer has a correspondence to the connective tissue that wraps every organ, every vessel, and every muscle, tendon, and nerve in the body. This connective tissue has been shown to conduct bioelectricity.

Because the heart, of necessity, must be open and able to feel both joy and sorrow, the body has provided a strong defense for it. It is called by several different names in different cultures; here we will call it the *pericardium* because the physical pericardium is the sack that surrounds and protects the heart.

The heart protector, or pericardium, considers its job to be to protect the heart from unexpected hurt and violation. It evaluates every person, remark, or action for potential to harm the heart. An important part of this function is providing us with an evaluation about the trustworthiness of the people around us. The pericardium allows us to be open only with those who have demonstrated themselves to be responsible and gentle. Apology and forgiveness are Heart activities but it is the *Heart Protector* meridian that signals us that we need to apologize or that it will be safe to accept another’s apology. The *Heart Protector* meridian, or *Pericardium* (as it is sometimes called), also keeps us from being overwhelmed by the thousands of signals that other people are sending out about themselves all the time.

When in balance these two meridians help us feel hope and a lightness of spirit and body. We can delight in physical and emotional intimacy and feel safe enough to be open and vulnerable with close loved ones.

Symptoms of imbalance:

If there is too much energy in this meridian, there is often unrealistic expectations of others that are rarely met and when their joy and enthusiasm for a project fail to bring about the desired results they sink into hopelessness and despair. On the other hand, deficiency in this area can lead to withdrawal into anger and hurt, deceit and mistrust in relationships, depression and despair because people cannot be ‘trusted’ or because of a feeling that relationships always ‘go sour.’

Triple Warmer

Blends: ^{Le}Believe, ^{Le}Bountiful, ^{Le}Millenia, ^{Le}Reconciliation, ^{Le}Sanctuary, ^{Le}Turmoil, ^{Le}Wisdom

Singles: eucalyptus, frankincense, lavender, jasmine, melissa, sandalwood, aniseed, anthopogon, clove, coriander, grapefruit, neroli, tea tree

Pericardium

Blends: ^{Le}Angel, ^{Le}Believe, ^{Le}Bountiful, ^{Le}Dreams, ^{Le}Kadence, ^{Le}Millenia, ^{Le}Reconciliation,

Singles: black pepper, frankincense, ylang-ylang, basil, clove, lavender, melissa, neroli, tea tree, anthopogon, coriander

Triple Warmer **Protection of the physical body**
 Feelings of lightness and hope or
 feelings of heaviness and depression

Pericardium **Protector of the heart and emotions**
 Open & peaceful in relationships or
 withdrawal into anger and hurt

Blends

- LeBelieve balances the need to protect, that is characteristic of this meridian, with trust in the future and forgiveness of the past
- LeMillenia maintains or re-establishes the integrity of the connective tissues that wrap, connect and protect every organ and emotion; courage to pick oneself up, make amends and move on when mistakes have been made
- LeTurmoil treatment for shock and trauma to body or soul; remedy for both the wounded warrior and the wounded healer; helps us view trials from the perspective of learning
- LeWisdom recovery from the losses sustained in spite of Triple Warmer’s valiant efforts to protect us from every emotional or physical trauma
- LeAngel aids in the release of traumatic memories and the anger and helplessness felt when Triple Warmer was unable to protect us because we were simply too young and vulnerable to change the situation
- LeBountiful immune stimulant; promotes feelings of abundance and protection; strengthens the energy fields that surround us, bringing abundance and joy into our lives
- LeDreams an over-active heart protector (pericardium) meridian can lead to bad dreams and insomnia, especially in children or fear things they cannot see in the dark; use this oil to release pent-up emotions, resentments and fears from the sub-conscious

Singles

- eucalyptus while doing its job of watching out for things that might hurt the emotional heart, the heart protector sometimes stores resentments and remembrances of slights and insults; these need to be released calmly, without an explosion of temper or hostility
- frankincense return to a state of generosity, warm-heartedness and equanimity from one of bitterness and recrimination; recovery from anxiety attacks and stress related behavior patterns
- black pepper increase cellular oxygenation; help maintain stamina and energy; find empathy and compassion for others; more realistic expectations of others
- ylang ylang insecurity; dare-devil tendencies; temper tantrums thrown with the intent of getting their own way; sudden loss of interest in work, appearance or family members
- anthopogon pulls us into a mood of remembering, but with the blessing of a focus on the good times and the good in people; helps us find perspective and forgiveness in our relationships
- neroli changes a negative outlook and brings us renewed hope; neroli is one of the best oils for people who are timid or who have withdrawn from people because they have been hurt emotionally; it can help alleviate feelings of “nothing changes, nothing ever will” when things really are changing and that emotion no longer fits the situation
- grapefruit addresses the emotional issues of self-worth and discontent with one’s body; alleviates the depression that is often the result of aiming too high in your expectations of yourself and others; frustration often leads to blame and grapefruit alleviates these feelings

Small Intestine *Feelings of great joy or feelings of deep sorrow*
Heart *Feelings of love and forgiveness or feelings of anger and judgement*

Blends

- ^{Le}Believe the perfect blend for replacing negative feelings with love, forgiveness, peace and understanding; returns the heart to a state of joyous anticipation of the rest of life
- ^{Le}Inner Peace promotes harmony between ourselves and others; helps us stay focused on the direction we would like our life to be going in; like ^{Le}Benediction, ^{Le}Inner Peace protects our minds and bodies from attacks upon and depletion of our energy resources
- ^{Le}Millenia always a good choice for restoring joy, faith, courage and perspective to our lives and energy and well-being to our bodies
- ^{Le}Unity affinity for and strengthening to every chakra; promotes emotional balance and spiritual growth
- ^{Le}Beloved a beautiful oil for healing relationships—even our relationship to God; helps us to respond to others generously from our ‘whole’ heart
- ^{Le}Discernment helps us discover the path that is most likely to bring us happiness and contentment; promotes faith in the future and helps us achieve our goals and dreams
- ^{Le}Heart Song a very effective, high-frequency blend for reminding us that we are loved and cherished by many; a remedy for deep sorrow and depression; use with ^{Le}Unity to overcome blockages to loving and being loved in return
- ^{Le}Sego Lily A simple, delightful smelling blend. ^{Le}Sego Lily smells nice enough to wear as perfume anywhere. It promotes feelings of being loved and appreciated and inspires us to show love and appreciation for others
- ^{Le}Wisdom The high floral notes of ylang ylang and neroli, which help connect us to our spiritual center and divine source, are blended with the grounding and protecting forces of spruce. This mixture is then modulated by the optimism of orange sweet and the clarity, strength and direction of lemon. This blend is amazing for helping us move from anger and judgement to love and forgiveness

Singles

- thyme not often used in emotional work, but effective for protecting the heart
- frankincense has a specific place for those needing a new way to look at an old situation; helpful when there is intellectual or physical exhaustion and a lack of direction
- rosemary balanced rosemary people are vibrant, happy, sensitive, industrious people. Use this oil to revive these qualities when they have become lost due to perceived hurts or injustices. Rosemary people rarely suffer from or become imbalanced because of overwork, because they have a great capacity to organize and they move quickly from project to project
- ginger appropriate to the usually fiery and dynamic soul who has lost all drive and has become confused, apathetic and without direction; for a particular type of profound sadness that is not depression but rather the opposite of warmth and connection with others
- peppermint specific to those who struggle between highs and lows, sadness and happiness until the ever-widening mood swings settle into lethargy, intolerance and frustration; before the apathy sets in, people needing peppermint were almost fearless, loving bright colors, able to think quickly and always alert to the opportunities of life
- anthopogon remembering the good times and the good in people
- coriander helps us find contentment in situations that are routine or predictable; helps us overcome any fear of failure that we may have