

# Ahimsa

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**Implicate Aromatology**

**Second Edition**

**(Revised November 2000)**

*"Time and space are not conditions under which we live but ways in which we think."*

Einstein

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# Implicate Aromatology

The Ontological Use of Essential Oils

Handbook For Working With Essential Oils, Emotion,  
Perception and The Human Energy Field

*“What we are today comes from our thoughts of yesterday and  
our present thoughts build our life of tomorrow, our life is the  
creation of our mind”*

Buddha

**If you would like further information about the topics covered in this handbook  
please contact us for details of the workshops we offer.**

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*“The known is finite, the unknown is infinite, intellectually we stand on an islet in the midst of an illimitable ocean of explicability. Our business in every generation is to reclaim a little more land”*

Aldous Huxley

### Foreword

Over a decade ago it became apparent to us that there was a need for a scientifically sustainable explanation of both the nature and usage of essential oils. Analysis of essential oils, with respect to their chemistry, was finding favour amongst those most deeply involved with their study and our knowledge of their structure and composition was expanding all the time. However, it seemed that the more we knew about each finite detail of their chemistry, the less we really knew about their very essence, about how, in fact, they instigated change. In addition, we were acutely aware of the parallels exhibited by the human condition - the more science and medicine isolated and analysed the minutiae of bio-chemical processes, the less we really understood about our human selves and the origins of health and disease. It soon became apparent that the answers were not to be found in the mechanistic, reductionist approach of Newtonian mechanical principles, but rather at the forefront of science in the ‘Quantum Universe’ - the world of sub-atomic physics and chaos theory. The deeper we delved into quantum and field theories the clearer it became - it was here that we had to look, not only for an explanation of our interaction with essential oils, but for the very nature and origins of both health and disease and perhaps even reality itself.

It is from this perspective that we have explored the ontological use of essential oils. This new field of enquiry with respect to essential oils, which we have called **Implicate Aromatology**, does not represent a therapy (defined as a remedial treatment directly influencing physiological processes,) but rather a shift in consciousness, in awareness and experience. We are not concerned with producing physiological changes in the body in an attempt to regain our health, but rather in creating change in the subtle fields which constitute the framework around which we shape our health and happiness or disease and sorrow. Rather than utilising therapeutic agents in an increasingly futile quest for well-being through physical intervention, **essential oils represent the perfect tools with which to explore the frequency domain of awareness and ‘consciousness’** where we create and shape our everyday lives and, most importantly, our health status.

*Jenna and David Bosley*

Ahimsa

## Section I - The Theory

*“What we are today comes from our thoughts of yesterday and our present thoughts build our life of tomorrow, our life is the creation of our mind”*

Buddha

### Implicate Aromatology - Essential Oils and the Human Energy Field

Implicate Aromatology, the ontological use of essential oils, is based not on Newtonian mechanics (with its objective of bringing about direct physiological change within the physical body,) but rather in the frequency domain of the human energy field (with the objective of creating the environment for change in the subtle information fields of our essence, which underlie and underpin all physical matter.)

Our western society's current view of the world is based on the laws of Newtonian Physics. These laws have been in existence for over 300 years and have been successful in describing the world of machines, objects and forces. Newtonian mechanics is suited to describing forces and their interactions, which it does very well. However, it was found with the discovery and utilisation of electricity and magnetism that there were questions which Newtonian mechanics could not address. With the advent of quantum theory it was realised that Newtonian mechanics were invalid with respect to the sub-atomic world, non-linear processes and far from equilibrium systems. Although Newtonian principles are still perfectly adequate for describing much of our everyday world, they cannot provide a valid description of the world of the 'very small' (at the sub atomic level) nor, most importantly for us, living systems.

At about the same time as Newton was formulating his laws of mechanics, the philosopher Descartes separated the body from mind / spirit, reducing the physical body to the status of a complex piece of machinery. This division had dire philosophical implications with respect to the path of modern medicine and its subsequent dehumanisation. The body is now regularly adjusted and repaired in much the same way as servicing the family car. Diseases have been reduced to assorted symptoms and chemical imbalances to be eradicated by means of allopathic drugs. Disorders are attacked by routine, standard procedures and at no point in any of these processes does the 'individual' and their unique circumstances warrant any consideration.

The Newtonian universe can be likened to a giant 'clockwork' mechanism, subject to various immutable laws of nature which decree the following:-

1. This universe is composed of fundamental indestructible particles of matter or 'mass points'.
2. These particles exist in absolute time.
3. All events can be described in terms of elementary laws of motion.
4. The Newtonian Universe is rigidly deterministic - everything that happens in that universe has a definite cause which gives rise to a definite and predictable effect.
5. No event in the Newtonian Universe is observer dependent - the world could be described objectively without ever referring to the human observer.

Consequently, for more than 300 years the human species has been reduced to a highly intelligent and complex, yet somewhat helpless biological organism, whose existence is dependent upon rigid and unchangeable laws of nature, over which it has neither input nor control - no more, in fact, than a leaf blown in the wind. In the Newtonian Universe sickness and disease are visited upon the hapless individual who is a mere victim of omnipotent external forces. Likewise their recovery is also seen as being dependent upon these forces which lie beyond individual influence or control.

Quantum theory demolished once and for all the Newtonian vision of the mechanical universe with its solid

matter composed of 'billiard ball' molecules and atoms. In its place we are confronted with an energy, or frequency based universe, governed by probabilities rather than the laws of cause and effect. A universe of wave forms orchestrated by 'intelligence' or 'consciousness'.

The mathematics of Quantum Theory (quantum mechanics) did not invalidate Newton's Laws - in the same manner as Einstein's equations of relativity included within them Newton's laws (as a special case) so too did quantum mechanics include within it Newtonian mechanics (as a special case). In other words Newton's Laws still apply, but only in certain applications. They offer an explanation regarding one aspect of the universe but are by no means a complete explanation. Newton's Laws can describe forces eg. gravity, but are powerless to describe the sub-atomic world, non-linear processes, far from equilibrium systems, fields, thoughts, emotions, awareness and consciousness. This is the subtle world of non-linear physics and the ontological usage of essential oils - the frequency domain.

Einstein's Theory of Relativity gave us the expression  $E=MC^2$ , showing us that energy and matter are merely different aspects of the same thing. Viewed at the quantum level, electrons behave both as particles (matter) which have mass and waves (energy) which are massless - this duality represents a paradox that is untenable according to the laws of classical physics. It is at this interface between energy & matter that consciousness plays a creative role. To extrapolate from this, any disturbance in the human system is energetic in its origin, physiological disorders arising from 'corrupted' information, or data encoded within the human energy field.

Our everyday world has no absolute reality at the quantum level - it is woven from an infinite web of interpenetrating fields and is governed by probabilities, unlike the Newtonian world of cause and effect. Everything in the universe is energy (frequency) based and human beings are no exception. We are the sum of the interpenetrating energy fields which are organised into the form of what we call our physical body.

*"Everything is made of emptiness and form is condensed emptiness"*

Einstein

*"Form is none other than emptiness and emptiness none other than form"*

Buddhist - Heart Sutra

If these concepts seem hard to assimilate, don't be surprised, quantum theory erodes our Newtonian conditioning and appears to assault our common sense and logic. Niels Bohr, one of the founding fathers of quantum theory once commented;

*"Anyone who is not shocked by quantum theory has not understood it."*

### **Some important landmarks in Quantum Physics and related fields and their implications for our Perception of Reality**

1. All events in the Quantum Universe are interconnected - there is no linear cause-effect relationship (in the Newtonian sense) and so nothing can be regarded as separate and distinct. Any event is the result of the interaction of an infinite number of factors and a change in any one of those factors changes the whole. We are indeed an integral part of the universe rather than fragmented individuals.

*"Everything interpenetrates everything else"*

David Bohm

2. The observer is a fundamental and inseparable part of any event - consequently we take an active part in shaping our lives, our health and well-being with our mental images and emotions.

3. Unlike classical physics which operates solely according to fixed and unbending rules, quantum physics has many sets of rules and is based on probabilities. For any event there are numerous potential outcomes depending on which possible interactions are selected.

When we consider our health, the more we focus on biochemistry and cellular change the less we are aware of the influence of thought, emotion etc. and the less we understand with regards to their influence.

*"There is no such thing as a quantum world, just a quantum description"*

Neils Bohr

4. In the quantum world events happen 'simultaneously' beyond the limitations of linear time. Our feelings and beliefs change every aspect of our lives and being, not just a single part - that change is both universal and instantaneous.

With respect to our health, our potential to create change is limitless and is independent of time. Belief is the sole prerequisite for instigating immediate and fundamental change.

It follows that the universe can be regarded not so much as a mechanical system but more as a concept or perception. This is echoed by James Jeans, the astrophysicist,

*"The universe begins to look more like a great thought than like a great machine"*

5. In contrast to the Newtonian view of a mechanistic and hierarchical universe organised on many discrete levels, the Quantum Universe can be envisaged as an infinitely complex, interconnected web. No event, however small, is without far reaching repercussions, we are all in reality, an integral part of the universe. Indeed, not even a leaf can fall without creating a change, at the sub-atomic level, which echoes throughout the universe. Our thoughts and actions therefore become crucially important, not only for our own personal harmony, but for all those with whom we interact - indeed ultimately for the world as a whole.

6. At its essence, this Quantum Universe emerges from its matrix of information fields, enfolding within it both the form and history of the entire material reality. These fields allow communication across space and time.

7. Unlike the Newtonian view of the world, where everything is in a gradual state of decay, within the quantum world the breakdown of a system is only a phase prior to renewal and growth - complex systems grow out of very simple systems as the universe continues to grow in complexity and diversity all the time.

8. The workings of the subatomic world can only make sense if we assume the existence of other more complex dimensions beyond our own.

9. Sir Fred Hoyle - who is the man responsible for our current understanding of the origin of all heavy elements within the universe and who founded the Cambridge Institute of Theoretical Astronomy - believes that within the laws of physics there is not only mathematical evidence that the universe was designed by some form of cosmic intelligence, but that that intelligence is unfathomably old. Billions of years older than the age of the known universe.

10. Sir John Eccles, the Nobel Prize winning neurophysiologist, believes he has discovered biochemical evidence which supports the existence of the soul.

With respect to our health and well being, unless we focus our attention on achieving harmony in all aspects of our existence - our thoughts and feelings, our interactions with others and with the world around us, we cannot maintain our emotional and physical harmony. Without that emotional and physical harmony we cannot maintain positive and nurturing relationships with those around us, nor can we fulfill our potential for growth and spiritual development.

## The Human Energy Field

The human energy field has been detected and measured by scientific researchers around the world.

Probably the most important discovery with respect to the Human Energy Field, is that it is the Human Energy Field which first detects and reacts to changes within our environment. Recognition of change by the brain is in fact a secondary event. Our fabulously complex 'biocomputer', the brain, is thus demoted to the status of a 'relay station' transferring and converting frequency based information from the Human Energy Field into the sensory experience to which our physical body reacts. The reverse is also true, in that our thoughts and emotions, our mental images, are converted via our brain into frequency based data to be stored in the Human Energy Field

If we perceive the Human Energy Field as an infinitely complex information network, it is becoming apparent that the brain is, in fact, a comparatively simple piece of 'hardware' whose function is to convert frequency based data from the 'frequency domain' and translate it into the images and sensations of our everyday reality. Our physical brain enables us to 'experience' the world around us and to sustain our unconscious, autonomic processes.

The information encoded within the 'frequency domain' and specifically the Human Energy Field is generated by consciousness. It is our thoughts and emotions which generate the information network, which in turn creates and shapes our individual reality.

Essential oils possess many attributes which allow us to consciously intervene in, and create change within the generative matrix itself. The ability of essential oils to intensify both emotion and mental imagery allows us, with practice, to consciously shape and direct the mental patterns which are encoded within the frequency domain and specifically the Human Energy Field. Thus we are able to shape our individual reality according to our choosing, taking an 'active role' in the creative process.

At the energetic level 'healing' is merely an exchange of information - we remove distortions based on inappropriate information stored within the Human Energy Field (represented in the physical frame by physiological disturbance) and replace the 'corrupted' programs with new information which is energetically harmonious. As the energetic blueprint is changed then healing in the physical sense must follow.

Change at the energetic level is both instantaneous and free from all limitation - the only limits and boundaries being the product of our individual perception and belief systems. Whilst our belief system is constrained within the boundaries of Newtonian physics, so too is our potential for health and freedom from disease.

If our belief system is expanded in line with non-linear physics and field theories, we are free to operate outside the constraints of linear time and space, and cause / effect relationships.

We have the ability to dissolve all sense of limitation and grant ourselves permission to be whole and healthy at this very instant, without any reservations. It is in this endeavour that essential oils can be regarded as infinitely powerful tools which can help us gain access to the Human Energy Field and the 'frequency domain'

## Imagery

Recent research into the nature of health and disease is emphasising the importance of the 'image' or belief with regards to illness - at the most simplistic level a positive image promotes wellness whereas a negative image promotes the onset of ill health and disease. The image is the language of the right hemisphere of the brain and this can be utilised to great advantage in imagery and meditation. Essential oils act as information carriers within the frequency domain which is accessed by such exercises. That non-physical, ethereal breath of perfume is at its very essence a wave form and so speaks directly to our brain and beyond!

It has been clearly demonstrated that the brain does not originate thought, it only reacts to it. To use the analogy of a computer, the brain can be regarded as merely the highly complex hardware - a biocomputer. The machine, however complex and sophisticated though, is useless without the software which can be envisaged as consciousness or the product of 'intelligence'. This intelligence is not bound by, or subservient to the nuts



and bolts hardware of the physical form. It is this 'intelligence' that fulfils the primary role of the programmer.

It is important to realise that the left hemisphere of the cortex is closely allied to the workings of the conscious mind, logic and language whereas, more significantly, the right hemisphere is closely linked to the subconscious and to the workings of the autonomic nervous system.

### **Synopsis for - Implicate Aromatology - Essential Oils and the Human Energy Field**

As images are the language and communication medium of the right hemisphere of the cortex, they have a powerful potential for creating deeply rooted patterns in our sub-conscious. There they continue to have an ongoing effect at a subtle level, beneath our conscious awareness and so we have within us the potential for great benefit or great harm. Using the analogy of a vortex in a river helps illustrate how often repeated thoughts create a modification in the energy field associated with that thought, which is resistant to change. Like a twig dragged into the vortex of a whirlpool, escape becomes increasingly more and more difficult. So it is with often repeated thoughts, the more they are repeated the more they become an automatic habit and the more difficult it becomes to break free i.e. negative thought patterns become a spontaneous self-destructive mode of reaction. Fortunately however the reverse is also true. It is of the utmost importance to realise that there is no such thing as an "idle thought" each such event has no option but to bear fruit at some point in time, in line with our understanding of quantum laws.

In addition we must not overlook the importance of the subconscious, right hemisphere related functions that direct all autonomic processes within the body and to which we pay no conscious attention. This includes all biochemical processes that function without ceasing in order to maintain our physical frame. This organising function of the brain is infinitely complex and efficient and also infinitely more powerful than we realise. Because we are unaware of its workings we are also unaware of its potential to cause us problems when disturbances occur at the sub-conscious level. Deeply buried emotions, memories and tensions possess the power to wreak havoc with our well being often unbeknown to our conscious 'thinking' self. It is at this energetic level that essential oils are the carriers of frequency based information and it is the right hemisphere that is responsible for the processing of such information.

Extensive contemporary research has demonstrated the power of the image with regards to health. Disharmony existing at the level of the emotions, belief or perception, manifests as physical illness at a later date, if not corrected at the frequency level. Disease at the physical level takes the form of a symbolic representation of the underlying problem, clothed in the image-based language of the right hemisphere of the brain. It is our brain's attempt to create an awareness of a subtle energetic disharmony.

The ontological usage of essential oils is not directed towards 'healing' of the physical body or creating change in the hardware of the brain - such things are firmly rooted in the domain of Newtonian mechanical events which are concerned with the manipulation of biochemical processes. Instead we are concerned with change in the sub atomic universe where awareness or "intelligence" weaves its complex web of subtle fields which underpin and give birth to the material world.

Although we cannot see the sub-atomic influences which direct our every action, they are nonetheless both real and potent, without doubt the most fundamental forces in the universe. Harmony lies in the intelligent direction of these forces towards achieving our optimum potential.

In considering the role of essential oils with respect to the frequency domain, they provide an environment which is conducive to change at these subtle levels rather than at a gross level. We are all aware, at the most superficial level, of the feeling of well being a pleasant aroma can generate. At the opposite end of the spectrum it is reported that in the military domain, aromatic substances have been developed to which the briefest of exposures produces total, numbing, all consuming terror. Terror which totally paralyses and incapacitates anyone within its reach. We can see quite clearly that the sense of smell is indeed a powerful communicator.

Imagery and meditation are ways in which everyone can reap the benefits of orchestrated right hemisphere activity. With practise, it is shown that it is possible to achieve mastery over one's life and well being. The restoration of harmony at an energetic level leads to harmony of body and emotions, body and mind - an

experience of total well being.

Imagery and meditation can be greatly enhanced by incorporating the use of essential oils, using a cold diffuser or candle-vaporiser (with water). An electrically heated vaporiser is not recommended for this purpose as it modifies the basic structure of the oils.

In conclusion, one role of essential oils is to provide non-meditators with benefits usually only attainable after many years of meditation practise. This is achieved by allowing access to, and development of the right hemisphere activities which are the basis of interaction with the frequency domain. For those who already meditate, essential oils can greatly enhance an individual's progress.

When experimenting with essential oils in the context of imagery and meditation:

1. Don't set unrealistic goals - allow things to happen in their own time.
2. Don't become impatient - like everything else in life, imagery and meditation exercises are a matter of learning and practise.
3. Perseverance and a positive attitude are essential (this is also another area where the oils will help).

### **Essential Oils and Imagery**

There has, in recent times, been significant research carried out into the processes of imagery, visualisation, meditation and the ability to create change in our health and well being. It has been demonstrated conclusively that we do possess the ability to create change at a cellular level and that imagery is the most potent tool for bringing about every imaginable change.

Imagery can be defined as:-

*“the communication mechanism between perception, emotion and bodily changes.”*

Achterberg

Some brief facts in relation to imagery:

1. Within the human brain the area most clearly associated with imagery is within the right hemisphere of the cortex - the prefrontal or most anterior aspect of the frontal lobes, to be precise.
2. Non-verbal imagery is principally associated with the right hemisphere which also exercises control over the autonomic nervous system.
3. Non-verbal imagery is principally associated with the right hemisphere and it has been demonstrated that a link exists between imagery and the processing of emotional information, including the process of making choices.
4. There exists a vast network of neural connections between the right hemisphere and the limbic system. The limbic system is primarily involved in the processing of emotional information and, most importantly for the role of essential oils, with the sense of smell. Non-verbal images, the sense of smell, and emotion are inextricably bound together.
5. The left hemisphere of the cortex is primarily associated with language, logic and analysis and is, both in evolution and in actual function, one step removed from all autonomic processes.  
Verbal messages directed to the autonomic or involuntary nervous system have to be translated into non-verbal images by the right hemisphere before they are in a form in which they can be assimilated.
6. It can be seen that when we wish to communicate with the outside world we rely largely on the functions of the left hemisphere - messages are conveyed by means of language and logical thought in the form of verbal communication. The left hemisphere functions provide an interface between our thoughts and images and the outside world.

Non-verbal imagery provides the vehicle of communication between conscious thought and the internal environment of our bodies and most importantly is our link with the frequency domain. In addition, the right hemisphere can be shown to exert an influence over the musculoskeletal system, via the medium of images, rather than the verbal commands of the left hemisphere.

The right hemisphere provides an interface between our conscious thoughts and our 'inner selves'.

Through our right hemisphere we 'experience' and live life.

Through our left hemisphere we describe and analyse life.

7. There is evidence to support the neuroanatomical bridge between the image and the cells - the mind and body.
8. The autonomic nervous system which is comprised of the sympathetic and parasympathetic nervous systems comes under the direct influence of the brain - the cortex, limbic system, hypothalamus and pituitary.
9. No thought or emotion is generated without a subsequent change in biochemical and electrochemical activity which extends its influence to every cell.
10. Because of the right hemisphere's links with emotion, the right hemisphere is highly active in times of stress. Additionally emotion and imagery are inseparably interwoven.

## **Section II - Summary**

1. Everything in the universe possesses two forms - **WAVE & PARTICLE**
2. The wave form has a more primary level of existence, i.e. the wave form exists prior to the particle form - consciousness precedes matter.
3. The physical body has associated with it a complex web of information fields which make up the human energy field - a field which has been scientifically verified and measured. This field is at its most intense at a number of energy centres (or energy transformers) which have traditionally been called 'Chakras'.
4. Diseases are apparent in the energy field for a considerable period of time before they become detectable in the physical body.
5. Removing distortions at the field level eliminates disease at the physical level. These distortions result from our 'psychological patterns' not from any physical agents.
6. It is our consciousness via our thoughts, feelings and emotions that can interact with the information fields of the human energy field.
7. Our thoughts, feelings and emotions flow from our consciousness and create frequency changes at the field level. These changes are conveyed to our autonomic nervous system where biochemical change is initiated.
8. By consciously shaping the mental images we produce we can dictate the nature of our internal biochemistry and so our physical health and well-being.
9. We can learn to consciously choose our mental images and the nature of essential oils is such that they make ideal tools to help us in this endeavour.
10. In working with the energy field we are dealing not with physical symptoms, disease and pathology but with thoughts, emotions and perception. Hence we need to utilize a totally different vocabulary.

## **Section III - The Chakra Blends**

We have developed a range of Chakra Blends whose function is to resonate with the individual chakras, restoring harmony at the energetic level. They are most effectively used in a cold diffuser or candle-vaporiser (with water), an electrically heated vaporiser is not suitable for this purpose. In the absence of a diffuser or vaporiser a few drops may be placed on a tissue or piece of cotton wool.

The Chakra Blends can be used very beneficially by simply vaporising them into the air around you. Their optimum effect is achieved by using them in conjunction with imagery and meditation.

The chakras have traditionally been regarded as centres of energy associated with a variety of locations within the physical body. The crown chakra at the top of the skull is associated with energy of the highest frequency whilst the base or coccygeal chakra is associated with the lowest frequency.

The chakra-nadi system has, by tradition been considered to be the energy distribution network which maintains physical harmony and well being. It is via this network that "subtle energy", "prana" or "life energy" is envisaged as being distributed.

In 20th century language the chakras can be described as transformers, converting or "stepping down" frequency based information in the form of energy, for assimilation by the physical body. This information has its origins in the non-physical interpenetrating energy fields associated with the physical organism. It is this frequency based information network that is responsible for building and maintaining biological systems and in our case the human body. Most importantly it is at this level that energy disturbances, which are the precursors of disease, have their origins.

It must be understood however, that the origins of chakra malfunction have their birth in the realms of emotional, mental and spiritual issues and are not governed by physical influences. In the most simplistic terms - positive thought patterns generate health and well-being whilst negative thought patterns generate disharmony and disease.

The chakras can be envisaged as portals to the high energy fields which shape and create our very being.

If there is a malfunction at the site of more than one chakra then disorder will first become manifest at the chakra site where the greatest imbalance exists.

Where a chakra is overactive, allowing too much energy to pass through, this imbalance may be symbolised by inflammation.

Where a chakra is under active, there is a reduction in energy flow, this imbalance may be symbolised by degenerative disease or atrophy.

**Below is a brief description of some of the primary manifestations of chakra disturbance:**

**Chakra 1** - Base chakra - primary focus - The security of the physical body and survival.

Association - Insecurity manifesting as fear

-The quest for survival .

**Chakra 2** - Sacral chakra - Primary focus - The pursuit of desire and the ability to accept change.

Association - Lack of fulfillment manifesting as guilt.

The sacral chakra is our direct link to our immune system and to energy from the human energy field.

This chakra is often associated with eating disorders.

-The quest for self-gratification

**Chakra 3** - Solar plexus chakra - Primary focus - Personal power.

Association - Lack of self-esteem and the need to control, manifesting as shame.

-The quest for identity

**Chakra 4** - Heart chakra - Primary focus - Unconditional love.

Association - Isolation manifesting as grief.

-The quest for acceptance.

**Chakra 5** - Throat chakra - Primary focus - Self-expression.

Association - A lack of resonance manifesting as rejection.

-The quest for self-expression (includes creativity).

**Chakra 6** - Brow chakra - Primary focus - Self-reflection.

Association - Lack of clarity manifesting as illusion.

-The quest for awareness, or the quest 'to see'.

**Chakra 7** - Crown chakra - Primary focus - Self-knowledge.

Association - Lack of wisdom manifesting as attachment .

-The quest to transcend the 'ego'.

**Chakra 8** - Higher chakras - Access to human energy field and the implicate order at will, manifesting as harmony of body, mind and spirit.

## Section IV - Essential Oils, Well-Being and the Human Energy Field (H.E.F.)

### **In Brief -**

The human energy field and chakras have recently been identified and measured in groundbreaking scientific studies.

The science is infinitely complex utilising fractals, chaos and complexity alongside more familiar techniques. Their message however, is breathtakingly simple and of primary importance to our health, well-being and perception of the world around us.

### **The essential features are as follows:**

- 1) The H.E.F. is measurable and displays a vast range of frequencies which are as unique to the individual as a fingerprint. Frequencies range from approximately 250 hz. to as high as 250,000 hz. in some rare individuals.
- 2) The H.E.F. reacts to our external environment before the brain does and so is of a more primary nature than the physical brain.
- 3) Using fractal analysis the H.E.F. has been observed to possess an infinitely greater level of organisation than does the brain. By comparison the brain is merely a very simple piece of hardware - an 'information processor' rather than an 'information generator', processing information from the field, consciousness and the implicate order.
- 4) Sickness or disease appears first in the H.E.F. - often months before it makes an appearance in the physical body.
- 5) The H.E.F contains (in frequency form) the 'blueprint' which generates our state of health, personality, physical characteristics and everything we regard as being 'us'. We continually add to and modify our 'blueprint' through our perceptions, thoughts, emotions and beliefs. Our daily experiences and our perception of those experiences, provide an uninterrupted flow of data to be incorporated into the 'information banks' encompassed by our field. It is the brain that processes this information, encoding it in a form that is meaningful to the field.

### **How do we communicate with the H.E.F. in order to eliminate negative or outdated programs and to input beneficial or desirable programs?**

Our sole conscious access to the H.E.F. is via the right hemisphere of the brain, which is pre-verbal and so does not react to verbal commands or reasoning.

The language of the right hemisphere and therefore the H.E.F. is image-based - it is not amenable to verbal argument or logic. The right hemisphere therefore constitutes a filter which allows only frequency based imagery to be processed and communicated to the field.

All information from the left hemisphere must be converted to an image form before it can be incorporated within the 'field'. The brain core (limbic system, hypothalamus etc.) has direct access to the H.E.F. but this communication is not of a conscious nature - it is however by this route that our unbridled thoughts and emotions, when negative in character, sabotage our health and emotional harmony.

Our emotions continually trigger the most intense mental imagery which is rapidly transmitted to the field. Where our emotions and imaginings have a negative connotation, we are unwittingly seeding the field with an undesirable and often self-destructive 'blueprint' - the non-reasoning subconscious accepts these negative images as instructions to be carried out, which it does to our detriment.

Because our emotional states generally arise spontaneously from within the brain core, they are not the result

of a conscious or rational process. Here lies the danger - we have a powerful programming mechanism which usually operates outside the sphere of our conscious control.

However, as these emotional states largely arise from learned behaviours and conditioning, we can re-edit the internal programs if we so desire. We must be aware that our mental images and emotions are the only communication mechanism we have available to us if we wish to bring about change at the field level - a change which precedes all physical change.

### **How can we use essential oils as aids to reprogramming the H.E.F. according to our desires?**

Essential oils intensify our mental imagery and so can help us to create clear, unambiguous mental programs. These programs are then available for the H.E.F. to incorporate within its structure as the framework for subsequent action. In this way we can eliminate undesirable traits and conditions and replace them with those that are positive and beneficial.

Essential oils also resonate with our emotional states, which are inextricably bound up with our mental imagery. They can help us to convert our negative, destructive emotional input into that which is positive and constructive.

### **Using Essential Oils With The H.E.F.**

Vaporisation is more effective than application to the skin when working with the H.E.F. and so is the preferred method of usage.

Ideally vaporise your oil using a diffuser that does not involve heating the essential oil. If a diffuser is not available, a candle-burner with plenty of water in the dish will be quite acceptable.

Do not use an electric burner that heats the oil in the absence of water as this adversely affects the composition of the oil.

A particularly effective method of using essential oils with the H.E.F. is to place 1 or 2 drops on a tissue and place the tissue inside your pillow case before you go to sleep. Whilst you are sleeping the subconscious is more accessible than at any other time, excepting deep states of meditation. This is an ideal time to input new mental programmes with the aid of essential oils.

### **A Simple Procedure for Working With Essential Oils and the H.E.F.**

Whether you are taking the opportunity to work with your mental images during the day or as you drift off to sleep at night, the procedure remains the same.

Choose an oil appropriate to your taste and needs and follow the visualisation below:

- 1) Close your eyes and take a few minutes to relax.
- 2) Concentrate on your breathing - visualise it as the rhythmic rise and fall of waves in the ocean - without beginning and without end - continue for a few minutes until you become one with the waves.
- 3) Now visualise your breath as pure white light - See it fill your body and beyond - a cloud of pure vibrant energy.
- 4) You are now that cloud of pure white light - the boundaries of your body have dissolved and you are becoming brighter and brighter- energy in its purest form.

Hold this image until your focus is entirely upon your cloud of light. Your body has now melted into your cloud

of light and you are experiencing your true energetic being.  
Your cloud of light feels peaceful and secure and you feel totally at home, experiencing your true perfect self.  
Remain with this image as long as you desire.

5) Now move on to the focus of your meditation.

In your mind's eye - If you have a problem you wish to resolve, then imagine the solution you desire as already being accomplished.

If there is something that you wish to bring into your life, then see yourself as already being in possession of what you desire.

If there is something that you wish to eliminate from your life then imagine your life as already being free of that which you wish to eliminate.

If you need the answer to a problem, then visualise the answer as already having been given to you (the solution will often just pop into your mind within the next few days.)

The scenarios are endless. In brief, whatever you wish to bring into, or eliminate from your life - see it as already achieved .

In order to create the clearest program for your subconscious to work with, imagine your desires with the greatest intensity you can muster, backed up with the appropriate emotion for the situation. Imagine how you would feel in the given situation and experience the emotion along with the mental pictures in your mind's eye.

Only use positive imagery and emotions - you must avoid the use of negatives.

6) When you reach the end of your visualisation, slowly return to awareness of your physical body and surroundings. Remain sitting or lying quietly for a few minutes or allow yourself to drift into sleep, feeling at peace and in total harmony with your body, your mind and your surroundings.

### **Essential Oils and their Energetic Profiles.**

Individual essential oils possess a wide range of properties from the energetic perspective. The suggestions listed below represent just one aspect of their many applications. The suggested uses relate to their resonance with the H.E.F. and are enhanced by incorporation within an imagery exercise or meditation.

|                                    |   |
|------------------------------------|---|
| <b>Bergamot</b> -                  | Insomnia, lethargy, apathy.<br>Grief, low self-esteem   |
| <b>Boronia</b> -                   | Negative behaviour patterns, lack of energy and motivation, poor self image.<br>Grief, helplessness, hopelessness.      |
| <b>Lavender</b> -                  | Lavender's primary use is to enhance the properties of any oils combined with it.                                       |
| <b>Lemon</b> -                     | Lack of concentration and focus, lack of energy, negativity,<br>Inability to assimilate new ideas and concepts.         |
| <b>Mimosa</b> -<br><b>Absolute</b> | Release of past memories of a negative nature. Lack of joy in life and living.<br>Feelings of irritation and annoyance. |
| <b>Olibanum</b> -                  | The primary oil with respect to imagery, meditation and the H.E.F.  |



Enhances mental images and expanded awareness. Enhances the immune system.

- Orange** - Promotes happiness. Helps eliminate destructive attitudes.
- Patchouli** - Grounding. Helps eliminate negativity. Counteracts feelings of vulnerability and of anger.
- Pine** - Calming and energising. Helpful with imagery involving memory.
- Rose** - Allows us to accept ourselves as we are, without judgement. Allows us to accept others as they are, without judgement.
- Vetivert** - Grounding. Counteracts negativity.

### **Core Blends**

- Harmony** - Facilitates access to information stored in the H.E.F. particularly with respect to eliminating negative programmes. Allows us to remove destructive programmes from the 'blueprint' and replace them with those of a constructive nature.
- Mandarin** - Probably the most versatile blend we offer. Helps us to counteract stress, insomnia, fears, phobias etc. Encourages a relaxed, meditative state and the production of vivid mental imagery. Is associated with the immune system and the ability to access energy freely from the H.E.F.
- Tranquility**
- Rosewood** - Helps us to create a free flow of energy throughout the body and chakra system. Helpful where individuals are either stressed or lethargic.
- Vitality**
- Meadow** - For self-healing visualisations. Encourages rich creative imagery and a deep emotional resonance. Its focus is upon the restoration of rhythms and cycles.

### **Concept / Perceptual Blends**

- Benjamin** - The 'experience' of self-acceptance and unconditional love - the bridge between body and spirit
- Onchya** - The 'experience' of 'self-knowledge', beyond the distortions of illusion and limited perception.
- Lebonah** - The 'experience' of 'self-awareness', of 'being' beyond the limitations of everyday sensory perception.
- Bdellium** - The 'experience' of 'self', beyond the limitations of individuality.

## Imagery Blends

### **Imagery blends to help counteract negativity -**

**Cus-Cus** - Helps develop a positive approach to life and events we encounter. Helps us to release feelings of vulnerability and to feel at ease in the company of others.

**Daphne** - Helps us to release negativity expressed as fear, anxiety and regret. It allows us to see events in their true context and their entirety, rather than focus on the distortions created by seeing only 'half the picture.'

### **Imagery blend to promote and harmonise the energy flow -**

**Limettae** - Helps promote energy and motivation whilst focusing on meaningful goals in life - eliminating anger, frustration and aggression. Where individuals are lacking direction and self-confidence it helps overcome feelings of fear, anxiety and vulnerability.

### **Imagery blend to promote peace and harmony -**

**T'namie** - This blend allows us to love ourselves and others alike and to release negative emotions such as envy and resentment.

### **Imagery blend to promote security -**

**Romero** - Encourages harmony through expanding our awareness. Helps us to release feelings of vulnerability through breaking down the walls and barriers we have built between ourselves and others. Additionally allows us to free ourselves from our automatic patterns of behaviour, our 'vortices of thought' which cause us to be rigid and inflexible.

### **Imagery blend to promote awareness -**

**Life-everlasting** - Expands our awareness through spiritual growth. Helps us to truly understand the choices we are faced with in life and to distinguish between wisdom and folly.

### **Imagery blends to promote elimination or purification -**

**Balsamodendron** - Facilitates the release of distorted perception with respect to past events, as well as the growth of understanding in the present. Helps eliminate negativity and promote wisdom and creativity.

**Pucha-pat** - Allows the release of self-destructive emotions such as fear, anxiety, anger and bitterness. Promotes the 'groundedness' necessary to convert our ideas and aspirations into everyday reality.

### **Imagery blend to promote serenity -**

**Queen of Flowers** - Allows us to experience the nature of our 'true-self', of our true potential and capabilities. This elicits a deep sense of serenity which can be sustained, even amidst the apparent chaos and discord of daily life.

### **Imagery blend for meditation prior to sleep -**

**Gallitricum** - Encourages imagery and creativity allowing us to produce new ideas, insights and concepts. Helps us to develop the awareness to understand ourselves better, to develop our strengths and overcome our weaknesses.

### **Imagery blend for sleep -**

**Manzanilla** - Allows us to develop the emotional harmony necessary to fall rapidly into a deep and restful sleep. Encourages us to express our needs and desires and eliminate anger, fear and the conflicting emotions that distort our emotional harmony.

### **Imagery blend for well-being -**

**Archangel** - Helps us to correct distortions in the information recorded in the H.E.F, which adversely affect our health and well-being. Encourages the growth of awareness and clarity of perception which is the foundation of harmony and good health.

**Levant** - Helps us to overcome the obstacles encountered in everyday life, whilst learning valuable lessons from them. Allows us to overcome ideas of limitation and so free the mind to operate in its natural mode - accessing the H.E.F. at will.

**Boronia** - Boronia enables us to release feelings of fear, hurt and sadness as well as past emotional ties, which prevent us from moving forwards. It also allows us to break down our obsessive or habitual thought patterns, the 'vortices of thought' that can destroy our lives.

**Mimosa** - Encourages us to release oppressive memories from the past and the negative emotions that accompany them. Helps us to experience feelings of joy and release and to develop a positive attitude towards the present.

**Joy Of The Mountain** - Encourages us to freely accept new attitudes, ideas, concepts and understanding. Helps to eliminate resistance and replace it with resonance.

## Imagery Blends For Access To The H.E.F.

We are all comfortable with the concept of electrical, magnetic and gravitational fields - none of which are visible or tangible to our senses.

The human energy field is just another such field, of a rather more subtle nature. We can however, with experience, increase the sensitivity of our senses to be directly aware of this field. We are then able to consciously work with it, in order to remove distortions within the frequency domain.

**Angel Root** - Allows us to re-program information stored in the H.E.F. with respect to the harmonious functioning of our physical body. It is at this level of the H.E.F. that we find the 'blueprint' for our physical body and every aspect of our biochemical processes.

This level represents our 'physical self'. Angel root allows us to take control over our physical health.

**Masterwort** - Allows us to reprogram our emotional activity. It is at this level of the H.E.F. that we locate the 'information blueprint' with respect to our emotions, feelings and sensory experience. It constitutes our 'feeling self'.

Masterwort allows us to take control over emotional health.

**Prana** - This is the level of the H.E.F. where the 'information blueprint' records our understanding of concepts - the nature and extent of our potential abilities and the interdependence of mind, body and spirit. At this level we understand that physical health is not possible without emotional and spiritual health. We also access the awareness of how our thoughts and feelings shape our health and physical reality.

Prana allows us to take control of our mental concepts.

**Narcissus** - This is the level of the H.E.F. at which we access the 'experience' of our true self and the 'implicate order' itself.

Narcissus allows us to 'experience' the nature of 'being'.

## Important Notes and Contraindications

1. When using essential oils for their ontological benefits, vaporisation of the oils is by far the most beneficial medium.
2. The use of essential oils in body oils baths and foot baths is also valid and complementary.
3. Essential oils should never be taken internally.
4. The chakra and imagery oils are designed for vaporisation purposes only. They are not designed for use during pregnancy nor with young children. (under the age of 10)
5. Oils marked with the contraindication - 'R' contain rosemary and are not suitable for persons who are pregnant, suffer from epilepsy or high blood pressure.

*"Time and space are not conditions under which we live but ways in which we think."*

Einstein

**If you would like further information about the topics covered in this handbook please contact us for details of the workshops we offer.**