

# Eagle Feathers Healing Arts Garden

## Medicinal Essential Oils

Smell accesses the limbic system of the brain which is the seat of our emotions. **Medicinal Essential oils** of therapeutic grade can raise the body's frequency because they vibrate at a high frequency and transfer that frequency to the body. Sesquiterpenes, found in high levels of essential oils help to increase oxygen in the limbic system of the brain which in turn "unlock" the DNA allowing emotional baggage to be released from cellular memory.

Emotions have been found to be encoded within the DNA cells and passed on generation to generation. Emotional patterns of behavior can also be trapped within families. The brain and body can store or release these patterns of emotional trauma only through the sense of smell and the use of medicinal essential oils because of their high pure grade quality, and Young Living's ongoing scientific research and development.

The aroma of essential oils triggers a physiological and psychological response. The pure medicinal essential oils used at Eagle Feathers are from Young Living Essential Oils in Utah. They can be used by inhalation, applied topically or taken internally to enhance the body to repair, change and move towards wholeness bringing the body into balance and healing, using Vita-Flex or Raindrop techniques.



Medicinal Essential Oils



Wareham Office ©

Dr. Kathy has been trained in Canada by Dr. Monika Toedter and Dr. Gary Young in New York, the founder of Young Living Essential Oils. Dr. Kathy will add essential oils to your tailor made healing sessions if while in counsel it is deemed to enhance your journey towards Oneness.

Drs. Kathy and Monika are now doing scientific research with Young Living Essential Oils using new oils that have been found in the rainforests of Ecuador to enhance our health and wellbeing. If you are interested in taking part in the research please contact us at **Eagle Feathers Healing Arts Garden** in the USA or **Healing From Within** in Canada.

There are defining moments in a lifetime when the essence of creation is there embracing you into oneness with your Creator. Sense the beauty now.





Fern Garden ©

**Essential oils in their pure state** are antibacterial, antiviral, anti-inflammatory, anti-cancerous, anti-fungal, antimicrobial, anti-parasitic, and antiseptic and have a hormone-balancing effect.

Essential oils contain oxygen molecules which bring nutrients to all cells. They are powerful antioxidants which create an unfriendly environment for free radicals.

**They have been shown to have a profound influence on the central nervous system, helping to reduce or eliminate pain, release muscle tension, and provide strong emotional uplift.**

Essential oils are lipid soluble and are capable of penetrating cell walls. They can affect every cell of the body within 20 minutes and are then metabolized like other nutrients.

Because of their complexity, medicinal essential oils do not disturb the body's natural balance or homeostasis. Young Living's oils take into consideration in their formulas the gentle balance of the body. If one oil constituent exerts too strong an effect, another constituent may block or counteract it; therefore, these oils take into consideration ways to keep the body in perfect balance. However, synthetic chemicals, in contrast, usually have only one action and often disrupt the body's homeostasis.

The amygdala gland does not respond to sound or sight or touch, but **ONLY** releases through the sense of smell. **Smell is the only one of the five senses directly linked to the limbic lobe of the brain, the emotional center. Anxiety, depression, fear, anger, and joy all emanate from this region of the brain.** The scent of special fragrances can evoke memories and emotions before we are even consciously aware of it. Where smells are concerned, we react first and think later.

The hypothalamus part of the brain releases chemical messengers that can affect everything from sex drive to energy levels. Medicinal Essential Oils through their fragrance and unique molecular structure can directly stimulate the limbic lobe and the hypothalamus.



Crystal Oil Elixirs ©

More information can be obtained in the following publications:  
Essential Oils Desk Reference, Compiled by Essential Science Publishing  
Releasing Emotional Patterns with Essential Oils, by Carolyn L. Mein, D.C.