

essential oils

The 5 Stages Of Healing

 DEANNE MATHEWS

Healing emotions with essential oils

ESSENTIAL OILS SUPPORT HEALING IN FIVE STAGES

Essential oils strengthen us during each stage and prepare us for the next level of healing. For example, as we regain our physical health, we are invited to enter the emotional realm.

Let's briefly explore stage one and place our focus on mainly defining stage two: the emotional stage. While we briefly mention stages three to five - which influence our growth and evolution, they are largely topics for another time.

THE 5 STAGES

1. Essential oils assist in healing the physical body
2. Essential oils assist in healing the heart
3. Essential oils assist in releasing limiting beliefs
4. Essential oils increase spiritual awareness and connection
5. Essential oils inspire the fulfillment of our life's purpose



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STAGE ONE: HEALING THE PHYSICAL BODY

Essential oils are powerful physical healers. Some essential oils are considered to be 40 - 60 times more potent than herbs (Schnaubelt, 2011).

Essential oils assist the body in fighting unfriendly microorganisms: purifying organs, glands, and body systems, balancing body functions, and raising the body's vibration (Stewart, 2003).

STAGE TWO: HEALING THE HEART

As the oils secure our physical health, they provide us with the energy needed to penetrate the heart and enter the emotional realm. Essential oils raise the vibration of the physical body (Stewart, 2003). As the body lives in higher vibrations, lower energies (such as suppressed emotions) become unbearable. The body wants to release these feelings. Stagnant anger, sadness, grief, judgement, and low self worth cannot exist in the environment of balance and peace which essential oils help to create.

Emotional healing occurs as old feelings surface and release (Moreton, 1992). Sometimes this experience is confused with regression. People may think they are going backwards or that the essential oils are not working. We are so used to symptomatic healing that we have been conditioned to view healing as the immediate cessation of all physical and emotional pain. In reality, the oils are working. They are working to permanently heal emotional issues by supporting individuals through their healing.

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PRINCIPLES OF HEALING: RELEASE AND RECEIVE

It is important to understand that healing is a process. The process can be separated into two main principles: release and receive.



We must release trapped, dense and heavier emotions before we can receive lighter and feelings of freedom.

The old must go in order to make space for the new. We often want to skip this step, but it is a necessary one. We must be willing to experience the cleansing if we truly desire healing. Resisting the cleansing process makes healing more painful. It's important to surrender to the experience so that we may continue on the path of healing. The more we let go and trust, the more enjoyable the healing process can be.

ESSENTIAL OILS DON'T DO THE WORK FOR US

Essential oils assist individuals in taking an honest look within. They foster the right environment for healing, but they will not do the work for us.

In gardening, it is a common mistake to pull the weeds while leaving the roots. This is particularly true for hard and rocky soils. To ensure we uproot the whole plant, we can add water to the soil, which allows the entire weed to be removed. Similarly, essential oils prepare our emotional soil so that weeds may be removed with greater ease. However, they do not do the weeding for us. If we neglect to do the work of pulling our weeds, we have simply watered the problem. On the other hand, when we combine essential oils with emotional work, we reap the fruit of the labour.