



# Essential Oils

FOR THE HEART

*Into The Spiritual Heart*  
Signature Program

Essential oils can create a beautiful and supportive atmosphere to work with our emotions and the heart center. The sense of smell is the strongest of the senses and the only one directly connected to our brain.

Scent is directly connected to the limbic system and specifically to the amygdala and hypothalamus which is the emotion and memory center of the brain. This explains how scent has a direct and measurable effect on our emotional state.

Essential oils can support us as we endeavor to raise our energetic frequency because scent can affect our mood and help us to release blockages in the heart.

I've compiled a list of essential oils that I find work beautifully within the *Into The Spiritual Heart program*. The oils can also be used any time you need emotional support or would like to raise your heart energy.

- **MELISSA** - High spiritual and emotional energetic frequency. Harmonizes mind and soul. Soothes the heart, benefits the lungs.
- **EUCALYPTUS** - Opens the flow of the fourth chakra, calms and uplifts.
- **NEROLI** - Helpful for emotional shock or depression. Regulates heart rhythm. Tranquilizer, vibration of joy and peace.
- **LAVENDER** - Helpful to release stuck energy, relax and let go of stress and fear. Vibration of calm and confidence, and brings understanding in times of conflict.
- **JASMINE** - Soothe relationship wounds. Uplifting, balances emotions. Helps us to release anxiety, apathy, or depression.
- **ROSE** - Helps the heart bloom. The highest spiritual frequency of the oils. Supports self love and unconditional love.

Application: Place a couple drops on your finger and apply directly to the heart center. Remember essential oils are concentrated so a little goes a long way. Optionally you can dilute the oil. You can also use the oils in an oil diffuser.

From the heart,  
Katrina