

Aromatherapy for Prayer/Meditation

Throughout history, users of essential oils believed that the fragrances in essential oils stimulate nerves in the nose. Those nerves send impulses to the limbic system, where memories, instincts, and vital functions are controlled and processed. Main bodily functions can be regulated through the connection between the limbic system and other parts of the brain and body, such as digestion, respiration, cardiovascular activity, and stress levels.

These popular essential oil singles and blends may be used during prayer:

- ❖ **Awaken** essential oil blend (enhances inner self-knowledge, stimulates right/creative brain, balancing energy centres of body)
- ❖ **Brain Power** essential oil blend (promotes deep concentration, channels physical energy into mental energy, mental clarity)
- ❖ **Cedarwood** essential oil (stimulates limbic region of the brain, and pineal gland)
- ❖ **Frankincense** essential oil (deepen spiritual connections)
- ❖ **Gratitude** essential oil blend (elevate mood, soothing, fostering a grateful attitude, embodies the spirit of oneness)
- ❖ **Grounding** essential oil blend (creates a feeling of solidarity and balance)
- ❖ **Harmony** essential oil blend (harmonic balance for energy centres of the body, reduces stress, uplifting)
- ❖ **Inspiration** essential oil blend (used by Native Americans - spiritual quietness, prayer, enhance spirituality, inner awareness)
- ❖ **Into the Future** blend (helps with determination and pioneering spirit, enhancing enjoyment of challenges to success)
- ❖ **Joy** blend (uplifting, exotic, brings joy to the heart)
- ❖ **Lavender** essential oil (calming, relaxing, balancing)
- ❖ **Live with Passion** essential oil blend (Revives zest for life, improves inner energy)
- ❖ **Magnify Your Purpose** essential oil blend (stimulates right brain, activating creativity, motivation, focus, commitment of purpose)
- ❖ **Motivation** essential oil blend (feeling of action/accomplishment, positive energy)
- ❖ **Peace & Calming** essential oil blend (calms tensions, uplifts spirits, relaxing)
- ❖ **Present Time** essential oil blend (empowering, be in the moment, progressing and moving forward)
- ❖ **Raven** essential oil blend (helpful to respiratory/breathing)
- ❖ **Release** essential oil blend (helps release anger and memory of trauma, letting go of negative emotions and frustration)
- ❖ **Sacred Mountain** essential oil blend (instils strength, grounding, balancing to male/female energies)
- ❖ **Sandalwood** essential oil (deepen spiritual connections, grounding, helps remove negativity)
- ❖ **SARA** essential oil blend (empowering, soothing to deep emotional wounds)
- ❖ **Transformation** blend (empowering, helps uphold changes you want to make in beliefs, revitalizing new thought patterns)
- ❖ **3 Wise Men** essential oil blend (opening to subconscious, spiritual awareness, soothes/uplifts the heart)
- ❖ **Valor** essential oil blend (empowering physical/spiritual, emotional equilibrium, helps align body energetically)
- ❖ **White Angelica** essential oil blend (sense of protection and wellness, wholeness, helps neutralize negative energy)

Source: Unknown

Information supplied by:

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