



8 ESSENTIAL OILS *for Emotional Resilience*

The Soul Institute for Quantum Living





Plant medicine offers us the quintessential opportunity to harness and activate our own innate healing nature. The plant kingdom is designed to bring healing, balance and awakening to humanity.

We are at a crossroads where one pathway, the known road, has led us to places of disharmony, disconnection, and disease. We know where that road leads.

The other road, the higher path, invites us to a deeper connection with self, and with that, a greater responsibility for our own health and wellbeing. Plant medicine along with other natural therapies answers that calling.

- Adora Winqvist



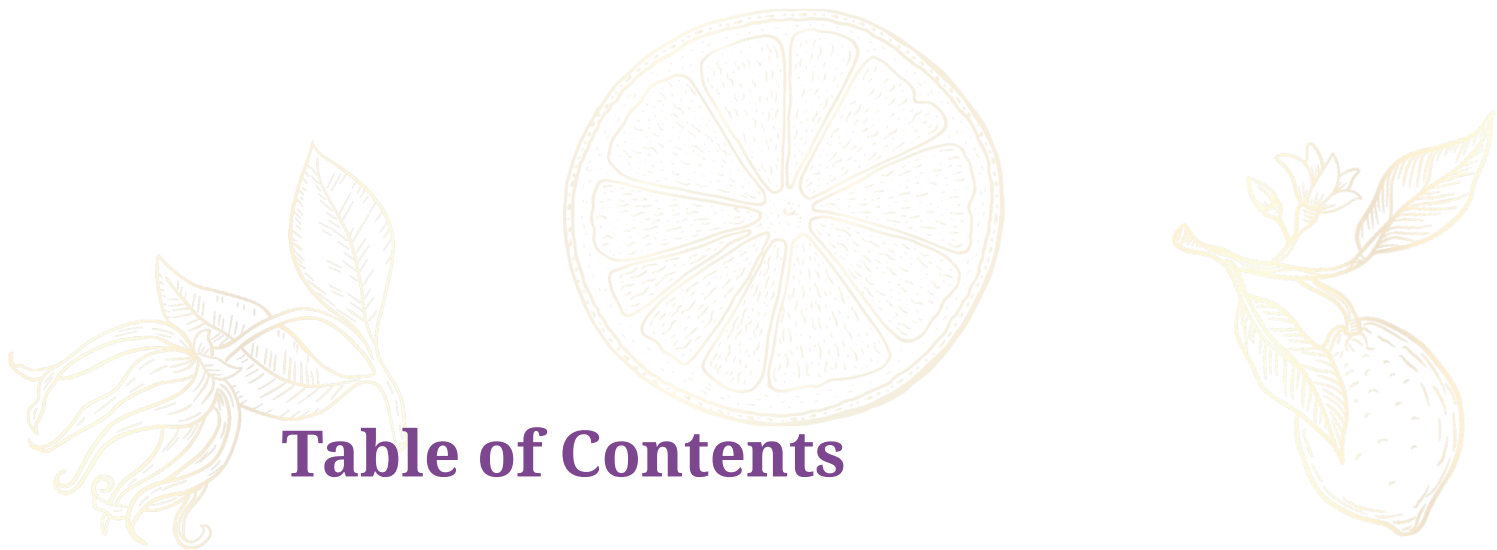


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Introduction

Essential oils have a beautiful affinity to address our health, holistically.

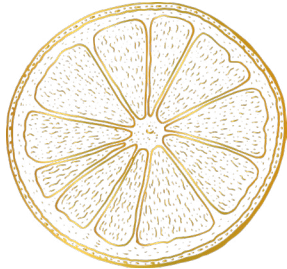
True aromatherapy is the art and science of using pure extracts from aromatic plant materials, termed *essential oils*, to attend to specific health and wellness needs while utilizing a holistic framework. Through education and practice we can explore scent combinations that can help to naturally induce a state of balance in our lives and reconnect us with various aspects of our human experience. The focus areas for which we use aromatherapy to foster a healthy lifestyle are our physiology, our psychology (including our emotions), and our spirituality.

Biochemically active, essential oils contain sometimes hundreds of chemical constituents that contribute to their aromatic profile as well as their physiological benefits. For example, one of the main chemical constituents of Lavender, linalool, contributes to the nervine nature of this tremendously versatile and calming oil.

Essential oils become the mechanism that awakens the innate ability of the body-mind to return to wholeness. From an alchemical perspective, aromatics represent the spirit, or the “quintessence” of the plant. Their energetic nature offers us a profound ability to open, access, and actualize our highest nature and potential for a vibrant life rich in all facets of health and harmony.

In this book, we will explore eight versatile essential oils for emotional resilience, how to use them, and how to combine them to receive the fullness of their alchemical support.

Essential Oils for Emotional Resilience



Citrus sinensis; Part distilled: peel

Blood orange medicine is incredibly beautiful and filled with uplifting life force. This oil reminds us of the pleasure of creativity, and encourages us to open to the juiciness and delight of life.

The bright, fruity floral notes of this aromatic bring an immediate desire to engage with life, to release the heavy emotions of the past and envision a brighter future. The mild antidepressant nature of this oil makes it an excellent choice for those with SAD *Seasonal Affective Disorder* or for general feelings of “the blues.”



Uplift

Avoid use on the skin prior to sun exposure.



Elletaria cardamomum; Part distilled: seed

Cardamom medicine is one of great inspiration, clarity and invigoration. It is energizing to the spirit as well as the mind.

This aroma is spicy, fresh and warming. This wonderful digestive can often be found in Indian cuisine including the ever popular chai tea.



Clarity

The alchemy of cardamom inspires new ideas, uplifts the mind and emotions. It invites us to open and expand our connection to the Divine to feel aligned and supported. This is also a beneficial essential oil to dispel feelings of overwhelm.



Daucus carota; Part distilled: Seed

Carrot Seed is a powerful rejuvenator, known for its ability to help regenerate liver and skin cells. From an energetic standpoint, it reawakens our zest for life.

This warming and stimulating oil is filled with nutrient rich antioxidants, making it an excellent choice for deep levels of fatigue, frustration and overwhelm. It helps to nourish the adrenal system, which holds stress and our emotions of fear, anger and anxiety.



Rejuvenate

Carrot Seed grounds, nourishes and strengthens our emotional outlook, while replenishing our energy and life force. Call upon Carrot Seed to strengthen the direction of your inner compass when you feel at loss for what next steps to take in your life.



Lavandula angustifolia; Part distilled: Flower

Lavender medicine is one of ease and grace. It is the quintessential oil of the peacekeeper. It is a wonderful oil for healing parts of the past and child consciousness where anxiety, overwhelm and the tendency to freeze in situations of conflict.

It has the ability to dissolve conflict, not just from the internal perspective, but in relationships, corporate structures, politics, and all of the areas that are seemingly spinning out of control around us right now.



Calm

Lavender encourages us to rest in the still and quietude of the present moment and to let this tranquility ripple out around us. It is our essential oil for calming the mind and balancing the emotions. It is an excellent choice for nervous tension, head and body aches, and insomnia—as a good night's sleep is crucial for optimizing emotional resilience.



Citrus limon; Part distilled: peel

Lemon medicine energizes our clarity and focus. This is an excellent resource for students, professional speakers and all those looking to optimize mental acuity.

Energetically, lemon is an oil of liberation. It encourages us to release judgments and patterns of negative self talk . Lemon is helpful to break up any calcifications of unwanted energy and old patterns or templates of limitation and constriction.



Focus

Its cleansing and purifying aspects clears toxicity from a mental, emotional, as well as cellular nature. From a physiological perspective, lemon is supportive for lymphatic drainage, the liver, circulation, digestion, clarity, and memory.



Pogostemon cablin; Part distilled: leaves

Patchouli medicine is deeply grounding. It is helpful for overactive minds and those that have a tendency to feel “stuck” in their head.

This oil alleviates anxiety, encouraging depth in our breath. It dissolves feelings of overwhelm, and brings a soothing energy to emotions that have been inflamed.



Ground

Patchouli awakens our sensual energy and our desire for pleasure and is helpful for sexual dysfunction of frigidity. It invites us to deepen our intimacy in relationships. Its grounding nature invites us to trust in ourselves, our connection to the Earth and live life fully and freely with delight.



Santalum austrocaledonicum; Part distilled: Heartwood

Sandalwood medicine is rich and deeply alchemical with an aroma of ancient mystical forests. Sandalwood has an affinity to open the connection with our higher self and divine mind as well as expand our connection to the earth.

It is an aromatic of alignment, balance and spiritual connection. It supports us to take our dreams, desires and ideas and actualize them into tangible form. From a sensual perspective, it encourages us to align our heart and sacral centers to awaken and balance our vital life force.

Call upon Sandalwood to relieve anxiousness, access your inner strength and wisdom and to develop your gifts of psychic awareness. This is also an excellent aromatic for healing the inner masculine and relational dynamics with our fathers.



Balance

Sandalwood is endangered, so please use it sparingly, reverently, and from a place of honor.



Cananga odorata; Part distilled: flowers

Ylang ylang medicine is an activator for emotional release. It encourages us to let go of patterns of rigidity and become sensitive and fluid in our thinking. Ylang ylang is also wonderful for releasing old energies around grief, betrayal, and “stuck” emotions of the past.

This oil brings healing to our feminine aspects and those dynamics of relationship with our own mothers. Ylang ylang encourages us to be more nurturing, loving and compassionate with ourselves and anything unresolved in the past. It is a sexual tonic, opening the pathways of sensual expression and tantra. Ylang ylang encourages self confidence and invites our inner radiance to shine more brightly.

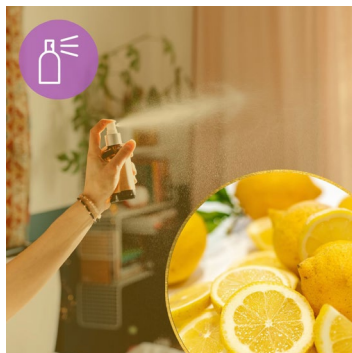


Release

Essential Oil Recipes for Emotional Resilience

The concept of synergy is paramount in essential oil blending. It is where the sum of the parts or ingredients are more effective than the singular aspect, or isolate. This concept has evolved from my perspective and practice over time. In a synergy, each plant or essential oil lends its energetic configuration, medicine, and “quintessence” until all ingredients sing in unison and in harmony.

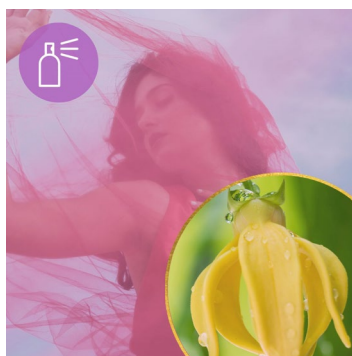
Essential oils truly contain the most potent form of plant medicine, because they contain the phytonutrients and quintessence of the plant. They are able to access the brain through inhalation, and the limbic system via olfactory nerve. Since the limbic center is a lock-and-key system, whenever you smell the same oil again, you will have access to the same information, intelligence, energy, frequency, healing, and communion.



Bright Mood Room Mist

- 6 drops **Blood Orange** (*Citrus aurantium*)
- 5 drops **Patchouli** (*Pogostemon cablin*)
- 4 drops **Lemon** (*Citrus limon*)

Blend into a spritzer bottle 30 ml distilled water.
Shake well before use.



Aphrodisia

- 5 drops **Ylang Ylang** (*Cananga odorata superior extra*)
- 1 drops **Sandalwood** (*Santalum austrocaledonicum*)
- 6 drops **Cardamom** (*Elletaria cardamomum*)
- 2 drops **Patchouli** (*Pogostemon cablin*)

Blend into a spritzer bottle 30 ml distilled water.
Shake well before use.



Activate Your Energy Massage Oil

- 3 drops **Carrot Seed** (*Daucus carota*)
- 6 drops **Lemon** (*Citrus limonum*)
- 3 drops **Cardamom** (*Elletaria cardamomum*)

Blend into a 30 ml bottle of your favorite carrier.



Calm & Soothe Massage Oil

- 3 drops **Sandalwood** (*Santalum austrocaledonicum*)
- 5 drops **Blood Orange** (*Citrus sinensis*)
- 6 drops **Lavender** (*Lavandula angustifolia*)

Blend into a 30 ml bottle of your favorite carrier.



Nourish the Brain – Patchouli Synergy to Calm the Monkey Mind

- 5 drops of **Patchouli** (*Pogostemon cablin*)
- 1 drop of **Carrot seed** (*Daucus carota*)
- 1 drop of **Vetiver** (*Chrysopogon zizanioides*)
- 2 drops of **Geranium** (*Pelargonium graveolens*)

Blend into one tablespoon of coconut oil and apply sparingly to palms and temples and inhale deeply to generate a sense of calm and centeredness (Shimek & Winquist, 2021).



I am an enormous advocate for the health benefits of hydrotherapy, and take an aromatic bath once (sometimes twice) a day. The warm water increases the skin absorption of the essential oils. Adding epsom salt provides another element of soothing and restoration. To avoid potential skin irritation, blend the oils in coconut oil or any carrier oil before adding to the bath. Generally speaking, 7-10 drops of an essential oil or synergy is effective for your aromatic bath.



Peace & Calm Hydrotherapy

- 3 drops **Lavender** (*Lavandula angustifolia*)
- 4 drops **Ylang Ylang** (*Cananga odorata*)
- 2 drops of **Patchouli** (*Pogostemon cablin*)

Blend essential oils in a carrier, add 3 cups of epsom salts and soak for at least 20 minutes.



Uplifting Blood Orange Hydrotherapy

- 5 drops organic **Blood Orange** (*Citrus sinensis*)
- 2 drops organic **Ylang Ylang** (*Cananga odorata*)
- 3 drops organic **Carrot Seed** (*Daucus carota*)

Blend into 1 TB coconut oil and add to warm water.



Strengthen Your Vitality Diffuser Blends for Cold & Flu Season

- 1.5 ml **Carrot Seed** (*Daucus carota*)
- 1.5 ml **Cardamom** (*Elletaria cardamomum*)
- 2 ml **Lemon essential oil** (*Citrus limonum*)

Blend into a 5 ml glass bottle with an integral dropper top.

Practices for Using Essential Oils

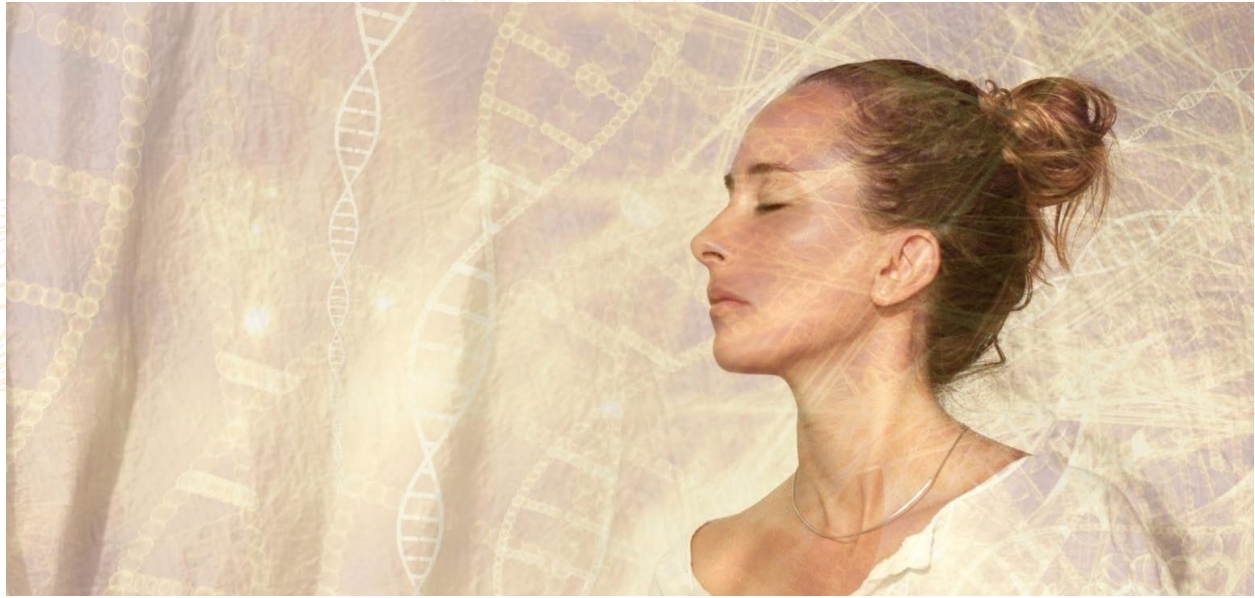


Stress and Emotional Resilience

The use of essential oils is one of the most effective ways to adapt to stress. It provides you with a gentle treatment and a feeling of control over your own well being, offering a sense of self empowerment and a deeper connection to one's true nature.

There will always be some degree of stress in your life. Yet it is your *response* to these stressors that lends to your overall quality of life. Our patterns of mental and emotional reaction create neurochemical responses that can have a benevolent or more harmful impact physiology. When struggle is constant, dis-ease is present.

Emotional resilience allows you to adapt to stress in a healthier way. It encourages a calm mind, and expands your understanding of the nature of life and the peaks and valleys we all experience. Emotional resilience invites you to connect with the joy, peace and presence of a greater force of benevolence in each moment.

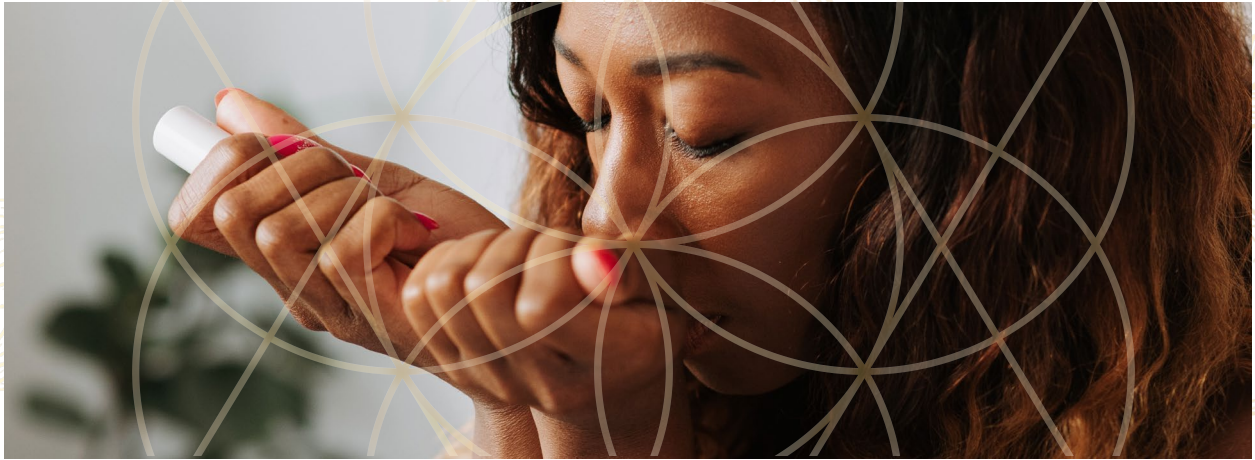


Aromatic Neural Repatterning™ ANR

Essential oils become the mechanism that awakens the innate ability of the body-mind to return to wholeness. From an alchemical perspective, aromatics represent the spirit, or the “quintessence” of the plant. **Their energetic nature offers us a profound ability to open, access, and actualize our highest nature and potential for a vibrant life rich in all facets of health and harmony.**

By gently clearing old emotions and mental associations, and creating new positive affirmations and experiences via scent and intention, we can quickly and easily influence our mental-emotional terrain, and therefore our overall health and wellbeing.

When we can consistently elevate our feeling experience in the moment, it creates a bridge to allow for the highest expression of ourselves to surface. Finding ways to be more loving and compassionate with ourselves naturally flows to creating more harmony in our relationships, and positively impacts how we interact with the world around us.



Aromatic Neural Repatterning works with essential oils via inhalation, particularly when we enhance the process by combining our intentions for healing. I created this modality to rewire the brain for positive experience expectation and to clear past traumatic patterning with specific essential oils and mindfulness techniques. This process creates a new memory cell in the brain, filled with positive intention, energy, and intelligence.

The fastest and easiest way to experience this is to apply one drop of your diluted essential oil or synergy into the palms of your hands and breathe in deeply for about 30 seconds.

Combine your intention to amplify the benefits as below:

1. Align your intentions at the beginning of the day to mastermind goals and optimize performance
2. Enhance your meditation and deepen your relaxation
3. Modulate your stress response throughout the busy day
4. Combine with your favorite affirmation to repattern your mindset
5. Spray mists and diffusers are also great ways to incorporate inhalation into your daily routine

Turn Around Exercises: Transforming Our Core Patterns

When an unwanted emotion or pattern arises, try gently inhaling a blend of the following oils for a minute or two, focusing on your positive affirmation to create and solidify a new healthier memory in the limbic system.

Continue to use that blend whenever you want to access the new positive experience. You can use the combinations below to target specific emotions, or create one of the synergies this book for the full support of your emotional resilience.

If you are feeling...

Overwhelmed or Scattered: Breathe in **geranium** and affirm:

"I am calm, centered and capable."

Angry or Resentful: Breathe in **rose** and affirm:

"In my sacred heart, I give and receive my love."

Past pain or Trauma: Breathe in **cistus** and affirm:

"I release all that no longer serves me. I receive the wisdom held within all my life experiences."

Sad or Anxious: Breathe in **bergamot** and affirm:

"I see the beauty in nature. I am wholly present in this moment which holds beauty and peace."

Daily use of **ANR** offers the ability to navigate through the challenges of daily life and transmute past patterns that no longer serve us, excavating our authentic selves to experience a greater degree of passion, joy, health and inner beauty.

Feeling good is powerful. The better we feel about who we are and how we live life, the more this vital positive nature can overflow into every aspect of our lives—our families, careers, our homes, and every way in which we relate to the world around us.



About Adora

I have spent the past 25 years blending essential oils as an entrepreneur, energy healer and teacher in the field of alternative medicine. I came to this field first through my own healing crisis of chronic depression and anxiety that originated in adolescence. I also had significant respiratory challenges and allergies. Then later as a young adult, endometriosis. Through each of the aspects of dis-ease, I deepened my research and practical application of these potent forms of plant medicine and energy healing.

My early formulas came out of these experiences; the breakdown became a breakthrough in my own healing journey. I had no idea then that I would build my career and multiple businesses with this gift of formulation.

Through my education as an energy healer and accessing my own inner divine connection, I remembered how to infuse these essential oils with vibrational frequencies that potentized their beneficial effects exponentially. Suddenly, friends, family and clients began asking me for formulas for their own well-being. I started my first essential oil business and healing practice on the same day in June of 1998. The rest, as they say, is history.

This is indeed a field of lifelong study. I invite you to open your mind, your heart and your soul to the ancient wisdom and divine knowledge that is held within these aromatic plants. Invite their consciousness to intertwine with yours and dance into a deeper awakening of your soul and the greater resilience of your emotional well-being. ***May they delight your heart and spirit in the most wondrous of ways.***

Further Information

Sourcing

Due to the increasing methodology available for adulteration (the alteration of pure essential oil using varied techniques), I passionately advocate the use of premium, pure and natural essential oils from trustworthy and knowledgeable sources. This creates a demand for efficacious and superior quality essential oils. Otherwise, we must accept both the uncertainty of results produced, and the responsibility of fueling the demand for inferior quality essential oils.

What to Look for When Purchasing:

- Common and Latin name
- Part of plant
- Method of distillation
- Country of origin
- Knowledgeable staff
- The bottles should be amber or blue to deflect UV rays, and should contain reducer droppers to prevent evaporation and oxidation.
- Shop [High Vibe Aromatics](#) for consciously sourced oils and synergies

Safety

In terms of safety, just because something is natural doesn't always mean it is safe. Context is key. Safety in essential oil usage and blending is a voluminous topic.

Here are a few key points:

- Keep out of reach of children and pets.
- Consult a trained practitioner before using with children under 3, if pregnant, or under the care of a physician for epilepsy.
- Do not use oils internally.
- Dilute with a carrier oil for use on the skin.
- Do your research. Check to see what oils may be skin irritants.
- Do not use citrus oils topically before sun exposure.
- In this form of plant medicine, **less** is, more often than not, **best**.
- Store your oils in a cool, dark area.

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