

Robert Stevens Director NMSNT

ESSENTIAL OILS + FLOWER MEDICINE FORMULAS

ABANDONMENT: To assist nature in healing the abuse of being dropped, not cared for, left alone. To help repair what we have lost. "I have lost my sense of humor." May be useful for the adopted child or the sense of loss from divorce, or a death within a parental team.

Essential Oil: Wild Orange

Flowers: Coral Hibiscus/Wind Orchid/Jasmine/Tea Tree

ADDICTION: For all types of addiction. Treats at a causative level including the personality split inherent within addiction.

Essential Oils: Ravensara/Clary Sage

Flowers: Desert Willow/Jasmine/Tea Tree/Wild Ginger

ACCEPTANCE (unconditional love): To assist in transforming judgement into acceptance. To assist in the healing of a broken heart. To help one rise above the feeling of being mired in the muck of existence.

Essential Oil: Lime

Flowers: Jasmine/Beech/Whiterose/Tuberose

ANGER: To assist nature in quieting the fire of anger, impatience, irritability.

Essential Oils: Patchouli

Flowers: Be-Still/Jasmine/Sandalwood Tree/Tea Tree

ANXIETY/FEAR: Assists nature in establishing a sense of safety and courage.

Essential Oils: Sweet Orange

Flowers: Lotus/Jasmine/Wild Indigo/Tea Tree

BACK PAIN; Useful for pain in any area of the spine.

Essential Oils; Lavender/Ravensara

Flower: Bamboo Flower

BRAIN BALANCE: To stabilize the brain. Helps neutralize feeling "out of sorts within the head." Aid to memory, studying, concentration, etc.

Essential Oils: Lavender/Wild Chamomile

Flowers: Jasmine/Be-Still/Red Passion Flower/Tea Tree

CRAMP: Helps neutralize all forms of cramp. Very useful for pms, menstrual pain, gas cramp, etc.

Essential Oil: Geranium

Flowers: Jasmine/Be-Still/Plumeria/Daisy

DEPRESSION: Useful for all levels of depression.

Essential Oil: Lavender

Flowers: Jasmine/Desert Willow/Be-Still/Tea Tree

GRIEF: To assist nature in processing grief. Releases shock and assists in comforting the suffering from loss or trauma.

Essential Oils: Sandalwood/Cardamom/Vetiver/Frankincense

Flowers: Jasmine/ Glory Bush/Ylang Ylang/Tea Tree

MOTIVATION: Useful for those suffering from laziness. Will help regain a sense of movement toward positive accomplishment. To assist in moving forward. Excellent for the loss of motivation due to addiction.

Essential Oils: Myrrh/Cypress

Flowers: Jasmine/ Dill/Wild Onion/Thyme

CORE TRIAD NEUTRAL BALANCE: Useful for putting body structures in synch. Useful for assisting body parts to remain synchronized after treatments. Useful for assisting a neutral state of consciousness.

Essential Oil: Myrrh

Flower: Burdock Flower

PAIN: Useful for pain within the mental/emotional/physical bodies. Improves flow through energetic and neural pathways.

Essential Oils: Sandalwood/Cardamom/Frankincense

Flowers: Sandalwood Tree/Ginseng/Jasmine/Tea Tree

RESPIRATORY EASE: Useful for respiratory congestion, cough, asthma, shortness of breath.

Essential Oil: Tea Tree

Flowers: Peace Flower Combination

SEIZURE: To assist nature in regaining balance from convulsion. May be useful to epileptics. Persons that release during bodywork in seizure-like fashion may find this formula useful before and during treatment. Non-suppressive. Offers insight into the reasons for seizure-like activity.

Essential Oil: Ravensara

Flowers: Sensitive Plant/Be-Still/Jasmine/Tea Tree

SERENE: To assist nature in establishing a deep sense of centered calm. Soothing, floating sense of relaxation, undisturbed, still.

Essential Oil: Geranium

Flowers: Be-Still/Tea Tree/Mimosa/Flax

SHIELD: Protection from outside influences. Useful for health care workers that feel overwhelmed by their clients. Oversensitive to external and internal environment. Helps to establish stability and relaxation in transition periods; teething, puberty, middle age, approach of death, etc. One drop on solar plexus minor chakra, rub counterclockwise.

Essential Oils: Lavender/Wild Chamomile Rosemary/ Wild Marjoram

Flowers: Tea Tree/Walnut/Jasmine/Plumeria

SLEEP: Sweet dreams!!

Essential Oils: Valerian/Cardamom

Flowers: Olive/Plumeria/Be-Still/Jasmine

STRENGTH: To help establish a sense of feeling strong and able. Counters the effect of stress, strain, and fatigue.

Essential Oils: Tea Tree/Cypress/Cardamom/Juniper

Flowers: Agave/Tea Tree/Lavender/Birch

PTSD: Helps to relieve the effects of serious shocks. Useful for post- traumatic-stress syndrome.

Essential Oil: Frankincense

Flowers: Jasmine/ Star of Bethlehem/ Tea Tree/ Poppy

YIN/YANG BALANCE: To assist nature in balancing the opposing forces of contraction and expansion.

Essential Oils: Rosemary/ Ravensara /Cypress

Flowers: Plumeria /Be-Still/ Sage/ Ilima Lei

ENDOCRINE BALANCE:

Essential Oils: Rosemary

Flowers: Wind Orchid/Tea Tree/Jasmine/Sensitive Plant

BRIDGE: Foster communication between conscious/ unconscious. Very useful for bodywork sessions to open up buried trauma.

Essential Oils: Helichrysum/ Rosemary

Flowers:Red Passion Flower/Jasmine

LYMPHATIC FORMULA: For use during core synchronism lymphatic treatments. Topical application for swollen lymph nodes.

Essential Oil: Lavender

Flowers: Papaya /Tuberose/ Coconut Tree /Lotus

KINDNESS: To assist the healing of unkind acts.

Essential Oil: Frankincense

Flower: Pink Rose

TRANQUILITY:

Essential Oils: Vetiver/Ravensara

Flowers: Jasmine /Tuberose/ Lotus/ Coconut Tree

For more information on the flower medicines see RS
Flower Medicines Class Lectures

A FEW SINGLE OILS AND THEIR USES

Sandalwood Oil: Centering, calming, rub into area between eyes to begin a treatment appears to stimulate a parasympathetic nervous system response. Reported to increase oxygen around pineal and pituitary glands.

Sweet Orange Oil: Rub into palms to energize hands. Useful before and after giving treatments. Useful to cleanse hands if unable to wash after giving treatments.

Reported to bring peace and happiness to the mind/body and joy to the heart.

Wild Lavender Oil: A miracle of Nature. 100's of uses. When everything has been tried without success try lavender.

Another way to say this is if in doubt use lavender. Excellent for burns and depression. Medicinal quality cultivated lavender may be substituted for the true *lavendula vera*.

Ravensara Oil: A miracle of Nature. May combine with lavender 50/50 for cervical pain, thoracic pain and soothes people who are stressed. Anti viral, first sign of flu or cold symptoms. Immunostimulating properties. Excellent for respiratory tract complaints. Nerve tonic. Revitalizes people suffering from physical and nervous fatigue, relieves the depressed and reassures the anxious. It acts on people who no longer enjoy life and doubt everything, especially themselves, those who no longer know where they are through lack of aims or ideals and who, their morale affected, suffer various pains as a result. Muscular relaxant and painkiller, able to be used in cases of joint pain. Ideal for those who want to come out of themselves in cases of depression or psychosomatic illnesses, it shakes up the lethargic and those who avoid their responsibilities.

Helichrysum Italicum Oil: Ear complaints including hearing loss. Promotes blood circulation and cleanses the blood. Lymph drainage. Varicose veins. Tissue pain. Reported to cut through barriers. When we lock up inside and get angry and don't want to forgive, we create barriers which keep us from going forward in our lives. Uplifting to the unconscious. Depression,

debility, lethargy, nervous exhaustion, neuralgia, stress related conditions.

Patchouly Oil: Grounding, brings one into the physical. Sedating, calming, relaxing. Reduces anxiety.

Clove Oil: Teeth and gum complaints. Antibacterial, anti-fungal, anti-infectious, anti-inflammatory, anti-parasitic, antiseptic, anti-viral, immune stimulant and topical anesthetic. Reported to influence healing, improve memory and create a feeling of protection and courage.

Rosemary Oil: Specific for lung and respiratory ailments: bronchitis, asthma and sinusitis. Good expectorant for coughing fits. Excellent for ear-nose-throat complaints. Good for healthy hair. Stimulates memory and opens the conscious mind. Mental fatigue. Useful for cleaning the air within the treatment room or home. Relaxing foot or full body bath.

Eucalyptus Globulus Oil: Lung complaints. Strengthens respiratory system. Insect repellent. Cleans air in treatment room and home. Sore throat. Apply under the nose and on each side of the nose for sinus relief. Reported to enhance health, well being, purification and healing.

Frankincense Oil: Reported to be the holy oil of the Middle East. It was used in ancient times for improving communication with the Creator. Increases spiritual awareness and assists meditation. Improves attitude. Strengthening immune system. Contains sesquiterpenes,

enabling it to go beyond the blood brain barrier to help oxygenate the pineal and pituitary glands. Introspection aid. Slows one down and deepens the breath.

Lemon Oil: Swollen lymph nodes. Water and air purification. Promotes a sense of well being. Fragrance is invigorating, enhancing and warming. Promotes a sense of feeling lighter. Depression and sadness. Lightens egocentric concerns.

Tea Tree

Cleansing and purifying. 100's of uses.