

BLENDING
SPIRITUAL PRACTICES
INTO AROMATHERAPY TREATMENT
FOR PERSONAL GROWTH
AND SPIRITUAL TRANSFORMATION

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To my aromatherapy teacher Lynn Longmuir who infused me with her passion towards aromatherapy and whose spiritual approach to the teaching of aromatherapy as a holistic modality, gave me the courage and power to unfold it further and deeper.

To Eroca Dancer who introduced me to the ‘power of now’, a key for changing my life and my healing practice, and for her help in grooming and editing my paper.

To my friends Angela Southward , Nigel Strike, and Les Strike for their great support, help and inspiration.

Finally, to my clients, wonderful women, Goddesses all.

Today something is happening to the whole structure of human consciousness. A fresh kind of life is starting. Driven by the forces of love, the fragments of the world are seeking each other, so that the world may come into being.

Pierre Teilhard De Chardin

Being in the moment, being present - this is how I found success in my practice of Aromatherapy and other holistic healing modalities.

I believe that this is so because only in this way could I have a spiritual connection with my clients , the only true connection between human beings .

I believe, also, that being present helps me to get in touch more deeply with the “souls of plants”- essential oils, my basic healing tools.

My ultimate goal during any healing session is creating this great one-ness between the divine part of myself, the divine part of my client and the divine essences of the plants, on the deepest level of consciousness (and maybe unconsciousness too) where compassion and unconditional love are always present.

Creating and holding this one-ness during the treatments, gives me a chance to observe changes that happen to myself and to my clients, both during the treatments and after. I feel that I am using aromatherapy treatments not as aromatherapy treatments in themselves, but as spiritual treatments, and more importantly, as tools for spiritual transformation within my clients and myself.

Everything that I do in the sessions, I do spontaneously, but not always with identical results. I have observed that my state of connectedness with the client depends on my degree of concentration and my clients' openness and readiness to join me in

complete trust.

That's why I decided to research tools, techniques and ideas in order to create certain guidelines for myself and for my clients so that a spiritual transformation

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(the first step toward "real" healing) could occur as a result of each session.

My thesis, then, is that using the power of now, the power of intention, and meditation in aromatherapy treatment can lead to spiritual transformation and "real" healing.

I surprised myself when I formulated the thesis of my paper in this way. A year ago when, with the great passion of the beginner, I started to practice aromatherapy I didn't think about things like this. All I wanted was to help my clients restore and maintain their health and well-being.

Soon I began to understand that most of my clients' diseases and conditions were related to emotional stress. I used specific essential oils to help my clients deal with "the stress of the day", but increasingly I wanted to go deeper and work with the core stresses, the main causes of all or nearly all disease.

I discovered through my own direct experience, in meditation, that our Ego is what keeps us in stress. Ego causes us to be hard on ourselves, and puts "*a great demand on our nervous system*"*(14), causing emotional stress.

In order to keep ourselves healthy we have to live without stress. In order to live without stress we have to get rid of Ego. This is impossible because we need it for survival purposes.

One idea is that we could learn how to detach from Ego. Ram Dass calls this,

“escaping from the prison of Ego”.(3)*

And how can we detach from Ego?

By not identifying ourselves with the Ego!

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Then the question becomes, with what do we identify ourselves?

With who we really are.

And what is it that we really are?

Maureen Mason Edwardson says, *“We are spiritual beings having a physical, human experience, not the other way around.”*(5)*

All the Great Teachers say it’s true, from Buddha to Eckhart Tolle and the Dalai Lama.

Yet, only through direct personal experience can we really realize who we are.

Then we live our life as spiritual beings.

Does that mean we have to go to church?

Not necessarily. Spirituality is not about religion. It is about reanimating the spirit within us.

How can we do this?

Meditation is a proven tool. Being present. Being in the moment. Dissolving yourself in the moment can get you in touch with your spirit.

Another tool for deep spiritual transformation is aromatherapy, that is the subject of this paper.

Using essential oils has helped to speed up my own spiritual transformation and reconnection to spirit. That is when I discovered that I could use spiritual practice tools such as meditation, presence, prayer and affirmation to enhance aromatherapy

treatments. These tools help my clients to be more open to the treatment, and as a result reach deeper dimensions and states of consciousness where true healing may take place.

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Robin Michels, the aromatherapy practitioner from Sedona, USA, talks about spiritual transformation being the most powerful outcome of the aromatherapy treatment. She says, *“Relaxing your body through olfactory while every pore is drinking the divine essence from the kingdom of nature, creating a symphony of inner wisdom merging spiritual, mental, emotional and physical to an optimal healing level. This will awaken your true nature to feel states of grace, which leave you feeling more rejuvenated and aware.”** (17) This is the peak.

In this paper I will show how we can climb to this peak step by step. Three stages will be explored – before massage, during massage and after massage. Here is the plan:

BEFORE MASSAGE:

Creating a Sacred Workspace

.....

Creating a State of Mind

.....

Creating a deep Connection with the Client leading to a Consultation

.....

Blending Essential oils as a Sacred Art

DURING MASSAGE:

Stepping into the Flow of Massage

.....

The Flow

.....

The Underflow Currents

AFTER MASSAGE

.....
High Frequency Vibrations

.....
Chemistry of Wholeness

.....
Enlightenment

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BEFORE MASSAGE

Specific things can be done by the practitioner in order to prepare the environment and make it more conducive to a spiritual transformation. Some other things will be discussed such as meditative preparation of the practitioner, creating and holding the space for the client, client consultation and meditation, and making the massage blend in a spiritual way.

Creating a Sacred Workspace

When designing your work area as a sacred space, everything that is put into it has it's own energy. This energy comes from the intention of love, appreciation and surrender to the "Now". All the things in my sacred space: the crystals, the chairs, the massage table, the essential oils, and all the space between, are infused with this intention as part of my state of mind. Everything in my work area, is of course, infused with aromas of essential oils..

My Sacred Workspace Blend
(for diffuser, nebulizer or essential oils lamp)

Cedar wood* - 4 drops

Frankincense* - 4 drops

Hyssop* - 2 drops
(*See Appendix # C for essential oils properties)

My sacred workspace is actually 'sacred spaces'. I have a garden with twinkling lights, lush moss, lacy ferns, bright begonias, running water and wind chimes. Next is my consultation room : dim lights, candles, quiet music, art, silk cushions. Finally in

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the main treatment room, there is an altar, bamboo screens, icons, hand made wall hangers, sacred stones, and more crystals.

All of these working areas have one common attribute - *stillness*. This is because during the preparation, the session and the cleaning up, I am maintaining the Presence. Sometimes, mostly during the busy summer season, I am working under pressure, with a tough time frame between sessions, and I cannot maintain the Presence. During these extra busy moments I use positive affirmations, that help me to do my cleaning and preparation work at a higher speed, with joy and without being frenetic. It also adds higher frequencies to the vibrational energy of my work space.

My favorite affirmations for Speeding up with Joy:

I am radiating energy!
I am radiating love!
I am radiating joy!
I am singing song of being!
Enthusiastic joy!
I am blessing what I do!
And so on.

If you want to get some inspiration for creating your own affirmations (for any occasion) two books I recommend are This Thing Called Life by Ernest Holmes* (8) and You Can Heal Your Life by Louise L. Hay*. (7)

Robert B.Tisserand in his book The Art of Aromatherapy* (20) said, that
“the success of your massage depends not only on the type of massage you give, or how refined your technique is, as it does on your state of mind”.

Actually, those words could be extended from massage to the entire life of any holistic practitioner, and this could be a future topic for a paper or a book.

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In this paper I just want to share how *I* get ready for my aromatherapy sessions.

Creating a State of Mind is about calming down our mind, *“creating gaps in the stream of thinking”** (21), becoming peaceful.

*“When we experience peace of mind the soul is able to shine through.”** (20)

Before the following meditation, consider the use of essential oils to assist in creating calmness. For example:

Bergamot – indicated for anxiety, helps you calm down instantly - apply on your wrists.

Rose - opens your heart - place a few drops in the heart area and the third eye.

Frankincense, long used in spiritual ceremonies for its mysterious properties, awakens intuition, removes negativity from your aura field - apply on the temples and third eye.

Now, allow yourself to spend a few minutes with your eyes closed listening to all the sounds around you and within you. Put your hands on your thymus gland, stay still. Be aware of your breathing. Notice the sensation of the breath. Feel the coolness of the air in your nostrils. Notice how the chest and abdomen expand and

contract slightly with the in and out of each breath.

As Eckhart Tolle says, *“One conscious breath is enough to make some space where before there was the uninterrupted succession of one thought after another. One conscious breath (two or three would be better), taken many times a day, is an excellent way of bringing space into your life.”** (21)

Concentrate your attention on your third eye and from the bottom of your heart

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pray (to the higher power of your choosing) for the deep connection to your higher self.

Now you are ready for

Creating a deep connection with the client leading to the consultation.

Even before my client arrives, I create a connection with them in a spiritual sense. First, I write their name down or I open their file if they have been before. Then I *“speak the name of the person I wish to help”**(8), my client. *“This identifies my treatment with that person and not with somebody else.”** (8)

If I decide to follow all of the instructions on page 47 in the book [This Thing called Life](#) by Ernest Holmes* (8), I could make an *“absent treatment”*, treating someone at the physical distance. *“Since there is no absence of the divine creative Spirit, absent and present treatments are identical”**(8), according Ernest Holmes. But today we are talking about “the present treatment”.

Using my intuition I am making a blend. One blend I have made for this purpose is an anointing cream made by combining:

3 ml of white base cream
Bergamot - 2 drops
Frankincense- 1 drop
Rose - 2 drops

Vetivert (diluted)* - 1 drop

* (I created a diluted Vetivert, 5 drops per 10 ml of carrier oil - this allows just a trace of Vetivert as it is so powerful)

Then, I envision the client just as they are arriving at the door at the appointed time for the treatment session. To me, they are like a comet, a small physical body with it's tail of light, emanating from the universe.

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It is to this light that I am connecting.

This is how I understand what it means to see the client as a whole being.

I take this connection into the consultation, and, with the client's permission, I ask them apply the anointing cream to their hands, temples and to the centre of their forehead (their third eye). I, then, complete the consultation and lead them through the guided meditation* (see appendix E) in further preparation for the session.

Now it is time to connect with my essential oils.

Blending as a Sacred Art, as described by Valery Worwood in her book "Aromatherapy for the Soul"* (24) is how I make this connection with my essential oils. In her book Valery Worwood states, "*The good intent of the therapist or the person applying the oils activates the light potential in essential oils*"* (24, p.35)

During my consultation with the client I have chosen the essential oils for the blend I am making for their massage session. I blend my oils in an ornate spoon that I may see and feel the colours of the oils as they join together. "*Their colours glow, their voices sing*" (Worwood, p.35, par.2)

I then add this magic mixture to my carrier oil, rolling the bottle between my hands, concentrating, as Valery Worwood does, with love, on the plants from which these essences came. My state of mind is:

Empty, no thoughts , just complete peace and oneness with the oils.

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DURING THE MASSAGE

Now we will talk about some specific things that the practitioner can do during the aromatherapy massage in order to create the environment and help the client to go deeper into the meditative state, such as maintaining silence, channeling energy through the hands and maintaining a meditative trance while being present.

Stepping into the flow of the massage.

My client is on the table.

I like to involve my client in the sacredness of the massage. We are starting with the deep breaths inhaling the scent of the blend.

“The odor molecules go to the olfactory bulb, to the neocortex of the brain, to the thalamus gland, limbic system, hypothalamus (or autonomic nervous system) to stimulate the pituitary gland, then the thyroid gland to restore and stimulate (high or low thyroid), through the adrenals, reproductive glands and digestive, hormones.” (13) All this happens in two or three seconds.*

I don't talk to my clients about all of these scientific subjects, but it is very

important for me to know that the essential oils, chosen and blended with the intention of love and willingness to help, are starting to work right away, before my first application.

I always ask my clients to appreciate that they scheduled this time for themselves, and they are here to treat their body, mind and spirit. I ask them to listen to their body, their breath and to my hands during the massage. We then, together, focus on the quiet music in the back ground with, perhaps if necessary, some simple words of feedback by

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the client.

I do my grounding like my teacher Lynn Longmuir taught ,” *by visualizing myself as having the ability to draw from a greater power of energy.*”*(14). Lynn teaches that by being grounded, you become a sort of conductor that allows energies to pass through you into your client.

Robert Tisserand in his book The Art of Aromatherapy* (20) says that “*the individual attitude is all-important here: if you feel your source of energy is the Divine Will or the Cosmic Energy Force you will be able to heal by this means. Conversely if you feel that massage is going to deplete your own energy, then it probably will do so*”

While grounding I like to think about myself “*as a tree with deep roots growing out of my feet into the ground.*”*(14) Simple awareness of my breathing brings me to the moment. Being present I surrender with prayers to my higher power. I am ready to embrace anything that can occur during the massage session. I wish for real healing to take place, but if not, it is OK, too. I know I will do my best. I let everything go.

And so it is.

Sometimes I ,quietly, like to take inspiration for myself from the Prayer of St.

Francis of Assisi:

Lord,
Make me an instrument of Your peace.
Where there is hatred let me sow love;
Where there is injury, pardon;
Where there is doubt, faith;
Where there is despair, hope;
Where there is darkness, light; and
Where there is sadness, joy.

O divine Master,
Grant that I may not so much

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Seek to be consoled as to console;
To be understood as to understand;
To be loved as to love;
For it is in giving that we receive;
It is in pardoning that we are pardoned; and
It is dying that we are born to eternal life*(19)

“For it is in giving that we receive...”

I think it would be hard to find better thoughts to begin a massage with.

The Flow –it is about massage itself.

When for references I opened the Art of Aromatherapy, the book well known in the field of aromatherapy written by Robert Tisserand* (20), I found a beautiful verse that made a preamble of the “Massage” chapter in his book. I want to use the same words for my paper.

There are those who give with joy,
and that joy is their reward.
And there are those who give with pain,
and that pain is their baptism.
And there are those who give and know not
pain in giving, nor do they seek joy, nor

give with mindfulness of virtue;
They give as in yonder valley the myrtle
breathes its fragrance into space.
Through the hands of such as these
God speaks,
and from behind their eyes
He smiles upon the earth.

The Prophet, Kahlil Gibran * (20, p.116)

When I could give my massage as “the myrtle breathes its fragrance into space”
I could, probably, write a book about massage.

Today I can say that I developed a lot of my own small techniques for the

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“before” and “after” the massage, but I have almost nothing to say about massage itself.
I work as I was trained in Lynn Longmuir’s classes. Even though I combine my own
different techniques and modalities during my treatment, this only affects the
preparations . The main flow of the massage treatment is always the same, and this
is ‘the flow’. In order to go with the flow you have to be “present”.

‘Being present’ means accepting and embracing anything that you’ll meet
while giving the treatment . If you notice that your mind is wandering simply return
to the flow by taking a few conscious breaths and by listening to the sounds in the room
and outside.

I had a wonderful experience one day. In the middle of my
work using crystals and Reiki with the client, a truck passed the studio making an
unpleasant loud noise. Being in the state of “*mindful meditation*”* (3), I made a mental
comment - “This noise belongs to the Now” - and let it go.

Immediately after this I saw the best image ever on my inner screen . An

abnormally large quartz crystal appeared from the client's solar plexus surrounded by clusters of amethyst. The picture of the Universe painted by my Reiki teacher, appeared as a background, with a man connected to the Universe by many meridians. I remember that there was an image of owl made of stars as a symbol of wisdom .

There were other crystals and pulsating splashes of light throughout, similar to the northern lights. The man in this picture is raising his arms to the sky, and his body is covered with fire. I never understood the symbolic meaning of this picture before, but I understood it during that particular session: the burning is the symbol of sacrifice. When

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we surrender to the Higher Power, to the Now, we are sacrificing our Ego and offering ourselves to the Divine. Let the Divine guide your massage.

The Underflow Currents

During the massage I often see or feel some things I call “**the underflow currents**”. For example, I may feel that somebody else's hands are working above my hands, or see an image of people working with the client on either side of their body. On rare occasions I see some images related to the clients life that they confirm after the session. Often I see light in different colours, geometrical forms, and movements. I embrace all my experiences. I allow them to flow and become part of my massage. I do not predict “underflow currents” since I read Journey of Awakening by Ram Dass. He writes “*You may have some visions or find you somehow know things though you can't explain how . These experiences may seduce you. If you cling to them, fascinated, you invest them with undue importance. When you've had this kind of*

seductive experience, its memory can be an obstacle to [your practice], especially if you try to recreate the experience. To keep going, you've got to give up your attachment to these states and go beyond. If these experiences come spontaneously, fine. But don't seek them"* (3, p.146, last par.)

AFTER MASSAGE

High Frequency Vibrations

Just as we are trained in our aromatherapy classes, we end our massage sessions with cleansing the third eye, balancing chakras, smoothing the aura, grounding both

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the client and myself and ending the contact.

Since I started to practice aromatherapy I became more sensitive to energies and I feel that the level of the vibrations in the treatment room gets higher near the end of the treatment. It is like the space in the room is filled with the glistening of thousands of fragile crystals, whispering wind chime like sounds. A single word spoken or a towel dropped can break this energy negating everything. Therefore I move very slowly and do everything with the great care. That is why I call this fragile time the "**High Frequency Vibrations**" time.

I haven't added anything to the sequences I was taught, yet I feel that I developed my own way to end the session. I do it like a "*mindfulness meditation*". * (3)

*"In mindfulness you are aware of what happens in each moment. You remain alert, not allowing yourself to become forgetful."** (3)

First, I cleanse the third eye using a short prayer with my client's name in it.

Second, I balance the chakras and smoothing the aura using an aura massage technique, moving from the head to toes.

Third, I place the flats of my hands on the soles of my client's feet and hold this position for 20 seconds. Salvatore Battaglia in his book The Complete Guide to Aromatherapy says that "*this always done at the end of the treatment to rebalance the flow of energy*"* (1).

Now I am ready for the last connection with the client.

I place my hands on the client's ankles with light pressure, close my eyes and channel Reiki energy. Then I take two or three "conscious breaths" and

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meditate as in the book The Journey of awakening, a meditator's guidebook.*(3) by Ram Dass, where he states "*Just let thing happen as they do. Let all images and thoughts and sensations arise and pass away without being bothered, without reacting, without judging, without clinging, without identifying with them. Become one with the big mind, observing carefully, microscopically, all the waves coming and going. This attitude will quickly bring about a state of balance and calm.*" *(3,p.89)

I hold my hands on the client's ankles until I feel that "*everything is taken care of*". At this point I have grounded my client, have grounded myself and slowly withdraw my hands. During this time of "last connection" I often experience various phenomena. The client seems surrounded by an energy field, a universal light. I visualize the client as a cross section of pipe, and that these phenomena appear as concentric circles that are in constant motion. I allow myself to spend a couple of moments in

stillness, thankful to the Universe (Source, Higher Power, God) and to my client for giving me the ability to experience all of this.

We close with a brief dialogue that asks the client how they feel at this very moment. These experiences are noted in the client file . We then create a method by which the client can keep or reactivate these good feelings in the future by using touch point and breath work *(5). For this I use a training from Maureen Edwardson called Speed Dial Programming, which is a part of her course called **The Chemistry of Wholeness: Inner Resonance Technology** (which I will now refer to as IRT). I used the guided IRT meditation during my client consultation, and now I am completing the cycle. Maureen Edwardson, a long term holistic practitioner, created and

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uses IRT as a tool to restore a connection between yourself and Spirit, (Universal consciousness, God) and so do I. What one feels at the end of my sessions – contentment, lightness, happiness on the level of pure love, pure gratitude - is the result of connection to your higher self, becoming a whole being.

What *is* going on in your body at this moment?

Your body cells are celebrating the *wholeness* which Maureen Edwardson is referring to as the “**chemistry of wholeness**” based on Quantum Physics.

This short sentence says much, but I think Eckhart Tolle explains it further when he says : “*You are not just a meaningless fragment in an alien universe, briefly suspended between life and death, allowed a few short lived pleasures followed by pain and ultimate annihilation. Underneath your outer form, you are connected with something so vast, so immeasurable and sacred, that it cannot be spoken of -*

yet I am speaking of it now. I am speaking of it now not to give you something to believe in but to show you how you can know it for yourself.”

Enlightenment

Facilitating a state of grace and reconnection to the deepest level of self, restoring the “*chemistry of wholeness*” during the aromatherapy massage, is how I assist my clients with a spiritual awakening. What they are really experiencing during and after the massage is a form of **Enlightenment**.

This is a very sweet taste –taste of freedom, taste of wholeness, taste of “being” while on my massage table - being who they really are, spiritual beings – Goddesses.

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In conclusion, when my clients are following their own spiritual path I can facilitate a unique physical and metaphysical experience that is rooted in both spiritual and aromatherapy disciplines.

I believe this physical and sacred encounter heightens my clients awareness of their body, mind and spirit. I believe my technique and approach strengthens my clients ability to connect to themselves on a deeper level. This work restores the body and the soul to health and opens a path to deeper spirituality.

I also believe these gentle and safe encounters encourage clients who do not have a spiritual practice to seek one.

It is always an honor for me to witness the unfolding that happens when a human

being gives themselves to this process. With this good balance we both receive.

I would like to end my paper with George Downing's words, "*Whether we happen to be on the giving or receiving end, massage has the power to open us to the depths of our being.*"* (4)

Beyond this shore and the further shore,
beyond the beyond,
where there is no beginning and no end,
without fear, go.

Buddha

APPENDIX 'A'

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Appendix B

VOCABULARY

STRESS

is a physical, chemical, or emotional factor that causes bodily or mental tension and may be a factor in disease causation.

Merriam-Webster's Collegiate Dictionary, 11th Edition

Stress is a state in which a strong demand is made on the nervous system.

The Aromatherapy Course manual, by Lynn Longmuir

Social and psychological stress can trigger or aggravate a wide variety of diseases such as diabetes mellitus, high blood pressure and possibly multiple sclerosis. The digestive system is profoundly controlled by the mind(brain)- anxiety, depression, and fear dramatically affect the function of this system. Stress can cause physical symptoms even though no physical disease may be present, Because the body responds physiologically to emotional stress.

For example, stress can cause anxiety, which then triggers the autonomic nervous system and hormones such as epinephrine to speed up the heart rate and to increase the blood pressure and the amount of sweating.

Stress can also cause muscle tension, leading to pain in the neck, back, head, or elsewhere.

Not so obviously but our immune system could be affected by mind and emotions too. For example, depression may suppress the immune system, making a depressed person more susceptible to infections such as those by the viruses that cause the common cold. Most people, on the basis of either intuition or personal experience, believe that emotional stress can precipitate or alter the course of even major physical diseases. How these stressors do this is not clear”

The Merck Manual of Medical Information

EGO

is the self, especially as contrasted with an other self or the world.

Merriam-Webster's Collegiate Dictionary, 11th Edition

Ego is one of the three divisions of the psych in psychoanalytic theory that serves as The organized conscious mediator between the person and reality especially by functioning both perception of and adaptation to reality

Merriam-Webster's Collegiate Dictionary, 11th Edition

Ego is the matrix of thoughts, feelings, and sensations, what we need for our physical and psychological survival.

Journey of awakening, a meditator's guidebook, by Ram Dass

Ego is edging god out

Anonymous

REALITY

LIFE

GOD

There is a universal wholeness seeking expression through everything.

We are calling it simply life.

The religionist calls it god.

The philosopher calls it reality

“This thing called Life”, by Ernest Holmes

LIFE

is infinite energy coupled with limitless imagination.

“This thing called Life”, by Ernest Holmes

WE

are spiritual beings having a physical human experience, not the other way around.

The Inner Resonance Technology, by Maureen Mason Edwardson

We are here to enable the divine purpose of the universe to unfold.

Ram Dass or E.Tolle

MAN

Man's true nature is seen as divine.

New Thought Movement

SPIRIT

an animating or vital principle held to give life to physical organism
from Latin – to blow, to breath

Merriam-Webster's Collegiate Dictionary, 11th Edition

SPIRIT=LIFE-FORCE=SOUL=AWARENESS=BEINGNESS

The global Oneness Commitment, Internet

SPIRITUAL

relating to a sacred matter

Merriam-Webster's Collegiate Dictionary, 11th Edition

SPIRITUALISM

The view that spirit is a prime element of reality

Merriam-Webster's Collegiate Dictionary, 11th Edition

SPIRITUAL WELLBEING

We are sick or diseased when we are not in a state of complete spiritual wellbeing.

The Complete Guide to Aromatherapy, by Salvatore Battaglia

SPIRITUAL HEALING (REAL HEALING)

is a goal in all spiritual practices, traditions and religions and what any spiritual seeker is looking for. It is letting go that which we are not and the waking up to our full potential.

The Global Oneness Commitment, Internet

SPIRITUALITY

is “tuning the spirit within us to its source”

In the middle of the road we call life, by Jones J.

MEDITATION

is a method by which a person empties the mind of all thoughts, stimuli and expectations while, paradoxically, becoming more alert.

Instead of looking out ward toward the world, in meditation we shift our attention inward, to help us connect with our innermost essence – a pure, boundless awareness and natural simplicity.

Training in meditation, we can experience breaks in our endless mental suffering – moments of freedom, spaciousness and deep peace.

By committing ourselves to study, contemplation and meditation, we can learn to sustain and integrate into our entire way of being the openness, clarity and boundless compassion

of our true nature, until we transcend suffering entirely.

Meditation is helping us to be “fully human” to expand our consciousness and go beyond insight into life’s daily difficulties and the need to relax into a deeper awareness of who we are, how to be in the world and our relationship with our inner self, and perhaps our God.

Many Buddhists teach that being fully present in the moment, with whatever the moment holds, is the purpose of meditation.

The Complete Guide to Aromatherapy, by Salvatore Battaglia

MEDITATE

is to engage in contemplation or reflection;

to engage in mental exercise such as concentration on one’s breathing, or repetition of mantra for the purpose of reaching a heightened level of spiritual awareness.

Merriam-Webster’s Collegiate Dictionary, 11th Edition

TRANSFORM

Implies in a major change in form, nature, or function.

Merriam-Webster’s Collegiate Dictionary, 11th Edition

TRANSFORMATION

an act, process or instance of transforming or being transformed.

Merriam-Webster’s Collegiate Dictionary, 11th Edition

SPIRITUAL TRANSFORMATION

Is reconnection to the Spirit, to the God, to the Universe.

It is a desirable result of any of the spiritual practices.

The Global Oneness Commitment, Internet

INTENTION

- 1) a determination to act in a certain way
- 2) the object for which a prayer, mass or pious act is offered.

Merriam-Webster’s Collegiate Dictionary, 11th Edition

Intention is a strong purpose or aim, accompanied by a determination to produce a desired result (common definition).

But actually intention is something much greater than a determined ego or individual will.

It is something almost totally opposite. Imagine that intention is not something you do, but rather a force that exists in the universe as an invisible field of energy.

The Source, which is intention, is pure, unbounded energy vibrating so fast that it defies measurements or observation. It’s invisible, without forms or boundaries. So, at our Source, we are formless energy, and in that formless vibrating spiritual field of energy, intention resides. Intention is a force that we all have within us.

The Power of Intention, by Dr. Wayne W. Dyer

PRESENCE

The nature of Life is such that the universe is filled with an infinite Presence and permeated with a limitless Law. From this Presence, which is pure Spirit, we receive counsel, guidance and comfort.

“This thing called Life”, by Ernest Holmes

MOMENTS OF BEING

There have been moments in your life when you were pure awareness. No concepts, No thoughts like “I am aware” or “That is the tree” or “Now I am meditating”.

Just pure awareness. Openness. A spacious quality in your existence.

Perhaps it happened as you sat on a river bank and the sound of the river flowed through you. Or as you walked on the beach when the sound of the ocean washed away your thinking mind until all that remained was the walking, the feeling on your feet on the sand, the sound of the surf, the warmth of the sun on your head and shoulders, the breeze on your cheek, the sound of the seagull in the distance.

For that moment your image of yourself was lost in the gestalt, in the totality of the moment. You were not clinging to anything. You were not holding on to the experience. It was flowing-through you, around you, by you, in you. At that moment you were the experience. You were the flow. There was no demarcation between you-sun-ocean-sand. You had transcended the separation that thought creates. You were the moment in all its fullness. There was peace, harmony, tranquility, the joy of being part of the process. The joy of being.

Journey of awakening, a meditator’s guidebook, by Ram Dass

Appendix C

(Some) Spiritual Essential Oils

Black Spruce - *Picea mariana*

Middle note

Character – Yang, Element - Ether , Light

Effects – grounding yet stimulating, hypnotic

Jasmine – *Jasminum officinale*

Base note

Character – Yang, Element – Water

Effects – uplifting, openness, harmony, joy

Frankincense – *Boswellia carterii*

Base note

Character – yang , Element – Air

Effects – emotional, stability, enlightenment, protection, courage, acceptance, inspiration

Hyssop – *Hyssopus. Officinalis*

Middle note

Character – Yang, Element – Fire

Effects – clarity, balance, harmony, awakening, direction, leniency

Safety - Do not use - if pregnant, have epilepsy, or on children

Lavender - *Lavendula angustifolia*

Middle note

Character – Yang, Element – Air

Effects – security, gentleness, reconciliation, comfort, acceptance, balance

Myrrh – *Commifora myrrha*

Base Note

Character – Yang, Element – Water

Effects – fortitude, courage, peace, calm, sympathy, mastery, acceptance

Safety – not to be used during pregnancy

Myrtle – *Myrtus communis*

Top note

Element – Water

Effects – uplifting, comfort, forgiveness, acceptance, empowerment, harmony

Rose – *Rosa centifolia*

Base note

Character – Yin, Element – Water

Effects – motivation, inner vitality, confidence, fulfillment, forgiveness, freedom

Appendix C - continued

Sandalwood – *Santalum album*

Base note

Character – Yang, Element – water

Effects – warmth, wisdom, serenity, harmony, peace, insightfulness

Spikenard – *Nardostachys jatamansi*

Base note

Character – Yang

Effects – fearlessness, forgiveness, calm, centering , balance, resolution

APPENDIX 'D'

Testimonials:

Below are 5 examples of my clients who have allowed themselves to experience more as a result of the massage. Each one slightly different , yet all felt a connection with spirit (self).

Wendy L., 32 years old, housewife and mother of two children 2 and 5

“I appreciate the spiritual and sacred essence that Valentina brings to her sessions-

I really feel like a goddess being honored and respected, and ultimately, uplifted.”

Jan E., 52 years old, an artist, accountant/bookkeeper

“ It’s pure bliss...I am transported to a place of complete security, like my own personal sanctuary for a few hours... I’ve usually scheduled naught for the rest of the day, so as to enjoy the place/space I find myself in after leaving White Tara Spa”

Sharon J -B, 50 years old, writer, shaman, spiritual healer

“...I felt a wonderful connection to my spirit, my body and to the honoring spirit of Valentina the practitioner...Her gentle soothing hands rocked my body and soul to a place of contentment and inner peace.”

Lee McN., 55 years old, retired MOA, yoga teacher, Reiki and EI practitioner

“...I step into the sacred space and experience a deep connection to my inner self through the touch of an other being, as though there were no separation between myself (my true self) and the energy and light that was streaming from an other’s hands.”

Testimonials - continued

Julie R., 56 years old, Professor, Master of Education Degree, a Bachelor of Arts in

Psychology

“My experience as a client of Valentina’s has been most positive. I have received aromatherapy massage, infused with a spiritual intention. By this I mean that the massage is more than a physical therapy, Valentina has expanded her

work to include a connection with the spiritual aspects of healing. She is a clear conduit for healing energy and she is developing the ability to apply the universal healing energy in her work. I appreciate and have benefited by Valentina's treatments."