**LIMBIC SYSTEM OF THE BRAIN**

Molecules of essential oil are picked up by the nasal cavity, carried past the pineal and pituitary glands right to the smell sensory cortex. Every endocrine gland in the brain is affected simultaneously and instantly within microseconds of the inhalation of essential oil molecules. Research at Cornell University in 1989 demonstrated that the only stimulus that triggered a response in the amygdala was smell. The amygdala is the gland that controls sexual drive, desire and appetite, as well as trauma, flight and fear. When this gland is stimulated, old experiences often come to the surface.

**Crown Chakra (Pineal Gland) / “I KNOW” / Element: THOUGHT**

Frankincense works immediately (as in, it begins working when you open the cap) on opening the Pineal Gland, which many believe is the connection that opens one to Spirit communication and communion with your Higher Power. Prayerfully anoint your crown with one drop neat (direct application), put one drop on hands, activate the oil’s frequency by stirring with fingertips clockwise 3x, cup hands over nose/mouth; inhale 3x.

**Frankincense (Boswellia carteri)**

Also known as "olibanum," or "Oil from Lebanon" the name frankincense is derived from the Medieval French word for "real incense." Frankincense is considered the "holy anointing oil" in the Middle East and has been used in religious ceremonies for thousands of years. It was well known during the time of Christ for its anointing and healing powers and was one of the gifts given to Christ at His birth. "Used to treat every conceivable ill known to man," frankincense was valued more than gold during ancient times, and only those with great wealth and abundance possessed it. It is mentioned in one of the oldest known medical records, Ebers Papyrus (dating from sixteenth century BC) an ancient Egyptian list of 877 prescriptions and recipes.

Medical Properties: Antitumoral, immunostimulant, antidepressant, muscle relaxing.

USES: Depression, cancer, respiratory infections, inflammation, immune-stimulating.

Fragrant Influence: Increases spiritual awareness, promotes meditation, improves attitude and uplifts spirits. Frankincense contains sesquiterpenes which stimulate the limbic system of the brain (the center of memory and emotions) and the hypothalamus, pineal and pituitary glands. The hypothalamus is the master gland of the human body, producing many vital hormones including thyroid and growth hormone.

Application: (1) Apply 2-4 drops on location, (2) chakras/vitaflex points, (3) directly inhale, (4) diffuse, or (5) take as dietary supplement

**Cedarwood**

 An oil high in sesquiterpenes which means it can affect the emotion centre of the brain. It also encourages the pineal gland to release melatonin which fosters deep sleep. Breathe in this oil during times of congestion, coughs, and bronchitis.

**Acceptance:**

This beautiful blend stimulates the mind, compelling it to open and accept new things in life, allowing one to reach a higher potential. It also helps to overcome procrastination and denial.

Ingredients:

Neroli (Citrus aurantium) was used by the ancient Egyptians for healing the mind, body, and spirit. It is stabilizing and strengthening to the emotions, promoting peace, confidence, and awareness. It brings everything into focus.

Sandalwood (Santalum album) is high in sesquiterpene compounds which stimulate the pineal gland and the limbic region of the brain, the center of emotions and memory. It is used traditionally in yoga and meditation.

Blue Tansy (Tanacetum annuum) helps cleanse the liver and lymphatic system helping to overcome anger and negative emotions; promotes a feeling of self-control.

Rosewood (Aniba rosaeodora) is high in linalool, which has a relaxing, empowering effect.

Geranium (Pelargonium graveolens) helps balance hormones and discharge toxins from the liver, where fear and anger are stored.

Frankincense (Boswellia carteri) is considered holy anointing oil and has been used in religious ceremonies for thousands of years. It stimulates the limbic part of the brain, which elevates the mind, helping to overcome stress and despair.

This blend is mixed with a carrier oil of Almond oil.

Application: Diffuse or add 1-2 drops to bath water. Apply over heart and thymus, on wrists, behind ears, on neck and temples.

**Rosemary** 1.8 Cineole is used for memory enhancement, exhaustion, headaches, to encourage intuition, and to strengthen the pineal gland. Inhale this glorious essential oil.

**Dream Catcher:**

This blend opens the mind to enhance dreams and visualizations, promoting greater potential for realizing your dreams and staying on your path. It also protects you from negative dreams that might cloud your vision.

Ingredients:

Sandalwood (Santalum album) is high in Sesquiterpenes compounds which stimulate the pineal gland and the limbic region of the brain, the center of our emotions and memory; used traditionally in yoga and meditation.

Blue Tansy (Tanacetum annuum) helps to overcome anger and negative emotions promoting a feeling of self-control.

Juniper (Juniperus osteosperma and/or J. scopulorum) elevates spiritual awareness to create feelings of love and peace.

Bergamot (Citrus bergamia) is simultaneously uplifting and calming, with a unique ability to relieve anxiety, stress, and tension.

Anise (Pimpinella anisum) is antispasmodic, antiseptic, stimulates the increase of bile from the liver.

Tangerine (Citrus nobilis) combats anxiety and nervousness. A 1995 Mie University study found that the application of citrus fragrance to depressive patients made it possible to markedly reduce doses of antidepressants. Researchers also found that citrus fragrances boosted immunity.

Ylang Ylang (Cananga odorata) increases relaxation; balances male and female energies. It also restores confidence and equilibrium. Pepper, Black (Piper nigrum) stimulates the endocrine system and increases energy.

Application: Dilute 1 part Essential Oil to 1 part vegetable oil. This may lead to possible sun/skin sensitivity. Diffuse, directly inhale, or add 2-4 drops to bath water (most effective before and during sleep). Apply on forehead, ears, throat, under nose, eyebrows, and base of neck. Use during meditation, in sweat lodges. Note: If unpleasant dreams occur, continue to use since subconscious memories and thoughts will still need to be resolved. Hold on to your dreams and visualize them into reality. It may be helpful to write down your dreams upon arising.