

Hope Renewed

Oils cannot be wholly pressed into a rational, scientific box. Categorizing and labeling are foreign to any living thing. This is just as true of plants as it is of people. Every living thing has its own subtle beauty and inherent strengths.

While I categorize, label, and dissect essential oils in this book, please remember the following:

First: My husband and I (he does this better than I do) look at the plants—every one, and perhaps the rocks and minerals, too—as personal messages from a loving Heavenly Father. Because He understood that we would not always ask for, or even recognize, His help in our lives, He endowed the various plants with His own healing capacities and invited us to partake of them to balance and heal our own lives. Plants affect us, not just on a physical (vitamin and molecular) level, but on a spiritual plane as well. It is impossible to use an essential oil to heal the physical body without partaking of its ability to bring light and wisdom, healing and peace into your life. The peace and wisdom will be multiplied many times over if you use the oils with thanksgiving to the Creator and an acknowledgement of the role of the Atonement in the healing of both physical and emotional (spiritual) pain.

Secondly: Plants are living things. To feel the living spirit and intelligence of each plant is the true foundation of herbal medicine. Just as each plant can exemplify the attributes of our loving Father, so can the plants personify some lessons about the operation of the body and the soul. The possibilities for learning are endless. To think “herbally” is to think differently; we must think as nature does—holistically. Nature emphasizes the whole, rather than the precise piece, and nature has an inherent logic and wisdom.

Last, and to me most important: I have found that essential oils are many times more effective if used with gratitude, and especially gratitude to a loving Creator who established this world in such a way that the things we need for balance and health in every aspect of our lives are everywhere around us. This need for gratitude has been brought home to me in a myriad of ways over the years. I don't believe that God requires our gratitude for His glory. The commandment to be grateful is an example of God explaining to us what is best for our own souls. If you don't do it already, try doing all that you do in this alternative medical world with a large measure of gratitude.

Essential oils are sensitive by their very nature. Our sensitivities are the vehicle through which we can touch others emotionally for good. It follows, then, that if essential oils are to heal our hearts, calm our nerves, revive our hope, and ground our fears, they must be sensitive.

THEY ARE!

There are tears in your eyes and a lump in your throat about now if you have used essential oils with faith and gratitude. I do not know how, but I know that essential oils have sensitive natures.

Love your oils, pray for and with your oils, and use them with gratitude. If you do this, they will bless you abundantly.