

## **Frequencies of Essential Oils – Aromatherapy as Vibrational Medicine**

Like the use of sound as a technology for the healing and balance of the spirit, mind, emotions and body, Aromatherapy has been used for these same purposes since ancient Egypt, Greece, Rome, China, and India.

Aromatherapy employs the use of “Essential Oils,” which are derived from the most concentrated essence of a tree, fruit, herb, grass, shrub or flower. It is as though the scent of the very life force of the plant is captured within the oil along with its original healing purpose. The most common way to extract the oils from the plant is through steam distillation, although there are other methods that work best for individual plants.

Aromatherapy was referred to quite often in the Bible. For example, God charged Moses with the task of making an anointing oil from myrrh, sweet cinnamon, calamus, cassia, olive oil. If we look at what we know about these particular oils from scientific studies, we know that together they comprise a powerful blend of antibiotic, antifungal, antiseptic, and anti-inflammatory properties, just to name a few. But they also vibrate at particular frequencies that probably help to clean the aura and activate certain altered states of consciousness and prepare one for communion with the divine – which is just about perfect for an anointing oil.

When you smell a scent or an odor, a thousand little scent molecules each one as unique as a fingerprint, go into your nose up to your Olfactory Bulb, which acts as a neural circuit, sorting out what category of a smell it is, and then sends the smell straight into your

Amgydala and Hippocampus, affecting hormones, the immune system and processing the smell according to emotion, memory, and learning. But all bypassing the reasoning brain altogether. You never hear someone say, “I can't believe my nose!” Randy Masters said that sometimes, you can smell a scent from a past life and realize you haven't smelled it for centuries!

Of course, since each essential oil has it's own frequency and since our bodies vibrate at certain frequencies, if our bodies are out of balance, then essential oils are a modality that can help us to regain homeostasis. Some of the research claims that, of any natural material, essential oils have the highest measurable frequencies. Gary Young of Young Living Oils claims that essential oils have “the highest frequency of any natural substance known to man(sic) creating an environment where disease, bacterial, virus, and fungus cannot live.”

Essential oils have been successfully measured in the early nineties by agricultural scientist Bruce Tainio, who developed a machine called the BT3 Frequency Monitoring System. The frequencies we've learned about are in Hertz – that's a measure of cycles per second. With his machine, Tainno's measurements of essential oils are in megahertz. One mergahertz is a million cycles per second. So if the very top herz for a dolphin is 500,000Hz, expressed in MHz that would be 0.0005 and if Basil's MHz is 52, expressed in Hertz would be 52,000,000 Hz.

Below is a chat of the average frequencies of essential oils that have been measured:

Rose (Rosa damascene).....320 MHz

Lavender ( <i>Lavendula angustifolia</i> ).....	118 MHz
Myrrh ( <i>Commiphora myrrha</i> ).....	105 MHz
Blue Chamomile ( <i>Matricaria recutita</i> ).....	105 MHz
Juniper ( <i>Juniperus osteosperma</i> ).....	98 MHz
Aloes/Sandalwood ( <i>Santalum album</i> ).....	96 MHz
Angelica ( <i>Angelica archangelica</i> ).....	85 MHz
Peppermint ( <i>Mentha peperita</i> ).....	78 MHz
Galbanum ( <i>Ferula gummosa</i> ).....	56 MHz
Basil ( <i>Ocimum basilicum</i> ).....	52 MHz

The higher ranges on this chart are said to affect spirit and emotions while the lower frequencies listed have more effect on all areas of the physical.

To give you an idea of the variations in this kind of measurement, the measured frequency of fresh fruit and vegetables is 15MHz, dry herbs from 12 to 22MHz and canned and processed food, zero.

Tainio further used his machine to determine that the average frequency of a human body that is healthy will measure a frequency of 62 to 68 MHz. He concluded that if a body's frequency drops below these levels, then the immune system is likely to be compromised. Some of the research I saw said that spiritual frequencies range from 92 to 360MHz.

Of course, Tainio expounded on the work and research of Dr. Royal Rife who found that diseases also have specific frequencies, as well as the cells and organs in the body, theorizing that certain frequencies could heal imbalances.

Tainio's research showed that human cells are compromised when they drop below 62MHz. At 58MHz – a cold or flu, 55MHz – Candida, 52MHz – Epstein Barr, 42MHz – cancer appearance,

20MHz – death begins.

Having negative thoughts can lower your personal frequency by 10-12 MHz.

But positive thinking, prayer or meditation can raise it by 10-15 MHz.

As we learned in the Law of Resonance – a stronger frequency will entrain a weaker frequency and this is exactly how essential oils work: Their harmonious frequencies overcome or neutralize imbalances and dis-ease in our beings – physical and otherwise.

## **BIBLIOGRAPHY**

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