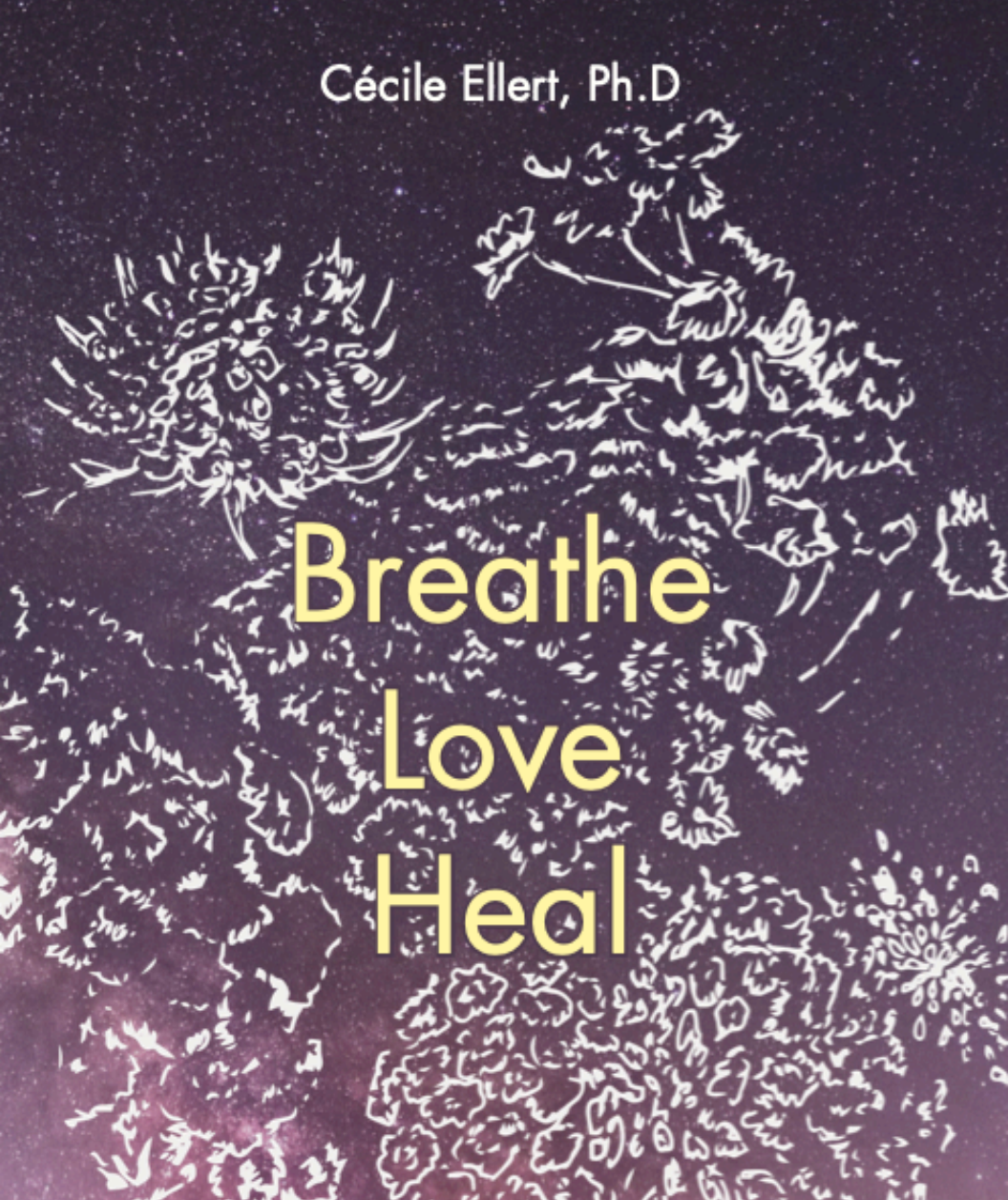


Cécile Ellert, Ph.D



Breathe Love Heal

A Holistic Aromatherapist shares
her Spiritual Healing Method

In this practical guide of Quantum Healing Therapy

Breathe
Love
Heal

A holistic aromatherapist shares her spiritual healing method in this practical guide of quantum healing therapy.

Cover: Anaïs Hazo
Design: Anne Benissan

© 2023 by Cécile Ellert

All rights reserved.

Table of Contents

Foreword	5
Preface	9
Introduction	11

Section 1 **Basic principles of Body, Environment, and Health 19**

1. Understanding the magic in our body
2. Toxicity: the mother of all imbalances
3. Magic essential, for life
4. The magic of body-mind connection
5. Stemming from toxicity: the new diseases of this century
6. Heavy metals and candidiasis

Section 2

The big necessary paradigm shift. Principles and research. 63

1. From herbal remedies to aromatherapy as the world knows it
2. Essential oils' vibrations
3. Traditional Chinese Medicine and essential oils
4. Chakras and essential oils
5. The sense of smell

6. Psycho-neuro-endocrine-immunology. The search of how the spirit is united to the body
7. Toxic emotions, essential oils and immunity
8. Another idea of “healthy”
9. Essential oils and quantum healing

Section 3

The spontaneous, non rational, and healing modality that we owe to the earth **129**

1. Your 15 magical essential oils
2. My method: Aroma-soul-therapy
3. Let's use your cards
4. The right moves when you are a professional
5. Be coherent, have your environment's detox in mind
6. To conclude
7. Next step

Index

About the author

Foreword

In my position I am used to reviewing different research topics, but I have to admit that when I learned about the quantum aromatherapy research proposal from Cecile Ellert I was surprised. My first consideration was that quantum healing applied to aromatherapy lacked sufficient academic solidity to be considered suitable for an actual thesis. I was wrong.

Personally, I fully support many natural and bioenergetic approaches to health and wellness. It is true that most of them are dismissed by the clinical medicine for their apparent lack of scientific proof, but on the other side they do work. They deliver results, and they make people happier and healthier. For that reason, Bircham International University has been promoting natural and bioenergetic therapies for a very long time. But, for me, quantum healing applied to aromatherapy was going a bit too far.

Aromatherapy is well known for its nice influence on mental and physical conditions. It is used by wellness centers and practitioners as useful addition to their therapies, but in itself it does not seem to be as effective as other disciplines. If you combine that with the

ungraspable and nearly esoteric concepts derived from the quantum physics that define our reality, the result seems as elusive as the quantum world itself.

Cecile Ellert's work on quantum healing applied to aromatherapy is sincere and worth. She explains how her focus have evolved from a more traditional health approach towards the bioenergetic sphere. She details her own surprise at finding effective results in the application and practice of quantum healing. And now, after many years of research and patients testing the results, she decided to go a step forward and share her experience and knowledge with this book.

The topic of this book may result in the criticism from some other academic peers, but Cecile has been brave enough to make public her research, and to do so in an easy and entertaining way while preserving the solidity of her findings.

I applaud this book and Cecile Ellert's initiative in sharing her expertise.

William Martin

CEO & Vice President

Bircham International University



To my students and the next generation of good-
doers the world needs the most.
Be spontaneous and happy.

Preface

Five hundred years ago, no one knew about the physical existence of microbes.

No one had ever seen a bacterium or a virus under a microscope. And yet, they did exist and were the cause of many infectious diseases and deaths.

These days, modern medicine has made tremendous progress in understanding and repairing the human body.

However, modern medicine's focus on what is scientifically demonstrable, prevents it from seeing a truth that is still unknown to it and for which investigative methods are yet to be discovered.

Knowing how complex the human body is, we may never be able to elucidate all its magical sophistication. In acknowledging that it is certainly not a human who is its creator, it is legitimate to say that, such an extraordinary power of creation must be associated with equally extraordinary and invisible means of investigation.

Today, we are entering a new era conducive to paradigm shifts and significant changes which will undoubtedly lead to questions such as:

- What is the impact, on the human body and the planet, of all these drugs we are taking, often not understanding the long-term effects and their impact on what is yet to be discovered.
- What will be the consequences of the physical and environmental toxicity resulting from excessive drug intake on our bodies?
- Can we relieve ourselves of this toxic load to restore a little energy balance and joy to the population of our planet?

It may seem illusory to try to answer these questions or even, to propose solutions. However, when both the answers and the solutions to these problems come to you, when you aren't particularly looking for them, you suddenly discover a new significance. You know you have to do it. Talk about it. Write about it. Teach it. You no longer have a choice. It becomes a mission. Here it is, like a promise for a better world.

I hope you will welcome it as I did when it became evident. I hope you will make it yours, that it will be based on your life and that you will serve as an example and inspiration to those who are lucky enough to meet you.

Introduction

This the story of a mission. I only realized it a few weeks ago, when I was finishing writing this book. This book describes the short version of the healing method I've been practicing for more than ten years without realizing it. It was normal to me. Using the vibrational frequencies of essential oils to impact the highest vibrational frequencies of the human soul. Healing the soul so the body can heal. Easy. Instant. Even remote.

Today I understand that this method could be life-saving for both people and the planet if it were more widely known and used. If it were taken seriously by influential people. Not people like me, because, let's face it, I'm only an aromatherapist. Who would take an aromatherapist seriously? Who even knows what an aromatherapist is? Let me explain all about it.

It all started in 2003. I had left my native country, France, almost ten years before, I was married, had two little American kids, and was a good wife following her husband to Hong Kong for his new job.

A new life, after ten years of getting used to life in the Bay Area, then in New England, then in Egypt, then back to New England, and finally, in this part of China.

All I knew was that I had to take the opportunity to learn something new. My mother was a shiatsu student and she was influencing me with her new craft, so I decided to learn traditional Chinese medicine (TCM). Why not? Wasn't I in China after all?

The issue was finding a class taught in English.

While looking for that class, a friend and I found a school teaching it as one of the numerous classes making up a holistic aromatherapy course, in English. I had a good academic level and decent English language skills, so I enrolled, ready to discover holistic aromatherapy since it was the only way to access the mysterious and so desirable TCM.

I was the only white girl in the class though our teachers were from many different countries: Switzerland, Italy, England, China, and Australia. The aromatherapy teacher was from New Zealand. After years of giving aromatherapy treatments in 5 stars hotels, she created a very official and certifying diploma and opened a school. She was the very wise Christine Saunders.

It was very daring of her to do what she did in a world where clinical aromatherapy is the standard. She chose to offer actual validity to holistic aromatherapy, hence the link with Chinese medicine and many other modalities

that would give us enough material to reveal our inner healing possibilities as holistic aromatherapists.

I knew absolutely nothing about all that. When I enrolled and started the classes, I discovered I was miserable and in lousy shape. This was when I heard for the first time of something called *Candida albicans*. I was very thin, still athletic from years of ballet and a good constitution, but inside, I was a wreck. I was more or less vegetarian. I had recurrent UTIs and digestive issues.

But above all, I was wounded from being away from my country and my parents, even though I was very proud of getting my US passport. I hated myself. I had very low self-esteem and a very low ability to receive love.

I was the image of the women I now take care of as my clients. Each time a teacher needed a guinea pig to explain an imbalance, I was the chosen one. I was the girl with everything wrong.

But curiously, I also had something weird: I had the clearest aura visible in front of a black screen. I could move dowsing sticks, holding them with one finger, simply by thinking of happy or sad things. My Chinese friends couldn't do it. So, why me and not them?

It made me feel even more bizarre and wonder if I could get high enough grades in chemistry, anatomy,

physiology, psychology, nutrition, therapeutic massage, Chinese Medicine, and aromatherapy.

But, against all odds, I succeeded, graduated, and went to work in one of the most reputable holistic clinics in Hong Kong.

It could have been the end of it. I could have followed my protocols, given a good aromatherapy treatments to my clients and, carried on with my life.

When I think back today, I realize I didn't know much. But something was pushing me to become unconventional thanks to unconventional approaches.

The beauty of being in Hong Kong is that I had access to incredible teachers and surprising techniques. I was attracted to invisible powers. I wanted to use what was not visible. I had already been touched by the words of Saint Exupéry: the essential is invisible to the eyes.

I knew that if I were closing my eyes and not thinking when placing my hands on my clients, my hands would go where the person needed them the most. I didn't know it then, but it was my first taste of quantum therapy.

If someone had told me at that time that one day I could virtually massage someone at a distance, making their cortisol level drop and their serotonin level rise, change the smell of an essential oil at will while raising its

vibrations, and having this essential oil bring a surge of ecstatic bliss in me simply by smelling it, I would have never believed it. Would you?

Nothing could have made me believe that one day I would write these words in a book destined to awaken you to the powers of quantum aromatherapy as a self-help and magical approach.

Of course, I occasionally use good old clinical aromatherapy, I certainly do, even though I cannot remember when was the last time I did it. But I know one thing: breathing an essential oil that vibrates at a certain level is enough to polish our soul, open us to more joy, more love, and more healing.

This is perhaps why, about twenty years later, I am not the same person I was then.

I cannot know what I would have been if I hadn't begun to use essential oils the way that I do. I just know I'm better for it.

Besides the fact that I'm 57 years old but look more like I'm 47, you should also know that I suffered second-degree burns to my face.

So, what did I do to make them invisible today? It took about a month to show no residual traces. I took care of

the burn with vitamin E and spike lavender essential oil.

My skin grew back thinner and lighter.

Since then, I have helped others with their burns, and every time they come out without a scratch. Is it magic? At that point, no. It is a pure product of chemistry. We will cover come over some notions of chemistry later on, in order to explain essential oils. But this is not the subject of this book.

What I'm going to describe to you in this book is how the simple fact of **breathing a selection of essential oils is enough to increase your self love via their vibrations, healing your soul**, so the rest of you may heal as well.

The path towards soul healing

Soul healing means pure healing, the place you need to be in order to align your purpose in life with the idea you have of your life. The word soul (âme, in French) comes from anima, which sets in motion the forces which pushes us to go towards our subtle essence.

Your soul is the inner master, the divine essence that is within you. The breath of life. It is a vast frequency, a fundamental, subtle and high vibration.

If your life purpose and daily life are not following the same track, your body starts showing it to you through imbalances. This is why the purpose of this book is also to guide you toward bringing as much harmony as possible between your life purpose and your daily life.

It is not very complicated to achieve, but it requires some methods which I will explain in the last section of this book. The bad news is that you absolutely need to go through the first two sections before diving into the last one.

However, the good news is that you are in for a treat because we'll aim at lowering your cortisol and increasing your serotonin and dopamine. I want joy and love to take up most of the room in your life and to replace fear, anxiety, and sickness.

Indeed, healing is all about love because illness comes from a lack of self-love. This is why my version of quantum aromatherapy is dedicated to your connection to your true self: your soul.

Why *quantum*? Quantum healing with aromatherapy allows essential oils to facilitate the resolution of physical imbalances and pains via their action on the subconscious mind, our body's level of vibrations and energetic alignment. But most importantly, on our soul.

I'm aware that talking about what is invisible, although real, requires a solid foundation in the visible. This is why this book is articulated into three main parts, going from the most visible to the invisible.

The first two sections give you the essential basics, an inventory of the situation both in our bodies and in our environment, allowing you to understand how to bring more bliss into life, thanks to breath, love and true healing.

You need these basics to understand what is next, so bear with me and do not jump to the practical part, too soon.

Let us start with this: How do you think the body maintains its internal harmony?

Section I

Basic Principles of
Body, Environment, and Health



Chapter 1

Understanding the Magic in Your Body

Iwould like to remind you that you are alive thanks to the inner magic of your body. Your soul lives in a physical body that needs to be well taken care of.

We all know that at the heart of our physical existence is the chemistry that gives us our shape.

Chemical compounds and molecules make up our cells, tissues, and bodily fluids.

These cells, tissues, and bodily fluids constitute the organs and dictate their processes.

The chemical level of organization is the basis of life, the foundation upon which all physical manifestations of the human body are created and maintained.

Understanding chemistry is essential to appreciate human anatomy, physiology, and pathophysiology while assessing how essential oils, which consist of chemical elements, interact with the human body.

Over 100 trillion cells of varying sizes, shapes, and types, each with its own role in building and maintaining tissues, body fluids, and organs, make up our bodies and provide the energy needed to support them.

What separates us from non-living matter? What animates us, keeps us alive, and heals our wounds? How do you maintain balance in an ever-changing world?

Humanity seeks to answer these questions in various ways, whether spiritual, religious, scientific, or somewhere in between.

A variety of answers have guided the healing arts over the centuries. In the Western sciences of human anatomy and physiology, the answers to these questions are the fundamental characteristics of the human organism.

These include basic life processes and the phenomenon of homeostasis, or the ability of the human body to maintain balance in the face of constant change.

Homeostasis is magic

This process is incredibly refined and sophisticated. The body does not rely on a single system to maintain homeostasis; a backup plan is almost always in place. The

nervous, endocrine, and immune systems each maintain their homeostasis in the face of internal and external stressors.

The immune system maintains homeostasis through specialized substances and cells that prepare and help the body to fight infections and facilitate wound healing processes.

The nervous system monitors and controls homeostasis by sending and receiving nerve impulses, the body's form of rapid communication. These nerve impulses can induce immediate responses to disturbances.

The endocrine system monitors and regulates homeostasis through chemical messages called hormones that are released into the blood by cells, tissues, and organs. Hormones achieve their goal of maintaining balance through feedback systems.

A feedback system is a cycle of events in which the body's internal environment is monitored, evaluated, and changed in a repetitive loop. Many variables, or controlled conditions, are constantly being considered and adjusted in the body's cycle of a feedback system. Variables include temperature, blood sugar, and blood pressure.

These variables are part of an harmonizing intelligence inside and outside the body. It is not visible, it is subtle, and yet, it is there. So powerful. Qi.

Subtle energy: Qi

Ever since learning about holistic aromatherapy, the energetic approach of balancing yin and yang and making sure the Qi is not stagnant has been a major part of my life, as a practitioner but also personally.

Traditional Chinese medicine has its roots in Taoist philosophy, the basic idea of which is that life is coherent and governed by the same rules, from the infinitely small to the infinitely large.

The ancient Chinese found that they were between two poles, with the sky above and the earth below their feet. They called Yang all that was in coherence with the celestial and Yin all that was in coherence with the terrestrial.

When Yin and Yang are in balance, it creates harmony. When they are out of balance, it produces disharmony. When the body, Yin, and the mind, Yang, are in disharmony, it produces disease. To explain what Qi is, we must define the meridians.

The meridians are like highways. They are linked together in a network that circulates the energy, or Qi, in, through, and out of our body, thanks to a complex system of energy points that give access to organs and glands such as the heart, small intestine, stomach, spleen, colon, lungs, kidneys, bladder, liver and gallbladder to identify their energy blockages and address them, so the Qi flow is not interrupted.

The point here is to remember that a strong and non-interrupted flow of life energy circulates through the meridians. This flow is a fundamental condition of optimum health and overall balance. Blockages of this energy flow are the hidden causes of illness that we always look to identify preventatively, and to set up adequate treatments.

Understanding the origin of the blockages in the circulation of Qi serves as an indicator, revealing the type of psycho-spiritual problem to be solved to relaunch the harmony between the meridians and the organs and emotions which depend on them.

This Qi energy emanates from the subtle, just like the sky. Energy cycles determine what happens on earth. Energy informs matter and the body. It is what transmits what the sky commands. The ancient Chinese said: “*The sky orders, man transmits, and the earth executes.*”

Meridians are the tools of traditional Chinese medicine.

In India, the Vedas have theirs; the chakras.

Other invisible energy centers: the chakras

Chakras are hundreds of tiny interconnected invisible energy centers that are very sensitive to our environmental reactions. How we feel and what we think.

This is why they are much more «temperamental» than the meridians.

Each chakra connects to an organ or part of the body. What happens in each chakra will affect the part of the body or organ it is attached to and vice versa.

The same principle applies to emotions and their impact on the energy flow of Qi in Chinese medicine.

The chakras are small colored spirals that rotate at a greater or lesser speed and manage the flow of energy that enters and leaves our body. Everyone has the same number of chakras, and each chakra has the same importance for everyone.

An open chakra is a healthy chakra that empowers physical, emotional, and spiritual health. It is about 5 centimeters of beautiful bright color that spins quickly with iridescent shimmers. You may see them for real thanks to a photography using a bio-feedback technology.

Each chakra system is as unique as our fingerprints and requires very individual attention to rebalance them.

Indeed, each chakra differs for everyone in terms of size, hue, and shape. The flow of energy that circulates in each chakra varies for each person in terms of direction, rhythm, intensity, and speed. We also have one or two chakras that vibrate faster and brighter than the others.

You may hear them spinning: it produces a sound similar to that of a purring cat, the intensity of which depends on the speed at which it turns. Its speed also depends on our overall balance, as this equilibrium is needed to achieve a productive life.

We all have one or two chakras that always vibrate faster and brighter than the others.

Each chakra has a name according to its position on the body.

- Root (red): At the base of the spine. It participates in self-protection.

- Sacral (orange): Below the navel. It helps to balance basic emotional needs.
- Solar (yellow): Above the navel. It controls the will and the intuition.
- Heart (green): In the center of the chest. It manages higher consciousness and universal love.
- Throat (blue): Between the neck and the larynx. It contributes to creativity and self-expression.
- Third eye (indigo): Between the eyebrows. On it depends a superior sense of sight and perception.
- Crown (purple): Above the head. It allows a higher level of consciousness.

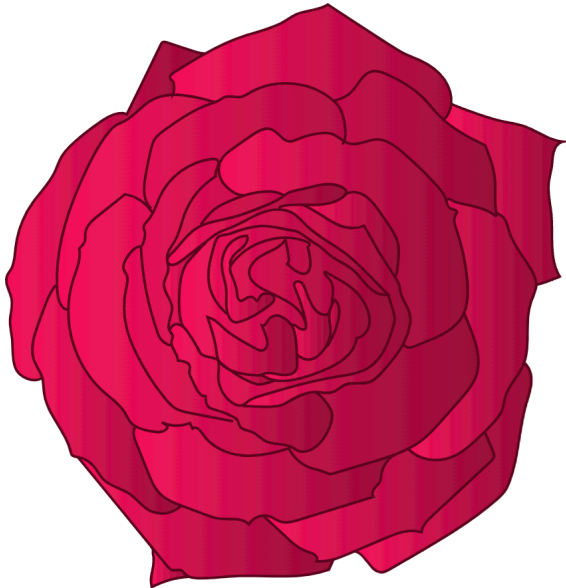
For a healer, each chakra represents a map, a profound formula for wholeness, and a blueprint for transformation. They describe the architecture of the soul: just as we study the bones, muscles, and organs of the physical architecture of the body, the chakras allow us to explore the most subtle energies of the soul.

These subtle energies vary according to our environment, emotions, thoughts, and how we feed and hydrate ourselves. Our environment as a whole, and all the energy of this environment, is to be considered, that

is to say, the way in which our emotional baggage makes us live it: with harmony or disharmony.

The image we have of ourselves, the idea we have of our worth and that of others, the way we comply with what we think is good or bad to live, and if it distances us or brings us closer to our life purpose: all this will all influence our propensity to fall ill more or less seriously.

In this light, nutrition is only one factor in good health management. Toxicity is another.



Chapter 2

Toxicity: mother of all imbalances

Pollution hurts the earth. Pollution hurts humans. Toxicity is what destroys the magic of the body, our ability to thrive and enjoy life.

Let me explain.

When humans suffer, they take prescription drugs when needed. But what happens with their other health issues, when they have no alternative to relying on over-the-counter products? Drugs are toxins that accumulate in the body.

These drugs are excreted and leave traces in the water we drink(1) then traces accumulate in our cells. These toxins prevent the proper function of cells and the immune system. They acidify the body and unbalance the flora and microbiomes in our bodies. Remember: acidity and unbalanced flora. I'll explain all about it later.

What I want to express here is that it is much more difficult to feel joy and gratitude when toxicity dominates all around and inside us. However, joy and gratitude are

essential emotions needed for maintaining a good level of vibrations in our cells and a good immunity.

Toxicity shows in the body.

This toxicity can show in various parts of the body.

Pesticides disrupt hormonal functions. Heavy metals impair proper cognition, damage tissues, and feed inflammation. When associated with mold and yeast, this toxicity becomes the main cause of chronic pain, and chronic illnesses. Everything becomes chronic because of this pollution's impact on so many physical, emotional, and energetic factors!

I think it is important to stress that toxic people often do not see themselves as toxic. They are not aware of their own ability to create sickness. They mostly see themselves as victims. They are patients, waiting for someone to fix them. They will seek the miracle pill and will intoxicate themselves even more.

Modern medicine is undoubtedly valuable when we need to be repaired after an injury or an accident, but besides that, it fails to supply energy, regeneration, and harmony. In the long run, it just supplies toxicity.

Modern medicine and its own toxicity

I've described the “miracle pill” reflex. It stems from the Newtonian concept of the “lego-parts” body. Far away from any energetic concept of body-mind connection. This mental attitude feeds the behavior of most Americans and explains why the United States pharmaceutical market was valued at approximately 500 billion dollars in 2021 alone (2). Can we escape this toxicity? And will this huge machine let anyone risk to jeopardizing this business?

Our bodies are more complex than we realize, and more importantly, we know a lot less than we think. Only recently have we begun to understand how interconnected the gut, brain, hormones, and immune system are. So it's no big surprise that we think of our bodies as machines - we can give them chemicals, and they run smoothly again like a car that has just changed its oil.

The seriousness of the consequences that result from this way of thinking has yet to be firmly entrenched in the public consciousness. In a study published in the *Journal of the American Medical Association* in 2018, researchers analyzed the drug consumption habits of 26,192 adults between 2005 and 2014, collected as part of the National Health and Nutrition survey. They

explored the question: What is this society-wide reliance on prescription drugs costing us?

Apparently, our well-being.

They found that more than 200 commonly used prescription drugs have depression or suicide listed as a potential side effects (3). Medications on this list include the full range of antidepressants, blood pressure medications, allergy medications, hormones, and more. These conditions may be corrected with proper food and lifestyle corrections. (4)

But, remember: when you feel overburdened with toxicity, it is even more difficult to "see" any important links. Your awareness gets deflated and shuts you off from any inner guidance, the voice that speaks to our soul.

This lack of awareness cuts you off from your life essentials:

- proper nourishment
- good level of energy
- a healthy view of yourself

As a result you fail to move toward balance or healing, taking you further and further away from the magic of life.

Chapter 3

Magic essentials, for life

Can we cure or heal by ourselves?

Hippocrates would be rolling in his grave if he could see how people are "cared for" today. So far away from his teachings!

Hippocratic medicine, one of the foundations of modern European medicine, did not conceive of healing without changing the habits that led to illness. Hippocrates said that all our diseases are the consequence of our lifestyle. This is still true today: What are we eating? Drinking? Breathing?

I once discovered a quote that I saved because I found it so true: "A cure signified the banishment of physical illness, but a healing could mean not just a physical cure, but a repairing and strengthening of the mind and spirit to improve the quality of life even when no physical cure was possible."

I completely agree with the idea that “curing” is related to physical illness. Curing is not enough to heal because **healing involves repairing, strengthening, and improvement of the being in its entirety.**

In a nutshell, we all need the same things to achieve and maintain harmony between our bodies and minds.

Proper nutrition

We have a big problem with food. Healing with food is a good idea, but there are two important obstacles:

- It is increasingly difficult to access clean and nutrient-rich food (5)
- We no longer know what diet to choose as an adequate way to heal ourselves with food: ketogenic, paleo, pegano, veganism, vegetarian, pescatarian and many others

Proper energy

I can tell you right now that your mind activates brain cells, and that your thoughts have a level of

vibration that depends on your internal level of vibration, your environment, the level of vibration of your food, of the air you breathe and the water you drink.

Yes, real vibrations.

To give you an example: in the body, all molecules show temperature-dependent molecular vibration, this is how they communicate (6). These frequencies give signals to the other cells. This is energy. Researchers at MIT measured the frequency of red blood cells and found that these vibrations reflect the health of the cells. (7)

I will give you more details in the next section. For the moment, what I wanted to highlight is that the essential thing here is the other side of energy: what I call zest for life. Energy is all about being able to receive life and happiness.

How can you be happy if you cannot or do not look forward to your future?

How can you be happy if you feel gloomy, tired, achy, angry, frustrated, and afraid of getting sick all the time?

How can you connect with any beauty in life and in the world if your emotions and moods are always low?

How can you heal if all your beliefs cut you from the unseen and extraordinary power of the subtle world?

The proper (good) views of yourself

You might wonder why a good view of yourself is useful here? Well, it is energetically crucial. Indeed, **from this vision stems your ability to receive and absorb nourishment, whether from food or from the abundance of love, health, and material success to which every human being has a legitimate right.**

If you were raised on conditional love from your parents, for example, love given only when you brought in good grades, performed a task or chore, or behave well, you would not have the same capacity to receive any type of abundance the same way as someone raised by parents or in contact with an environment of unconditional love and protection would.

Where is the link with the root of physical illness?

If you are facing an infection, viral or bacterial, it is indeed totally curable with medication. On the other hand, if the illness is the consequence of a true internal imbalance, (the product of a misalignment between who you really are and the life you have adopted), this is something no medical drug can "cure".

In this situation, which is that of degenerative diseases and chronic diseases, what is the missing link to recovery?

Thanks to Newton, conventional medicine chooses to carefully ignore the fundamental concept of the body-mind connection. It would jeopardize the legitimacy and necessity of most drugs.

When your actions, activities, decisions, and thoughts are not aligned with what your inner truth calls for, illness begins to give you the hints you need to perceive to correct your trajectory. This is certainly not possible with drug based medicines, which are prescribed to shut off a set of symptoms, feelings, and sensations that are your body's awakening messages.

Chapter 4

The magic of the body-mind connection

It is common knowledge today that the body and mind are not separate.

Now you might wonder what is the difference between the mind and the soul?

According to Sri Sri Ravi Shankar : **“Mind is just a projection of soul. Soul is your whole consciousness, the life force in you. The part of it which is listening to me right now, which is asking the question, which is perceiving – we call it the mind. So if your mind is elsewhere, though I’m speaking and the words are falling into your ear drums, still you don’t get it because the mind is elsewhere. So it’s through the mind that we see, smell, taste, hear, and experience the sense of touch. That is what the mind is.”**

The body-mind connection is the missing ingredient in traditional medicine. Your soul is what needs the most attention and repair when healing your body.

This is the missing link to true recovery.

The state of the body has an impact on the quality of our emotions and our emotional state has a direct impact on what becomes visible on our body. Ignoring it is a big mistake. It is useless to imagine that we can cure anything without understanding the emotional origin of our ailments and without trying to eliminate this origin to avoid relapse.

According to Dr. James Gordon (founder of the Center for Mind-Body Medicine), "the brain and peripheral nervous system, the endocrine and immune systems, and indeed, all the organs of our body and all the emotional responses we have, share a common chemical language and are constantly communicating with one another."

From another angle, Dr. Deepak Chopra explores the frontiers of mind-body medicine in his book *Quantum Healing* (8) and takes us through the understanding of his truth: just because something is not visible does not mean it does not exist. To him, medicine has become incredibly complicated for a lack of openness to the dimension of intelligence: the mind-body connection.

Dr. Candace Pert explores the science behind mind-body medicine in her book "Molecules of Emotion" (9). She points out that it is quite arbitrary to assert that a

biochemical substance like DNA or a neurotransmitter belongs to the body rather than to the mind. It nevertheless defines the entire body-mind system as an information network that involves biochemical elements, neuropeptides capable of influencing the body-mind couple in its entirety.

This body-mind interconnection should make us realize that the human body is fueled by a remarkable intelligence that, at any moment, is coordinating the movements and functions of 50 billions cells.

To illustrate, let us look at nerve cells.

The messages of the nerve cells

What kinds of messages do nerve cells exchange?

They have the ability to spontaneously produce opiates (10), narcotics 200 times more potent than any synthetic drug, with the added trait that these painkillers are addictive.

Morphine and endorphins block pain by bridging a particular receptor in the neuron, preventing pain-causing chemicals from attaching to it. Without these

chemical agents, the sensation of pain cannot materialize, whatever its intensity.

What about the brain?

In the 1970s, a series of breakthrough discoveries revealed the presence of a new class of chemical agents that transmit impulses: neurotransmitters. The researchers understood that each event occurring in the universe of the brain (pain sensation, powerful memory) triggers a new chemical disposition in the brain in several places, which influences our perception of what surrounds us. But the main thing to remember is that no two people have the same neural connections, and we create new ones continuously from birth.

The researchers discovered that in different organs, intestines, kidneys, stomach, and heart, the same neuropeptides and receptors associated with the nervous and immune systems are present.

These chemicals rush in as soon as a thought is formed. The receptors attach to the cell wall awaiting their messages, and all the other atoms of life are made from DNA that knows exactly what information to use and what process to choose to express themselves chemically. DNA knows. **It means that somewhere in our body, a form of intelligence is at work.**

Creative intelligence to serve your differences

This intelligence can take the form of a thought or a molecule and it creates new connections at will.

It makes each person a unique being, endowed with an **inner space of silent intelligence that exerts an enormous influence on us.**

So, if we are all different, it is logical to deduce that THE ideal drug should be able to adapt to our very own differences! And if we go to the end of our reasoning, isn't it logical to also demand an equally personalized assessment of our condition and needs?

Based on this reasoning, here are a few questions I usually ask my students:

- Is your doctor's brain capable of measuring up to the intelligence that coordinates the billions of chemical reactions produced and exchanged by our cells every second?
- Can the formulation of a drug, based on general principles of physiology and biology, correct what caused this particular intelligence to slip?
- Is the identification of the symptoms sufficient to point the finger at the real origin of a disharmony?

The answer is “certainly not” if we take into consideration the powerful influence of the mind over the body (and vice versa).

This is where you realize how practical the influences of Newton and Descartes are on today's medical system. They made it possible to consider the body as made of Lego pieces, in which each piece is interchangeable, and the rules of the construction game are the same in all cases.

It is what makes it possible to give labels to visible imbalances as well as to suffering people, then to create protocols associated with the intake of medication. What should be understood as a message from the soul to the body, a message that should be heard and used for corrections, becomes a sickness to erase and ignore.

It's scientific. It's square. And it completely denies the existence of this creative intelligence which allows the body to maintain its internal balance despite the external and internal influences to which it is permanently subjected.

Now, you may ask, **is it wise to limit this intelligence to a series of chemical or hormonal responses?**

It is so easy to impose a behavior on the body with a chemical substance. Some people take these chemical substances for the rest of their lives.

But this leads to a multitude of questions: are these substances talking to our high self? And do they cure anything? If people were cured taking their drugs, would they need to continue taking them for life? What does the word “cure” really mean? What is a disease?



Chapter 5

Stemming from toxicity: The new diseases of this century

What is a disease?

At first glance, the answer to "what is a disease?" is simple.

Most of us feel like we all have an intuitive understanding of the idea, mentally reaching for images or memories of colds, cancer, or tuberculosis.

But a look in any medical dictionary soon shows that it is surprisingly difficult to articulate a satisfactory definition of "disease".

And it is not very helpful to define disease as the opposite of health since definitions of "health" are just as tricky.

The assertion of the World Health Organization that health is "a state of complete physical, mental and social well-being, and not simply the absence of disease or infirmity" (WHO, 1946) has been hailed for taking a

holistic view and equally strongly condemned for being wildly utopian. Historian Robert Hughes remarked that it was "more realistic for a bovine than a human state of existence".

Though unlike their definition of health, the WHO does not seem to have a clear definition of disease. What the WHO is really concerned with today are two things: non-transmissible chronic diseases (11) and bacterial resistance (12). Why? Because these two problems are the products of over-medicalization for one and of the denial of the mind-body connection for the other, with toxicity as their common ground.

In any case, the mistake is to imagine that new drugs will solve the problem when, in reality, the solution lies in the simultaneous emotional, physical, and energetic detoxification.

The key to healing is a clean body. Clean cells, vibrating and reproducing in harmony.

The body is magical when it is clean, and so are you!
The more you clean yourself, the more you make yourself capable of getting in touch with the messages of your body, mind, and soul.

Only then can you see your life in a more positive light, and attract positivity. It takes consistency: Clean breathing, clean eating, and clean treatment.

A life without chemical painkillers, chemical antibiotics, the pill, and chemotherapy is possible. All those products are so easy to avoid when we know how and when.

Today, it has become a necessity to break free from the new diseases that have started to sprout in of the last fifty years of industrialization: cardiovascular disease, kidney disease, liver disease, cancer, and diabetes. These are all lethal diseases.

But more recently, since the beginning of the century, we have observed the appearance of new incurable and debilitating diseases. Not necessarily fatal, but incurable. However, they concern more people and, above all, younger children. This is what we, practitioners of alternative techniques, are very aware of, because these are problems for which conventional medicine cannot do much.

These “out of the box” diseases make a long list. Here I will just list the most common:(13)

ADHD, allergies, food sensitivities, autoimmune disorders, chronic fatigue, fibromyalgia, thyroid issues, hyperactivity, infertility, autism, and eczema.

These imbalances have had researchers thinking, and they have been found to correlate directly with increased toxicity(14).

These correlations are becoming harder to ignore as we are exposed to many more chemicals today than 20, 30, and 40 years ago and more people continue to get sick from ingesting environmental pollution that leads to toxic buildup in their bodies. The results are sky-high levels of dementia, diabetes, fatty liver disease, infertility, hormonal imbalance, thyroid problems, a weakened immune system, chronic pain, and fatigue.

The culprit is of course heavy metal toxicity and mineral deficiency. It has been linked to many diseases deemed incurable, such as autism, Alzheimer's disease, arthritis, multiple sclerosis, and fibromyalgia. The list grows each year, and the scientific community continues to take note of the nutritional relationships between different mineral patterns and these modern health conditions that did not even exist several generations ago.

But nothing, absolutely nothing, will cure you until you detox yourself of these toxins and refill your cells with the right nutrients. Your cells desperately need to

cleanse themselves, to repair themselves in order to produce energy.

It all depends on the happiness of a few organs such as our liver, kidneys and heart. However none of them can properly function if we do not take care of the star of them all: our colon.

Important words about our colon, or large intestine.

We often talk about inflammation of the colon, painful gas, pain in various parts of the body, and especially damage to the intestinal flora or worse, the wall of the colon.

However, the inflammation of the mucous membranes of the colon often stems from the irritation caused by the accumulation of waste stuck on it.

This thick layer is the result of putrefactive matter accumulated by non-evacuated and stagnant stools. The longer this situation persists, the more the colon wall becomes permeable and allows waste products to pass into the bloodstream. This is called auto-intoxication. It will negatively impact the other organs and weaken them in return (particularly the liver and kidneys).

How can you help your colon (and your body) cleanse itself better?

Quite simply with two essential tools: water enema to be done at home, and hydrotherapy to be done with a professional. I know, you can find everything written on the subject.

I have 20 years of experience with it, both personally and thanks to my clients. And here is what I have to say about it.

Water enema: This procedure is so easy and simple! It's the equivalent of a simple mouth rinse, but on the other side of the digestive tract. In my family, everyone has an enema bag and uses it at least once a week.

If everyone used this, there would be a lot less people in doctors' waiting rooms or in the hospital (and it is perhaps the reason why it isn't advertised much). If you remember what I wrote earlier, non-communicable diseases are becoming epidemic, and the pharmaceutical market is growing steadily.

I would encourage you to use it on the occasions when you have:

- The slightest headache,

- A sore throat,
- A stomach ache,
- Heartache,
- A fever
- The feeling you have "caught" the virus moving around the office.

Headaches, sore throats, and stomach aches are mostly symptoms of detoxification. Your body is trying to get rid of something. If you help it with water to evacuate this "something" from down there, all of a sudden the symptoms cease, since the elimination has occurred.

In the case of a fever, it's the same thing. A fever is a mechanism for eliminating a pathogenic invader that has been attracted by a high level of toxins in our body. Reducing this toxin level from below is a good way to relieve the body of a faulty need for elimination.

It is not difficult to understand that if nothing is done to eliminate this source of auto-intoxication, chronic diseases will set in (constipation, depression, colon cancer, colopathy, degenerative diseases, chronic candidiasis, etcetera).

The condition of healing is to give the cell what it needs to cleanse and repair itself and produce energy.

Even in conditions where hereditary predisposition is at the root of disease, research indicates that heavy metals, mineral deficiencies, and nutritional imbalances are the environmental factors that activate genetic programming toward disease.

This mechanism explains how heavy metals, deficiencies and nutritional imbalances become triggers and catalysts for many degenerative diseases such as autism, Alzheimer's disease, arthritis, multiple sclerosis and fibromyalgia.

These conditions have a lot in common in terms of toxic roots. They also have an important consequence: acidosis.

Toxicity and ph.

Today, we accumulate factors that create imbalances in the body, and we have fewer means to compensate for them. However, whatever we give to our body, it has an important mission: to make sure our blood stays slightly alkaline. Never acidic.

Your blood must maintain a slight alkalinity, and your body constantly strives to keep this optimal environment to promote all the body's vital functions.

This need for alkalinity doesn't concern the stomach, though. A stomach should contain a lot of acids and gastric juices to correctly break down our food into sub-parts ready to go through the meanders of our digestive system to be assimilated and evacuated.

However, your body can turn out to be somewhat acidic because of a diet that is too rich in flour, sugar, meat, coffee, and alcohol, which are acidifying foods. Fortunately, this is something you can balance with alkaline foods such as vegetables, raw vegetable juices, sprouted seeds, lemon, and grapefruit juice, berries and almonds for example.

This may be something you have learned at school, but let me remind you of it: The measurement of the acidity and alkalinity of a substance is taken in pH, from 0 to 14.

From 0 to 6, it is acidic. At 7, it is neutral. From 8 to 14, it is alkaline.

Your body has a huge job: maintaining a slight alkalinity, around 7.4.

You will start to get sick as soon as your fluids and tissues move out of this comfort zone.

It is why a whole system of control and compensation exists to maintain neutrality, using the

mineral reserves stored in the organs and bones to restore balance.

However, this mineral loss can give way to heavy metals, and the acidity facilitates the overpopulation of candida albicans. More candida means, even more, acidity, so more mineral loss and more heavy metals.

An excess of acidity interferes with your hormonal balance and the production of hormones essential to the regeneration of your tissues, such as growth hormone and estrogen. Less growth hormone means less longevity and tissue repair. This is what you do not want happening in your body.

But there is more: Acidity interferes with your body's ability to absorb the vitamins and minerals essential to the nutrition of our cells and their cleaning. This limitation of your detoxification capacities disturbs your metabolism and promotes fatigue, as well as emotional disturbances.

As long as you are too acidic, you will not be able to solve your health problems. It is, therefore, essential to identify the source of acidification, which usually points to heavy metals and candidiasis.

Chapter 6

Heavy metals and candidiasis

When talking about biochemical imbalance, candidiasis and heavy metal poisoning are implicated (15). Women are the principal victims of these internal imbalances, leading them to take avoidable medicines. It is the reason why it is crucial that you know more about it.

A few words of explanation about candidiasis.

Candidiasis is the overgrowth of a saprophyte yeast called *Candida albicans*. This parasite is easily found in small quantities in the mouth, the genitals, and the bowels of any individual. But in this instance, instead of recycling our debris, it produces some more through its waste: mycotoxins.

These mycotoxins travel in our blood and lymphatic systems, pollute our organism, and weaken our immune system.

It is essential you understand that you don't get sick because a germ decides to attack your body, but because at one point, your immunity became deficient, allowing the germ to break in and proliferate off a weak body.

Among hundreds of microbial species living on your body, *Candida albicans* uses any favorable ground to develop and grow as it weakens your immunity.

An immunity deficiency is often the direct consequence of faulty nutrition that doesn't supply enough nutritional elements to the body (remember, cells need nutrition to produce energy, repair, and clean themselves).

Once again, the **lack of nutritional density of food is a root cause (16)**, as well as a consequence of the lack of nutrients associated with pollution: **heavy metals toxicity**. Toxicity lowers both good immunity and cell regeneration, giving *Candida* the proper ground to flourish happily in affected people.

Chronic candidiasis

Overpopulation in the digestive system of a commonly benign yeast, *Candida albicans*, has been

recognized over the past thirty years as one of the most complex syndromes, medically speaking.

It took me almost 40 years to discover that I has suffered from its overgrowth all my life. I found out about this all by myself. It is still largely ignored in the medical world even though it concerns almost everyone, especially women.

Indeed, this overpopulation of *Candida* is the origin of the appearance of a wide variety of symptoms that concern almost all the systems of the body and mainly the urogenital areas in women, and the gastrointestinal, endocrine, nervous, and immune systems.

Still, few doctors know how to identify it because the symptoms described can very well be isolated and considered a disease in itself, such as cystitis, colopathy or depression.

However, when these symptoms are accompanied by chronic fatigue, whether it's a cold or a cough that won't go away, minor skin problems, or attention difficulties: this bad feeling is a glaring sign of chronic candidiasis.

The typical candidiasis patient is a woman, eight times more likely to have symptoms of mycosis development than a man as a result of taking the pill, hormonal variations, and/or pregnancy.

Conventional medicine will give you anti-fungal drugs for any forms of fungal infections. Still, we have realized that this is not enough and it is much more a question of detoxing the whole body to restore a psycho-emotional balance, to re-educate eating habits, and, to restore the immunity of the affected person.

It is a subject I cover entirely in one of my books: "*Your Anti-Candida Aromatic Program*" where you'll find my approach to tame it, however, I decided it might be useful to give some basic information within this chapter.

Here is the list of common symptoms that arise from an overpopulation of *Candida albicans*:

- Weight gain
- Digestive problems: swelling, gas, cramps, colopathy
- Itching
- Vaginal yeast infections
- Chronic fatigue
- Lack of energy
- Weakened libido
- Recurrent cystitis (for which antibiotics will only worsen the situation)

- Multiple infections from a weakened immune system

- Canker sores
- Depression
- Irritability
- Lack of concentration
- Allergies
- Sensitivity to chemicals
- Endocrine problems
- Premenstrual syndromes
- Eczema
- Psoriasis

The main causes of this overpopulation of candida albicans come from:

- A drop in digestive secretion
- A diet rich in sugars and refined products
- Immunity issues
- Poor nutrition
- Over-medicalization

- Repetitive or excessively long antibiotic intake
- A tired liver
- An impoverished intestinal flora

As I mentioned above, being treated with antibiotics, having a weakness for sweets, a tired liver, or poor nutritional hygiene is enough to favor the overpopulation of *Candida albicans*.

It's all part of life, and even if there was a *Candida*-killing drug (I assure you, it doesn't exist), if you don't change in your life what feeds the little beast, it multiplies cheerfully.

You can't control it so easily.

The only way to give yourself a chance to get rid of it is to starve it to death, as with any parasite, and above all, to eliminate from your body what turns it into a *Candida* nest. It requires what I call a lifestyle “reeducation”.

However, whatever you do, it has to be synchronized with a method to reduce and control the presence of heavy metals. An essential issue today is that children are born with a toxic load that makes them more susceptible to developing a chronic disease at an increasingly young age. In my opinion, this toxic load is constituted of heavy

metals associated with their mother's overlooked and untreated candidiasis. I always advise my readers to use the time of their pregnancy to get a few months of anti-Candida detox and to learn how to use essential oils. If it can save them from transmitting too much candidiasis to their baby, it will save them a lot of hassle.

Children and ear infections.

Besides the usual digestive issues that make your newborn cry day and night, let's take the example of the ear infection which can be seen in all ages. This otitis is the start of a nasty vicious circle that pediatricians ignore: the candida-antibiotic-otitis vicious circle (13).

This otitis is the start of a nasty, vicious circle that pediatricians ignore: the Candida-antibiotic-otitis vicious circle:

It all starts with a hereditary predisposition that favors otitis. When they have a cold, some children also have an ear infection. It could be viral or bacterial. However, if the treatment for this otitis is antibiotics, it will intensify the existing fragility of the intestinal flora of the child.

It will promote the imbalance between the good bacteria and the bad ones, i.e. intestinal dysbiosis. Usually, bad ones outnumber the good ones. With fewer

good bacteria to keep it under control, Candida Albicans is free to grow throughout the body, produces toxins, and induces more inflammation. More inflammation monopolizes an immune system that will be less available to fight a virus or a bacteria. It is the perfect nest for a new ear infection.

Relapse of otitis - New antibiotic treatment - Vicious circle.

The leading cause of women's over medication

From an early age, women are doomed to build a specific load of toxicity in their body: taking the pill (or any other hormonal contraception) promotes Candida overgrowth, as well as anti-depressants, pregnancy, stress, pre-menopausal and post-menopausal symptoms.

In any case, the medical system will find ways to put you under some sort of medication that, by nature, will maintain your toxicity and your candidiasis.

It condemns you to suffer the whole list of problems that rot your life and for which you are desperate to find a solution.

Essential oils offer you the solution, provided that you use them intelligently, that is, within a coherent approach that keeps you away from toxicity.

However, just as the body functions better when it is freed from its toxins, our conscience touches more easily the messages of our soul when freed from the body's poisons, via access to our intuition. Something deep within you knows your life path, what you chose to learn when you incarnate into this world. Your intuition is its voice.

You'll learn to trust and use this intuition. I'll explain how in the last part of this book, but now is the time for you to shift a few things in your life and get rid of what keeps you in the mud.

Section 2

The Big-necessary paradigm shift

Principles and research

“I believe the future lies here, where people can rectify themselves energetically.”

– Sarva Loka Maa Guruji Poonamji

Now that you have an idea of the extent of the problems maintained by the vicious circle of toxicity and taking medication, it is time to discuss how to free ourselves from archaic habits to open ourselves to new ones.

More simply, now is the time to explain the concepts and tools that will be involved in the part devoted to the practical approach of this book, the aromatherapy of the future: quantum aromatherapy for the soul.

Before I take you into this magical place, it might be helpful to clarify a few things regarding essential oils.

Essential oils are among the oldest curative tools ever used on the planet.

Indeed, they give you the means to act at the slightest symptom of infection. Being able to act very quickly is often enough to spare you a consultation with a health care provider. And with the approach you are about to discover, you'll have all the means to do it right without having to think.

The more you use your essential oils, the more you'll realize that you have the means to avoid antibiotics.

Fewer antibiotics means less pollution of our waters, and less microbial resistance later.

Essential oils offer autonomy, efficiency, and reliability.

You have magic in yourselves, and it is available for you to heal when you need it.

A quantum approach of essential oils allows you to act very freely, anytime, because it is safe enough for you to develop more and more self-reliance.

However, it has not always been this way. Using essential oils has a history and I'd like you to know a little about it.

Chapter 1

From herbal remedies to aromatherapy as the world knows it

It is finally time to dive into the wonderful world of essential oils (you made it!!). The world that helps you shift from being patiently waiting for an outside healing solution to the awareness that this healing power comes from within.

Looking at the use of essential oils through the ages is an exciting way to disclose what is part of our culture and what isn't.

We know how much Egyptians were largely using frankincense and myrrh in liturgic ceremonies and embalming processes. But in daily hygiene as well, to fight bacterial proliferation and the resulting bad smell.

In his “Study concerning odors”, Theophrastus takes an elaborate inventory of aromatics and the ways they could be used. He is the one who defined our blending rules, the one we use to balance the intensity of each aroma inside a blend. Hippocrates is the one who

developed the medicine of the four elements, each corresponding to a mood and to various herbs.

Regarding the association of essential oils and touch, which is the fundamental modality of practicing holistic aromatherapy, Asclepiades, a Greek physician, was a great believer in massage therapy associated with music and perfume as soothing and healing agents.

Much more recently, in the 1860s, Antoine Béchamp and Louis Pasteur confirmed the existence of microbes as causes of diseases even though the quality of the body's terrain was deciding the weaknesses that would allow these microbes to cause an infection.

The chemist René-Maurice Gattefossé used essential oils to treat soldiers during the 1st World War and later had the insight to see that therapeutic applications of essential oils could constitute the core of a discipline in its own right.

Another French biochemist and beautician, Marguerite Maury, who published a book titled “The secret of life and youth,” was the first to understand the impact of our emotions on our physical well-being and at a cellular level.

She wrote:

“Whether it be hatred or love, envy or anger which come to light in the course of an analysis, the material and physical life of the patients is always in danger. All these emotions have immediate repercussions on the different functions. Every physiologist knows the inhibition and disturbances of digestive or renal function, the excessive production of acid in the stomach as a result of worries and upsets. It is common knowledge”. **“The greatest interest is the effect of fragrance on the psyche and mental state of the individual.”**

She emphasized the importance of applying the essential oils externally, diluted in vegetable oil, combined with massage.

Aromatherapy as we know it today

Today, Robert Tisserand is the world standard in holistic aromatherapy. His teachings are what I have been fed with during my aromatherapy classes in Hong Kong. With his book “The art of aromatherapy”, published in 1977 Robert Tisserand is the first to step away from the purely medical approach of aromatherapy, uniting medical application with a more holistic and esoteric view of essential oils.

I think that his teachings are fundamental to be used as a reference today, especially for the kind of aromatherapists who, like me, think outside de box. My work, rooted in the subtle world, cannot provide enough rationalized material to be validated by science. And personally, I don't need that type of validation. But for you, how are reading my words right now, it can be reassuring that someone, as validated as Robert Tisserand, unites medical application with an esoteric view of essential oils.

After 1980, aromatherapy diversified into four basic components:

- Medical (or clinical) aromatherapy
- Popular and esoteric aromatherapy
- Holistic aromatherapy
- The scientific study of fragrances

Thirty years later, distance healing is becoming a new avenue of treatment and a good reason to make energetic work more and more available to the layperson, open to a less toxic and more nature friendly healing modality.

Experience shows how much essential oils are extraordinarily potent and multi-talented.

Let us dive into what is an essential oil.

What is an essential oil?

Commonly, if we look for a classic definition, we will find this: An essential oil is a highly volatile hydrocarbon substance extracted from a botanical source by distillation, abrasion or using a solvent.

An essential oil's therapeutic and aromatic properties are identified and determined by its individual chemical makeup. According to the international standard organization ISO, “a raw and natural aromatic material” makes it possible to define an essential oil. Officially, it is, therefore “a product obtained from raw natural material, either by distillation with water or steam, or by dry distillation, or mechanical abrasion of the epicarp of citrus fruits”.

The botanical source is very diverse. It includes:

- Flowers like jasmine, rose, neroli, and ylang ylang
- Leaves, such as petitgrain, palmarosa, and patchouli
- Wood, such as cedar, sandalwood, and rosewood
- Roots of ginger, angelica, and vetiver

- Whole plant such as geranium, lavender, and rosemary
- Seeds of carrot, parsley, and cardamom
- Peels of bergamot, mandarin, orange or lemon
- Resins of benzoin, myrrh and frankincense

When we mention essential oils, especially in France where the use of aromatherapy is mainly clinical, we look at essential oils chemistry.

Do not worry, I will not bother you with a chemistry class!

Just know that chemistry is what regulates the use of essential oils and their properties.

For a traditional aromatherapist this chemistry remains an important point of reference in creating protocols and synergies.

It is the domain in which essential oils are employed to supply a chemical product destined to specifically act on a specific disorder.

This is what is typically practiced by pharmacists and some doctors in France. It is tangible, measurable, and replicable. This is what gives birth to books containing lists

and lists of calculated «recipes» and formulas that the lay person can use to fix a physical issue the same way as with a regular drug.

Essential oils' chemistry

Even when employing quantum aromatherapy, it is simply helpful to know a few things about where the properties of an essential oil are coming from. We are talking about hundreds of powerful components that endow each essential oil with a very wide range of properties.

This chemistry comes from the earth, air, sun, altitude and water that have nourished the botanical material from which the essential oil is derived, and I'll give more details about it a little further.

The cell of the plant is the production factory, a bit like that of the human being. This cell can manufacture thousands of elaborate substances as different as water, air, and humus. This cell is alive and vibrates like any other living cell.

Physiology of the plant cell

This factory cell uses sunlight as electricity, as a source of energy. It is sophisticated enough to be self-sufficient, to regenerate, to grow, and if necessary, to copy an exact specimen of its physical structure in a day or two.

But this factory does not measure more than 0.05 mm. In detail, the nucleus, which is the center of the cell, contains all the DNA inheritance of the plant.

The cell is surrounded with a sac called the cytoplasmic membrane. It is a cell membrane, composed of proteins and fat. It controls the passage of water and food to the cell. It can easily be compared to the human cell membrane, which is also composed of a layer of fat capable of selecting what enters and leaves the cell.

Apart from its external anatomy, the plant cell has anatomical characteristics identical to those of the human cell: a nucleus, a nuclear envelope, ribosomes, a membrane, mitochondria, a Golgi apparatus, a smooth endoplasmic reticulum and a reticulum rough endothelial.

The plant contains sap, equivalent to the human blood, but the similarities end there.

In each tissue of the plant there are intercellular spaces which contain resins and essential oils.

The essential oil of a plant does not produce energy, but attracts and defends. It is a form of intelligence that interacts with the environment of the plant, the exterior. The oils seem to allow the plant to attract its beneficial hosts and repel others thanks to their fragrance.

Their fragrance is what we notice first when we discover essential oils. We do not know about chemistry. We simply smell and feel, and yet, it is its chemical composition that supplies the various fragrances of each essential oil.

What should you remember about it? When an essential oil's fragrance changes, its chemical composition changes, as well as its therapeutic properties, which impact how it should be administered.

Essential oils' administration

An essential oil's chemical dominance will decide its type of administration. Indeed, the chemistry dominance can make an essential oil irritant on the skin, phototoxic or skin regenerative, or anti-inflammatory, or antibacterial, among other things.

What you need to know is that a handful of essential oils can be applied directly on the skin without any risk of irritation: true lavender, spike lavender, tea tree, geranium, sandalwood, kanuka, and manuka. However, they should be diluted when applied on mucosa (vaginal mucosa especially). Others always need to be «diluted» in a carrier: a vegetable oil, a balm or a gel.

I could go on and on about this subject, but for now, it doesn't really matter. I do not intend to give you an aromatherapy class!

I intend to give you a list of essential oils with which you are not likely to hurt yourself with, whatever you do with them, and above all, I am going to explain to you how to enjoy these oils through olfaction, which will make their use even more straightforward and safer.

Olfaction. What do you know about it? And why is it the modus operandi I've chosen to benefit from these essential oils?

Because essential oils vibrate(19).

Chapter 2

Essential oils' vibrations

What do you know about vibrations? I didn't know much until I started to study the subject. But I found it fascinating. Here is what I would like to share with you.

Vibrations are a kind of rhythm. Rhythms occur on large scales, such as seasonal changes and tidal patterns. They also occur in your body.

Heartbeats, breathing rhythms, and circadian rhythms are examples of physiological rhythms that we can see, feel, and measure. But there are also much smaller vibrations that occur in your body. Inside each of your cells, molecules vibrate at characteristic rhythms.

Using atomic force microscopes, the researchers detected vibrations on the nanometer scale, well below 1/1000th the diameter of a single human hair.

These vibrations generate waves of electromagnetic energy. Researchers have found that **vibrations and the electromagnetic energy associated with them**

cause changes in your cells, which can then affect how your body functions. (22)

Different molecules vibrate at different rates - and these rates can speed up or slow down if the conditions around the molecules change.

Temperature, for example, can change the vibration rate of a molecule.

What is the connection between thoughts, behaviors and vibrations?

Researchers have long known that thoughts and behaviors affect your body's rhythms.

The earth vibrates. We measure its vibrations in Bovie Units. Luc Bodin, self-proclaimed ex-doctor, graduate in clinical oncology and specialist in natural therapies, explains that:

The human being is made to vibrate at the same level as the Earth. This is a fundamental element that is important to keep in mind. Moreover, like all matter in this universe, we are energetic beings living in a multitude of vibrations of all kinds, which nourish us, inform us and make us live. Without these, we would waste away very quickly. Either way, these energies must be able to flow freely in and through us. All hindrances or brakes (such as a vibration level that is too low) will sooner or

later produce physical or psychological disorders, or even illnesses in the long term.

For example, anxious thoughts trigger the release of stress hormones that stimulate your heart rate to speed up or slow down. The sound vibrations of music also affect thoughts, emotions, and bodily systems.

Vibrational energy experts believe that your behaviors and thoughts can also alter much smaller rhythms.

Indeed, even if the heart, the kidneys, the muscles, the skeletal system form a biomechanical harmony in the physical body, you **have a whole series of subtle bodies which have an impact on the level of vibration of all our organs** via their influence on your soul, body, and spirit balance.

Yes. What is so visible and physical also has a subtle component. It is the same for essential oils: they are liquid and yet evaporate so quickly.

So many people only consider them as the sum of chemical constituents, and still, **they vibrate and reach up to where only their vibrations can go: your body's energy fields**, very high above your physical body, where your soul's essence can be reached.

This is why comparing the clinical use of essential oils with their energetic use sounds similar to explaining the difference between the two physics, Newtonian and quantum. Quantum mechanics applies specifically to the molecular and atomic domains, whereas Newtonian laws apply to more elaborate organizations, such as organs, people, and populations.

With essential oils, it is very similar.

Clinical aromatherapy will answer in priority to a microbial threat, a physical injury, bruises, cuts, inflammation, bites, burns, fever etc....whether the **energetic use of essential oils** is associated to the notion of mind-body balance and the need to reach both.

In traditional Chinese medicine, essential oils are used as facilitators to maintain Qi circulation and energetic balance. This influence is only possible because essential oils vibrate! **It is not their chemical composition that makes the Qi move smoothly. It is because they vibrate** that essential oils are able to increase your tissues vibrations, make your brain produce alpha waves, and sustain proper electrical exchanges between your cells.

This other dimension of impact aims at preventing imbalances and harmonizing energy levels. This is a perfect example of essential oils used as daily wellness

modalities as culturally normal and automatic as brushing teeth or having a bath.

But what interests us in this chapter is what happens with essential oils's vibrations.

Vibrations mean frequencies.

Frequency is a measurable rate of electrical energy that is constant between any two points.

Every living thing has an electrical frequency.

Robert O. Becker, M.D., documents the electrical frequency of the human body in his book, *The Body Electric*.

A "frequency generator" was developed in the early 1920s by Royal Raymond Rife, M.D. He found that by using certain frequencies he could destroy a cancer cell or virus, discovering that these frequencies could prevent the development of disease and while others could destroy disease.

A radiologist from Stockholm, Bjorn Nordenstrom wrote the book *Biologically Closed Circuits* to explain how he discovered in the 1980s that by placing an electrode in a tumor and passing a milliamp DC (direct current) through the electrode, it could dissolve the cancerous tumor and stop its growth. He discovered

electropositive and electronegative energy fields in the human body.

The importance of frequency

When essential oil molecules are inhaled, swallowed, applied to the skin, or internalized into your body in any way, they resonate with the frequencies of your tissues and molecules. This increases the body's natural electromagnetic vibrations and restores the coherence of its electrical fields to produce healing and maintain well-being. Every essential oil has a frequency, as every one of our organs and body parts do. However, it becomes fascinating once you know that **the frequency of an essential oil will attract a similar frequency into the body that will sustain the effect of the essential oils longer.**

Different frequencies lead to different effects on the body and this is very interesting to know this difference.

- **Low frequencies cause PHYSICAL changes**
- **Middle frequencies bring about EMOTIONAL changes**
- **High frequencies cause SPIRITUAL changes.**

Spiritual frequencies range from 92 to 360 MHz and this means that most essential oils reach a spiritual frequency, since most of them vibrate at more than 90 Mhz.

It is important to note that essential oils respond to words, thoughts, and prayer. We can easily measure any changes of frequencies following our intention by using a pendulum, which is available to anyone (and further into these pages you'll find a class I've recorded for you to learn about this).

Indeed, there are not many ways of measuring vibrations.

The pendulum seems to be the most reliable tool for this, even though it might not be considered scientific enough for some. Furthermore, not everything can be measured the same way as a weight on a scale...especially when subtlety is concerned.

However, Bruce Tainio, head of the Department of Agriculture at Eastern Washington University, has developed new equipment to measure the biofrequency of humans and foods.

He used a biofrequency monitor, called BT3TM, which has a very sensitive sensor, to determine the

relationship between frequency and disease while measuring their frequencies.

So, before you starts questioning these frequencies, it is important to precise that the measurements given by Bruce Tainio are easily verifiable with a pendulum and that me and my students use his measurements as a gauge to check the quality of our essential oils.

If the earth's vibrations are measured in Bovie units, essential oils' vibrations are measured in mega hertz. (Mhz). I used to measure the earth's vibrations, but it increases so quickly that I lost track of it.

What is a Hertz?

All the atoms in the universe have a vibratory movement. Each periodic motion has a "frequency" (the number of oscillations per second), measured in Hertz:

1 hertz = 1Hz = 1 oscillation per second

1 kilo Hertz = 1 KHz = 1000 oscillations per second

1 mega Hertz = 1 MHz = 1000000 oscillations per second

1 giga Hertz = 1 GHz = 1,000,000,000 oscillations per second

1 tetra Hertz = 1 THz = 1,000,000,000,000 oscillations per second

Here are the approximate vibrational frequencies of different things.

- Blue light 7.5×10^{14} Hz.
- Dry herbs 12 to 22 MHz
- Fresh herbs 20-27 MHz
- Anything alive and hydrated will vibrate much more than anything dehydrated.
- Fresh and unadulterated essential oils vibrate from 52 MHz and go up to 320 MHz, which is the frequency of rose otto essential oil.

A good way of knowing if an essential oil is very potent is to check its vibrations. Personally, I never buy an oil that vibrates below 150 MHz.

According to Luc Bodin:

We are energetic beings living in a multitude of vibrations of all kinds, which nourish us, inform us and make us live. Without these, we would waste away very quickly. Either way, these energies must be able to flow freely in and through us. All hindrances or brakes (such as a vibration level that is too low) will sooner or later

produce physical or psychological disorders, or even illnesses in the long term. It is important for everyone to raise their vibration to remain in harmony with the Earth. Otherwise, problems may occur. These are perceived differently by different people. In particular:

- Tremors of the extremities but also of the body;
- Muscle tension mainly in the arms and legs;
- Brief dizziness, vertigo;
- Excitement, nervousness, stress or even anxiety;
- Abdominal pressure;
- Breathing difficulty;
- A weight on the head;
- Sleep disorders: difficulty falling asleep, nocturnal awakenings, early morning awakenings;
- Unexplained fatigue;
- Difficulty concentrating;”

This list demonstrates the importance of maintaining a very high level of vibration and limiting any form of toxicity as much as possible so that you can truly benefit from everything that I am about to explain to you in the chapters to come.

Frequencies of some essential oils

It is possible to find lists of essential oils' vibrations in MHz. However, over my years of practice I found that the level of vibration depends actually of the quality of the essential oil. The more an essential oils influences the mind and brights up the emotions, the highest it vibrates.

Over the years, I've seen this happen to my students and myself. We have manipulated essential oils' frequencies, increasing them according to our needs for inner balance, then measuring it and taking notes of what happens in our behaviors and emotional states. Today, we know how to raise the vibrations of an essential oil so its chemical dominance is altered and offers a different essential oil's benefits.

Today I only use highly vibrating essential oils, and I don't even think of becoming sick.

I have for rule to never purchase an essential oil that does not vibrate at least at 150 MHz. And this is the reason why I suggest you use mainly the 15 essential oils I've selected for you in the next section of this book.

In the last part of this book, I'll show you how to measure your essential oils' vibrations.

For now, know that the more it vibrates the better for our body which, if it is healthy, usually has a frequency ranging from 62 to 78 MHz, while disease begins at 58 Mhz.

Avoiding disease is a very good reason to raise our vibrations as much as possible (7). Indeed, by raising our vibrations, we place ourselves above the field of infections, we protect our genome, we stimulate our immune system, we strengthen our organism, we promote our healing in the event of illness, on the physical plane.

We'll see in the following section various ways to use these vibrations.

Essential oils: highest frequency of any natural substances.

Clinical research shows that essential oils exhibit the highest frequency of any natural substance known to man (many times higher than the frequencies of herbs and foods), creating an environment in which disease, bacteria, viruses, fungi, etc., cannot live.

Chemistry and frequencies of essential oils can help anybody maintain an optimal health frequency and balance.

For years, researchers attempted to use electrical energy to reverse what is causing disease, such as Mesmer in 1780 with electrotherapy, using animal magnetism. But, many scientists versed in the field of natural healing thought that there had to be a more natural way to raise the body's electrical frequency.

This is what made the discovery of essential oils' electrical frequencies possible: Patients felt better emotionally when essential oils were diffused in their rooms after a few minutes. Some essential oils were active in one to three minutes; others acted in seconds, whether inhaled or applied to the skin. Indeed, how essential oils are used, where, and how is not insignificant. The Chinese thought it even further: they found the link between how the Qi flows and the use of essential oils.

Chapter 3

Traditional Chinese Medicine and essential oils

The concepts involved in TCM are not based on modern science but are rooted in ancient Chinese practices. But do we absolutely need to have scientific evidence when an approach brings relief? Although there is no scientific evidence for the flow of Qi or a Qi deficiency, many people understand these terms as ways to describe problems in the body as a whole - rather than following the path of rigorous medical science (and often handicapped by this rigor).

According to TCM, Qi is the life force or vital energy. We could create a banner : No Qi, no life.

Everything in the world is made up of Qi, including a person's physical body and feelings.

Chinese medicine considers the human being as a microcosm within the universal macrocosm. Therefore, the principles that determine the energy flow through the universe are considered applicable to the human energy system.

The Chinese view the universe as a changing equilibrium between opposite poles, characterized as yin and yang. A proper balance of yin and yang forces in the human body is essential for achieving and maintaining health.

However, what is the link between yin and yang balance and essential oils? It boils down to the Qi flow.

Indeed, one fundamental concept of Chinese Medicine is that **the smooth and free flow of Qi to all organs, glands, muscles, and nerves of the body is the foundation of health.** When this flow becomes stagnant or deficient in certain areas, our body can't function optimally, and eventually, symptoms and diseases show up.

It is common knowledge that TCM involves the use of herbal remedies, acupuncture, and exercises such as tai chi or qigong to move the flow of Qi.

However, it also includes essential oils.

The link with essential oils is that we can affect Qi in a straightforward way by applying an essential oil synergy on the skin, thereby activating Qi flow through the acupuncture channels (or meridians).

Essential oils address the effects of Qi stagnation on both a physiological and psychological level.

The physical symptoms of Qi stagnation include pain, bloating, distension, difficulty sleeping, and tension in general. In contrast, the emotional symptoms include stress, agitation, overwhelm, and irritability.

When noticing these symptoms, diluted essential oil can be applied

- directly on the problem area for pain relief,
- massaged along the meridians,
- pressed into acupuncture points,
- or inhaled.

It can be used as a response to an acute situation or as part of a long-term rebalancing protocol when combined with another type of essential oil, chosen to improve the quality of the Qi, either more yang, or more yin.

Yin and yang form the basis of TCM, and one cannot exist without the other.

Yin and yang are not fixed - they are ever-changing and interdependent. The beauty of using essential oils on an ever-changing type of energy is that essential oils are

what we call «homeostatically adaptive.» They adapt to the recipient of the aromatic treatment. It means that when the inner balance is reached, what is not needed anymore ceases to carry any effects.

It is quite an exercise to understand this concept when we have been used to the impact of drugs on a body. Because if we do not need to lower our blood pressure but still take a blood pressure medicine, the drug will not adapt its action to our normal blood pressure...it will make us sick.

This is not what happens with essential oils.

Energetic responses with essential oils

Using essential oils to give a quick therapeutic answer to specific energetic needs is fascinating.

Each essential oil is either yin or yang, cooling or heating. It means it can add some yin or some yang to an organ, tissue, meridian, or syndrome.

For instance, a chronically weak person with a permanent cold needs a heating essential oil to rebalance the quality of their Qi.

If yang is lacking, the cold is chronic, and the body must be warmed up.

If the yin is missing, the person is permanently hot, and it is necessary to rebuild yin in the body.

This can happen because **each essential oil is under the domination of an element** (earth, metal, water, wood, fire) that will also add either more yin or more yang to harmonize an imbalanced condition.

Earth is related to the energetic balance of the stomach and spleen (anxiety)

Metal is related to the energetic balance of the lungs and large intestine (grief)

Water is related to the energetic balance of the kidneys and urinary bladder (fear)

Wood is related to the energetic balance of the liver and gall bladder (anger)

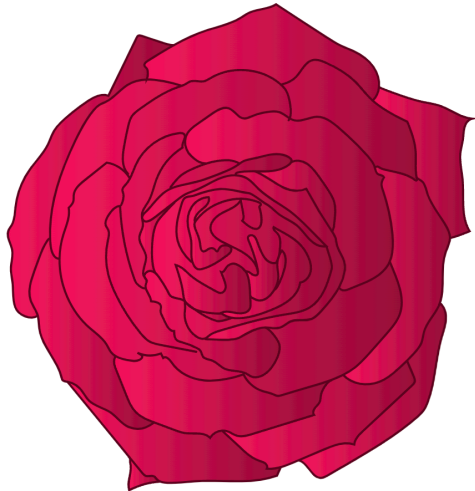
Fire is related to the energetic balance of the heart, small intestine, triple warmer, and pericardium (joy or sadness).

When I teach this subject, I give my aromatherapy students the elements of each essential oil so they may

look into it, think, deduce, and decide to assemble the needed essential oils to create a harmonizing blend.

However, it is not what I'll teach you to do! Nope!

What awaits you is a way to open yourself to your inner magic without even thinking about it, balancing your chakras and reaching your multidimensional human energy system, in a few breaths.



Chapter 4

Chakras and essential oils

We have seen that essential oils vibrate. This level of vibration is what has led to so much of the interest in using essential oils as energetic tools of regulation and transformation.

The relationship between chakras and essential oils is a good illustration of this feature, perhaps because of the very invisible nature of the chakras. Chakras are very sensitive to our environmental reactions. How we feel. What we think. This is why they are much more «temperamental» than the meridians. Once we correct meridians, they may stay corrected for one or more days.

For chakras, energetic corrections are not as stable. My students and I have experienced this. Why? Because meridians are installed much closer to the body than the chakras.

Essential oils are the perfect tools in this quest for individual balance because smelling them is enough to balance your chakras.

Linking essential oils with the energetic and subtle actions of the chakras illustrates what we need to understand about quantum aromatherapy as a body-mind balancing tool thanks to a very important feature: that **essential oils help to activate the energetic centers of the chakras.**

Here is a list of essential oils commonly used in chakra work, as explained by Salvatore Battaglia(20).

Angelica root is a grounding oil used to balance the root chakra

Ylang ylang helps balance the gonadal chakra, the second chakra or Svadhithana, which in Sanskrit means "sweetness", being associated with what makes life sweet such as pleasure and sexuality.

Ginger helps balance the solar plexus chakra, also known as the third chakra.

True lavender arouses the desire to help others and take care of others. These are qualities associated with the heart chakra, also known as the fourth chakra.

German chamomile is a rich, sweet herbaceous floral scent of German Chamomile which evokes a sense of purpose and determination associated with the throat chakra, also known as the fifth chakra.

Geranium connects us with the third eye chakra, also known as the eyebrow chakra, the sixth chakra

Lemon connects to the divine and spiritual qualities of nature.

Sandalwood makes the world slows down, instills a sense of calm and helps to be in the moment. To feel in harmony with the universe. These are qualities associated with the crown chakra, also known as the seventh chakra.

By talking about the chakras and aromatherapy, we are really diving into the subtle side of using essential oils. Once liquid, quickly ethereal. Nothing is more subtle than an invisible but perceptible substance. A substance that induces sensations, emotions, feelings, and, as we'll see, much, much more.

We have started by explaining how essential oils chemistry has always been the royal road of using essential oils clinically, with their somatic actions in mind.

Then, we continued with how essential oils are used in traditional Chinese medicine as Qi balancers and herbal remedies, which shows the energetic implications of essential oils as healing modalities.

Lastly, **we will be diving deeper into the subtle world with aromatic chakra work**, which is very

popular and documented in Australia and Japan and is far more interesting spiritually. Today, we understand how far chakra work takes us to heal our souls. Once again, healing our souls is an essential step in the process of healing our bodies.

It was not evident to me when I first studied holistic aromatherapy, but today, thanks to what sprouted from my experience as a therapist (and as a healer), I have acknowledged that the spiritual understanding of a disease cannot be left aside from a complete healing modality.

To explain how this works, let us enter the world of olfactotherapy, the technic that I have chosen to make you use the most in the practical part of this book, simply because it is the safest and because it has **a powerful quantum effect on your physiology, emotions and spiritual awareness.**

Indeed, when you smell an essential oil, a lot happens, all thanks to your sense of smell.

Chapter 5

The sense of smell

One of the first senses that man was able to develop, our sense of smell is estimated to be 10,000 times more precise than all our other senses reaching our brain faster than vision or sound.

Our sense of smell is also sensitive to more than 10,000 different compounds and is used to recognize the scent of food, enemies, territory, the opposite sex, and our mother!

Smell is directly linked to a large range of emotions and often behavioral changes. A delicate floral aroma will put you in a good mood and promote peace and relaxation. A smell of putrefaction, on the contrary, should not encourage you to stay nearby, and is not good for you to inhale.

To be smelled, a substance must be volatile, water-soluble (to dissolve in mucus), and fat-soluble (to access the plasma membrane). The inhaled substance dissolves in a lipid layer in contact with the olfactory cilia of the nose.

Physiological effects of olfaction

A reception signal is then sent to the brain.

The nerve cells gather in the nasal region and extend through the cribriform plate of the ethmoid bone lodged at the back of the septum and inside the skull: This is a region called the "olfactory bulb », and it identifies olfactory impressions before connecting to the thalamus, which transmits the impulses to the neocortex.

The neocortex is where it all happens:

- Olfactory perception and discrimination.
- The olfactory memories that allow us to identify a smell.
- The region where that smell comes from.

It is also connected to the hypothalamus, the region connected to the system that manages our animality, which is our most primitive thing: the limbic system.

The hypothalamus plays a crucial role in many body functions, controlling the autonomic nervous system and the endocrine system, body temperature, hunger, thirst, the sleep cycle, among other things.

It carries out its functions according to the **various stimuli** it receives, not only **from the peripheral nervous system, the thalamus** (the conscious mind and the signals from the four other senses), and **the**

cortex but also from **the limbic system** (smell, memory, emotion) that will influence it. It **controls and regulates the pituitary gland** which, in turn, will stimulate the other endocrine glands: thyroid, parathyroid, adrenals, pancreas, and gonad cell messengers, **instantly creating or modifying our physical and psychological behavior.**

Olfactory signals trigger emotions and behaviors, responsible for hormonal regulation, controlled by the pituitary gland. These emotions and behaviors are very instrumental in any progression towards healing.

Using essential oils in a strictly olfactive way is called olfactotherapy. Olfactotherapy is a therapeutic method created in 1992 by Gilles Fournil, a French transpersonal therapist. The principle of this “science of smell” is to use the scents of certain essential oils to reach our subconscious. It allows us to create a psycho-emotional balance by releasing and regulating our emotions. **It is a very subtle way of impacting the roots of our emotions.**

The psychology of olfaction

From a psychological point of view, in the case of olfaction, emotions represent an intermediary between perception and behavior.

There is an "emotional nose", an olfactory system whose function is to detect one smell at a time, to inhibit others, an odor that is often emotionally embodied and therefore gives rise to determined behavioral responses.

A trial in life is registered in the hippocampus as a particular frequency, like a vinyl record that has been scratched, distorting the sound.

Could the frequency of the scent of the chosen essential oil correct the frequency recorded in the memory of our hippocampus?

Research on frequency measurement technologies for essential oils is ongoing.

Thanks to the groups smell-limbic system, and hypothalamus-pituitary gland, the olfaction of a correctly chosen essential oil would make it possible to neutralize the memory of this event and its chain consequences on our physiology and our psyche.

Indeed, a lot of things happen when we breathe an essential oil.

Breathing an essential oil

Breathing an essential oil can stimulate the brain to produce neurotransmitters essential to well-being such as serotonin and dopamine. This is how we explain the positive impact of aromatherapy on depression and various other mood disorders.

This impact on mood has a direct impact on the central nervous system and, therefore on the quality of immunity.

How? Simply because olfactory responses lead the brain to stimulate the secretion of hormones and neurochemicals that have an impact on the physiology of your body and our behavior. You'll see in the last section of this book an application of this principle with serotonin and cortisol that we'll measure.

All this chemical processes and hormonal productions resulting from the perception of an odor and its multiple impacts on the nervous system is what **illustrates the fundamental elements of a very revealing field of study:** psycho-neuro-endocrino-immunology.

Chapter 6

Psycho-neuro-endocrine-immunology The search of how the spirit is united to the body.

In ancient Greece, Hippocrates and Galen believed that thoughts and emotions traveled to and affected the different body systems.

In the 17th century, René Descartes rejected the idea that the mind could have any influence on the body and that is why, although we know that matter and body are linked, classical biomedicine, based on Newton's exclusively material universe, adheres to the Cartesian notion of a separation between mind and body, although we know that matter and body *are* linked.

In 1981, neurophysiologist Robert Ader discovered that all immune system organs are lined with nerves. This explains how the brain communicates with the immune system. This is so important to recognize today!

PNEI is an evolving field of mind-body medicine that provides new insights into the various hormonal and chemical links between emotional stress and disease causation.

What is PNEI ?

I didn't know about PNEI until I discovered it thanks to a friend who gave me her book to read. Her name is Pascale Faivre, she is French like me and I think her book deserves to be translated into English so it can be made available to all of you! It is called «Spleen ou Stress» and you'll find everything on the subject within its pages (21).

Psycho-Neuro-Endocrine-Immunology (P.N.E.I.) is a scientific field of study that investigates the link between bidirectional communications among the nervous system, the endocrine system, and the immune system and the correlations of this cross-talk with physical health.

To me **PNEI illustrates how essential oils facilitate the body mind connection and how the quantum universe brings together what Descartes had separated.**

PNEI describes the bridges between emotions (psycho), the brain (neuro), hormones (endocrino) and immunity. It explains **how negative thoughts generate unpleasant emotions and stress**, and how this stress monopolizes the nervous system and triggers a whole series of reactions that influence both hormonal production and the level of immunity.

How do essential oils fit with PNEI?

Essential oils naturally intervene in immunity, stress, emotions, and hormonal balance. But **the simple fact of acting from the start on the level of stress and the level of general toxicity which maintains the stress is a considerable plus.**

Massaged on the skin or smelled, essential oils will enter the blood circulation through the skin's lipidic structure. In both cases, the nervous system will be impacted, but I prefer to use olfaction since it has a direct impact on the nervous system.

As a useful reminder, the nervous system is made up of

- the central nervous system,
- the somatic nervous system (under conscious control)
- and the autonomic nervous system (**sympathetic and parasympathetic nervous systems, or SNS and PNS**).

Stimulation of the nervous system (by stress) leads to several resource mobilizations which prepare the body to face emergencies. It will accelerate the heart rate, the

secretion of adrenaline by the adrenals, decrease digestion and elimination and lower the immunity.

An example with the effects of stress

Stress, overwork, and nervous tension are caused by too much SNS activity and too little PNS activity.

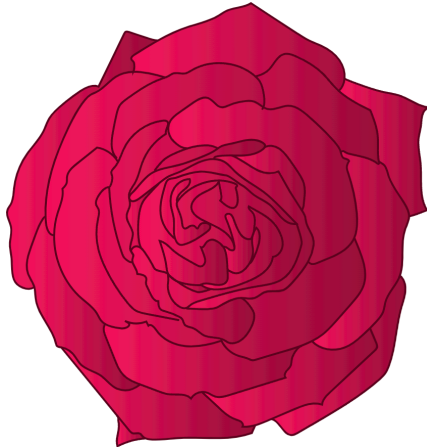
However, **essential oils have a profound effect on balancing the entire nervous system, impacting endocrine glands production and immunity regulation.**

The brain and nervous system can be affected simply by breathing in an essential oil. For example, breathing an essential oil whose chemical frame is dominated with linalool would be enough to tell the brain to produce serotonin and dopamine, both neurotransmitters vital to well-being. This action directly impact the central nervous system and therefore the quality of the immune response, leading to a positive change in mood.

This is why a very good therapeutic modality is to **start with reducing stress with deep relaxation, pleasure, and the cascading effects it has on endocrine production and immune strength.** This

is a very powerful way to reverse most common causes of imbalances.

Deepak Chopra writes in *Quantum Healing*:
“Consciousness would cure the sick if the diagnosis of the disease were not made so late, after years of stress have hardened the physiology and made it difficult to access bliss. All Ayurvedic healing techniques are based on the principle of treating the patient first and then the disease.” **Treating the patient first is what happens when we use essential oils.** And a crucial part of this treatment will affect the immune system.



Chapter 7

Toxic emotions, essential oils and immunity

From a Western scientific point of view, there is enough scientific evidence today to suggest that immunity and resistance to disease are dependent on our attitudes and behaviors.

Professor Felton, professor of anatomy and neurobiology, tells us about this physical link between the nervous system and immunity:

“The many stressors we have to deal with in life, those that affect our autonomic nervous system, and impact our immune system. »

Adrenaline and cortisol are two of the many neurotransmitters whose secretion can be triggered by the negative emotions associated with sudden or long-term stress. These two hormones directly suppress the activity of the immune system. This simple fact explains how treating stress with a calming essential oil, the effect of which will be instantaneous, is a holistic approach to

protect immunity and prevent a numerous imbalances via the regulation of adrenaline and cortisol production.

This resulting influence on mood has a direct impact on the central nervous system and therefore on the quality of immunity.

Essential oils known to support immunity are rich in oxides which are known to ease respiratory system congestion and fight viruses. Spike lavender, eucalyptus radiata, and bay laurel are good example of essential oils constituted mainly of oxides.

However, fighting germs and inflammation is not enough. Sustaining a good immunity includes addressing immediate stress as well.

Breathing an essential oil is enough to stimulate the brain to produce neurotransmitters crucial to well-being: serotonin and dopamine. More serotonin and dopamine are also an antidote to toxic emotions, and we'll play with these neurotransmitters in the last section of this book, whose goal remains to help you avoid toxicity, even from your emotions.

Toxic emotions

Anxiety due to stress, the idea of losing a job, tension, irritability, frustration at not seeing things go as

planned. These are typical «liver emotions», impacting the liver Qi circulation. We call them «toxic» because they are precursors to stagnant energy and shooting pains.

It is worth explaining the concept of **Emotional detoxification** as it sheds light on the reasons why so many diseases become chronic.

First, conventional medicine does not take into account the emotional origin of illnesses. Indeed, **negative perceptions can induce chronic and debilitating psychological stress** that can lead to disease by suppressing immunity. This is why **any misunderstood, unresolved and influential emotional imbalance are as detrimental as a parasite that feeds itself on its host.**

Emotional toxicity will lead a person's behavior. It is what makes the body doomed to express itself with physical manifestations labeled as diseases, capable of igniting the need to act and solve the issue.

Emotional toxicity often comes from ancient trauma stemming from as early as conception, early childhood education, or any event that has shaped a person's sensitivity to various environmental triggers.

In his book «Biology of beliefs,» Bruce Lipton gives us his description of this phenomenon, stating that by deciding to free ourselves from a form of subconscious programming, we clear the way to give another morphology to our own perception, whether it concerns our life, our direct environment, our own value, and our health.

By choosing our perception and our environment, we have the means to control our own biology, with all the consequences that this has on the quality of our life, but also on what we think we have as a predisposition to a disease. Indeed, **letting go of fears** is the first step to finding a fuller and more rewarding life. But this is not something that comes naturally. **Letting go requires the awareness that we have to make room for something new and better.** It also requires us to feel powerful.

Letting go. A choice to make.

Choosing to let go first requires understanding what has to be let go and how to make that distinction.

As Bruce Lipton states it in his book, if we know how to act on our perception of the environment and eliminate erroneous perceptions, we have the potential to become the masters of our destiny.

However, there is a catch. If you read what I explained to you in the first part of this book, you'll remember that toxicity prevents us from connecting to our truth, and to our true selves.

Indeed, toxicity prevents us from letting go, and prevents us from freeing ourselves from fear, anger, resentment, frustration, and permanent mistrust. In short, toxicity inhibits us from creating a life based on positive emotions, on hope, on unconditional love. Finally, toxicity takes us away from something essential to moving forward harmoniously in life: creative solutions, based on our real needs.

For instance, a toxic person usually has bowel problems. This person does not "let go" physically and mentally. This is generally a sign of rigidity, lack of adaptation, and good judgment.

These people do not leave room in their homes, in their lives and in their heads for anything new. If something seems to work, they keep it that way. They don't innovate. They say that the best is the enemy of the good. Have you noticed that most of the time what we accept as "good" has been transmitted to us by our family, and our education, and is part of the sum of information that shapes our subconscious and directs our life at 90%.

Our essence is in the remaining 10%; suffocated by the excess of 90%. Flexibility, letting go and creativity are key here. Pure products of an almost permanent physical detoxification, with a crucial impact on emotional health.

As we have seen, the quality of the air we breathe, the water we drink and the food we eat all have a role to play. But I think what makes a huge difference is the daily impact of essential oils. If you have yet to use essential oils, you are all right! However, if you always used essential oils clinically, (meaning, in response to a symptom, the same way as you would use a medicine drug), then you have been missing out a lot.

Here, you are about to learn why you need to use essential oils absolutely every day. Not because you need to resolve an infection or to heal a wound but to benefit from the vibrations of your essential oils. I think people who have only ever used essential oils as a reaction to an infection or to disinfect the surrounding air might have a hard time understanding what I am talking about.

What does it mean to "benefit from the vibrations of an essential oil »? Vibrations. They are what makes the difference, everywhere, and always.

Chapter 8

Another idea of « healthy »

When I was living in Hong Kong, I loved going to the « wet market. » This is a real market, outdoor, offering everything fresh to eat. Fresh. Yes, everything has to be fresh, which means that the uncut large fishes are still moving. The pig is still hanging on a hook and getting cut, its meat slowly wrapped and taken away.

All this meat was considered fresh because it was newly killed and cut open. However, It was more than 100 degrees Fahrenheit outside. Fish and meat would simply stay in plastic boxes or in water on large tables, waiting to be sold. No fridges. Strong smells.

I often think of how different cultures can be when food is concerned. A lot of Westerners would not purchase anything from a wet market, but one of the reasons why Chinatowns are built in big cities worldwide is because the Chinese wouldn't eat most of Westerners' dead products. I, personally do most of my grocery shopping in Chinese markets, because I choose vibrations over asepsis, because high vibrations will protect you

better from diseases than anything sanitized but not vibrating.

It is the same with health. To me, someone toxic is not healthy, and someone who takes medical drugs is toxic and unhealthy. (Why take drugs if you are healthy anyways?)

However, healthy or unhealthy doesn't mean much to a health practitioner. What matters is **if the substance is beneficial or not for the patient.**

It has been abundantly verified with various « guinea pigs». In one test, the frequency of two individuals - the first a 26-year-old man and the second a 24-year-old man - were measured at 66 MHz each.

The first individual held a cup of coffee (without drinking it) and his frequency dropped to 58 MHz in three seconds. He put the coffee down and inhaled an aroma of essential oils. Within twenty one seconds, its frequency had returned to 66 MHz. The second individual took a sip of coffee, and his frequency dropped to 52 MHz within the same three seconds. However, no essential oils were used during the recovery time, and it took three days for its frequency to return to its original 66 MHz.

A surprising aspect of this study measured the influence of thoughts on the body's electrical frequency.

Essential oils amplify intention, and intention will move the oil molecules to where they can best serve to heal. We call it «essential oils' homeostatic intelligence,» which is very important to emphasize.

It is why prayer (intention) and applying essential oils work so well when combined.

Fundamental frequencies of people and things

(Frequencies given in megahertz)

These frequencies are indicative of a middle range. Please note that when my students and I make these measures, we often find much higher frequencies.

- Healthy human brain 71-90
- Healthy human body (overall) 62-68
- When we have flu symptoms... 57
- When we have a candida infection 55
- When we have Epstein Barr Syndrome.52
- When we have cancer.42
- A person starting to die 25

- Therapeutic-grade essential oils 52-320

Important: Therapeutic-grade essential oils penetrate right into your cells. However, depending on their vibration, their penetration level dramatically increases their ability to be effective (hence the importance of their freshness and quality).

Essential oils penetrate the body when applied to the skin. Indeed, the skin is composed of various lipids that can quickly carry a fatty substance to the bloodstream.

Massaged on foot, they will be distributed to each cell of the body in twenty one minutes and will stay in the body for about twenty minutes to two hours.

Living and fresh essential oils leave no residue in the body, from the cells to the skin's surface, which is not the case with synthetic essential oil or pharmaceutical drugs.

A drug is a dead product that doesn't vibrate. It is one more reason it cannot be used in any form of quantum healing modality, when essential oils should be used.

Chapter 9

Essential oils and quantum healing

Essential oils vibrate, so you will employ their vibrations to answer the needs of your cells, your internal and external connections.

Indeed, a very sophisticated feedback mechanism synchronizes the activities of genes, and cells that cause each cell to produce an average of 100,000 chemical reactions per second. Billions of chemical reactions occur every second to become an exact organ or limb. It requires a very sophisticated method of communication between cells at a very early stage of embryo development but at every moment of our lives as well.

Today we know that DNA and cells communicate by frequencies. These frequencies are a tool of information, waves that encode and transfer data, which **explains the feedback system of perfect communication between cells.**

But these frequencies are not the only ones implicated in the intricate functioning of the body. Fritz Albert Popp, a biophysicist in Marburg, Germany, found

that the **body emits photons**, and certain substances cause cancer when carcinogenic compounds absorb UV light and change its frequency.

These carcinogenic compounds react to light with a wavelength of 380 nanometers produced by the body. This wavelength is responsible for photo-repair. **Cancer develops when a cancerous compound blocks light and prevents photo-repair.** He discovered that molecules in cells respond to certain frequencies and that a range of photon vibrations cause a variety of frequencies in other molecules in the body.

It is the emissions of biophotons that gave Popp the explanation of cellular morphogenesis, coordination, and communication. For him, **light emissions are enough to orchestrate the body.** These emissions must be of low intensity for communications to occur at a quantum level. **In the event of stress, a defense mechanism is triggered:** the emission rate of biophotons increases to take the patient back to equilibrium. This is why, for Popp, the emission of biophotons is a system **for correcting fluctuations in the zero-point field.** It is a compensatory gesture aimed at **stopping a disturbance and achieving balance.**

In my research, I found that **highly vibrating essential oils can lower the subconscious sources of stress** that feed physical suffering.

Remember that your subconscious mind sets the tone for how you see and live your life.

The subconscious programming of our mind is king. Our conscious decisions and will to resolve our inner conflicts won't prevail on the unconscious programming that sprouted during our childhood.

No matter how often we tell ourselves that we are worthy of being loved or that our cancerous tumor will resorb, if, in childhood, we always heard that we were useless and sickly, our subconscious will not let us lie with a conscious affirmation or belief. Our beliefs act like a camera's filter; they change the way we see the world.

As Mahatma Ghandi said: «Your beliefs beget your thoughts, your thoughts beget your words, your words beget your actions, your actions beget your habits, your habits beget your values, and your values beget your destiny.»

There are not many ways of demonstrating that **emotions are molecular signals** capable of activating or inhibiting cellular protein production through the mechanics of constructive and negative

interference. And because **energy acts more effectively on matter than chemical agents**, harnessing the power of our mind can be more effective than the drugs you've been programmed to believe are necessary.

Fortunately, in her book "Molecules of Emotion", Candace Pert explains that she discovered that **nerve receptors are present in most, if not all, of the cells in the body**. This means that the "mind" is not only localized in the head, but distributed throughout the body, in the form of molecular signals. We have to dig out what is not helping or protecting us anymore by any means possible. Indeed, **when we modify our way of perceiving the world (our beliefs), we transform the neurochemical composition of the blood and modify the cells of our organism**. You don't want your beliefs to lead you to illness, so you need to make sure that your beliefs help defend your bodies.

Many modalities exist to deprogram your subconscious mind and the use of essential oils presented here is one of them. It is just one of the many things researchers today are unable to explain mechanically but nevertheless are very real and measurable with adequate tools, which I will explain to you later.

It is now time for me to introduce you to how you can transform your regular use of essential oils into a quantum healing approach.

What is quantum healing?

Quantum healing is the merging of the quantum field between the body and mind. I would call it a connection, alignment, or harmony between what is not visible and what is. In quantum physics, all energy is matter, and all matter is energy. We then have access to three types of energies: macro, micro, and intrinsic.

To me a disease is the consequence of a profound lack of harmony in someone's life, which results in low physical, mental, and spiritual vibrations.

Energetic healing teaches us that healing comes with the correct energy level, high enough to maintain balance and harmony in the body's functioning. This correct energy level must sustain the physical vehicle by **holding molecules and atoms together**.

In the end, matter does not exist. **There is only energy, and all energy exists within the collective universal consciousness energy field.** This is what makes remote healing so quick and powerful, especially with essential oils, and, contrary to the traditional

approach of organizations that deal with health in general, the spirit has a lot to do with it.

Our lack of energetic alignment, which could be described as a lack of harmony and coherence between what we show to society in everyday life, and who we really are, actors of our life purpose.

What does “maintaining harmony” mean?

A good definition would be “the coordination of all the innumerable functions of the body”.

This harmony is coordinated by an underlying intelligence. Whatever the science that presents the human body as an assembly of interchangeable parts, this harmonizing energy exists. Without it, everything deteriorates. And your mind, under the power of your subconscious and innumerable emotions, could produce a capital of blockages and sabotage that do not make it easy for you to maintain this harmony.

Now, we may wonder if «maintaining harmony» is enough to prevent a disease?

Our body is energy and vibrations

Let us admit that the physical body combines various energy systems with multiple circuits and connections managed by our bio-computer. All diseases and distress are inappropriate imprints on our energetic level leading to biochemical and biomechanical abnormalities as well as biological disturbances.

Flaws in energetic connections lead to illnesses of the physical body and spirit, stagnating, and blocking our achievements. However, energetic mapping with corrections can reverse these energetic disturbances long before physical degeneration imprints take place. This is how traditional Chinese medicine functions.

However, for any modalities implying the identification of energetic and physical disturbances, long studies and mastery of numerous subjects are required. But is it the right way to proceed? How can we truly trust a clinical deduction made by the brain, perception, and logic of a sensible human? What about the intervention of a better source of knowledge closer to our essence, our nature?

Remember that essential oils are a pure product of nature, and that plant cells have a lot in common with human cells.

When using essential oils, we tap directly into what nature makes available to us to feed our inner harmony and happiness. I found this described in Taoist teachings.

The Taoist view of human happiness is achieved when the natural order is followed with spontaneity and trusting our intuitive knowledge. Spontaneity keeps us away from any type of abstraction and rationalization required to establish a scientific validity. Indeed, as far as nature is concerned, **abstraction has an important flaw: it disconnects every concept from the real world.** The natural world is neither right nor rational enough to be subject to abstraction.

If we chose to stay away from rationalization, it is to stay as close as possible to the truth that our mind is not fit to let us grasp.

So, how do we get in touch with this truth?

Directly at the source: in the quantum world that connects us to our essence. An energetic healing modality has all the potential to belong to the quantum world if given the means.

Quantum theories reveal that matter cannot be divided into independent units, because subatomic particles cannot be precisely quantified or understood. They make no sense in isolation. They can only be understood in their relationships with others. They can only be considered as existing "probably" in space and time. But above all, a quantum entity can instantly influence another quantum particle over any distance without an exchange of force or energy. The actions of one will always influence the other, no matter how far apart they are.

In this light, **what differentiates an energy approach, such as traditional Chinese medicine, from a quantum approach?** No doubt the therapeutic means.

If we examine what it takes to enter the world of quantum healing, we see that at the very least, it is necessary to include what characterizes it: The vibration resulting from the presence of a magnetic field.

The quantum Field

I hope you'll find this subject as fascinating as I do, for I'd like you to really enjoy what is next. The quantum field is a well-defined concept that accounts for only part

of the physical phenomena. The idea of this field could be the scientific explanation for the existence of Qi, the life force that is the fundamental purpose of traditional Chinese medicine.

This inexhaustible source of energy contains the sum of all the particles of all the varieties of the universe that appear and disappear. The field demonstrates that the true currency of the universe, the very reason for its stability, is an exchange of energy.

Its existence implies that **all matter in the universe is interconnected by waves distributed in time and space.**

Waves. Time. Space. To be coherent with this interconnection, an energetic and quantum therapeutic modality should give the means to identify the energetic weaknesses, and lacks of vibrations, that are linking us to the invisible but very real origins of our physical imbalances. It is **within everyone's reach, provided we have the right tools, allowing a spontaneous and non rational modality of identification.**

I don't have the means, here, in these pages, to teach you this spontaneous and non-rational modality of identification, because it requires a full year-long online course. However, **I have thought of a way to give**

you access to a very simplified and targeted way to identify the right essential oils, for you, at a very precise moment, to answer to a very specific issue.

It requires the organization the 15 essential oils in specific categories, and above all, **to give you the way to identify the essential oils you need according to the Taoist demands of spontaneity, connection, and truth** given by intuition to confirm all your choices and decisions.

A few words about intuition.

Intuition is often defined as a form of knowledge that is acquired without conscious reasoning or inference. It is typically thought of as a "gut feeling" or an instinctual response to a situation, rather than a result of deliberate analysis or logical reasoning. You certainly understand what I mean, right? Rational thinking involves a deliberate and systematic approach to problem-solving, therefore, logic and reason.

However, to me, logic and reason have their limits: limits to our understanding, reality, and brain.

Emotional intelligence, on the other hand, involves the ability to perceive, the use of awareness, and

creativity to process information. It often involves a combination of empathy and letting go of what shaped our reason.

Some will state that intuition may be informed by past experiences and emotional intelligence, which we do not want when health is concerned.

This is why we are going to use « exterior » tools of identification and confirmation.

These tools **do not require any influence from our brain and language.** Beyond language, there is **intuition, the thin thread that connects us with the source of knowledge, the truth, "the matter" of what is called "a field" in the subatomic world.**

This is perhaps why I find the beliefs of Taoists to be so true. It is easier to lead a life in harmony with the Tao by displaying the feminine and productive qualities of human nature, a constant manifestation of spontaneity. Taoism favors all that is intuitive, feminine, mystical, and yielding. Are you ready to use the tools at your disposal to change your life and make it magical?

Section 3

The spontaneous, non rational,
and healing modality that we owe
to the earth

Well, we're finally there! This is the section where you will learn a new way to use your essential oils and develop a new awareness about yourself.

We enter the quantum, the invisible but very real, the connection to the root of your imbalances.

In this section I will teach you how to use two main tools: a pendulum and a deck of cards that you will build yourself.

This part is a kind of common trunk with two different ways of using the information that results from it: the way useful to the amateur and the way useful to the

practitioner. I will therefore address one, and then the other in two separate sections.

Why using cards and a pendulum instead of good old thinking?

The reason is to avoid your own interpretation, tinted with your own beliefs and old programming.

Here are statements that I do write in bold so you do not miss them:

- **Using cards will allow you to surrender to your intuition, thanks to the possibility of always confirming it with the pendulum.**
- **Your essential oils cards are a vehicle for expressing what something deep within you already knows. Your soul.**
- **The soul participates in the totality of the universe; therefore it has knowledge of the universe.**

It means that we already have everything within us. **We need to give ourselves the means to reach this information, to receive it, with spontaneity. This is where cards are so helpful.** To have them accomplish their purpose, you need to connect to your

quantum partner, or “entelechy,” and ask it to give you the most adequate or appropriate essential oils to respond to this or that imbalance.

Entelechy?

Entelechy is an ancient Greek word, which means "the deepest and most powerful purpose that motivates you". It is the entelechy of an acorn to be an oak tree, the peanut seed to be a peanut, the baby to be an adult human being, and it is the entelechy of you to be well more than you are.

You may consider this entelechy, this higher self, as a great friend and the essence of who you are. Your higher self. Let us call it **your quantum partner**. Some will tell you that you have guides, angels, archangels, ancestors or others who are there to show you the way. Some will tell you that **prayer gives you the means to speak to the divine and that intuition is the way that the divine speaks to you**. In any case, **it is necessary to use a reliable means of questioning what cannot be seen and which, nevertheless, is really there**. Practically, you may envision it in different ways. Personally, I've always had a soft spot for angels and archangels and I encourage my students to use them as well. However, you may consider connecting only to "life", the universe, an ancestor, or a departed loved one,

a guide, or a guardian angel. Anything will work as long as you feel it right.

Now, if this is very foreign to you, I suggest you start using « angel cards » and experience the relevance and accuracy of the messages you get from the cards you draw. For the record, that's how I started to get interested in it. One of my students once gave me a deck of angelic cards, and then it was my daughter's turn. Later I discovered that a friend of mine, whom I considered very rational, did not go a day without drawing an angelic card! This connection is something that I have always missed when practicing techniques that require muscle testing. **We all need a quantum partner to guide us and to me the easiest way to communicate with it is a pendulum.**

Measuring vibrations with a pendulum

My students and I use it for intuitive information confirmation, and energy measurements. We aim to replace the muscular questioning used in kinesiology, which, to me, is more challenging to learn than the pendulum.

I've been practicing muscle testing and dowsing, and I find the pendulum funnier to teach and practice. I like the more spiritual connotation implied in dowsing. I like

the object as much as the idea of not relying on my body to obtain the information.

There are rules to follow if you want to develop reliability. You'll find it in the practical class I've recorded for you behind the QR code bellow. I also encourage you to get more training with other students. A private work group is available to you to meet with your tribe.

<https://cellert.systeme.io/breathe-love-heal-classes>



Classes

Chapter 1

Your 15 magical essential oils

Here we are. Essential oils. We have hundreds available to play with, but only a bunch of them are suitable for what we need now. So, here is a selection of 15 essential oils magical enough for you to work with.

I've chosen these essential oils for their gentleness on the skin and their safety, but above all, because they will facilitate access to the subtle parts of your being.

Here is this list, I will list them all, with a detailed description of what is the most relevant information you need to know about their properties and why I prescribe them. You do not need to remember any of these descriptions to use them, but you might find it helpful to better understand what your weaknesses are. This is the purpose of giving you the main properties of these essential oils in bold. Do not worry, we'll practice a lot, so you can see how it works. (Find my suggestions for essential oils to purchase in the sourcing section of this book).

Rose - *rosa damascena*

You'll choose this essential oil to relieve nervous problems such as depression, insomnia, migraine, headache, melancholy, sadness, baby blues, and nervous tension.

It is indicated to relieve skin problems such as wrinkles, acne, capillaries, shingles, eczema, herpes, skin infections, and radiation burns.

This oil offers psychic protection, helps to resolve old traumas, gives a new start, and unconditional love.

The spirit of the rose sums up the sweetness of the female spirit. This essential oil is well known as "liquid" unconditional love.

Rose otto is the personified perfection, the wisdom that reminds you that there is much more in the universe and that it is normal for humans to make mistakes.

Frankincense - *Boswellia carterii*

This essential oil will help you to support your respiratory system and give relief from

symptoms of asthma, laryngitis, excess mucus, and deeper breathing.

I prescribe it to balance the nervous system in case of anxiety, nervous tension, depression, stress, nightmares, and Alzheimer's.

You'll find it helpful if you suffer from indecision, fear of the future, easy tears, and obsessions with the past, which stunts growth, spiritual depression, emotional exhaustion, and apathy.

This essential oil facilitates the transition to new stages of life (birth, marriage, moving, employment, divorce, and death).

For Gabriel Mojay, it contains the power to connect to our spiritual consciousness. This essential oil acts on the lower chakras and helps to balance the highest.

Frankincense has always had a special connection with humanity as it is finely connected to our most subtle energies and paves the way toward our higher self, our soul.

Ylang ylang - *cananga odorata*

This essential oil will help you rebalance various nervous problems such as:

Depression, insomnia, nervous tension, stress, and pain.

It is very indicated to relieve cardiovascular problems such as:

Palpitations, high blood pressure, nervous tension, palpitations, hypertension, and tachycardia.

You'll also need this essential oil in case of frigidity, fear, rage, lack of self-esteem, frustration, irritability, and addiction.

I recommend Ylang Ylang for women who do not allow themselves to live fully, who hide their femininity, and ignore their desires.

Juniper - juniperus communis

I prescribe this essential oil to support the urogenital and eliminatory system and act in case of cystitis, cellulite, excess food and alcohol, accumulation of uric acid, edema, inflammation, rheumatism, or gout.

However, **you should use it to clear negative energies** from a place or other people, to warm cold emotions, to provide psychic protection, to facilitate change, and to bring positive energy.

For G. Mojay, juniper has to be used to overcome psychological stagnation and to strengthen the will.

Angelica root - angelica archangelica

This oil is one of the best to calm the nervous system in case of fatigue, nervous exhaustion, anxiety, migraine, insomnia, and stress.

It is also indicated to help digestive problems (often of nervous origin): anorexia (stimulates appetite), flatulence, indigestion, nausea, swelling, and colopathy.

You will want to use it to detoxify the body after a contagious disease and in case of alcoholism (disgust with alcohol) and to stimulate the lymphatic system.

Emotionally, this oil relieves heartache and gives a feeling of inner balance.

It allows us to open up to our powers, mostly energetic, but also, via the proper mindset. Indeed, it helps us to become aware of our relationship with the angelic kingdom and to have the strength to stick to our own beliefs.

True lavender - *lavandula angustifolia*

This oil is one of the easiest to find where essential oils are sold, and at the same time, it is an oil of which we cannot always be sure of the quality. Indeed, the number of products claiming to contain lavender essential oil exceeds from far what is produced worldwide.

This is an important issue, knowing that this is perhaps what beginners will use to make their first experience of aromatherapy.

If these newbies are lucky enough to stumble upon a good quality lavender early on, they will have a chance to take advantage of its many therapeutic properties.

Indeed, this essential oil can be labeled « skin oil » because it is **gentle enough to be applied on the skin as is, without any base.**

It is indicated to repair the skin in case of blows, eczema, psoriasis, acne, pruritus, burns, scars, wounds, and abscesses.

But it will also help in case of anger, stress, panic, impatience, addictions, spiritual imbalance.

Lavender stabilizes on the physical, astral and etheric plane. This is protection and love coming from Earth. It is energetically very active in the nearest auric field of the body. It harmonizes the heart chakra and also maintains the harmony, from one chakra to the other.

Bergamot - citrus bergamia

It is one of the most interesting essential oil **to correct immune deficiencies**, and prevent viral infections, flu, colds, cancer, cold sores, chickenpox, malaria, yellow fever, fungal infections, urogenital infections, vaginitis, and cystitis.

However, people use it mainly for emotional support to refresh ideas in case of stress, depression, and anxiety.

What is to remember about this oil is that it acts both physiologically, and emotionally on

immunity. It brings joy and eternal youth to those who will find how to put their problems aside.

Bergamot illuminates the heart, and disperses self-criticism and blame. Very useful when the heart chakra is affected by grief.

Black pepper - piper nigrum

This is such an interesting essential oil. **It supports digestive functions in case of** fish and mushroom poisoning, colic, constipation, diarrhea, heartburn, nausea, and vomiting. So yes, it is a detoxifying essential oil even to **help with addictions** (cigarettes, drugs).

It also **works well on pain** such as toothache, muscle pain, neuralgia, or arthritis.

It is a good mucus-drying oil that will help to reduce catarrh, chronic bronchitis, laryngitis, or angina.

Emotionally, it facilitates life changes.

Inhaling this essential oil will help you to get out of blocked situations. It strengthens the willpower to persevere, and overcome obstacles.

Lemon - citrus limonum

This essential oil is often used for its smell. However, lemon is an easy to find smart oil, **able to relieve respiratory infections** such as bronchitis, sinusitis, asthma (with frankincense), angina, and flu. It thins the blood, which makes it great to improve cardiac and circulatory imbalances such as blood circulation, capillaries, and varicose veins, to prevents thrombosis, arteriosclerosis, hemorrhoids and phlebitis.

What is not as much known about **it is that it is a highly vibrating essential oil**: Gabriel Mojay compares it to rose essential oil. To him, it encourages confidence and safety, and it opens the heart by dissolving the fear of getting involved.

Geranium - pelargonium graveolens

I always tell my students that every woman should have and use some geranium, simply because **it relieves very feminine issues** such as fibroids, dysmenorrhea, fluid retention, cystitis, breast engorgement, irregular periods,

premenstrual pain, hemorrhoids, and helps during pregnancy to avoid over-medicalization.

It is also one of the best skin oil as it can be applied directly on the skin in case of cold sores, acne, bruises, dry or oily skin, congested skin, dermatitis, fungal infection, eczema, lice, mosquito bites, cellulitis, wounds, scarring following plastic surgery.

So, this is an essential oil to add to your face cream for all these reasons, and because it is THE essential oil of those who have no more time in life. It is for the woman who no longer has the ability to connect with others, develop good relationships with her entourage. It is a very feminine oil that nourishes and sustains us.

Carrot seed- *daucus carota*

This is undoubtedly **one of the most precious essential oil to regenerate the hepatic sphere.**

When you purchase this oil, choose it from France, Holland, or Hungary, extracted by distillation of the seeds.

Carrot seed is indicated to harmonize hepatitis, liver congestion, liver toxicity, gallbladder engorgement, and constipation.

However, **it is also a skin oil** that I add every day in my face moisturizing oil. Indeed, besides the fact that it is useful to fight rosacea, acne, dermatitis, eczema, psoriasis, inflammation, and abscesses, it is excellent to reduce the appearance of wrinkles and any scar traces. After a second-degree burn on the face, it is always a good thing.

On the subtle side, I find this essential oil helpful to let go of anything toxic or old. It promotes emotional flexibility, detachment, curiosity and opens to creativity. Everybody would benefit from using it every day!

Black spruce - picea mariana

This essential oil is a secret weapon from many angles.

First, **it boosts immunity** when suffering from:

Tonsillitis, viral hepatitis, dental infection, bacterial colitis, viral enterocolitis, amoebic dysentery, cystitis, salpingitis, urethritis, shingles, multiple sclerosis, purulent acne, scabies, and malaria.

It is also **indicated to regulate your hormonal production** if you suffer from physical and intellectual asthenia, difficult childbirth, or thyroid imbalance, which

means that you should rely on it to protect yourself from depression, burn-out, apathy, or fear.

On the subtle side, it facilitates communication with our intimate feelings. It brings objectivity and clarity to our intuition and teaches us compassion, towards ourselves and others, despite our fear and mistakes.

It balances our energies and gives us endurance, physically and emotionally, for the future.

German chamomile - *matricaria chamomilla*

Another secret weapon, this essential oil saved a lot of my students (and my family). **It is my favorite chamomile.**

It is indicated to soothe and repair the skin in the case of severe acne, rosacea, cuts, dermatitis, eczema, inflammation, teething, diabetes ulcers, skin infections, pruritus, and candidiasis.

It is also a perfect "anti-pain" essential oil, particularly in the case of arthritis, inflamed joints, neuralgia, sprains, rheumatism, and osteoarthritis.

On the subtle side, it brings back buried and forgotten heavy emotions, the kind of emotions that your subconscious mind keeps away from your awareness and any chance of healing. If you find yourself weeping for no reason, it is a sign these buried emotions are coming to the surface so they can be acknowledged and discarded.

Nutmeg - *myristica fragrans*

This is not the most popular of all essential oils. But in a context such as what I am looking to make you experiment with this book, nutmeg is perfect.

It is an aphrodisiac, strongly psycho-stimulating, and antidepressant. Besides the fact that it is **indicated to relieve digestive imbalances** such as lack of appetite, bad breath, intestinal infection, auto-intoxication, fermentations, parasites, and diarrhea, this oil encourages calm, peace, and comfort. It will help you in many ways to feel better.

For Robi Zeck, this oil will boost your physical energy when it is diminished by illness. It will rekindle the flame of your life.

The flame of life is what I find missing in my very sick clients and students. Keeping this flame is perhaps the

most important thing to do when you want to stay away from cancer.

Grapefruit - citrus paradisi

Our last very-important oil, grapefruit, is another must-have in a woman's life.

I prescribe this essential oil to support the elimination of toxins in case of cellulite, water retention, obesity, urinary retention, and to prevent kidney stones.

Its secret is that it stimulates the gallbladder, tones the liver, aids digestion, balances anorexia and bulimia, and regulates weight gain.

And, (cherry on the cake) it will also help in case of depression, nervous exhaustion, apathy, jealousy, envy, resentment, confusion, alcohol and drug addiction, and jet lag.

Robi Zeck recommends it as soon as you feel drained and depressed.

She states that it gives you back optimism and helps to dissolve emotional blockages associated with frustration and guilt.

This selection of essential oils has been designed to familiarize you with their daily uses so you get used to using them instead of relying on drugs.

But above all, these essential oils have a critical mission: making sure that joy and appetite for life are the main ingredients of your days and that fear, anxiety, and toxicity are not.

I'll explain later how to make this happen. But for now, the clinical use of these essential oils is secondary here. We are going to focus on how they impact the most important part of your body: the invisible.

So, here is what you should take away from this selection:

- Rose is unconditional love in a bottle;
- Frankincense is one of the best anti-anxiety oils
- Ylang ylang is the oil that reminds you that you have one life to live fully and can do it.
- Juniper is one of the best protective oils against the toxicity of others, those around you, on the street, at work, or even at home.

- Angelica root allows you to develop your relationship with the angels who protect you and strive to communicate with you.
- Lavender harmonizes the energy of your heart chakra.
- Bergamot illuminates the heart and brings joy.
- Pepper helps you overcome obstacles.
- Lemon opens the heart and dissolves fear.
- Geranium empowers you to connect with others.
- Carrot seed frees you from what is toxic.
- Black Spruce gives you physical and emotional stamina.
- German Chamomile releases you from your heavy emotions.
- Nutmeg rekindles the flame of your life.
- Grapefruit gives you optimism.

I would like to remind you that the most you harmonize the invisible, the less there is something to show on the visible.

Chapter 2

My method: Aroma-Soul-Therapy

The most difficult part of structuring your approach into the shape of a method or an easy to transmit form of therapy, is finding a suitable name. The name should say it all, right?

Even though my approach was employing essential oils to reach our subtle bodies to cure specific aspects of our physical body, finding a name was not so straight forward.

Fortunately, I had the chance to slip a few words to my favorite master, Gabriel Mojay, who has this easy creativity when it comes to synthesizing a concept. He then told me (and I quote): « Let me think for a minute. AromaSoulTherapy. Blending inner balance and bliss with aroma healing intuitive Cécile Ellert ». It took him 10 seconds to get it right.

So here it is. And I think it fits so well to what I wish to transmit.

A brief history of Aroma-soul therapy

I developed this method over many years of practice. When you are a therapist, you always look for a way to be as fair as possible with the diagnosis, the therapeutic follow-up, and the emotional and physical care of your clients. Everything often depends on what the client wants to let escape from their subconscious, and what they want to express.

When we only have classic means derived from our knowledge and from what we see and hear, the effectiveness of our therapeutic action truly depends on many factors external factors. The quicker we grasp them, the faster we find the solution.

Over the years, I continued to train myself and integrate what I had learned at the start of new energy techniques. The one that impressed me the most was Kam Yuen's method. Little by little, I incorporated facets of it into my use of essential oils, which were already very steeped in Taoist principles. It was a fantastic opportunity to optimize my energetic investigation and almost certainly "put the finger" on the primary origin(s) of my clients' imbalances.

When my students asked me to teach them what I practiced "in real life" it took me a while to decide. I

immediately thought of sending them to learn what I had learned years ago! But what they wanted was the end product. My own aromatic approach.

This method has evolved since I started teaching it. It took time and adventurous students to put it together.

Over time it became more and more painful to see my other students learning holistic and clinical aromatherapy, and scratching their heads when identifying the proper essential oils and therapeutic actions. With my approach, it would take a few seconds and it would be even more accurate!

Eventually, I told myself that if more people could learn to use just a small part of it, the consumption of drugs could only go down. Lay people had the right to discover they have the means to take care of themselves and get rid of their passive victim identity when facing a disease!

Hypothyroidism and chronic fatigue

Who doesn't know someone with these? Most of the women who come to me in hope of a drug free solution have been diagnosed with either hypothyroidism or chronic fatigue.

Indeed, it should be known that most people with Hashimoto's disease, hypothyroidism, chronic fatigue syndrome and autoimmunity, have in common a certain degree of adrenal dysfunction.

This explains why all the treatments that addressed hypothyroidism, chronic fatigue or autoimmunity, have no chance of working well in the long term. In fact, many people are unaware that they are experiencing a form of chronic stress and that the solution to many of their imbalances depends on optimizing their adrenal function.

A good example is hypothyroidism. To situate the problem, remember that it is on the proper functioning of the thyroid that our level of energy, our mental clarity and the growth of our body depend. The thyroid needs iodine to produce the following hormones: thyroxine (T4) and triiodothyrodine (T3).

When you experience a lot of stress in your life, whether conscious of it or not, it monopolizes your adrenals to produce cortisol. However, too high a level of cortisol suppresses the conversions of T4 and T3. You can also develop thyroid resistance which prevents your T3 from entering and activating its receptors causing symptoms of hypothyroidism. So you can have this type of thyroid disease and thyroid symptoms without actually

having developed thyroid disease but simply because your adrenal glands are affected.

How do you know if it applies to you?

The symptoms are always the same. You feel overwhelmed, irritable, we are not connected to the circadian rhythms that tell you when You will be hungry and able to digest well, or when you will sleep well and rest. In fact, you're all the time tired and you wake up a little groggy, wondering where you are or what you're doing, telling yourself that you'd rather stay in bed all day. You experience brain fog and sluggishness during the day. You may also be irritable right out of bed and feel like everyone around you is moving too slowly and it really gets on your nerves. Usually you wake up in the middle of the night and have a hard time getting back to sleep. However, you sleep 10 to 12 hours a night, but your sleep is not regenerating.

If you are not able to test your daily cortisol levels, you can live with this imbalance for a very long time without understanding what is happening to you.

And yet, I find root causes in almost all of my students and patients that keep their bodies stuck in a state of stress. It is this stress that will drain their adrenals and progress to an autoimmune disease or chronic fatigue syndrome.

Of course, we can talk about something very complex and scientific to explain this resistance and its impact on the thyroid. But for me, nothing replaces a lifestyle review, finding confirmation that there is an unconscious and permanent stress which requires the body to expend prodigious energy to remain unconscious.

Often this is caused by something traumatic that usually happened during the first 7 years of life, sometimes since conception. So yes, if, as it is often the case when you cannot be relieved, you are sent to a psychiatrist who tells you "it's all in your head ma'am, you have to calm down", somewhere, they are not wrong.

Except that an anti-depressant or any other tranquilizer will never solve your problem, because it will not allow you to uproot the root cause that maintains this chronic stress. Calming yourself down with sport, yoga or meditation can only do you good...but if you combine it with the essential oils that you need most energetically, there is a chance you can lower your cortisol and above all, raise the two pleasure hormones that will help you heal your old wounds: dopamine and serotonin.

Access to pleasure is too often ignored as an anti-stress therapy. I see access to pleasure a bit like a mixture of tailor-made trace elements intended to take the place of heavy metals within the cells. You have to

remove what intoxicates, but at the same time quickly fill this void with something extremely positive, a high vibrational frequency, capable of re-educating an imbalanced emotional behavior. Less stress means less fear and anxiety, but also better hormonal, metabolic, emotional, and immune balance. If we add more joy, more pleasure and more self-love, we get the perfect solution against physical degeneration.

This is what is available to you right now. Anybody can do it providing they are energetically ready.

So, here is what you have to do to be ready.

Getting ready

Just as the body functions better when it is freed from its toxins, our consciousness more easily touches the messages of our soul by being freed from the poisons of the body. Then, we can rely on our intuition.

You may need to align your chakras in advance, to facilitate the connection. I've given you the link to a good chakra meditation in the Sources section of this book.

Now, take your pendulum and ask your entelechy by its little name if you have one (mine is Mike, so I'll use

it to give my examples): « Mike, thank you to make this pendulum turn if my chakras are aligned. »

Remember all the rules I've taught you in the video!

Now, ask again your entelechy again: « Mike, thank you for making this pendulum turn/swirl if you are here, with me, to guide me in this process. »

The goal is to give you the habit of testing everything, and anything, with your pendulum. It has to become familiar language.

It requires practice to do this. (You have a practice groupe available to you via the classes page).

Now you need to create your cards

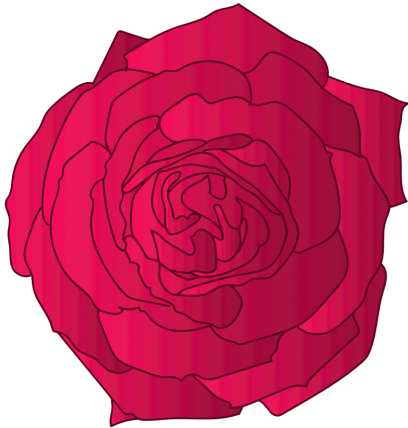
They are only 15, so it shouldn't take very long, but it is important that you do it alone and that absolutely no body else touches your cards once they are ready to be connected.

Take regular blank white poker size cards. You'll find them in any craft store or online. Get about a hundred of white cards so you may create several decks

(one for your kitchen, one for your handbag, one for your bedroom, one for your bathroom..)

Use colors, markers, whatever you like to write the name of the essential oil and as much information you like about it.

Simply leave a space to color code your cards later.



Chapter 3

Let's use your cards

First, make sure you are energetically ready. Use your pendulum to check it with your quantum partner. Say « Thank you for spinning the pendulum if I'm aligned and neutral ».

My advice is to get ready every morning (it is a ritual that will help you have a great day) and **ask your quantum partner to help you align yourself while you visualize a zipper coming from your coccyx and gliding up your spine to the top of your head. You may even feel the energy tightening your back and making you inhale when the zipper reaches your neck.**

Use your pendulum to check your alignment. Ask your quantum partner to make the pendulum spin if you are aligned. If not, do the chakra meditation.

Then, shuffle your deck of cards asking to give you the essential oil you need the most today for your chosen reason. This could be

- Your health,

- Your happiness
- Your self love
- Your bliss level
- Your creativity
- Your resistance to stress
- Your detoxification
- To help with inflammation

Here is the page where I show you how I do it
<https://cellert.systeme.io/breathe-love-heal-classes>



Classes

At the beginning, when you do not feel very confident, pick three cards and check with your pendulum which one is the right one.

Once you have your card, go back to its description and look for its meaning.

This approach will seem a little weird if you're already used to using essential oils. And yet, using it, you will realize how much it reveals your real needs and allows you to make "tailor-made" health management decisions without any effort.

You can have fun with this little experiment. Suppose I ask you to tell me what is the best essential oil for you to experience joy. You are going to answer, for example, bergamot.

Now, ask your quantum partner this question as you shuffle your cards: « Please give me the card I need most today to experience joy all day long ».

Of course, the card could be bergamot, but it could also be ylang ylang! Imagine it! How can you feel joy if your life is dominated by fear, rage, lack of self-esteem, frustration, and irritability? Indeed, you might need to work on these issues to welcome more joy in your life, and bergamot does not address them. The simple fact of smelling the right essential oil is enough to act

where you need it the most (see the chapter on olfactotherapy).

What I want to make you understand is this: when you let your energetic connection do the work of your brain, you get in touch with your truth. You stay away from the misconceptions your subconscious mind stains your needs with.

Understanding these essential oils by theme

Once again, I'm not asking you to digest and remember all this information.

However, you might feel a little puzzled by the essential oils you'll draw from your deck.

Understanding the meaning of a drawing can be very useful to adapt your behavior and chose the proper way to administer your essential oils.

All you want is to **lower stress, lower inflammation, lower toxicity and increase your openness to joy, self love and bliss.**

These four cornerstones of action promote the increase of your vibrations.

The more you vibrate, the more you heal, the more you regenerate, the longer your telomeres grow, the longer and healthier you live. You then benefit from a deep inner transformation that helps you better orient your life, make the right choices, consider your existence from a better angle.

Your essential oils in four corner stones

- **Lower stress:** Frankincense, lavender, ylang ylang, bergamot, angelica, geranium
- **Lower inflammation:** German chamomile, lavender, rose, geranium, frankincense
- **Lower toxicity:** Nutmeg, black pepper, juniper berry, carrot seed, grapefruit, lemon
- **Joy, love, bliss:** Lemon, ylang ylang, angelica, rose, frankincense, geranium

Do the right thing

- **To lower inflammation and inflammatory pain:**

On the skin, blend a total of five drops of essential oil in one teaspoon of base, such as arnica infused or hypericum perforatum infused oil. Gently massage the painful area as often as once per hour.

- **To lower toxicity:**

In any case of toxicity you'll need frequent at home water enemas and periodic hydrotherapy in a professional environment.

Check with the pendulum what your needs are: essential oils, base, frequency, duration.

Follow the blending rule of maximum 5 drops of essential oil in a teaspoon of base to massage your skin. Not on the face, not on mucosa, not internally.

- **To lower stress:**

Inhale a drop of essential oil in your cupped hands, and exhale from the mouth slowly. Visualize your exhale as a dark smoke containing your toxic thoughts and unwanted feelings. Repeat at least three times.

- **To re-educate yourself to bring forth joy, unconditional love, and bliss:**

Here, the goal is to lower your cortisol level and raise your serotonin level. When you inhale your essential oil,

visualize its trajectory from your head to your chest, your belly, your legs, your feet, and deep in the earth. In your chest, visualize the essential oil as a brilliant golden light that touches your heart, making it smile and produce a rain of tiny red little hearts to thank you. Let a smile appear on your lips and feel happy.

Your olfactotherapy protocole

By now, you should have identified the essential oil you are about to use. Place a drop or two of the essential oil into your hand.

Join both hands (do not rub!) open them in front of your face, close your eyes, and inhale deeply through your nose, visualizing the smell of the oil transforming into golden energy flowing through you from head to toe. Feel it pulsing within you and radiating all around you.

Visualize your heart smiling with joy and thanking you.

Feel that gratitude and enjoy the fulfillment it brings for as long as you want.

It's a time that allows you to re-articulate your sensory equipment! Open yourself to what you feel, let a smile come to your lips, surrender to well-being,

recognize and seek out the joy that is just waiting to manifest itself.

Practice this protocol at least morning and night, with the essential oils suggested by your cards and confirmed with your pendulum.

What about measuring your progress?

It is always useful to measure your progress in particular because as soon as one is better it is less noticeable than when one is not doing well. We are in the subtle world and what is happening within you will only be noticed with a little awareness.

However, it is fun to mix genres! Let's use subtlety to measure your hormone production.

Start by checking your serotonin level with your pendulum; ask your quantum partner to spin the pendulum if your serotonin level is between 0 and 5 on a scale of 0 to 10. If the pendulum is not turning, your serotonin level is higher, which is great! From there, you can go further and ask for more details if you want to know exactly where your serotonin level is.

If it was low, it should become higher after the protocol;

In the same way, you can assess your cortisol levels. If it was high before the protocol, it should have gone down quite a bit after.

Ask yourself what happened? How do you feel? What should you do? Keep a record of this to see your progress overtime.

Take track of your stress and happiness level in a journal.

First, evaluate your levels of happiness and stress and write down the values, each day.

Write down the question/wish and the name of the essential oil you have picked in your journal.

Practice olfactotherapy with this oil several time a day and if you can, check again your cortisol and serotonin levels.

After a week, answer these questions:

**On a scale of 0 to 10, where is my happiness?
Where is my stress level?**

How do I react to my environment?

Do I handle my life differently?

Do I have physical signs of stress?

On a scale of 0 to 10, how is my anxiety level?

How is my digestive system?

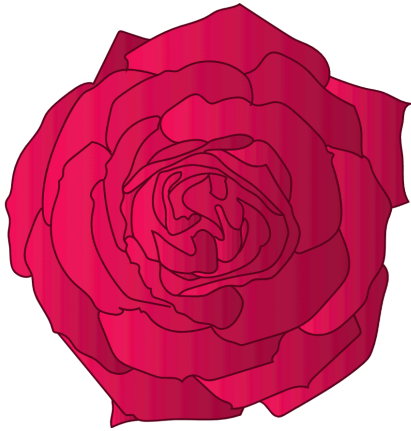
How is my appetite?

How is my sleep?

How long do I sleep?

**On a scale of 0 to 10, how is your pain/
inflammation level?**

How do you handle your work? Your kids? Your
days?



Chapter 4

The right moves when you are a professional

When my students enroll in the professional version of my quantum aromatherapy course, I tell them that what I expect of them is to make it their own. I expect of them to use their own experiences and transformation to speak to them when they translate my teachings into their own needs and vision.

Even though here I only offer you an introduction to this course, you already have enough material to experiment with the concept: **identifying an essential oil (or several) to breathe so stress glides on you, you feel more love, produce less cortisol and more serotonin, and optimally, rebalance many mechanisms in your body and mind, after harmonizing your soul.**

This is very easy to use on any client.

Here are my suggestions.

1. Before your appointment, use your client's name to ask which essential oil they need the most.

2. You may stay vague or ask more specific essential oils they need the most to harmonize their heart and kidney Qi.

3. You may also ask your quantum partner to give you the essential oils that will combine the most with your own approach to help your client harmonize a certain condition.

4. You may also ask your quantum partner to give you the essential oils that will show you the root of your client's issue.

I like this last type of inquiry as it is quite revealing.

Here is an example to perform on yourself. Let us say I ask you to choose the essential oil you need the most today to feel happy, you might go for a typical happy oil such as bergamot.

I'm not suggesting that bergamot would not lift your spirit, as it is part of its attributions. But, it reveals your actual needs. Now, if I ask Mike to give me the card you need the most to feel happy, and I pull chamomile and grapefruit. Both chamomile and grapefruit are liver oils. Pulling them means that to feel happy truly, you first need to let go of deep seated anger or resentment. These

feelings keep you from opening yourself to true happiness. Using bergamot alone would work on your stress level and lift your spirit, but would not go as deep as chamomile and grapefruit would.

As a practitioner, this energetic hint makes your answer even more personalized and straight to the point. It may even give you the correct orientation for your whole treatment.

Using the heart and kidney poles

Remember, this whole approach is articulated around lowering stress and increasing happiness. More love and less fear.

- **Less stress means**

Less cortisol

Less glycemc highs

Less hunger

Less arthritis

Less hypertension

Less chronic fatigue

Less migraines

Less weight gain

Less immunity disorders

◦ **More serotonin means**

More happiness and less depression

Better heart and cardiovascular function

Better intestinal function

Better bone growth and maintenance

Better organ growth and regeneration

Better control of food cravings

◦ **More dopamine means**

More human growth hormone, crucial for muscle mass, regeneration and strength.

To summarize, less cortisol and less stress is a fundamental way to protect your kidney energy. This energy establishes the foundations of your client's health. Their hormone production, their sexual activity, and their stress response.

Characteristic symptoms of kidney imbalance include:

- Skin problems, facial edema, limp and dry hair
- Dark circles under the eyes
- Lack of energy
- Sweaty hands and feet
- Fear of the dark
- Pain in the lower back, legs, burning feet, an attraction to salt
- Anxiety, depression, hypersensitivity
- A feeling of insecurity, fear, apprehension
- A tendency to stand aside, to lack willpower
- A fear of failure, superstition, narcissism
- A tendency to complain, to feel overworked.

The kidney energy is associated with the bladder energy, which, when out of balance, can cause the darkest emotional toxicity.

Characteristic symptoms of bladder imbalance include:

- Bladder infections, cystitis, urinary retention, enuresis
- Prostate problems
- Muscular tension in the back, gluteal muscles, back of the thighs
- Sciatica
- You are often on the verge of tears, hypersensitive
- Exhausted, impatient, frustrated, overly cautious
- You explode into tantrums
- You suffer from toxic emotions, deep depression,
- Lack judgment to act wisely.

When kidney energy is unbalanced, it also affects heart energy (and vice versa).

The heart energy boils down to balancing the center of emotional being, emotional and physical tension, circulation, speech, and complexion.

Characteristic symptoms of heart imbalance include:

- Palpitations, pain in the shoulders and chest,

- Bleeding gums,
- Poor circulation
- Poor memory,
- Insomnia,
- Heat intolerance,
- Heart attack
- Lack of joy, loneliness, depression, anxiety
- Lack of vision, foggy thoughts
- Low self-esteem, shyness, feeling of inferiority
- Insecurity, lack of confidence, difficulty letting go

These are the fundamentals of AromaSoulTherapy.

Whatever your activity, your clients deserve to feel happier and less scared of life. But most importantly, the essential oils cards give you the means to put your fingers directly on what needs to be addressed. From there, whatever your signature technique or approach, you hold the key to the right direction.

Chapter 5

Be coherent, have your environment's detox in mind

When the environment is concerned, you face two sides of it: the people you deal with at work or in your family life, and the nature around you and concerning the planet.

When your perception of yourself, of your activity, of your life changes, your perception of those you meet every day also changes. The less toxic you are, the less toxic your thoughts are, and the more this is reflected in your immediate environment such as the way you organize your home, your office, and your business in general, including also the way you feed yourself, and let in the negativity in your life.

The more harmony you create around you, the more you attract and the more others aspire to spend time with you, and get to know you better. You give off a form of peace that allows you to attract around you those who are going to be sensitive to it. You create a positive example and eventually inspire others to follow that example. This

example is the key to less toxicity in people and by extension, in nature.

So, if you feel concerned about the planet and its health, if you recycle your waste and do your best to reduce your consumption of plastic materials (as an example), here you have the means to be truly consistent: adopting an effective way to protect yourself and our planet from one of the biggest sources of physical and environmental toxicity: over-medicalization.

This requires re-educating our habits, our daily gestures, learning to trust ourselves, and giving us the opportunity to discover that it is possible, for the best.

I recently broached the subject with a friend who teaches people to eliminate the blockages that prevent them from having the professional success they deserve.

I explained to him that it was one thing to recognize our blockages, but another to eliminate them and prevent them from reoccurring. And I then explained to him that if these people knew how to act positively on their kidney energy, how to free themselves from their fear of starting out, their fear of doing wrong, their lack of self-confidence, they would increase their chances of success by more than 50 %.

Less fear, more joy, more confidence, more faith, also means higher vibrations, better immunity and less chance of getting sick. You have the manual. Breathe in your essential oils. Love yourself. And heal yourself, others, and the planet.

To conclude

My students like to use an online platform to discuss their progress after two or three hours spent in class with me. What does happen in their life the next day? Here is what my current class spoke about after three months of studying with me:

Colette: Lots of energy and a deep balance despite the current challenges and finally, a good restful sleep!

Christianne: What I appreciate more and more after the zoom, this dynamic of energy and calm and serenity too. Everything calms down, doubts fears worries, sorrows and sadness... a parenthesis of Instant Present for 24 to 48 hours...Hummm what well-being...yes it exists...it engrams itself in the body...we then know that we will be able to reproduce it one day...Being there, just posed,...without nothing else to undermine us....Thank you Cécile, thank you HE and thank you guides....good weekend....even in the storm....outside this time and not inside....

Françoise: *Congratulations to all of us!*

Woke up at 4 a.m. with such energy that I could have started spring cleaning the whole house! but the rest of the family probably wouldn't have liked it 😂

All day I felt light when I had been in this heaviness of mourning for a few days. Serenity and an acceptance of what is despite the sadness.

Armelle: *In bed at 10:30 p.m....and difficult to fall asleep around 3:00 a.m.: which is extremely rare for me...I did better than Christianne last night, I think 😊😴 And in great shape this morning! 🙏*

Isabel: *I slept very well last night. Getting up early this morning, I do my rounds with a light heart. I feel like I'm on cloud nine.*

Here are a few testimonials from other students after a full year of class.

“Before, I was ultra-sensitive. Now I am ultra-ultra-sensitive... but I manage to determine the emotions and sensations that are truly mine, emotions and sensations that I perceive from others. And this is completely new to me!

Before, I suffered things. Now I have regained control. I tell myself that I can change things for myself. I am learning to put myself back at the center of my life, to think about my happiness

and my balance above all. Not so easy to do, but much easier when you have the tools to do it!!!"

"How lucky to have been able to become aware of the influence of the environment, the influence of feelings on my cells and therefore on my health. I can protect myself from toxic people or situations. I can explain to the people around me the importance of this environment. Another great happiness is meeting my guardian angel Rochel. On several occasions, I felt like I was being guided. Today, it is no longer an impression, it is a certainty."

"What differentiates me today from yesterday?"

I'm not scared anymore. The fear left me during this subtle year, and I find that very comforting.

I make decisions and I am in action. I feel anchored in the earth and my head in the stars... I finally allowed myself to dream! I am transformed..."

"No words can express the extent of my thanks for this program! I'm like a crazy puppy in this fabulous unknown universe, yet I feel at home in it. I am surprisingly comfortable in this world, even if I am frustrated, knowing nothing about it and not understanding everything. I always needed to understand, but now I repeat to myself every day: "Think, don't think, feel ». Only my scientific and Cartesian mind, somewhat rigid, comes to disturb me from time to time, on the reality of this world, but the beliefs that I had, ultimately, did not belong to me. I don't know who I was, but I know who I will be."

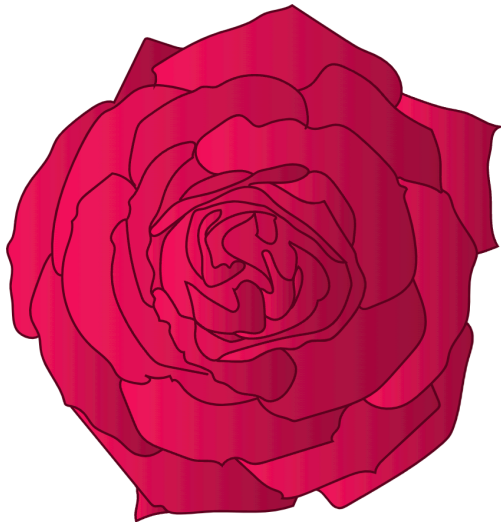
What about you?

Is your happiness an important subject for you?

Would you like to produce alpha waves at will, anytime, everyday, and attract positive things in your life? Would you like to increase your telomeres length at will and really easily improve your health and longevity?

I hope you are not scared of pleasure and ease. Are you able to shamelessly welcome them in your life and still build a better world for yourself and the others?

If you are, let's do it together. Let me help you.



Next step

Now that you've gotten your toes wet in a snippet of AromaSoulTherapy, why not dive into the magic of the full-length version? Yes, there is full length version.

The full length version is a six to twelve month program designed to train the new generation of distance healers, professional or not.

A quantum healing approach that makes it possible to multiply the properties of essential oils tenfold, to exploit them to influence the various human energy bodies and act where the problems originate: in past lives, subconscious blockages, cellular memories, traumas, and other sources of unconscious stress that maintain our psycho-neuro-endocrine-immunological vulnerabilities.

An approach that will allow you to develop powers you don't know you have within you, just waiting to be expressed

An approach that will allow you to manifest what you need to manifest in this lifetime

An approach that will allow you to free yourself from your old limiting beliefs and perceptions inherited from your education and resulting from your logic, where you let your brain direct you.

An approach that allows you to act on anyone, at any distance, with or without the physical presence of essential oils to relieve pain, eliminate psychic attacks, act on the balance of organs, glands, hormonal production, nervous state or the level of inner joy!

An approach nourished by several years of experimentation, resulting from Taoist practices which privilege spontaneity and intuition.

An approach that combines spirituality, science, chemistry, and physiology as well as pleasure and the culture of joy, allowing you to reveal the meaningful life that has always been there for you.

An approach that eliminates the fear of illness, facilitating the appearance of unexpected synchronicities, creating a path of clarity to follow, and the means to use it to achieve your life goals.

If you read this book, I hope you understand why the planet needs this non-polluting health modality.

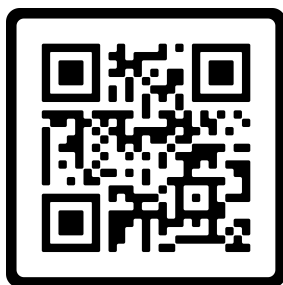
Today I've asked the following question to one of my students who followed a class where she only had access to the same introduction as you, simply with a few cards:

- How did you experience this introduction to quantum aromatherapy?

She replied that she had loved the ease and this new power, and that she quickly realized how much better results she had with the oils that she identified via the cards compared to the essential oils chosen from her usual selection criteria (her reason and knowledge).

Later, she enrolled in the full length version.

This “full-length” version is called Subtil.



Classes

<https://cellert.systeme.io/breathe-love-heal-classes>

Joining Subtil requires you to be pre-selected and ensure you have the emotional maturity and wisdom to make the most out of it. If you are still reading this book, chances are that you do have this maturity and enough wisdom, don't you think?

Index

1. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6616856/>
2. <https://www.fortunebusinessinsights.com/u-s-pharmacy-market-106306>
3. <https://www.medicalnewstoday.com/articles/262809>
4. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5641835/>
#:~:text=Increasing%20evidence%20has%20associated%20gut,are%20prevalent%20in%20society%20today.
5. <https://www.bbc.com/future/ bespoke/ follow-the-food/ why-modern-food-lost-its-nutrients/>
#:~:text=The%20nutritional%20values%20of%20some middle%20of%20the%2020th%20Century.
6. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4807408/>
7. <https://www.technologyreview.com/2008/09/09/33557/vibrating-cells-disclose-their-ailments/>
8. https://www.amazon.com/Quantum-Healing-Revised-Updated-Exploring/dp/1101884975/ref=sr_1_1?crid=2SZRELLT0DUNS&keywords=deepak+chopra+quantum+healing&qid=1678550314&sprefix=deepak+chopra+quantu%2Caps%2C79&sr=8-1&asin=1101884975&revisionId=&format=4&depth=1
9. https://www.amazon.com/Molecules-Emotion-Science-Mind-Body-Medicine/dp/0684846349/ref=sr_1_1?crid=3FT1Y11324DW9&keywords=molecules+of+em

[tion+by+candace+pert&qid=1678550645&sprefix=candace+pert%2Caps%2C77&sr=8-1](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3270432/)

10. <https://www.ucsf.edu/news/2018/05/410376/bodys-natural-opioids-affect-brain-cells-much-differently-morphine>
11. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3270432/>
12. <https://www.cdc.gov/drugresistance/about.html>
13. <https://www.amazon.com/Healing-New-Childhood-Epidemics-Groundbreaking/dp/0345494512>
14. https://www.atsdr.cdc.gov/csem/pediatric-environmental-health/why_children.html
15. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4427717/>.
- 16. Pharmacology: Total Health from the Ground Up. Daphne Miller**
- 17. "Your anti-candida aromatic program" Cécile Ellert**

20. <https://www.salvatorebattaglia.com.au/blog/74-about-aromatherapy-and-chakras-a-book-by-salvatore-battaglia>

-

21. <https://www.fnac.com/a10106373/Pascale-Faivre-Spleen-ou-Stress-Comprehension-du-stress-par-la-psycho-neuro-endocrino-immunologie>

22. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4807408/>

About the Author

Cécile Ellert



Cécile Ellert, is a Franco-American NAHA certified aromatherapist, she holds a Ph.D in quantum aromatherapy, teacher and practitioner of holistic and quantum aromatherapy, author of 7 books, creator of a quantum healing method called Aroma Soul Therapy which she teaches in her online school AromaPro Subtile and its English version Subtil . She is nurturing the new generation of remote therapists and other talented women willing to make this world better.

My thanks to....

One person forced me to investigate and find solutions to intervene wherever he is to “keep him alive” from a distance. He is the man of my life. Without him this book would not exist because the method would not exist either. Merci.

I also thank my mother who understood what I was writing in my doctoral thesis when no one else could.

Besides the fact that without him I couldn't have got my Ph.D, I thank William Martin for having been able to challenge my convictions and also have the patience to listen to my questions.

Finally, I thank all my AromaPro Subtle students without whom I would not have had the material, the feedback, the inspiration to refine my approach to the level where it is today.

Thank you so much to all of you.

Cecile