

## Using Essential Oil Hydrosols: Dr. Lance J. Morris

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In my research I have discovered that plants with aromatic properties use their scent essence as a primary way to relay information to humans. Humans believe that our mental capacity and function is superior to all other life forms on our planet. The evidence seems clear that our ability to orient relative to time and create and solve complex technological problems is greater than other organisms on Earth. Is this seeming superior ability actually an advantage or a disadvantage?

Has our capacity for complexity and technology changed or improved our ability to live in harmony with ourselves, our own species and other organisms? Although this is a complex question if we look at the human race as a planetary species throughout our history, we are unquestionably the most dangerous, malevolent and destructive organism our planet has ever seen.

This is not to minimize our potential either as individuals or as a collective species for love, compassion and service. I am only sharing an observation in regard to our history.

Is it possible that the inherent ability of animals and plants to be more present in the moment and live in greater harmony with themselves, their own species and all other organisms on the planet may represent a highly beneficial adaptive ability from which humans may learn valuable lessons for improved success and survival?

In my research I have identified a unique level of perception, awareness and consciousness in plants and animals that is neither time oriented nor linear. As humans we share this unique ability but have generally repressed it due to familial, linguistic, social and cultural indoctrination leading us to believe and accept that time driven, linear, complex mental activity is not only desirable but superior.

In my research I have discovered that there is a point of balance from which we as humans can integrate and harmonize our linear and non-linear minds and consciousness. Part of this consciousness is completely non-physical and neither controlled nor directed through the mind/brain.

Both plants and animals can help teach and guide us to this point of balance. The essential oils coming from aromatic plants hold a special capacity in this regard.

Human smell is transmitted through the nose to the olfactory bulb. The olfactory bulb is the tip of the limbic system. The limbic system in the center of the brain is the master control center for all neuro-endocrine functions and the virtual core of our emotional selves.

Plant essential oils are capable of helping us balance and optimize function of these brain parts. As such they can help us regulate and control all body systems. They also function as intermediaries between our linear and non-linear brain components as well as gateways to our non-linear, non-brain spirit essence.

In my RST; Resonant Sound Therapy work I actively engage and invite my brother and sister essential oils to participate with me as allies for the benefit of my patients. I then suggest to my patients to use the following set of essential oil hydrosols at home on a daily basis in the following way. It is important as we do this to understand that I am neither suggesting nor implying that this form is some type of definitive correct application or understanding of how to use these essential oils. It is however how these specific oils have communicated to me one of many ways they may be used or understood. As such what follows is merely a suggestion, of a way to use these oils. Open your heart and trust, you may find something different or unique for you.

Find a quiet place, if possible grounded to the Earth. The basis of Earth grounding involves physical contact between our bodies and the Earth and is explained in more detail in my book, 'The Edge and Beyond A Journey for Personal Self-Discovery, Awakening and Healing'. Now clear your mind, open your heart and invite the gift that the essential oil brings to you. Randomly take one of the essential oil hydrosols and spray into your face. Breathe deeply and identify the oil or oil mixture by its scent alone. If you don't recognize it look on the label to read what it is. Practice this until you are confident what the oil or oil mixture is by scent alone. Besides any unique gift the oil/oils may have for you learn and identify the properties of the oils written on the bottles, as well as the color and chakra correspondences. In your inner awareness see the color as a sphere

at the physical location on your body of the corresponding chakra and invite/identify the quality/property of the oil/oils.

Do this with all six bottles randomly. Do not look at the labels until you have tried to accurately identify the oil/oils and there location/color and properties. With daily practice you will be able to identify all six bottles consistently prior to looking on the labels. If you think you can't do this or your sense of smell is to weak, keep it up eventually your accuracy will improve.

The chakras are energy vortices that act as invisible master regulatory centers for the body and have correspondences to the body's endocrine system. They are embedded in the layers of the fascia from our skin all the way through to our bone marrow and beyond into inner dimensional space. Through RST; Resonant Sound Therapy and RMM; Resonant Movement Meditation combined with the essential oils we can unwind the fascia, unblocking Chi or life force/Spirit and heal ourselves through all the physical and non-physical levels of our existence.

<u>Oil</u>	<u>Property</u>	<u>Chakra</u>	<u>Color</u>
Ylang/Ylang:	To Awaken the Serpent Engage the Double Helix	Root	Red
Sage:	To Purify and Open the Door of Spirit	Sacrum	Orange
Sandalwood:	To Ground Us to Our Core/Mother the Earth	Solar-Plexus	Yellow
Lavender:	To Release the Heart To Be Unconditional	Heart	Green
Thyme:	To awaken the thymus Immune Modulation	Thymus	Green/Blue
Rosemary:	Thyroid/Metabolic Balance	Throat	Blue

Rose: To see with Inner Vision	Eyes	Blue/Indigo
Frangonia: To Hear with Inner Hearing	Ears/Tympanic Membrane	Indigo/Blue
Eucalyptus/: To Remind Us the Peppermint Door Opens Inwardly	Brow/Third Eye	Indigo
Frankincense/: To Maintain Connection Myrrh of Soul/Essence	Crown	Violet