

# AN INTRODUCTION TO ESSENTIAL OILS & HEALING STATES OF CONSCIOUSNESS

- Greg Hitter, Ph.D.



The use of essential oils in common healing practices—and in the sacred rituals of nearly all world religions to *anoint*, *initiate*, and *integrate*—dates back to the most distant reaches of antiquity. Essential oils such as *frankincense* and *sandalwood* are used in ancient traditions for *initiation*, *meditation*, *invocation*, *healing*, and *altering awareness*—while others like *juniper* and *cedarwood* have an ancient use in various cultures for *balancing*, *cleansing*, *creating a sacred space*, and even casting out demons. But how are essential oils able to cause these profound positive changes?

If we search the dictionary for the words ‘heal,’ ‘wealth,’ ‘well’ or ‘holy,’ we typically find that these words are interrelated—that they originated in the English language from a common root word *whole*, meaning ‘to be whole.’ ***This link between health, abundance, the sacred, and wholeness specifically speaks to a need to unite our fragmented awareness***, our conscious and unconscious being, into a unity or oneness radiating in the body/mind—thus speaking to a need to become *whole* on the deepest level of our individual being, our *consciousness*. It also speaks to the profound results of this Self-unity—those of ***health, abundance and holiness***—and points to an error in our present thought that fails to link them in a way that is consistent and meaningful, instead of divisive and fragmenting. This lost meaning reflects our *fragmentation*, collective and individual, not just in thought and feeling but in our very *conscious being* (“Self”).

Much of our new understanding of the nature of reality arising from the new sciences confirms the views of ancient wisdom in regard to the importance of our ‘spirit’ (as religion would call and understand it) or *unified self-aware being*, as a source and director of the energy from which the material world originates. If we read the metaphysical writings of the great quantum physicists of the Twentieth Century (Einstein, Bohr, Bohm, Heisenberg, etc.), who speculate on the nature of reality from their researches, we find confirmation of ancient notions that the material world comes from energy and is subject to the rules of the quantum-energetic world, which itself appears to manifest from and be directed by *consciousness*. This then provides both ancient and modern scientific support for Carl Jung’s ideas on ***synchronicity, and the profound energetic link between consciousness (“Self”) and the material world***. It also allows us to see how ***the energetic, vibrational qualities of oils are able to powerfully affect the body/mind when other approaches have failed***.

In noting the ability of essential oils to influence these deeper levels of *energy* and *consciousness*, and their subsequent ability to powerfully affect the more obvious but superficial levels of *body* and *mind*, we begin to demystify and better understand how oils can create great change in our energy, mind, body, and self-awareness. One method of healing states of consciousness through a process of integrating fragments of our conscious being or Self, called ***the Self-Questing Approach™***, ***uses essential oils as an aid to releasing and reuniting unconscious parts*** of self-aware being, and then further aids the body/mind to come in line with (integrate) this new wholeness, creating wellness.

Reading the literature on essential oils we note a mixed use of old scientific, psychological, religious, and even mystical terminology in naming and speaking of oil blends and their uses. Because ***oils obviously work on most aspects of ourselves*** (mind, body, spirit) that are described by these varied but limited approaches, many find it necessary to use the diverse and fragmented languages of these often conflicting methods to *try* to describe oils and their actions fully. But if we understand science, religion, etc. in terms of *consciousness and the Self*, thereby unifying those limited views of ourselves, then a *demystified* understanding and language develops—one that recognizes our true nature and the ability of essential oils to positively effect the body/mind toward health, high energy, and a joyous, sacred state—OneSelf.

***In summary***, the ability of essential oils ***to energetically facilitate and support an integration of ones fragmented awareness (conscious being)*** toward wholeness ***provides the basis for understanding the power of essential oils*** and their use in ancient healing and religious practices. This ***vibrational nature*** of essential oils accounts for their recent postmodern recognition as ***a powerful tool to integrate and whole states of consciousness***, and from that to positively effect the body/mind and life of an individual toward whole (well) being.

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