

The Power of Diffusion

By Candace Newman MAT,LMT

“Pleasant smells can be contributed to the well being of humans.” Aristotle

What did this mean in Aristotle’s times? “Pleasant smells” might refer to the pure unadulterated smells of nature. Therapeutic grade essential oils by definition are highly concentrated volatile aromatic liquids extracted from some part of a plant or tree. Replacing synthetic smells of our times with pure smells from nature is a soulful and heartfelt experience.

The phrase “contributed to the well being of humans” can imply “to share in an effecting result” the condition of happiness and prosperity for all people. This describes the major role of essential oils: comfort the physical state and soothe the mental-emotional state, to bring together the wholeness of our spirit.

Diffusion is “to spread, circulate, and permeate in all directions”. This includes aromatic molecules of aroma exploding into the air when exposed to heat, light and oxygen. Studies show dramatic effects for diffusing therapeutic grade essential oils into the air in hospitals, businesses, classrooms, hotel rooms, and homes. Results include: increased physical and emotional health of patients and their families, fewer sick days and errors at work, increased concentration spans, more balanced emotional states, and increased ability to rest and sleep. This is contributing to the “well being of humans”. Let’s start with ourselves and our place in the world. Then we can spread or “diffuse” it out to others. See “What Can I do?” and learn simple ways of diffusing essential oils into your life with “pleasant smells”. Wherever in the world you are, you can “contribute to the well being of humans”. May the power of diffusion be within you.

WHAT CAN I DO?

Gather the appropriate pure therapeutic grade essential oils, a room diffuser, handkerchief, cotton balls, and clay/glass/china jars. Lavender is the #1 soother for the central nervous system, and is called “The Balancer” in The Good Medicine Tin®.

1. **Room diffusers** are for the house, the office, classrooms, hospital rooms, hotel rooms and more. Choose a light, small one for travel that is low maintenance.
2. **Misting** is also a powerful form of diffusion and easy to use anywhere. Add 1-2 drops of pure essential oil to one ounce of pure water and build from there. Shake well before each use, because essential oils do not mix with water.

3. Clay, glass, china pots or jars are perfect with a 100% **cotton balls** in them. This is good for cars, desks, drawers, tables, and hotels. For continual comfort, add 2-3 drops of your favorite pure essential oils to a cotton ball and tuck it in your pocket (close to heart and lungs is a good spot for inhalation). Put one in your pillow for a good night's sleep. They are also nice to have in your luggage when you travel, or in a desk drawer for work. Give one to a friend in need of "well being".
4. Oils on a **handkerchief** are also a nice touch...rather a soulful thing. Choose one that you really like with a nice soft texture. Maybe you have a family one from you Dad or Grandmother. The more you add oils to it the better it gets. You can add different oils, wash when needed, and keep using.
5. When taking a **shower**, first put the water on hot and add a few drops of your favorite essential oil to the floor. Then turn the temperature down and step into the mist of diffusion. For relaxation and sleep, use Lavender. For immune boosting, try Eucalyptus.

The National Association of Holistic Aromatherapy Conference in 2004, diffused essential oils with room diffusers and misters in the **conference rooms**. The benefits of enjoying pleasant smells while staying healthy and alert were quite evident. All conventions should be so blessed. The whole experience of the convention continued to affirm my sense of the global influence of essential oils. This is about the "well being of humans."

Essential oils are part of the **past, present, and the future**. This can be healing physical wounds and illnesses, to soothing nonphysical thoughts and emotions. They contribute to our wholeness. We receive physical effects, just by the aromatic molecules from the diffusion, traveling up our nostrils to the brain. Here the brain chemistry is changed, and these new biochemical messengers are sent to cells throughout the body. This is why simply breathing Lavender can cause us to relax our neck and shoulder muscles.

Choose to be part of a healthy...and happy future.

.....

Candace Newman is Founder of Oil Lady Aromatherapy® and Touch With Oils®. She and her husband are owners of The Good Medicine Tin company® LLC.

Toll Free: 866 304 2351 www.GoodMedicineTin.com info@GoodMedicineTin.com