



Detoxing the Brain

SUPPORTING CYCLICAL RHYTHMS OF THE MIND-BODY-
SPIRIT WITH AROMATHERAPY

Detox

“a regimen or treatment intended to remove toxins and impurities from the body” – Merriam-Webster

Many things can be
toxins

External:
pollutants, foods,
words from
others,

Internal: words
and thoughts
from yourself.

Detox

We have to
start
somewhere.

Let's focus on
the self.

Start with
something
you can
control.

Such as
thoughts,
emotions &
reactions.

Dis-ease

“What is it we want when we can’t stop wanting?”
(Christian Wiman)

- Wanting, of sorts, can lead to dis-ease. Mental muck, a lack of clarity. Stuff that keeps you up at night.

“The Soul Said, Give Me Something To Look At.”
(Robert Bly)

- Give the Soul something to look at. Better yet, Feed the Soul through igniting the Spirit. Nourish it.

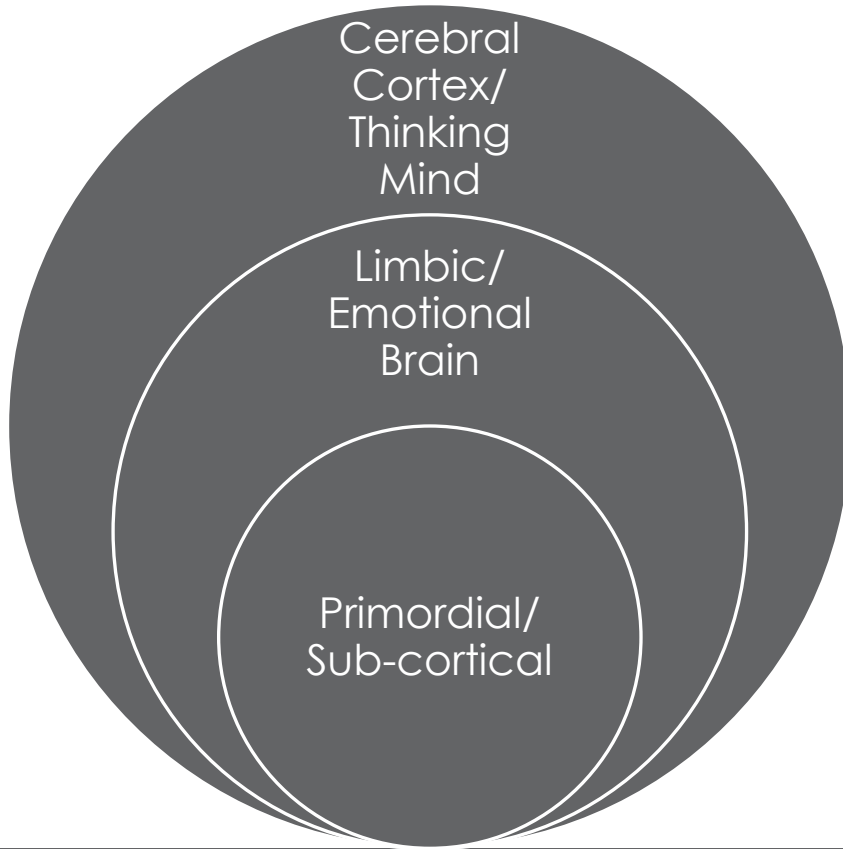
Inspiration

“**Spirit** is a spark, an idea. It is the **Soul** manifested. Soul is the progenitor of Spirit, Spirit is born of the Soul. Spirit incarnates into matter to gather news of the [interior & exterior] world and carry this [news] back to the Soul.”

- “Women Who Run With the Wolves” by author Clarissa Pinkola Estés



A Myth?



Does a “rational” human being exist? One whose “Cerebral Cortex” has control?

Are “Emotions” always simmering in the “mid brain” and threatening to take control as assumed? Always kept “in check” by the “Cerebral Cortex”? The argument is NO. We are not a fumbling mess of emotions that are simmering and always waiting to “take over”. Enter in the “body budget”.

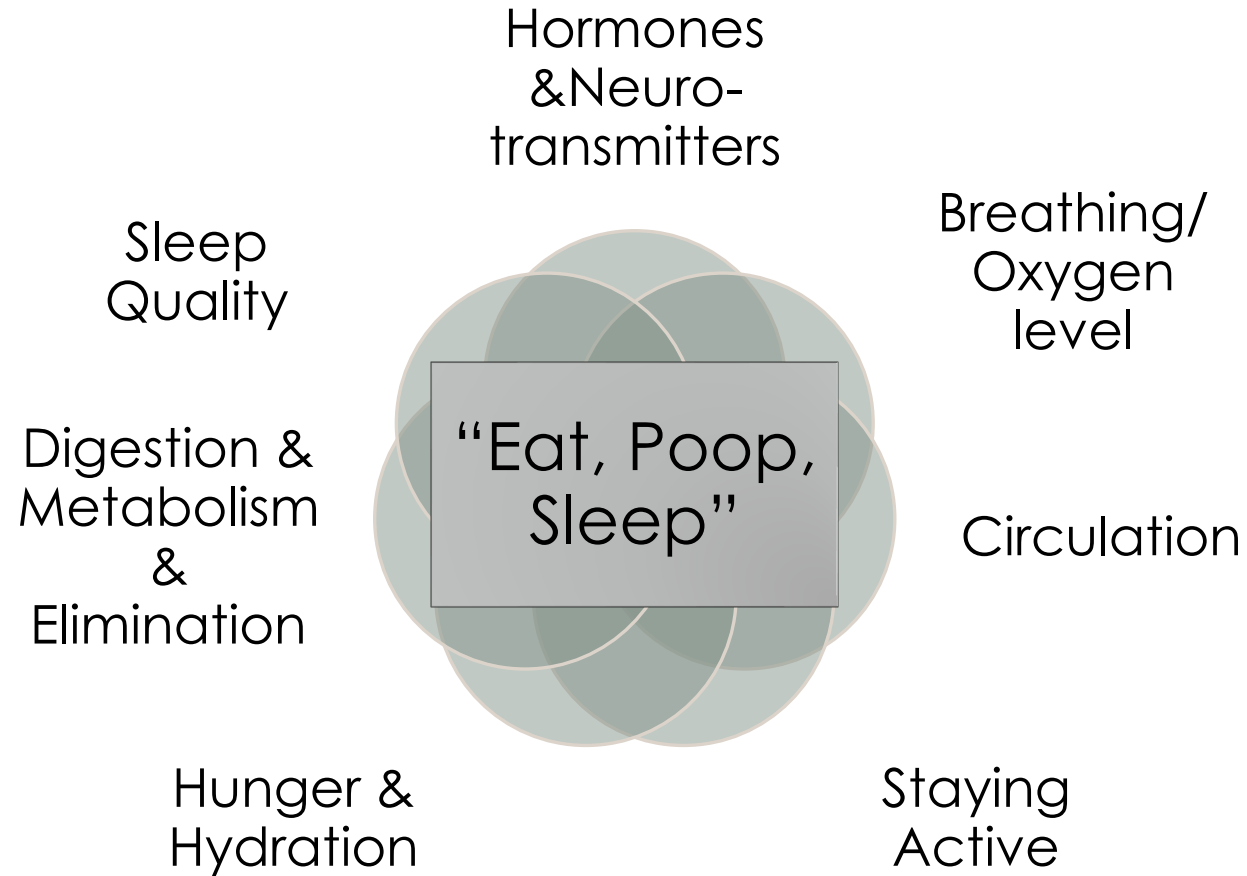
Internal & External Existence

Our Emotional/Mental States are heavily governed by **internal** and **external** factors.

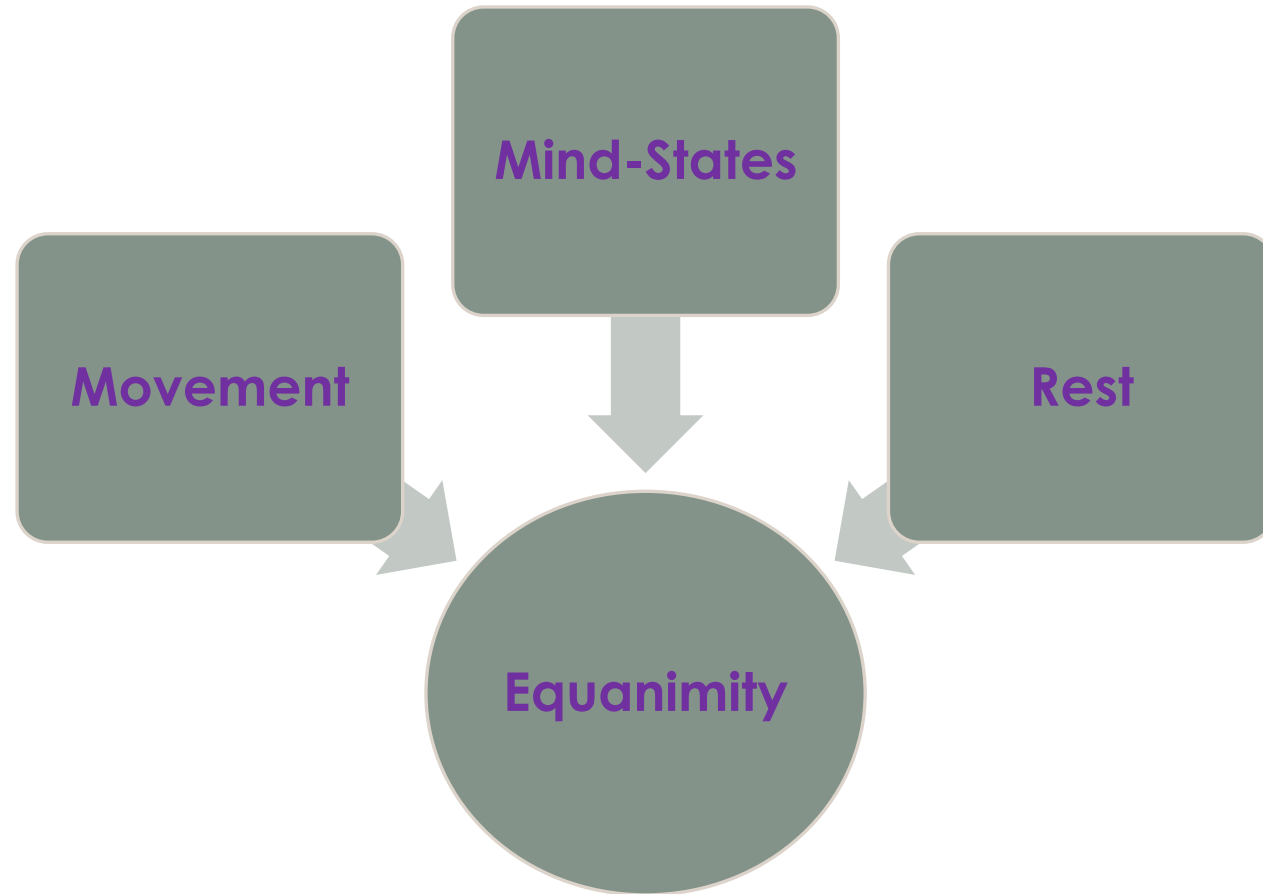
Internal factors may be called our “body budget”: hunger (e.g., blood sugar), sleep quality, etc.

External factors may be and not limited to Social settings, Family, Work, Overall Micro & Macro Culture, Genetics, Health of the Physical Environment/Earth.

Body Budget



Mind-Body Are One



Plant Assistance

Plants may help us

- When we're in the muck.
- Create shifts.
- Pause & Notice.
- help us change behavior.

Plants may help, but...

- We need to do the work.
- We are responsible for our lives, choices, actions
- Though this isn't "easy," we can turn to tools like Aromatherapy

Plant Assistance: Aromatherapy

Aromatherapy

- Holistic & therapeutic application of genuine and authentic **essential oils** for enhancing the physical, emotional, mental and spiritual health of an individual.

Although there are many ways to work with essential oils, the most direct, safest and easiest is to “just smell the oil!”

Holistic Aromatherapy

SUPPORTING (REST & DIGEST) + (FIGHT & FLIGHT)

Rest & Digest: Promote Sleep

Sleep

- **Cleans** out the brain (synapses)
- **Regenerate**: Heals the body/mind
- Allows for **integration**

Plants

- Lavender
- Roman chamomile
- Vetiver
- (Valerian, Mugwort, Passion flower, Hops).

Essential oils included in the sleep balm: Mugwort, Peru balsam, Spikenard and Patchouli.)

Rest & Digest: Promote Rest (Ease)

Rest

- Integration/Metabolism
- Endocrine function (stress/go-go-go, depresses sexuality, digestion)
- Easeful breathing

Plants

- Lemon balm
- Ylang ylang
- Geranium
- Conifers (Pinyon pine, Black spruce, Balsam fir)

Rest & Digest: Sexual Health

Rest

- Destress!
- Hormone balancing
- Support sensuality & get into the mood...

Plants

- Ylang ylang
- Jasmine
- Rose
- Ginger
- Cedars (circulatory)
- *Damiana

Rest & Digest: Metabolism

Metabolize

- Integrate our food so we can thrive.
- Stimulate saliva, bile & overall gallbladder/liver

Plants

- Ginger
- Fennel
- Angelica
- Citrus (So many!)

Go! Go! Movement & Motivation

Detox the Brain: Body Focus

- Yoga, inversions ☞ move the lymph in your brain!
- Move the blood, move the lymph. Any & all movement, especially jumping!

Motivate with Aromatics!

- Rosemary, Mints (Peppermint, Spearmint), Citrus (Lemon, Grapefruit)

Support Digestion

- If your plumbing isn't working, you're not working
- (See previous slide...)

Mind States

Clarity	• Citrus (Lemon, Grapefruit, Bergamot) • Resins (Frankincense, Elemi) • Conifers (Scots Pine, Spruces, etc.) • Black pepper • Sages (White, Common, Salvia lavandulafolia)
Energizing	• Thyme, Laurel, Rosemary, several of the Conifers
Equanimity/Centering	• Woods such as Cedrus Atlantica, Cedrus deodora, Hinoki wood, Juniperus virginiana, sustainable Sandalwood. • Lavandin
Grounding	• Vetiver, Patchouli, Myrrh, Ginger, Angelica root, Peru Balsam, Spikenard, Valeriana (soporific)
Calm	• Herbal florals such as Lavender, Roman & German Chamomile, Rose Geranium, Neroli, Ylang ylang, Palmarosa • Melissa, Lemon verbena!

Feed the Heart

The heart, a major gateway, a major feeling and sensory organ is a connector of your soul to the larger world outside of us.

Center & Radiate with Woods and Flowers

Rose & Cinnamon or
Cedarwood, Sweet Orange,
Frankincense

Ylang ylang, Amyris, (Cedar
virginiana?), Grapefruit, Black
pepper

Solitude



The Hermit:
Sometimes
we need to
“go it alone.”

High Priestess:
Trust your gut.
Tap into
intuition, your
soul.

The Fool: Stay
curious and
open.

Solitude

Self acceptance:

- Asters (e.g., Chamomiles, Helichrysum), Palmarosa, Geranium

Trust your gut: intuition & self acceptance.

- Ginger, Caraway, Asters, Palmarosa

Curiosity/Exploration:

- Resins (Frank & Myrrh), Cineole rich oils

Gusto:

- Laurel, Rosemary, Basil (Cineole rich oils)

Aromatherapy Activity

How To Smell an Essential Oil