

Dr. Emoto's Water Molecule Research

- Water Molecules are impacted by Intention
- Negative Intention produces Distorted & Randomly formed shapes
- Positive Intention produces Natural Geometrical & Beautiful Shapes
- Our Bodies are Over 60% Water
- **These water molecules are responding to the Frequency of Intention!**



Thursday, August 25, 11

Emoto's water crystal experiments consist of exposing water in glasses to different words, pictures, or music, and then freezing and examining the aesthetics of the resulting crystals with microscopic photography.

There are many obvious differences in the crystalline structure of the water depending on the type of water source. These shown were taken from all over the world which were taken from all over the world.

For example, a water sample from a "pristine mountain" stream would show a "geometric" design that is "beautifully" shaped when frozen. On the other hand, "polluted water" sources will supposedly show a "definite distortion" and will be "randomly formed".

Molecules effected by the frequency of intention



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The water crystal blessed by a tibetan monk or by Dr. Emoto himself showed beautiful geometric patters; by contrast water that was exposed to negative thoughts or words created crystals that look distorted and even scary.

The point I'm trying to convey is that we are beings effected by our surroundings, the frequency of intention impacts our health as well as our emotional wellbeing.

Healing & Emotional Wellbeing with Essential Oils & Flower Essences



Thursday, August 25, 11

Good Evening,

welcome to Healing & Wellness with Essential Oils and Flower Essences. My name is Desiree and I'm attending the Naturopathic college up in Mt Pleasant Michigan. Naturopaths treat people through natural means with diet, herbs, homeopathy, detoxification of environmental toxins, things of that nature. We believe in treating the whole body and we believe in treating the root of disease rather than just the symptoms.

Tonight is a very special class because it's on a topic that I'm really just discovering myself; Health Benefits of Essential Oils & the second part of the class is Emotional Wellness with Bach Flower Essences.

Young Living Brand of Essential Oils



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Before we dive into the specifics of each oil I'd like to tell you why these oils are so special. First of all this brand that I've been using, Young Living, only makes therapeutic grade essential oils. But what does it mean to be therapeutic grade?

Young Living Essential Oils

- High Vibration Oils
- Concentrated, Never diluted
- Never extracted using Solvents
- Created with Care, Never Overheated
- Picked in season & processed immediately



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Therapeutic Grade essential are extremely concentrated. It takes (for example) 3 tons of Melissa Essential Oil to yield 1 pound of oil! That pound of oil will cost anywhere from \$9000 to \$15,000.

The vast majority of oils being made today are done so for the perfume industry. These oils are purchased for their aromatic qualities only. High pressure, high temperatures, rapid processing, and the use of chemical solvents are used to get a greater yield of oil.

However these oils lack most if not all of the chemical constituents necessary to produce therapeutic oil results.

What benefit do PURE, THERAPEUTIC GRADE essential oils provide?

- Helps deliver nutrients to cells
- Helps remove cellular wastes
- Antioxidant protection
- Detoxifying



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What benefits do PURE, THERAPEUTIC GRADE essential oils provide?

Essential oils are the regenerating, oxygenating, and immune defense properties of a plant. Oxygenation is GOOD! It helps to transport nutrients to the starving Human Cells. When you apply essential oils to the skin, they effect every cell of the body in 20 minutes or less.

Essential oils contain very powerful antioxidants.

WHAT ARE ANTIOXIDANTS? we hear about them all the time..

Anti-oxidants create an unfriendly environment for free radicals. Free radicals create cellular instability which leads to premature aging, cancer and other diseases

Natural Disease Prevention

- Essential Oils break down toxins
- Essential Oils are fully metabolized by the body
- Powerhouse of Preventative Natural Medicine



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Styrofoam is everywhere. They make everything from packing peanuts to drink holders with it and it never breaks down in the environment.

One estimate is that it takes a styrofoam cup 10,000 year to break down in the environment. Luckily it is recycleable but only in a few places. (st. johns recycling center is where I go)

Styrofoam is made from liquid hydrocarbon which comes from Petroleum. Petroleum based products are everywhere including body care products, plastics and more.

We no doubt have residual petroleum in our bodies because we are constantly exposed to plastics and petroleum products

Oils we will cover tonight are...

- Lavender
- Peppermint
- Lemon
- Orange
- You'll take home information on 10 other oils!



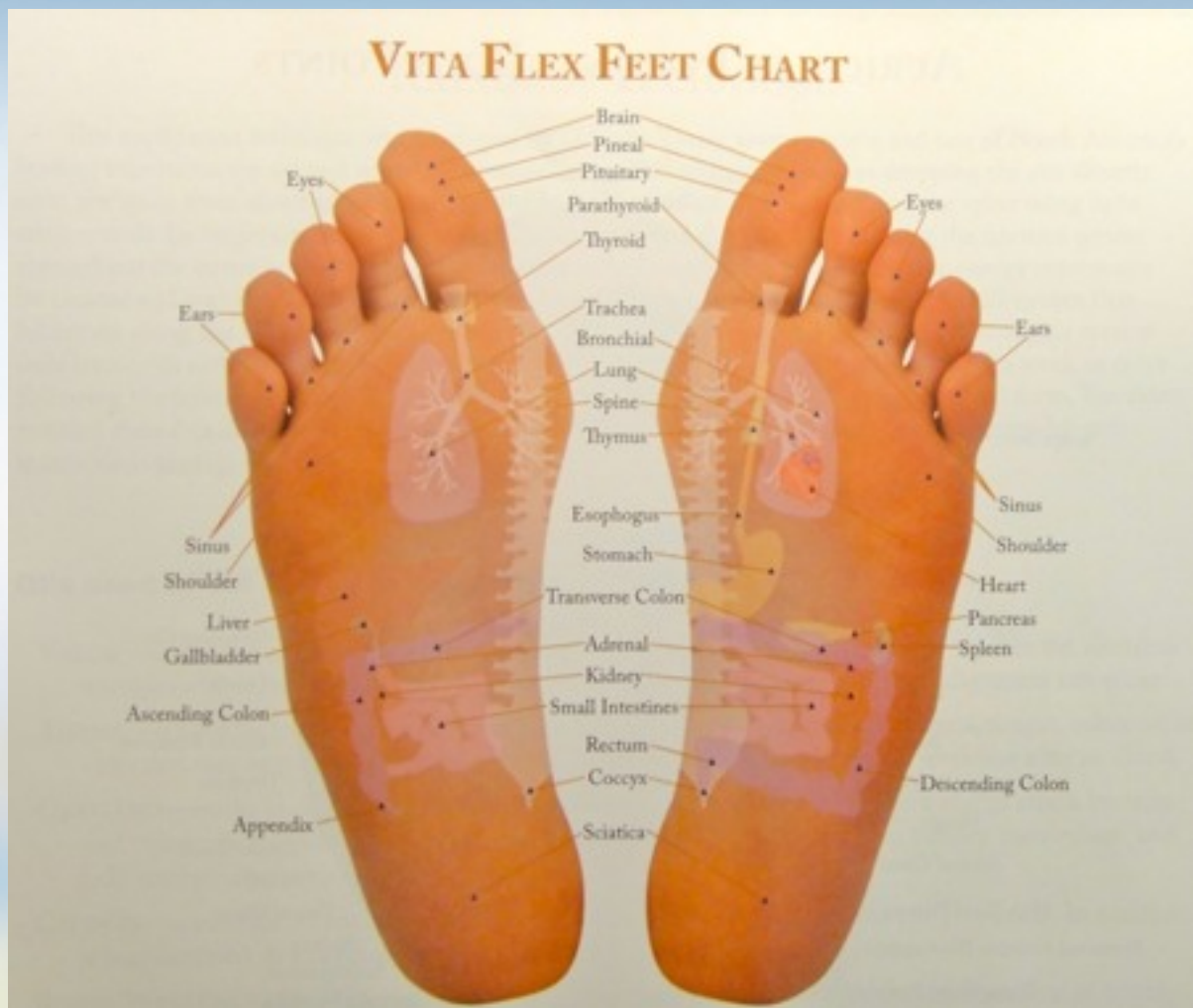
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So As I said I'll be passing some oils around for you to experience and you'll even get to taste some if your interested. We are going to talk about Peppermint, Lavender, Lemon and Orange.

You'll also get a take home Modern Hippie Hot Sheet which will have very detailed information on some of the most useful essential oils. Make sure to pick that up on your way out.

Also all this info will be available at my blog at www.modernhippie.org so if you want to share this info with someone, that's a perfect place to send them.

Vita Flex Feet Chart



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This is the Young Living Brand Vita Flex Chart; It's essentially a reflexology chart. Reflexology is the study of the connections from the feet to the rest of the body via the nervous system.

All of the oils that I will cover tonight can be applied to the Reflex Points of the foot; For a chest cold apply essential oil of Eucalyptus to the Chest Reflex Point which is located on the arches of each foot. 3 drops rubbed in, put your feet up and allow the skin to fully absorb the oil. In that situation I would also apply oils directly to the chest.

Lavender's Effects on the Body

- Analgesic (topical pain reliever)
- Anticoagulant
- Anti-convulsive
- Antidepressant
- Anti-fungal
- Antihistamine
- Anti-tumor
- Cardio-tonic
- Regenerative & Sedative



Thursday, August 25, 11

Let's talk about Lavender

Lavender is
Analgesic (topical pain releiver)
anticonvulsive
antidepressant
antifungal
antihistamine
antitoxic
antitumor
cardio-tonic
regenerative
sedative

When in Doubt, Do Lavender!

- Bruising
- Trauma
- Insect Bites
- Insomnia
- Anxiety and Tension
- Used for Elevated Heart Rate
- Minimizes Scarring



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Lavender has so many different benefits it is said by Aromotherapists, When in doubt; Lavender.

Lavender is one of the first things that I reach for when first aid is needed, bonk your knee on the night stand? 2 drops of lavender to lesson or eliminate bruising. Bug bites? Lavender. Stress, anxiety, nervousness, Lavender Lavender Lavender.

I created a handout with a little recipe for wound healing and it includes lavender in the recipe so make sure to take one of those home.

Lavender can be used for burns with excellent results, insomnia, it is hypotensive (which means it lowers blood pressure), it encourages lymphatic drainage, improves PMS, helps to minimize scarring, it's used for elevated

Ingestion, Application, Inhalation.

- Many essential oils are safe for ingestion
- Apply to the skin or dilute with carrier oil
- Inhalation can often bring immediate relief
- All of these methods get Essential Oils into your blood to work their magic:)



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How do you use Lavender Oil? There are 3 ways to use Essential Oils:

Ingestion
Application
Inhalation

Ingestion:

Lavender is NOT classified by the FDA as being GRAS for ingestion, however I have tried a drop just to see what it would taste like. It tasted like lavender, it made my breath smell like lavender. It wasn't as tasty as peppermint by a long shot.

NOW, I am not telling you to go out and start drinking lavender oil. I know these products are 100% organic and safe it was my choice to try it to see what it tasted

Good Vibrations

- Everything has a measurable electromagnetic frequency
- Frequencies are measured in Mega Hertz (MHz)
- There is a relationship between frequency of the body and disease



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Young Living Oils are very special as they are measured in ways that aren't well known by most.

SO, The frequency of a substance is a measurable rate of electrical energy that is constant between any 2 points. Every substance, every rock, even the EARTH has it's own electromagnetic frequency.

Now,

Frequencies of Humans, Diseases & Foods.

Human Brain	72-90 MHz	Processed/canned food	0 MHz
Human Body (day)	62-68 MHz	Fresh Produce	up to 15 MHz
Cold Symptoms	58 MHz	Dry Herbs	12-22 MHz
Flu Symptoms	57 MHz	Fresh Herbs	20-27 MHz
Candida	55 MHz	Essential Oils	52-320 MHz
Epstein-Barr	52 MHz	Note: Due to the sensitivity of the instruments, these results are not easily duplicable. What is important is the relativity of the numbers and the fact that the higher frequency of the essential oils can help raise the frequency of the human body to a more normal level.	
Cancer	42 MHz		
Death Begins	25 MHz		



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A man named Bruce Tainio of Tainio Technology developed new equipment to measure the biofrequency of humans and foods. He's documenting the frequency of living things.

Bruce Tainio, together with D. Gary Young (an essential oil expert) got together to determine the relationship between frequency and disease. Some of the results from this study are up in this chart.

As you can see on the left, the closer we get to death the lower our frequency is. Foods both fresh and canned are on the right and there is a marked difference. Then you can see essential oils have an extensive window of biofrequency. 52 being the lowest (still not by any means LOW, and 320 being the highest. Rose Oil by the way is the highest vibrating oil .)

Bodily Frequency can be Disrupted by Substances

- Substances of low vibration bring our bodily electromagnetic frequency down
- Negative thoughts bring down frequencies too
- High Vibrations of Essential Oils raise our bodily frequencies
- Positive thoughts, prayer & meditation increase our bodily frequency



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Not only do humans have a particular frequency; our frequencies can be influenced when different substances are introduced. In this same study the frequency of 2 individual males were taken. One man was 26, the other 22. Both of their frequencies were 66MHz. The first individual held a cup of coffee (without drinking any) and his frequency dropped to 58MHz in 3 seconds. He then removed the cup of coffee and inhaled an aroma of essential oil. Within 21 seconds, his frequency had returned to 66MHz.

The second individual took a sip of the coffee and his frequency dropped to 52MHz in the same 3 seconds. However no essential oils were used during the recovery time and it took 3 days before his frequency returned to the initial 66MHz

Peppermint Essential Oil

- Analgesic (topical pain relief)
- Antibacterial
- Anti-Carcinogenic
- Anti-Inflammatory
- Antiseptic
- Antispasmodic
- Antiviral
- Invigorating



Thursday, August 25, 11

Peppermint is another wonderful oil that can benefit the body and mind.

- Analgesic (pain relief)
- Antibacterial
- Anti-Carcinogenic
- Anti-Inflammatory
- Antiseptic
- Antispasmodic
- Antiviral
- Invigorating

Peppermint can be applied directly to the skin on most occasions (again when in doubt do a test application

Lemon Essential Oil

- Anti-Cancerous
- Antidepressant
- Antiseptic
- Anti-fungal
- Antioxidant
- Antiviral
- Astringent
- Invigorating, Refreshing and Tonic



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The next oil we'll touch on is a citrus. Lemon Essential oil is actually made from the peels! It takes over a 3000 lemons just to make one kilo of oil!

Lemon is

- Anti-Cancerous
- Antidepressant
- Antiseptic
- Antifungal
- Antioxidant
- Antiviral
- Astringent
- Invigorating
- Refreshing and Tonic

Orange Essential Oil

- Anti-Cancerous
- Antidepressant
- Antispasmodic
- Digestive
- Sedative
- Tonic



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On a similar note we'll look at Orange Oil. Orange oil inspires happiness. One whiff of this stuff and you can't help but breathe a sigh of relief. Its benefits include:

- Anti-Cancerous
- Antidepressant
- Antispasmodic
- Digestive
- Sedative
- Tonic

Tonic (by the way) means to provide the body with over-all support. Whatever is needed that can be done

In Summary

- Lavender is Calming
- Peppermint is Digestive
- Lemon is Cleansing
- Orange inspires Peace & Happiness



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In summary: Lavender Oil is relaxing, it's healing and a great first responder when trauma to the body has occurred. You should apply it topically or Inhale it.

Peppermint is digestive, cooling, decongesting and should be used for colds and flu. Peppermint should be applied topically, inhaled or ingested in a small amount of water (4oz) prior to a meal or when you have an upset stomach.

Lemon Oil is cleansing, invigorating, and is an excellent household oil to have on hand as it removes stains, gum and can be used to clean in the home. Use it in a spray bottle to freshen the home, clean surfaces, drink it in water, you can

Part II: Emotional Wellbeing with Flower Essences



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Part II of the class is Emotional Wellbeing with Flower Essences. Many of you may have never heard of flower essences until today.

Before I begin talking about the uses of flower essences themselves, I feel like a bit of explanation must be given on the life of Dr. Bach, the man who discovered them.



Dr. Edward Bach



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Dr Bach was born in the late 1800's he was trained as a traditional Doctor working in the early part of World War I with hundreds of wounded soldiers. He was later trained as a homeopathic doctor, and in time became a very respected bacteriologist; but he was much more than this. He knew early on that it was our feelings, our cares, our anxieties, that opened the doorway to the invasion of illness.

He was drawn to nature, always walking the fields and pastures where he lived. He was deeply connected with God, and saw god in all the flowers, plants and trees around him. His observations led him to believe that the very structure, look, feel, touch and character of the

A Look at a Water Violet Person:

How the structure & character of
a plant shows it's gift to us.

- Aloofness
- False Pride
- Withdrawn from the world
- Disdainful of “lower” Relationships...
- Makes Distinctions based on Class, Race or Social Status
- This Ensures Separation from Others



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Let's look at how Dr. Bach came to see the correlation between plants, their character and the temperaments of human emotion. On the screen is a description of a Water Violet Person.

Water Violet IS a plant; It is one of the 38 Bach Flower Essences. The description of water violet people is a tendency to..

- Be aloof, withdrawn, disdainful of “lower” relationships...
- to make distinctions based on class, race or social status...
- this ensures separation from others...



Water Violet



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Physically Water Violets plants have only the slightest contact with the earth it's roots floating freely just below the surface, anchored in the mud by only a few strands, it stands alone in the water, it thrives in complete freedom and it's separateness from the world; water violets do not form strong attachments, even to the ones closest to them.

How many people know someone like that??

You found yourself a Water Violet Person! And why would you want to take this remedy as a Water Violet person?

The Imbalanced Water Violet Person has....

- Can be judgemental of those around them
- An Aloof Nature and is often withdrawn
- Lacks humility and need for others
- Often seems to act superior
- Bears grief in silence
- Prefers to be alone



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Well, as a Water Violet (if you feel like you could be lumped into this category) as I sometimes can:

Occasionally you ARE going to experience some imbalance (AKA, feeling moody or you just don't feel right)

...and the characteristic of the Imbalanced Water Violet temperament are

FOR EXAMPLE:

being judgemental of those around us

- Lacking humility and a need for others

The Balanced Water Violet Person has...

- Inner Strength
- Inner and Outer Beauty
- Dignity and Inner Composure
- Balanced Social Connections
- Ability to Share ones Gifts with Others



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The balanced water Violet is all of this and more: The balanced Water Violet type has

- Inner Strength
- Inner and Outer Beauty
- Dignity and Inner Composure
- Balanced Social Connections
- Ability to Share ones Gifts with Others

If you are this type of person; Which I assure you is wonderful to be, one must be aware of their balanced and imbalanced state and do what they can to stay somewhere in the middle.

We can't cover all the Flower Essences today: and

What does Rescue Remedy have in it?

- Cherry Plum
- Clematis
- Impatiens
- Rock Rose
- Star of Bethlehem



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Ok

So the 5 flower remedy (aka Rescue Remedy) has the following flower essences;

- Cherry Plum
- Clematis
- Impatiens
- Rock Rose
- Star of Bethlehem

What does Rescue Remedy do?

- Helps restore Calmness
- Mitigates Stressful Situations
- Improves Stability in Emergency situations
- Reduces Panic and Disorientation
- Helpful for acute Pain and Trauma



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This formula may be used for any kind of emergency, trauma or circumstance when one needs immediate help, before and after moments of emotional distress, for accidents and upsets. It has a calming influence, helping to restore peace and emotional balance. It is especially effective with children, animals and plants.

Keeping it together with Cherry Plum

- Fear of Loosing Control
- Fear of Mental and Emotional Breakdown
- Desperate or Destructive impulses
- Acute Tension and Rigidity
- Fear of Suicide



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Each individual Essence has it's distinct qualities:
Cherry Plum is very specific in that it is for the very extreme situation.

- Fear of Loosing Control
- Fear of Mental and Emotional Breakdown
- Desperate or Destructive impulses
- Acute Tension and Rigidity
- Fear of Suicide



Cherry Plum



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This is Cherry Plum here:

As you can see these are very serious thoughts and it for serious moments of emotional desperation. Cherry Plum stimulates quiet courage in the face of mental anguish, Stimulates the knowledge that everything will be alright, it also stimulates the awareness of spiritual resources. Whether you believe in God or Nature or nothing, it will help you to tap in to whatever gives you strength.

Clematis: Head in the Clouds

- Daydreamers
- Absentmindedness
- Preoccupied with ones own imagination
- No interest in Life
- No desire to make ones condition better



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Clematis: Head in the Clouds

- Daydreamers
- Absentmindedness
- Preoccupied with ones own imagination
- No interest in Life
- No desire to make ones condition better

You may think, Why would this be in an emergency situation type remedy?



Clematis



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Because when you are in an emergency situation or at least a trying one; one must think clearly, stay in the moment and be completely present.

Clematis stimulates Clarity, Creative potential and an interest in your surroundings. Very necessary things to possess when the poop hits the fan.

This is the beautiful clematis:)

Impatiens: Hurry up!

- Impatiens people prefer to work alone so that they are not slowed down by others
- Desire for things to be done quickly
- Exhibits mental tension & irritability
- Inner restlessness with mood swings
- Rushes through the day



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Impatiens is the next essence. This is one that I can relate to:

- Impatiens people prefer to work alone so that they are not slowed down by others
- Desire for things to be done quickly
- Exhibits mental tension & irritability
- Inner restlessness with mood swings
- Rushes through the day

Impatiens people often have physical manifestations of their hurried life, inner tension may cause indigestion, spasticity, pain, exhaustion, or even hot flashes and lack of sleep!



Impatiens



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Impatiens is a remarkable plant because it actually explodes its seeds out from the flower head. This is testimony to the use of its essence. Impatiens flower essence can be used for explosive tension and irritability. Very interesting beautiful plant.

The Urgency of Rock Rose

- Traumatic Situations (fire, tornado, accidents)
- Being Immobilized by fear; scared stiff
- Any urgent situation or feeling
- Used for any type of fright
- Panic Attacks
- Hysteria



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Rock Rose is for any type of situation that feels really urgent. I would probably put this in a fire-fighters remedy just for good measure.

So we have...

- Traumatic Situations
- Being Immobilized by fear
- Urgent situations
- Used for any type of fright
- Panic Attacks
- Hysteria

So it's not hard to understand why this is in the remedy. One could probably use a little rock rose if a tornado takes out your house.



Rock Rose



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Lastly but certain not
least.....

Comfort for Grief: Star of Bethlehem

- This is the ultimate remedy for someone who is in shock from a physical or emotional source
- Grief of any kind
- Disappointment
- Extreme Fear
- Addictions
- Injuries



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Comfort for Grief: Star of Bethlehem

This is the flower essence for someone who has just lost a pet or god forbid a loved one. For someone that has suffered an enormous shock, if you are in an accident of some sort or even the shock of not getting the big promotion or a severely disappointing situation.

Star of Bethlehem clears the mind and gives balanced focus, helps to overcome symptoms of shock, it brings small amount of comfort when nothing can.

This really needs no explanation. The Star of Bethlehem is a great one to have for a rainy day; because you always get one or two. Rescue remedy is



Star of Bethlehem



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How to make your own customized Remedy:

- Complete my quiz at <http://www.modernhippie.org/flower>
- Once complete, you have 2 options:
- I can make you a remedy with the essences that resonate best with you.
- OR you can go to the health food store & buy all the remedies separately, (\$12-\$15 each).
- I am happy to make you a remedy for \$10.



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So here is how you can make your own customized Flower Essence Remedy. First take the Emotional Wellness Questionnaire at the link. (it's also on one of your handouts).

This will narrow down what remedies resonate with you. Once you have complete the questionnaire, you have 2 choices; I can make you a remedy with the essences that resonate best with you (I'll give you a list of the ones you scored will for)

OR you can go to the health food store and buy all the remedies separately to make your own Flower Essence remedies at home. They are approximately 12-15 dollars a piece so it's an initial investment but it will last you years.

Of course I'm happy to make you a remedy and mail it to you for 10 plus shipping. This is a special price to you for attending the class.

There are 522 drops per bottle. This is 130 doses. So even if you used it 3 times a day (which is perfectly fine) This remedy would last you 43 days

THANK YOU!
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I know I just flew through a ton of info, I have handouts for you, I have a few brochures from Bach flower essences to give you more info on Rescue Remedy specifically. If you have any questions you can always reach out to me at desiree@modernhippie.org. Check out my facebook fanpage and you can “like” it to get updates on future classes and tips on natural living. You can also check out my blog at www.modernhippie.org

I sincerely hope you enjoyed the class as I really enjoyed teaching it. Thanks for coming out!



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