

The value of Aromatherapy for those physically challenged

'Purity, peace, happiness beyond dreams are sparkling and dancing within your soul.'
Yogananda

'He who looks forward dreams; he who looks inwards wakes up.' Jung

For the last two decades I have overcome my visual impairment and coped with the "judging a book by its cover" preconceived views of our society, when it comes to communicating and dealing with those of us who are physically challenged, although not outwardly obvious, as is the case of a visual or auditory proficiency.

This patronising and often dismissive attitude leads to these people having a number of issues related to loneliness, which range from low self-esteem and anger, to states of anxiety and depression, all of which enhance a vicious circle that increases with time.

Working and teaching Aromatherapy and colour healing has enabled me to help many disabled people through individual consultations and treatments, and through talks to the different associations not only in England and Canada, but also around the planet.

Physically challenged maybe but not mentally impaired!

One common trait is repeatedly highlighted by people with physical disabilities, including the most visible ones where people need to be in wheelchairs, is that they are treated as if they had a mental impairment, frequently used phrases include:

"People speak to me as if they are addressing a young child, speaking slowly, not looking me in the eyes, talking to those with me rather than to me, as if I am invisible."

All these attitudes make the people who are

hard of hearing or wheelchair bound very angry and frustrated.

On the other hand, being treated in this way can also bring out the warrior fight-back attitude, which leads to a search for personal growth and self-improvement, to achieve a reversal in attitudes, coupled with an increase in self-esteem and a heightened optimism and happiness.

Some of the members of the IFA who know me personally know that I have never allowed my visual impairment, to hold me back. I have a condition called "macula degeneration" which was



diagnosed 25 years ago when, during a routine eye test in Harrow, the optician found blind spots in the macula area of my retina. The macula lutea is the part of the retina where the optic nerve enters the eye.

Later I discovered that there are more than 300 possible causes for this condition, and that in Africa, it was known that the damage can be linked to the contact of formaldehyde fumes with the eye as well as the passive inhalation of formaldehyde: BINGO!

Before becoming an Aromatherapist, as a medical doctor I specialised in pathology, to be precise Histo pathology. Of course, when we worked with biopsies and post mortems the fixative liquid was, you got it, formaldehyde. In those days (33 years ago), eye protection for us was not heard of. I had to wear latex gloves, but when my eyes watered, I used to wipe them without removing my gloves, which had formaldehyde on them.

Value of Aromatherapy

But, let me get back to the reason for this article, since starting my career in Aromatherapy in the early 1980s, I have been able to meet amazing people with disabilities and witness the changes brought about in their lives through regular Aromatherapy treatments.

Of course, we all know how many changes are brought about by the correct and gradual replacement of many pharmaceutical drugs with correctly selected individual synergistic blends, thus eliminating the need for these medications.





Stress, the biggest killer of our times, is increasing due to the frustration of having to make it clear to others that if you ask for the price of an item in a department store or the content of an item in the supermarket you are dismissed by the shop assistant with "the price is on the ticket", and having to tell them "I can see the ticket, not the price on it", and explain that in Canadian terminology "I am legally blind", at which point they go red in the face and are very helpful and apologetic, which is not the object, I simply wanted to know the price.

By now you all think, get to the positive side Vivian, and I am glad that surprises and things I never imagined were there keep popping up, which reassures me of the immense power and coping capacity we all possess, whether we acknowledge them or not. One such event happened to me in the summer of 2006.

A walk on hot coals

During the previous fall, I had attended an intensive workshop and out of a group of more than 300 or so, I was awarded the only scholarship, for the "Enlightened Warrior Camp". This involved a week of combined physical and spiritual activities, camping in the middle of nowhere, somewhere in British Columbia, with another 300-400 people whose ages ranged from 11 to 85. The activities included hiking, rock climbing, sweat lodges, silent retreats and many others.

Had I been given a choice, I would certainly not have chosen this particular training. However, I am known to take on any challenge I am given

and do my best to rise to the occasion, which included a fire walk, a real walk on hot coals, wow! You can just imagine how very pleased I was, when a number of participants in the event came up and thanked me for being such an inspiration to them.

Faithful companions

Aromatherapy, Colour and Crystal Healing have been my faithful tools and companions for more than a quarter of a century, and one of the reasons for writing this article is to engage with other therapists who have experiences either of having a physical disability or who work with disabled clients.

And I have provided some sample formulations, to help the emotional states that result from living daily with a disability.

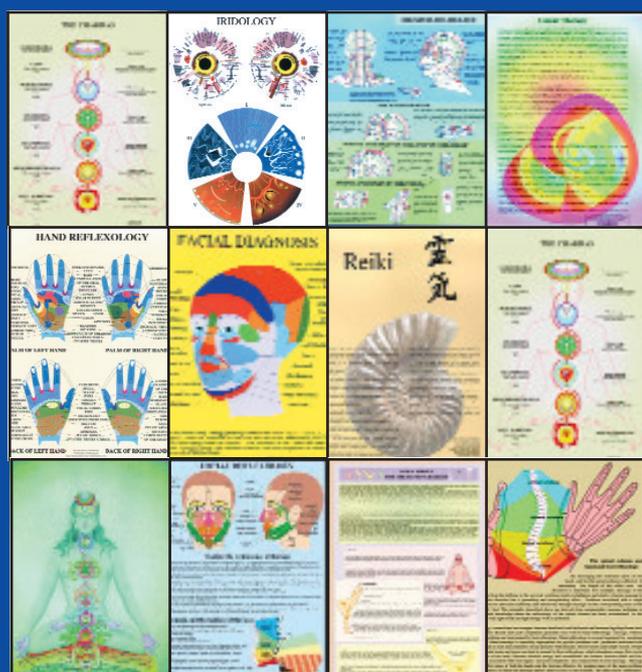
Emotional security

Is a subtle yet profound issue because without it you can develop unhealthy behaviours and attitudes, like co-dependency, control, neediness, demand, low self-esteem and more. It can also affect specific areas of our lives, including our relationships and career success.

Being emotionally secure leads to a healthy life in general because there are no unhealthy attachments, you are secure in being alone or in the company of others and do not require validation from others. You are more willing to take risks because you have the confidence you need to achieve success in every aspect of your life.

To overcome emotional insecurity, engage your

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friends and loved ones in communication about your feelings and how they can help you to feel more at ease.

The power of our mind

Where all else has failed the power of our mind (thought) to cure has been shown to succeed.

We all actually can learn from our experiences, and that's how we can change from negative to positive thinkers. We can look and see that we don't like what happens when we think negatively.

Morning reviver synergy

- 🕒 Scots Pine *Pinus sylvestris* - 3 drops
- 🕒 Myrrh *Commiphora myrrha* - 1 drop
- 🕒 Lavender *Lavandula angustifolia* - 2 drops
- 🕒 Jojoba carrier - 194 drops (9.7ml)
- 🕒 Total 3% blend: 10ml

Warming angel's blend

- 🕒 Peppermint *Mentha piperita* - 2 drops
- 🕒 Bergamot *Citrus bergamia* - 2 drops
- 🕒 Rosewood *Aniba rosaedora var. amazonica* - 2 drops
- 🕒 Jojoba carrier - 194 drops (9.7ml)
- 🕒 Total 3% blend: 10ml

Joyful feelings synergy

- 🕒 Clary Sage *Salvia sclarea* - 1 drop
- 🕒 Orange *Citrus aurantium var. amara* - 3 drops
- 🕒 Sandalwood *Santalum album* - 1 drop
- 🕒 Jojoba carrier - 194 drops (9.7ml)
- 🕒 Total 3% blend: 10ml

Lighter heart synergy

- 🕒 Lavender *Lavandula angustifolia* - 2 drops
- 🕒 Patchouli *Pogostemon cablin* - 2 drops
- 🕒 Jojoba carrier - 194 drops (9.7ml)
- 🕒 Total 3% blend: 10ml

Happy moods synergy

- 🕒 Frankincense *Boswellia carteri* - 1 drop
- 🕒 Mandarin *Citrus reticulata* - 2 drops
- 🕒 Rosewood *Aniba rosaedora v. amazonica* - 3 drops
- 🕒 Jojoba carrier - 194 drops (9.7ml) Total 3% blend: 10m

Confidence blend

- 🕒 Cedarwood *Cedrus atlantica* - 5 drops
- 🕒 Cypress *Cupressus sempervirens* - 6 drops
- 🕒 Scots Pine *Pinus sylvestris* - 4 drops
- 🕒 Rosehip seed oil - 285 drops

Good morning welcome synergy blend

- 🕒 Cedarwood *Cedrus atlantica* - 4 drops
- 🕒 Fennel *Foeniculum vulgare var. dulce* - 2 drops
- 🕒 Lemon *Citrus limonum* - 2 drops
- 🕒 Orange Sweet *Citrus sinensis* - 2 drops
- 🕒 Vanilla absolute - 4 drops

Mix this blend in 2 cups of your favourite aromatic water and use as an air spray. Be careful not to spray near your eyes, or directly on your pets.

Uplifting daytime blend

- 🕒 Geranium *Pelargonium X asperon* - 2 drops
- 🕒 Rosewood *Aniba rosaedora var. amazonica* - 2 drops
- 🕒 Bergamot *Citrus bergamia* - 2 drops

Add the above to 6 teaspoons of the massage oil base (or any plain base/carrier oil). Wear as a fragrance or inhale directly from the bottle. Lasts a long time or can be used for gentle massage.

Uplifting nighttime blend

- 🕒 Rosewood *Aniba rosaedora v. amazonica* - 2 drops
- 🕒 Bergamot *Citrus bergamia* - 2 drops
- 🕒 Ylang Ylang *Cananga odorata f. genuine* - 2 drops

Add the above to 6 teaspoons of the massage oil base (or any plain base/carrier oil). Wear as a fragrance or inhale directly from the bottle. Lasts a long time or can be used for gentle massage.

Inner tranquility and harmony

This blend will help you to gain more insight about your needs and wants, and achieve the balance you need to become more self-accepting.

- 🕒 Sandalwood *Santalum album* - 7 drops
- 🕒 Juniper *Junipers communis* - 3 drops
- 🕒 Cypress *Cupressus sempervirens* - 3 drops
- 🕒 Cedarwood *Cedrus atlantica* - 3 drops

Massage the solar plexus and third eye. Pour one-third of the blend into your warm bath water and soak for at least 15 minutes. Pour a few drops into the palm of your hands and inhale deeply as needed throughout the day.

I am on top of the world

This synergy helps you to become healthily detached from negative feelings like neediness, co-dependence and insecurity, and become emotionally independent and self-sufficient.

- 🕒 Sandalwood *Santalum album* - 5 drops
- 🕒 St. John's Wort *Hypericum perforatum* - 3 drops
- 🕒 Rose otto *Rosa damascena* - 2 drops

Massage the solar plexus, heart chakra and third eye. Pour one-third of the blend into your warm bath water and soak for at least 15 minutes. Pour a few drops into the palm of your hands and inhale deeply as needed throughout the day.

Joy synergy

- 🕒 Orange sweet *Citrus sinensis* - 5 drops
- 🕒 Lemon *Citrus limonum* - 3 drops
- 🕒 Grapefruit *Cirtus paradisi* - 4 drops

"I am joy and all areas of my life are a reflection of pure happiness and growth."

Clarity synergy

- 🕒 Cedarwood *Cedrus atlantica* - 2 drops
- 🕒 Sandalwood *Santalum album* - 2 drops
- 🕒 Blue Cypress *Kalliris inotropica* - 1 drop
- 🕒 Lavender *Lavandula angustifolia* - 3 drops
- 🕒 Frankincense *Boswellia carteri* - 2 drops

Recommended blending procedure

Take a 10-ml bottle and pour in the essential oils in the order in which they are listed. Replace the lid and roll the bottle between your palms for about 30 seconds, and then add the jojoba base oil. Once again replace the lid and roll between your palms.

You can use this blend either to massage your partner or in the bath. For your bath add 10 drops of the above blends to your bath water.

For your diffuser you may just add the 6 drops of essential oil to the diffuser, after blending them together in the suggested amounts. **CHW**

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If you would like more information about professional aromatherapy, are interested in training to become an aromatherapist or would like to find a qualified aromatherapy practitioner in your area, please go to the International Federation of Aromatherapists (IFA) website at www.ifaroma.org or email at office@ifaroma.org