

## Chapter 5

# Vibrational Sprays

## Aromatherapy with a Twist of Energy!

*“Behave so the aroma of your actions may enhance the general sweetness of the atmosphere.”* — Henry David Thoreau

Aromatherapy conjures up ‘scent memory’. Just about everyone has experienced the power of ‘scent memory’ whenever they smell a favorite food like hot apple pie, which evokes childhood baking memories with your mom or grandma. The smell of rain in the desert or the scent of a fresh bouquet of flowers soothes or stimulates us. Aromatherapy and essential oils date as far back as ancient Egypt where essential oils were used three thousand years before Christ for medicinal and cosmetic purposes. Scents are a powerful stimulator to our senses.

Ancient belief systems entwined medicine with mysticism, and the healing powers of plants and people alike were evidence of Divinity. The Bible, describes holy ointments infused with fragrant herbs for the enhancement of virtues, shows Jesus using aromatic plants to heal ailments, and relates to King Solomon’s praise of their seductive powers.

Current research proves the interactions between essential oil and receptor systems in the body and supports the use of plant essences for well-being. Myrrh, for example, makes countless Biblical appearances, is now known to interact with psycho-neurological circuits repressing the sensation of pain and binding to the blissful receptors. Today, science illuminates the intricacies of our relationship with plants, a relationship that has been embraced intuitively since the dawn of our coexistence. As human physiology adapts to shifting global ecology, synthetic environ-



ments and stresses, aromatherapy promises to restore balance and a natural healing processes. Evidence exists that fragrant compounds have a profound effect on our mind and behavior.

How does smell affect our memories, feelings, and even blood pressure? Smell is the most acute of the five senses. As volatile essential oils are inhaled, they activate receptors in the olfactory bulb at the top of the nasal cavity. These, in turn, induce nerve impulses, which travel rapidly to the brain, where they trigger responses in areas involving heart rate, blood pressure, breathing, memory, and emotions including stress levels. Scientific research is directed toward fully explaining how different smells cause different psychological and immunological reactions.

Partnering aromatherapy with energy birthed a new concept in healing. I used the vibrational components of crystals and gemstones along with the healing power of essential oils to create a spray that clears and enhances energy around the physical body. The vibrational spray's base ingredient is one of Sovereign Light's Crystal Elixirs along with a special blend of organic (when available) essential oils; the aroma is secondary to the base ingredient, Sovereign Light Crystal Elixirs. Recent scientific research shows that aromas by-pass our thinking mind and creates change to our emotions.

Why is it important to move energy? Energy emits in a thin vapor from our skin, our largest organ. Some people see it as an aura but regardless if there is a color or not, energy vents from the physical body all day long. I am certain you have walked into a room and felt some sort of negativity and instantly felt down or depressed. Or walked into a room and felt a powerful loving sensation and didn't want to leave. This energy, whether negative or positive, is created from thoughts and feelings of the people present. If the energy is overly negative it becomes heavy and lingers. This literally stops the flow of life causing fear and confusion to take over. Stale energy causes anxiety, depression, overwhelm, mental foggy and tiredness. Changing energy is the key to good health, happiness, spiritual fulfillment and love. This is the theory behind Sovereign Light Vibrational Sprays: Aromatherapy with a Twist of Energy!

Emotional Aromatherapy is the next step in healing. Every time the sprays are used they clear energy, release stagnate emotional energy,



calm the central nervous system and allow the body to completely relax and re-balance.

I often hear clients complain that life is hard and change is difficult. Statements like these inspired me to create the vibrational sprays. I wanted everyone to know how easy change is and help to accelerate healing. Select one, two or three different vibrational sprays at any one time, mist around the physical body, the home, office and car, around children and pets, mist doorways, in workshops, in reception areas, on clients, even on plants or use as a daily perfume. There is nothing that can't be sprayed. Simply change the energy!

Spiritual or wellness programs are sometimes difficult to manage with hectic lifestyles. Juggling children with school, spouses and other family demands oftentimes makes meditation a chore. This often causes us to set spiritual and healing programs aside. When time is limited, stash a bottle of *I Surrender* or *I Am Love* in the car or a purse and mist when stress is high, anger begins or exhaustion sets in. Mist around the body and the inside the car. Sovereign Light Vibrational Sprays create an instant release and blend nicely with any spiritual or wellness program. Each one of the sprays positively influences the fields of energy and creates change. Mist inside the car with *Balance* before children are picked up from school. This helps them stay grounded and present after a long day at school. And helps you too!

The sprays are perfect for any type of healing practice, excellent for Feng Shui, ideal for clearing rooms, splendid for clearing fear and confusion, superb for protecting against negative energy and heavenly for meditations, prayer and yoga! The vibrational sprays are a complete healing system that works with the energy body to release limitation. There is nothing on the market today that does what Sovereign Light Vibrational Sprays do. With just one spritz change becomes effortless!

*Remember to enjoy immediate results!*

