

Using Essential Oils for People and their Animals: *Learning the Lost Art of Aromatherapy*

Level 1 & 2 Syllabus

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This course is dedicated to my soul dog, Lexie, who helped me to learn how to use these incredible healing oils on her beloved animal friends. She lived a longer and healthier life because I was introduced to the oils. I hope you will contemplate that every time you meet someone who is looking for a solution to their challenges whatever they may be...

Thank you Lexie for giving me your patience, your heart and your love of essential oils!

Lesson 1 Introduction

Lesson 2 What are Essential Oils?

- Definition of Oils
- History of Essential Oils
- Grades of Essential Oils
- Oils vs. Herbs

Lesson 3 How are Therapeutic Grade Oils Produced?

- Definitions
- Distillation vs. Extraction
- Distillation Methods
- Seed to Seal Process
- Standards/Testing of Essential Oils

Lesson 4 Essential Oil Chemistry

- Different Groups and Examples
- Understanding Chemotypes
- Standards/Testing of Essential Oils
- Why Understand and Learn Chemistry?

Lesson 5 Essential Oil Vibration - Beyond Chemistry

- What is Energy or Vibration

- Life Force of Plants/Oils vs. Human Body
- Frequency of Essential Oils
- Why and How do Essential Oils Work?
- Benefits of Essential Oils

Lesson 6 Essential Oil Safety Considerations for You and Your Animal

- Schools of Thought/Models of Aromatherapy
- Safety Precautions
- Sensitivities/Reactions to Essential Oils
- Oil Labeling Requirements
- Storing/Bottling Requirements

Lesson 7 Dilutions – To Dilute or Not to Dilute

- Determining Dilutions for People and Animals
- Parameters to Determine Dilutions
- Carrier Oils or Substances Used for Dilution

Lesson 8 SOLD on Oils-Oil Pathways and Applications

- Oil Pathways and Applications
- Designations for Essential Oils for Internal Use (FA, FL, GRAS, etc.)

Lesson 9 Essential Oil Application-Equine

Lesson 10 Essential Oil Application-Goat

Lesson 11 Essential Oil Application-Sheep

Lesson 12 Essential Oil Application-Canine

Lesson 13 Essential Oil Application-Feline

Lesson 14 Essential Oil Complementary Modalities

- Other Modalities that combine with Essential Oils

Lesson 15 Selecting Essential Oils

- Overview of Selecting Essential Oils
- Recommended Reference Books for Essential Oils
- Recommended Books for Emotional Release and Raindrop

Lesson 16 A&B – Top Essential Oils to Address Physical Imbalances

- Top Singles – Lemon, Frankincense (2), Peppermint, Lavender (2), Helichrysum, Cypress
- Top Blends – Thieves, Di-Gize, RC, Raven, Valor, PanAway, Deep Relief, Relieve It, Aroma Siez, Purification, Melrose, EndoFlex, JuvaFlex

Lesson 17 – Supplements with Essential Oils/Other Products

- Labeling Fraud-Check your Labels!
- Top Animal Products: Animal Scents Shampoo and Ointment
- Top Miscellaneous Products: Thieves Household Cleaner, Mouthwash and Spray
- Overview of Foundational or Core Nutritional Support Program
- Overview of Supplements for Hormones, Immunity, Joints/Muscles, Digestion, etc.

Part 18 – Raindrop Technique Overview

- What is Raindrop Technique?
- Benefits of Raindrop Technique
- Essential Oils Used in Raindrop
- Short Demonstration with Horse

Level 2 Syllabus on Next Page

Level 2 Using Essential Oils for People and their Animals

Lesson 1 Introduction

Lesson 2 What is True Healing?

- Definition
- Self-Accountability/Responsibility/Healing
- Evaluating Healing through ESPM

Lesson 3 Understanding the Holistic Aromatherapy Model ESPM

- Understanding/Evaluating Four Components ESPM
- Analogy of Four Legs of a Stool
- Categories that Effect the Body: Fear, Judgment, Attachment, Emotions & Beliefs (Thoughts, Feelings, Memories, Expectations, etc.)

Lesson 4 What are Emotions?

- What are Emotions?
- What Happens to Emotions? (Stored or Repressed; or Released)
- How are Emotions Communicated in the Body
- Chemical and Electric Systems in the Body
- What is Emotional Patterning?

Lesson 5 Understanding Belief Systems

- What are Beliefs?
- How are Beliefs Formed? (Generational; Childhood, etc.)
- How are Emotions Associated with Belief System?
- The Limbic System – Center of Emotions/Beliefs
- End Point vs. Root Emotions
- How Emotions Create What we Manifest

Lesson 6 Changing Emotions/Beliefs

- Steps to Change Emotions/Beliefs
- Body, Mind & Spirit Connection
- Top Emotional Issues that Affect Us and our Animals (History, Environment & Our Emotional State)
- Energy Field or Electromagnetic Field
- Being a Clear Channel to Help Others

Lesson 7 Techniques to Release Emotions

- Techniques to Release Emotions (Essential Oils, Raindrop/VitaFlex, Affirmations, Intuition)
- Vibrational Frequency of Essential Oils
- Applying ESPM Model
- Example of ESPM Properties in Oils
- How Oils Release Emotions

Lesson 8 Selecting Essential Oils Using Reference Books

- Using Reference Books (Heal Your Body, Feelings Buried Alive Never Die, Releasing Emotional Patterning with Essential Oils)
- End Point vs. Root Emotions
- Example: Knee Injury
- Alarm Points

Lesson 9 Selecting Essential Oils Using Muscle Strength Testing

- Applied Kinesiology - Muscle Strength Testing
- What it Is and How It is Done
- Why it Works and Why it Doesn't
- Example showing how it is done with Person and Dog

Lesson 10 Selecting Essential Oils Using Energy Sensing and Intuition

- What It Is and How It is Done
- Why it Works and Why it Doesn't
- Examples of attendees selecting oils

Lesson 11 Energy Sensing & Intuition Demonstration with Jesse the Horse

Lesson 12 Energy Sensing & Intuition Demonstration Canine

Lesson 13 Intuitive Session Demonstrations Wrap Up/Q &A

- Disconnecting to Person/Animals Energy
- Staying focused during Sessions with Clarity
- Off Signal – Session Conclusion
- Oil Usage/Quantities for Emotional Realm
- Avoiding an Emotional/Physical Healing Crisis
- More Tips on Selecting Oils Intuitively

Lesson 14 Intuitive Sessions Facilitator Guidelines

- Allowing and Facilitating Healing
- Asking for Permission to Facilitate Healing
- Victimization vs. Compassion
- Creating a Space to Heal
- Being a Clear Channel

Lesson 15 Top Oils for Emotional, Mental and Spiritual Use

- Top Individual/Blends Oils for Emotional
- Top Individual/Blends Oils for Grounding
- Top Individual/Blends Oils for Manifesting Dreams/Goals/Visions
- Top Individual/Blends Oils for Abuse/Trauma/Shock
- Top Individual Oils/Blends for Mental
- Top Individual Oils/Blends for Spiritual
- Top Oils that are Cooling/Warming
- Top Oils that Digesting/Assimilating Emotionally/Physically
- Top Oils for Letting Go/Breathing

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