



mandala  
Essentials



# Essentials Oils and Yoga Guide

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# Essentials Oils and Yoga

At Mandala Essentials we love yoga and essential oils !! It's what our foundation is built upon. It's like they were made to go together and when you use essential oils in your practice they provide a wonderfully yummy experience beyond that of the individual parts.

This guide will give you some ideas to get you started. The essential oils that we use in our 'Yoga Essentials' classes are doTERRA's certified therapeutic grade oils. The quality of oils is so important to consider when applying them to your body because essential oils work with the physical body, the emotional body and the energetic body.

If you have yet to get started on your journey with either yoga or essential oils then please consider becoming part of our 'Mandala Essentials' tribe. A tribe that supports loving yourself just the way you are. A tribe that puts community and self worth above all and invites you to radiate in this world. Be bold, be brave, be you!!

Dare to sparkle.

Lou xox

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## How to use your essential oils with your practice

There are a number of ways to use essential oils to enhance your yoga practice. Diffusing in the space you are using is a great way to work with your mood and cleanse your space. It's a good idea to put your diffuser on 15 minutes before you start so that the wonderful aroma invites you to your mat. (see diffuser recipes on the next page)

Using oils throughout your practice can immediately change your mood and help you to release stress and emotions. It can be helpful to prepare your favourite oils before you start. It is always a good idea to dilute your oils to prevent skin sensitivity, to make your oils last longer and to allow more to be absorbed into your body rather than evaporate.

You can make diluted dropper bottles, roller bottles or even just have a bottle of fractionated coconut oil handy so you can mix on the go!

Choosing the oils you want to work with is a very individual experience. We like to work with our favourites but then spice things up by seeing what oils we are called to at that particular time and on that particular day.

Some of our favourite places on the body to massage with the oils during your practice are the heart and chest, the lowerback, the forehead or temples in relaxation and the feet. Seriously though, you can massage the oils wherever you want to.

# diy yoga mat spray

## Ingredients

¾ cup distilled water  
¼ cup alcohol-free witch hazel or white vinegar  
5 drops Lavender oil  
3 drops Melaleuca oil  
Glass spray bottle

You could use substitute the lavender for eucalyptus or peppermint or a citrus oil. This is also a great time to play and mix your own cocktail of smells. The following are great anti-fungal oils, thyme, geranium, lemongrass, cassia, manuka, cinnamon bark, oregano, tea tree, lavender, clove, peppermint, black pepper and eucalyptus. Most essential oils, to some degree, are also antibacterial.

Note: Not all yoga mats are treated the same. Using essential oils may ruin some yoga mats. Spray a test patch on a small part of your mat first to make sure it doesn't affect it.

## Instructions

Combine all ingredients in glass spray bottle  
Shake until combined  
To use, spray on mat and wipe dry with towel







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# Meditation

Meditation is a means of transforming the mind. Meditation practices are techniques that encourage and develop concentration, clarity, emotional positivity, and a calm seeing of the true nature of things. By engaging with a particular meditation practice you learn the patterns and habits of your mind, and the practice offers a means to cultivate new, more positive ways of being. With regular work and patience these nourishing, focused states of mind can deepen into profoundly peaceful and energised states of mind. Such experiences can have a transformative effect and can lead to a new understanding of life.

There are many things in life that are beyond our control. However, it is possible to take responsibility for our own states of mind – and to change them for the better. According to Buddhism this is the most important thing we can do, and Buddhism teaches that it is the only real antidote to our own personal sorrows, and to the anxieties, fears, hatreds, and general confusions that beset the human condition.

Many essential oils work to help ground us and our energy making them a perfect addition to work with in our meditation practice.

Smell has the power to bring us to the present moment with such clarity and insightfulness. It also has the power to go beyond the thinking mind to our emotional seat in the brain. This gives us the opportunity to go deeper in releasing and shifting old habitual patterns of thinking and doing.

Many oils can create reflection simply because each oil has a very individual set of memories for everyone one of us. They can be used in a variety of different ways to enhance the meditation experience for yourself.

The essential oil or blend can be diffused in the room that you are practicing in and makes the room feel inviting. You could use a diffuser or you could make up a blend in a spritzer and spray the area around you before you begin meditation. Another method is to make up a topical oil blend or a rollerball and apply this to various parts of the body. For instance some people like to put the blend on their wrist pulse points, others like to put a dab on their third eye, others put a little on their hands, rub them together and inhale the aromas from their hands. You could also put a little on your hands, rub them together and then pass your hands over your body, energetically passing the oils through your aura. Again there is no one right way to do this, so experiment and find the way that feels right for you.

When it comes to essential oils, use any single oil or blend that you personally like when meditating and avoid using anything you don't like. Otherwise you will just be thinking about how the oil smells rather than actually meditating. Find a blend or oil that lets you relax into its aroma and begin to let go.



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## essentials oils for meditation

**Vetiver** - It grounds and attunes you to the earth and brings in positive energy. It protects against over-sensitivity and promotes strength and a deep sense of belonging

**Sandalwood** - It helps calm and comfort. It is grounding and helps you to reconnect to your sense of being. It helps to open the heart to trust and to receive healing energy. It quietens the mind and promotes deep meditation and wisdom. It can also promote positive self-esteem and spiritual sensuality. It teaches you to delight in your senses as to appreciate the beauty of life.

**Frankincense** - It can be used to awaken your spiritual purpose. Using this oil can guide and reconnect you to the Divine presence. It calms, comforts and centers as well as stabilizes the emotions. It is very grounding and quiets and clarifies the mind. When used in meditation it promotes a state in which you are better able to receive and integrate healing energies. It has long been considered a sacred oil which helps to heal the spirit and comfort the heart.

**Jasmine** - It is a base oil but also uplifting. Good for moving forward through fear and learning to trust yourself.

**Copaiba** - It helps you to connect deeper to the messages that show up in your life and their meanings.


**Melissa** - It is known as the oil of light. Awakening the soul to truth and light and reminding individuals of who they truly are and why they came to this earth.

**Rose** - It brings in positive energy, promotes a sense of well-being, unconditional love as well as Divine Love. . It is very healing emotionally especially with sadness and grief. It promotes love, compassion, hope and patience as well as the sense of spiritual connection. It can help you to forgive others as well as well as yourself and enhances your connection to all creativity,

**Lavender** – It warms the heart and steadies the emotions through promoting awareness of the need to nurture yourself.

**Lemongrass** – It helps you expand through inspirations so that you aren't limiting yourself and your life.

**Citrus oils** – These are uplifting and happy oils especially when mood is sullen or energy is low.

A close-up, soft-focus photograph of a person's hands in a prayer position (Anjali Mudra) resting on their knees. The person is wearing a light-colored, possibly white, long-sleeved shirt and dark-colored pants. The background is blurred, showing more of the person's legs and feet in a meditative posture on a light-colored surface. The lighting is warm and natural, suggesting an indoor setting with a window nearby.

You are a miracle. You are a perfect combination that makes you you. Let yourself shine bright.

## Blessing Meditation

There are many ways to meditate. You really don't need much to do it either. A quiet space and some uninterrupted time to yourself. Mornings are the best time to try to do it if you can because after sleeping, our mind is at it's quietest.

Today you are going to find a comfortable place to be for a little while. It can be on the floor, a chair, a bed or anywhere where you won't be disturbed for 5 - 10 minutes. You can use cushions or blankets too. Take your time to make a sacred space.

Now close your eyes and begin to watch your breath. Relax your tummy and feel the inhale fill it up as the exhale let's it relax. We are going to use the mantra (repetition of words) LET GO. Breathe in LET as you allow calm and love and beauty to enter and GO as you breathe out anything that isn't serving you.

As you feel your body start to relax and your mind quieten then we can move on to counting our blessings. You can visualize people in your life, situations, and anything that makes you feel grateful. On your inhale visualize whatever it might be and as you exhale either silently say Thank you or whisper it. The simplest way to start is to choose things that are easy to be grateful for. However we all know that it is the more difficult things in our life that challenge the very heart of our self-confidence and acceptance. Over time you will be able to find gratitude for those things too because it is all part of our journey.





## Oils to diffuse during practice

### Peaceful -

4 drops Lavender  
4 drops Bergamot  
4 drops Frankincense

### Comforting -

2 drops Wild orange  
2 drops Frankincense  
1 drops Cinnamon Bark

### Motivating -

2 drops Spearmint  
2 drops Tangerine  
2 drops Bergamot

### Calming -

2 drops Forgive  
1 drops Douglas Fir

### Carefree -

5 drops Bergamot  
2 drops Patchouli  
2 drops Breathe

### Relaxing -

3 drops Juniper Berry  
3 drops Bergamot  
2 drops Vetiver

### Uplifting -

3 drops Citrus Bliss  
3 drops Balance  
2 drops Siberian Fir

### Inviting -

3 drops Lavender  
3 drops Lime  
1 drops Spearmint

### Exciting-

4 drops Citrus Bliss  
3 drops Spearmint





## savasana calming spray

### Ingredients :

- 2 drops Cedarwood essential oil
- 2 drops Lavender essential oil
- 1 drops Vetiver essential oil
- 3 drops Grapefruit essential oil
- 2 drops Bergamot essential oil
- 1 drops Frankincense essential oil
- 1 drops Sandalwood essential oil
- 2 drops Sweet marjoram essential oil
- Distilled water

Use a 30ml glass mister bottle. Place essential oils in the bottle and then fill up with distilled water. Shake each time before use. Perfect for savasana (relaxation) after your yoga practice.

# Energy, yoga, emotions + essential oils

All organic life has a subtle energy that flows through it and we call it Chi or life force in yoga. This energy is expressed as an electromagnetic vibrational frequency – and pure essential oils are said to have the highest frequencies of any measured natural substance.

In our yoga practice, when we talk about the body's energy, we often focus on our chakras — this is a Sanskrit word meaning "wheel" — a circular energy connecting with a particular nerve centre and region of the body. There are 7 chakras in the body and each governs a unique emotional and spiritual state and although invisible they interconnect our physical and emotional selves.

Everything we say, think and do and all the thoughts and actions of those around us are believed to effect our energy because the chakras absorb and filter it. Sometimes when there is a build up of negative energy flowing through one things can be thrown out of balance. It can effect the physical area of the body as well as aspects of our spiritual and emotional selves.

Essential oils work with our bodies on all levels from the physical to the emotional. This makes them, therefore, a perfect companion when we feel that areas of our life or relationships are out of balance.

It can be super fun to create your own blends to work on different chakras of the body. The next few pages give you oils ideas for each chakra.





# Essential Oils for the Chakras

## Essential Oils for balancing the root chakra :

- Cedarwood
- Frankincense
- Myrrh
- Patchouli
- Spikenard
- Vetiver
- Ginger
- Cinnamon

## Essential Oils for balancing the sacral chakra :

- Bergamot
- Cardamom
- Clary Sage
- Neroli
- Orange
- Patchouli
- Rose
- Sandalwood
- Ylang-Ylang
- Tangerine
- Orange
- Geranium



## Essential Oils for balancing the 3rd chakra :

- Black Pepper
- Cedarwood
- Cinnamon
- Clove
- Coriander
- Cypress
- Geranium
- Ginger
- Grapefruit
- Juniper
- Lemongrass
- Mandarin
- Peppermint
- Petitgrain
- Rosemary
- Sandalwood
- Spearmint
- Vetiver
- Ylang Ylang





Essential Oils for balancing the heart chakra :

- Bergamot
- Cypress
- Geranium
- Jasmine
- Helichrysum
- Lavender
- Lemon
- Mandarin
- Melissa
- Neroli
- Orange
- Rose
- Rosemary
- Sandalwood
- Tangerine
- Ylang Ylang

Essential Oils for balancing the throat chakra :

- Basil
- Bergamot
- Chamomile (Roman)
- Cypress
- Fennel
- Geranium
- Mandarin
- Myrrh
- Peppermint
- Spearmint
- Thyme



Essential Oils for balancing the 6th chakra :

- Clary Sage
- Cedarwood
- Cypress
- Frankincense
- Grapefruit
- Helichrysum
- Jasmine
- Juniper
- Lemon
- Lemongrass
- Marjoram
- Patchouli
- Peppermint
- petitgrain
- Rosemary
- Sandalwood
- Vetiver

Essential Oils for balancing the 7th chakra :

- Cedarwood
- Frankincense
- Helichrysum
- Jasmine
- Lavender
- Lemon
- Melissa
- Myrrh
- Neroli
- Rose
- Sandalwood
- Spikenard
- Thyme
- Vetiver

# Love Roller blend

All we need is love. I teach my students that every interaction we have with another soul is either through love or a cry for love. It's a view that helps us step back from our ego selves and see that we are not the centre of the Universe. I love this blend because it helps us to connect to our heart centre and allows us to be open to experiences rather than let life close us down.

Essential Oils for balancing the heart chakra :

- 3 drops Bergamot
- 2 drops Lemon
- 2 drops Lime
- 2 drops Orange
- 2 drops Sandalwood
- 1 drop Ylang Ylang

Mix these oils together in a 10ml roller bottle with fractionated coconut oil. Apply on the heart and anywhere else you need it. (note that citrus oils can make the skin more sensitive in the sun so avoid sun exposure on areas the oil has been applied for 12 hours)







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*Thank you for being you!! You shine bright !!*

"Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, 'Who am I to be brilliant, gorgeous, talented, fabulous?'

This quote by Marianne Williamson has guided Lou on her journey over the last decade of sharing yoga, meditation and essential oils as well as inspiring women. Thank you for taking the time to be a part of that journey.

If you are interested in joining her tribe then you can sign up for her monthly newsletter on

[www.mandalaessentials.com](http://www.mandalaessentials.com)