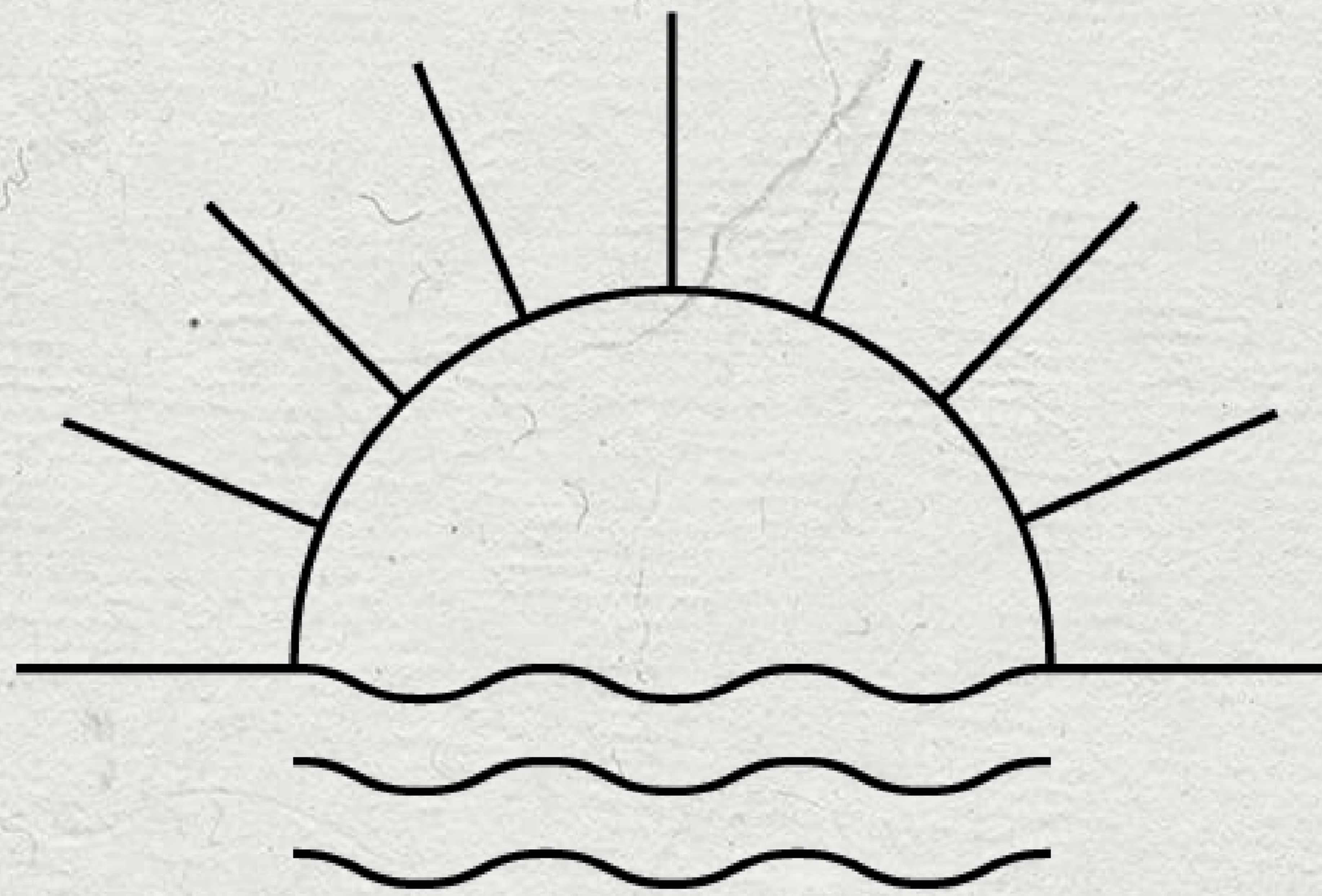




Self-Anointing

Why & How To Create
A Ritual Self-Care Practice



MOVE *through* GRIEF

The following is for informational, self-care purposes only and is not intended as a replacement for medical or mental health care. Please seek the advice of your doctor or mental health care professional.

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Carla Harless

A glass dropper with yellow oil and a dark amber bottle. The dropper is positioned at the top left, with a single drop of oil hanging from its tip. Below it, the neck of a dark amber glass bottle is visible, with a black cap. The background is a soft, out-of-focus light color.

What is *Self-Anointing*?

anoint-to touch with oil

Anointing is an ancient custom that predates written history. It is a practice that has been used across different cultures as a form of medicine for protection against disease and as an invocation for inviting in a divine presence. Anointing is also used as a gesture of honor typically bestowed on another but can be done for oneself.

'Aromatherapy anointing is a spiritual blessing given to another, a group, or ourselves. It is not the source or essence of the blessing - it is merely a tool to help visualize, amplify, and manifest the intention of it.'

Aromatherapy Anointing Oils
by
Joni Keim & Ruah Bull



Why Practice *Self-Anointing?*

Establishing a self-anointing practice as a daily ritual can be a form of meditation or self-calming which helps with down-regulation of the nervous system. Repetition of down-regulating behaviors, such as self-anointing, is a way to modulate, and therefore manage, thoughts, feelings, and emotions enabling better function and regaining or maintaining a sense of over-all well-being.

‘When you purposely pay attention to the smells around you, you’re sending a message to your brain saying you value that connection.’

My Stroke of Insight by Jill Bolte Taylor

What is used for

Self-Anointing?

Oils, milk, butter, and other fats have traditionally been used for anointing. Most modern self-anointing is done with a carrier oil (olive, sunflower, etc.) that is blended with essential oils specifically chosen for certain aromatherapeutic qualities.

Essential oils are steam distilled or cold pressed aromatic liquids from plant materials (leaves, bark, roots, etc).

Essential oils contain the true 'essence' of the plant from which they are derived and are highly concentrated...this means that a little bit goes a long way and there are very few essential oils that can be used 'neat' or undiluted on the skin without the use of a carrier oil.

The chemical composition and aroma of essential oils can provide valuable therapeutic benefits; however, a pleasing aroma is a subjective experience for the person smelling so, when selecting essential oils, it is important to choose those that are appealing to your senses.

'When specific fragrances are used..., the connection and experience are stored in the brain and remembered. When the fragrance is smelled again, it evokes...an emotional response. The more it is used, the stronger the connection becomes.'

Aromatherapy Anointing Oils
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Essential Oils & Carrier Oils for

Self-Anointing

Essential Oils for Self-Anointing

note: this is a very short list...there are many more essential oils but not all are suitable for self-anointing. see 'resources' to find more and learn about contraindications/safety precautions

Clary Sage (Salvia sclerea)
•opens the mind

Rosemary (Rosemarinus officinalis)
•promotes clarity

Frankincense (Boswellia carteri)
•encourages deep breathing

Sandalwood (Santalum spicatum)
•enhances meditation

Geranium (Pelargonium graveolens)
•supports emotional balance

Vetiver (Vetiveria zizaniodes)
•calming & grounding

Lavender (Lavendula angustifolia)
•dispels anxiety

Ylang Ylang (Cananga odorata)
•promotes peace

Carrier Oils for Self-Anointing

Olive

Sunflower

Jojoba

Coconut

How to

Self-Anoint

- Choose intention and blessing/prayer or affirmation
- Prepare essential oil blend in a carrier oil
- Place 3-6 drops in the palm of your hand.
- Lightly touch one finger into the oil
- Place the finger on any area of your body where you need healing or wish to focus intention or attention
- Touch the area while repeating your chosen blessing/prayer or affirmation...clockwise motion sends inward; counter-clockwise assists letting go/releasing

Where to

Self-Anoint

The following is a list of suggested areas on the body to anoint along with their symbology.

Heart

- Comfort & inner peace
- Giving & receiving love

Palms of the Hands

- Receptivity
- Creative expression

Solar Plexus

- Trusting instincts

Abdomen

- Confidence & creativity

Soles of the Feet

- Walk a life path with intention
- To ground/balance
- Connection to earth

Pulse Points

(behind ears, inner wrists, inner elbows, behind knees)

- Strengthen life force throughout the body

Top of the Head

- Invites guidance

Center of Forehead

- Intuition & knowing

Temples

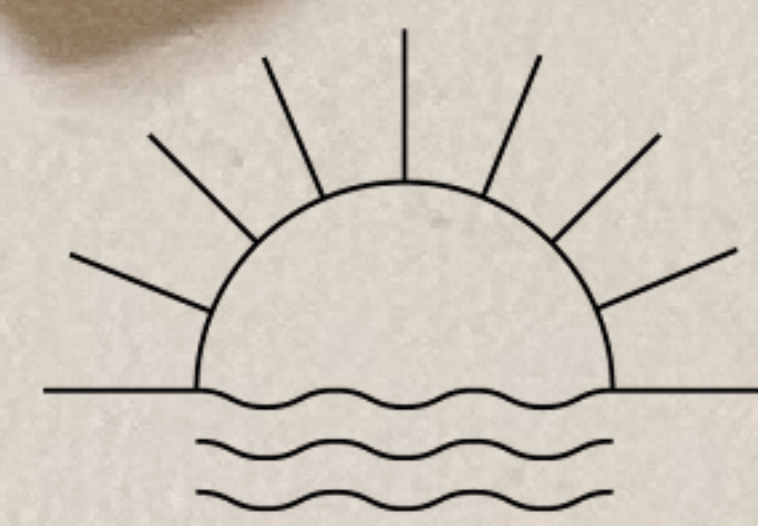
- Promotes mental clarity
- Relieve/release worry

Base of the Skull

- Strengthen intention
- Promote a sense of well-being/safety

Throat

- Speaking truth



MOVE
through
GRIEF

Self-Anointing

Oils For The Grieving Process

Claire's Blend

- Bergamot
- Neroli
- Sandalwood
- Sunflower Oil
- Tourmaline

Equanimity

- Lavender Fine
- Magnolia
- Roman Chamomile
- Sunflower Oil
- Amazonite

Reflection

- Rose
- Helichrysum
- Frankincense
- Blend of 4 carrier oils
- Lapis Lazuli

Resources

Self-Anointing Oils (custom blends available):

- Move Through Grief -- movethroughgrief.com

Essential Oils & Carrier Oils:

- Mountain Rose Herbs -- mountainroseherbs.com
- Eden's Garden -- edensgarden.com

Books:

- Aromatherapy Anointing Oils by Joni Keim & Ruah Bull
- Aromatherapy by Shirley Price & Len Price