



Reiki and Essential Oils

BY NORAH DYKEMA

I PURCHASED MY FIRST KIT of aromatics with a diffuser in 2011, shortly after returning from my ART/Reiki Master training. I was new to all of it—metaphysical studies, Reiki and essential oils. I went in with childlike wonder and quickly began to experience higher aspects of myself. I was lucky to attract Reiki clients with whom I shared many healing miracles. I credit my clients for helping me to learn more about the healing properties and the power of Reiki and most certainly the use of essential oils.

I began my Reiki practice in 2011 in Russellville, Arkansas. I was lucky to publish an article in a local magazine that was then featured in the *Arkansas Democrat Gazette*, which led to a weekly lecture series at the local library that lasted for four months. *The Russellville Courier* also reported on my work as a Reiki teacher and a lecturer on metaphysical topics. This all felt lucky and perhaps was fueled by the “magic” that seems to enter one’s life after taking a Reiki class. Could all of this good fortune have been magnified by all of my diffusing?

My Early Experiences with Essential Oils

My first essential oils kit included some single, unmixed oils (Lemon and Peppermint, for example) and some blends. I began to use them on myself and my Reiki clients. My diffuser was, and still is, a fancy one. It has a beautiful wooden base with a sturdy glass bubble over the top. It fills with mist, plays spa-like music and changes colors. My clients are immediately attracted to it when they come for sessions with me!

After a few days of enjoying my starter kit, I realized that I was diffusing all of the time. The experience quickly became a new facet of my being. I enveloped myself in their use and in learning about them.

Because the brand of oils I use offers a purity guarantee, I am able to add many of the oils to my water and food, ingesting them safely. In the beginning, I added Lemon essential oil to my drinking water. After a few months of using the oils, I noticed that a bleeding gums condition that I had had since my last pregnancy, which was 17 years before this, had disappeared.

At the same time, I was working as a health-information professional. That year, I was responsible for getting a busy durable medical equipment company through three accreditation processes with little cooperation from co-workers. I was also converting the company from paper-based patient health records to an electronic format. As I was new to the health-information field, these were huge undertakings for somebody who had never worked in the medical field before. Interestingly, I noticed that I was not stressed out by any of this. At the time, my after-work routine included filling my diffuser with a calming blend: Tangerine, Orange, Ylang Ylang, Patchouli and Blue Tansy essential oils. I would meditate for twenty minutes while sitting in the mist. What could have been a difficult period in my life was not. I attribute this to the supportive energy of my pure essential oils.

What I began to learn about diffusing oils is that the aromatic mist produced works on the human bio-energy field, just like Reiki does. Feeling my stress evaporate during the diffusing time was a valuable teaching tool. I began to share the process with my Reiki clients, placing a diffuser near the healing table where I worked on them. Orange essential oil with its wonderfully uplifting quality was a diffused oil that everyone seemed to like, and I still use it regularly today!

I also was wearing oils for the first time. I often applied a blend on my head that was helpful in relieving the daily headaches that I previously had had. This roll-on blend also helped me stay alert and focused at work. I believe the almost daily application increased my intelligence, too.

I began using this blend on all my Reiki clients (and still do), applying it along the hairline of the whole head, including the forehead. I always apply it while they are lying on the table face up so it will not enter the eyes. It greatly reduces stress for my clients. The blend includes: Peppermint, fractionated (virgin) Coconut Oil, Lemon, Idaho Balsam Fir, Clove, Copaiba, Wintergreen, Helichrysum (Everlasting), Vetiver and Palo Santo. I also apply this blend on areas where the client is experiencing pain, including the knees, back, shoulders, elbows and feet.

Using the oils in sessions led to discussions about how to employ them to assist in the healing of various maladies. I discovered that sharing the oils with my clients often led to healing experiences that continued long after a session ended.

Producing Essential Oils

Essential oils are aromatic, volatile liquids that are found within all shrubs, flowers, trees, roots, bushes and seeds. The oils are extracted through a process of steam distillation. The chemistry of essential oils is fully complex; a single oil can consist of hundreds of varied and unique chemical constituents. They are highly concentrated—far more concentrated and potent than dried herbs. For the particular brand that I use, to produce one 15 ml bottle of Lemon essential oil requires the rind of 75 lemons. One bottle of Lavender oil requires 27 square feet of lavender plants, and for Peppermint oil, one pound of raw peppermint leaves is necessary to produce 15 ml of the oil.

Quality control in the world of essential oil production is not government regulated. For individuals and practitioners interested in using these oils, it is crucial to do the proper research on how various companies produce their essential oils. And as in any product formulation, not all companies are totally transparent about the facts. Although many oils are labeled “100 percent pure,” this can be a 100 percent lie! Be wary. Even upscale natural-food markets can be guilty of carrying inferior products. For example, an essential oil could be labeled as pure peppermint essential oil. However, if it states that you cannot ingest it, then it is not pure. If an oil comes from a food, then we should be able to ingest it.

We can make big mistakes if we do not employ pure essential oils. My suggestion is to go with the company that provides a planting to packaging guarantee. Such a company has its own farms and monitors the entire process of growing, harvesting, distilling, testing and sealing the oils, all the while using no pesticides. Make sure also that they undergo third party laboratory testing. Our bodies are so important; we must insist on only pure oils!

Reiki, Essential Oils and the Removal of Spirit Attachments

My firm belief is that everything happens more quickly, healings are deeper and more spiritual profundities occur when I diffuse and apply the oils for my Reiki clients. When I first started using the oils, sometimes a client would not want them, only wanting the Reiki. On some rare occasions, I did not use the oils because I ran out of them. Observing the difference in working on clients with oils versus without, I can report that with the oils there is more “life,” more visitations from the spirit realm and a greater frequency of clients having a spiritual experience.

My sessions and classes are enhanced with the use of essential oils. I have a Reiki student who has become a dear friend. Following her desire, over time, she was able to eliminate prescription anti-depressants as a result of the proper use of the right blend of essential oils. We also diffused and applied oils during her Reiki I and II classes with me during which she experienced a huge release that led to shifts that changed her life in ways that she could never have predicted. Her expansion and healing is ongoing as she uses Holy Fire Reiki and essential oils to live a life totally “On Purpose.”

An extremely important issue, as far as I am concerned, is the often overlooked and under-discussed presence of spirit attachments. I was gratified to see this subject written about in the Winter 2016 issue of the *Reiki News Magazine*.¹ Evelyn Whiteside wrote an informative article about spirit attachments. She shared that while doing her Reiki certification process, “I learned at this time that 70 to 100 percent of the population will have spirit attachments at one time or another...many of the people I saw had spirit attachments, thus validating what I had learned.” My experience has been that the attachments do not like the pure oils. So applying them before a session means that the attachments begin loosening their grip and easily depart once the Reiki is added.

A pure oil holds intention, just as crystals do. As I am mixing a blend and/or applying oils to my client, I am silently instructing what I wish the oils to accomplish. “Please remove all non-beneficial energies, discarnate spirits, dark thought forms, extra-terrestrials from (person’s name).” I also give the crystals that I use in sessions similar instructions.

My sessions always have a diffuser misting the air, and my clients are wearing the oils too. Approximately 70 percent of my clients can see the attachments in their mind’s eye as they are leaving them. I have had some clients draw pictures of them. They are usually unpleasant and symbolic of what the client is negatively experiencing in his or her life. I have seen bat- or cat-like creatures drawn, a fish with huge teeth, a blob with two arms, snakes, box-like forms and more sketched by my clients. I feel that when clients see the attachments it is meaningful and helpful to them. It often feels like an “answer” to why things have been so difficult. It also is a way to galvanize clients into taking inspired action to truly shift out of darkness for good. The oils are such a helper for these openings to occur!

It is useful for clients to have their own oils at home to keep their vibrations high so the attachments do not come back. I have found that attachments don’t like to leave and their goal is to re-attach to their original host. Wearing an oil offers a layer of protection.

¹ Evelyn Whiteside, “The Spirit Release Process: An Amazing Healing Tool,” *Reiki News Magazine*, Winter 2016.

Spiritual Protection for Me

Although not all practitioners have issues with their clients' spirit attachments, unfortunately, I have had some attempt to attach themselves to me. Because of this, I have had to armor myself. I have an Entity Chaser & Cleansing spray in a blue glass squirt bottle that contains Holy water, Holy salt, plus Frankincense and Myrrh essential oils. I spray my aura and body front and back with the spray asking for its help in protecting me and my client. After I pull something unpleasant off, I spray the air and the client and myself again to remove the residue. I also wear Frankincense, Myrrh, Grapefruit and Black Pepper oils. I apply the Frankincense and Myrrh to the back of my neck and rub it on my hands. I dot the Grapefruit on my spine. Snake energies are prevalent on the second chakra area of many people. They like to attach to the spine. These entities do not like citrusy oils in particular. Any citrus oil has the vibration of love (so do flower oils), which is repelling to many types of attachments. Citrus oils are less costly than flowery oils. Black Pepper is known to build a strong protective barrier too. White Angelica is another strong auric protector; I like this one for children. I am always happy when my clients listen to me and apply White Angelica on their children while they are at school.

Guidelines for the Usage of Pure Essential Oils with Clients

Always discuss allergy or sensitivity issues with your clients upfront. We can best help our clients by carefully researching the oils and sharing those with our clients that will best support and promote their continued healing.

Also remember that pure oils can be strong (which is one of the reasons why they can offer us such extensive healing potential). Be mindful that the oil is going to amplify the outcomes of the Reiki work, giving your clients bigger and longer releases, a really good thing and at the same time, something that you and your client need to be aware of. Also know that it is fun to introduce essential oils to a client who has never used them.

I recommend diluting oils with a good, clean carrier oil, such as fractionated coconut, vegetable or almond oil. This allows for better skin coverage, and it is a smart way to make oils last longer. At first, three to four drops of essential oil per teaspoon of carrier oil will be safe. As the practitioner and the client become more acclimated to the healing power of oils, the ratio can be varied.

Whether or not to apply them "neat" (undiluted) should be decided by the Reiki practitioner. Always use glass, ceramic or metal containers to mix the oils in. A pure oil has the intelligence and power to break down the petrochemicals contained in plastics.

The Reiki and essential oils session may lead to energetic releases as part of the healing process. I am careful to point this out to clients. Clients might experience a productive cough, a runny nose, ear wax loosening and leaking out, bowels releasing toxins and other relatively minor but usually unwanted occurrences. We Reiki practitioners know that this is all part of shifting to a higher state of wellness. Be sure to let your clients know this too.

Beyond the profound outcomes of blending essential oils and Reiki together is the growing body of scientific evidence to support the power of oils for healing disease. Research studies on pure essential oils show positive effects for many and varied health concerns, such as infections, libido issues, pain, weight loss, anxiety, depression, tumors, premenstrual syndrome, nausea and more. I invite you to do your own research on the healing power of essential oils. There is so much to learn about the history, the science and the usage of pure essential oils.

We truly are in transitional times when it comes to alternative healing modalities in the United States. As allopathic cures continue to be considered too harsh for a growing number of individuals, people are looking into Mother Earth's original toolbox for a more gentle and natural approach to healing. I often say, "There is an oil revolution going on!" I am proud to be a witness and participant of this important and needed direction in our society! 🌸



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