



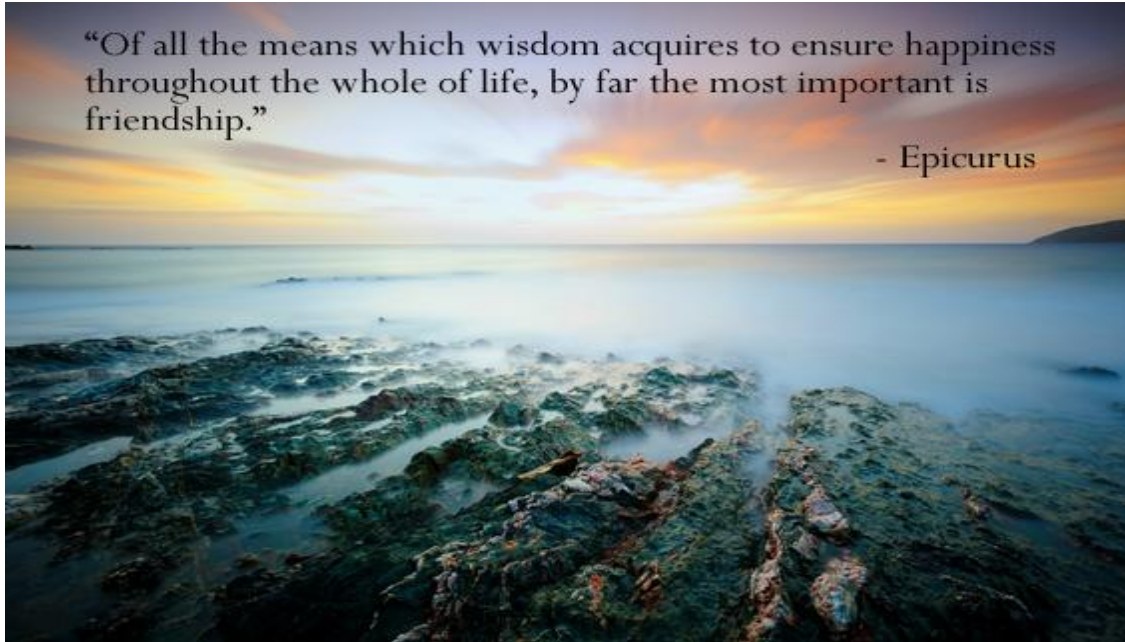
## Meditation Regimen for Beginners

- 1) Choose a regular time:** Select a time each day when you can sit undisturbed for 20 minutes. No phones, no interruptions, no unnecessary stimulus from radio or television. You will probably find that this becomes the busiest time of the day. After a few weeks you will suddenly have any number of things that your mind tells you must be done only during those 20 minutes. Do not give way. Persevere.
- 2) Select a spot:** Select a spot in your house or office that you use for your meditation session. You are creating your own sacred space. Doing so in conscious awareness that this is what you are doing, is part of the process.
- 3) Find a Central Phrase:** There is some phrase or sentence you have heard or read that has deeply impressed you, or with which you resonate or wish to align yourself. It might be something from the Bible, or a favorite book or a verse in a song, or poem. It should be something that has a strong positive association in your mind, whether or not it would make sense to another person.



# UNITY DAY

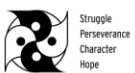
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**4) Keep your phrase a secret:** If you tell others about this they will say your word, share with you their attitude about your choice. When you go to say it they may intrude into your mind. Their pronunciation, their intonation may be what you hear in your mind. By choosing your phrase you empower it as a goal to which you aspire; keep it a secret.

**5) Examine your life:** Consider where you are, and where you aspire to be. Consider this from the physical, emotional, mental, and spiritual levels. Look for patterns. In considering the physical, let's say you overeat. It has been a life-long problem. This is the negative. The positive is you wish to eat consciously only foods that are good for you and in appropriate amounts.

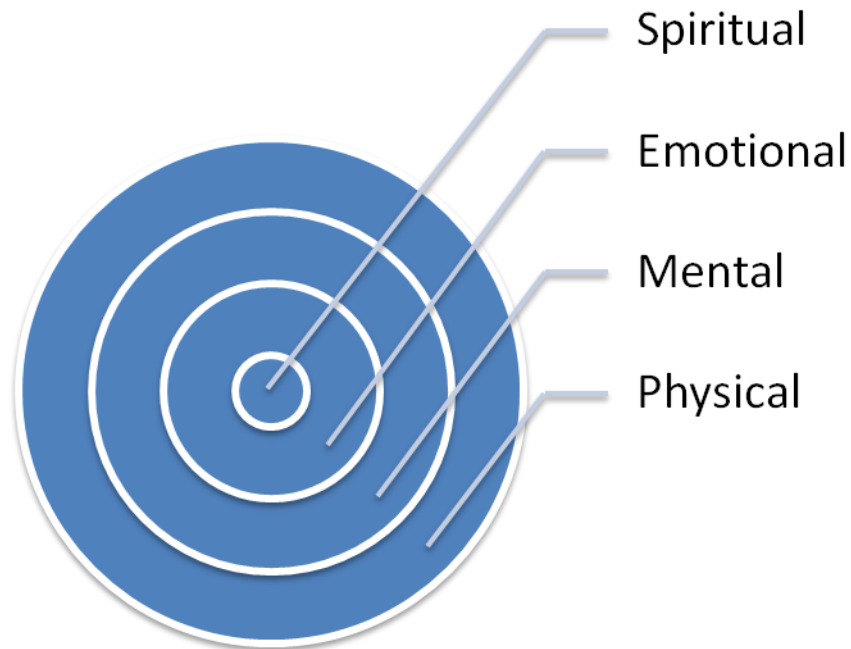
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I have split the emotional and the mental because research suggests, and my own experience confirms, that they are often confused. When people are asked how they feel, they often respond by saying what they think. “How do you feel about what your friend just did?” “I don’t think she should have said that to me.” That’s thinking. “I feel surprised and hurt that she has never told me this before.” That’s feeling.

**6) Choose four Words of Power:** Reduce those patterns to four words or phrases. Words or phrases that embody all the energy you have invested in these patterns, and your aspirations to make their positive aspects the reality of your life. The image on the preceding page may help. You can write in the Words of Power, the appropriate one for each circle. An emotional pattern might be that you feel you allow your partners to disregard your feelings, and then you feel angry. The positive of this might be that you will say what your feelings are, and choose only to be involved with people who will acknowledge them. Your word might be “feelings.” Be as honest as you can, and don’t tell anyone about it, or you will lie to yourself. A mental pattern might be your sense that you do not think clearly enough about some task you have set yourself, so your word might be “clarity.” A spiritual pattern might be your sense of separation, an existential sense of alienation. In this case your word might be “oneness.” When you have made your Words of Power sheet keep it a secret. For this technique to work you must be absolutely as honest as you can be, and I have found this is hard for most people to do when others know these things about them.



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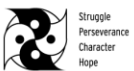
**7) Once a day in your chosen place, at your chosen time, take 20 minutes to be “present” in meditation:** Sit comfortably. Loosen collars, belts, or shoe laces; anything that constricts.

**8) Look at a watch or clock:** Visualize the hands as they will be in 20 minutes: You will be surprised at how accurate you become, and this time estimating skill will carry over to other aspects of your life. Many who meditate regularly give themselves the suggestion to awaken at a certain time, and need no alarm clock.

**9) Say your Central Phrase in your mind:** Repeat it. Repeat it again. Wait. For awhile there may be nothing. Then you will find thoughts bubbling up. If the thoughts pertain to your phrase — whether anyone else would think they did or not does not matter — think them. After awhile you will find your thoughts wandering to matters that do not, in your estimation, have anything to do with your Central Phrase. When this happens, stop. Clear your mind. Take a deep breath. Say your Central Phrase again, then again. Then stop. There will be nothing for awhile. After a bit thoughts will bubble up. If the thoughts pertain to your Central Phrase, think them. After awhile they will wander to other topics. When that happens repeat the process again. In the course of a single session you may have to do this several times but, over time, you will find you need to do it less and less often. Your thoughts may give you great insight into something going on in your life, or about which you are thinking. But it is in the periods of “silence” that the really interesting events in meditation occur. It is here that the transcendent experiences that change people’s lives take place. When these experiences will happen cannot be predicted, but they will happen. What happens has to be experienced to be understood.

**10) Close with your Words of Power:** At the end of your session slowly say in your mind your “physical” word or phrase of power. Pause a moment. Then say your “emotional” word or phrase. Then your “mental” one and, finally, your “spiritual” word or phrase. It might help to visualize the words going out like arcs of light, or that you are plugging into a greater whole. Whatever works best, do that. Over time you will find that one or the other of your words or phrases will go... as if the energy has gone out of it. Some words and phrases will go... in weeks, others may take years before they need to be retired. It depends on you and the dance of your life. When this happens examine your life again. You may find that the goal you sought with that word has been attained. The change is usually subtle, and the transformation so gradual you have hardly noticed. But now you are there. When this happens select a new word or phrase in the same way as the earlier one, and begin again. Using this technique you can transform your life. There will come a time when even your Central Phrase goes... When this happens consider what has changed. Really come to understand it. Make it part of your conscious life. Then select a new Central Phrase, and begin the process again.

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## Meditating With Essential Oils



Meditation is not exclusive to any one particular culture or religious/spiritual group. Generally speaking, meditation induces a sense of relaxation leading one to become receptive to enlightenment.

*Prayer* is the state of speaking to God or the Divine, either out loud or silently, *meditation* is the state of silently and calmly listening to hear insight, enlightenment and empowerment from our Divine creator. Meditation allows us to relax our minds, focus upon a particular point of reference and take a mini-vacation from the stresses of the day.

Proper use of essential oils during meditation can enhance the experience by grounding you and promoting a sense of calm. Essential oils like [Vetiver](#), [Sandalwood](#), [Atlas Cedarwood](#), and [Patchouli](#) are grounding. Other oils like [Clary Sage](#), [Lavender](#) and [Roman Chamomile](#) act as natural sedatives and can enhance the relaxed state of meditation. Oils like [Helichrysum](#) and [Frankincense](#) are said to enhance enlightenment and a spiritual connection with the divine. There are numerous articles on the use of [Essential Oils for Spirituality](#) that can be adapted for your personal practice of meditation or prayer.

When meditating, I prefer using a candle diffuser to diffuse my selected meditation essential oil blend, but other types of diffusers or even a room mist can be used. You can find diffusers at Hobby, spas, and wellness specialty stores. You can make your own personal Meditation Room Spray using an oil and water mister as well. You can find these misters in local stores in the cosmetics sections.

Use the diffuser blends below as starting ideas for creating your own personal meditation blends. Be sure that you understand the [safety](#) and the contraindication for each oil that you use and be sure that you understand how to properly use your diffuser.

### Grounding Meditation Diffuser Blend

*Combine equal proportions of the following essential oils in a clean glass bottle and diffuse as you would other essential oil blends:*

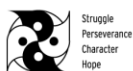
- [Sandalwood](#) or [Patchouli](#)
- [Frankincense](#)
- [Bergamot](#)

### Enlightening Meditation/Prayer Diffuser Blend

*Combine equal proportions of the following essential oils in a clean glass bottle and diffuse as you would other essential oil blends:*

- [Frankincense](#)

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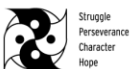
- [Helichrysum](#)

## Relaxing Meditation Diffuser Blend

*Combine all oils in a clean glass bottle and diffuse as you would other essential oil blends:*

- 3 Parts [Lavender](#) or 2 Parts [Clary Sage](#)
- 2 Part [Atlas Cedarwood](#)
- 1 Part [Neroli](#) or [Bergamot](#)

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## Essential Oil Recipe for Celebrating, Giving Thanks and Expressing Gratitude

Holidays, graduations, confirmations, baptisms, weddings, birthdays, the birth of a baby, moving into a new house and getting a promotion are examples of events that we may want to celebrate and express special gratitude through reflection, prayer or meditation. I advocate prayer and meditation of gratitude and thanksgiving daily. Special events, however, aren't the only time that it can be appropriate and spiritually rewarding to utilize this blend while expressing gratitude and focusing upon our blessings.



### Recipe to Express Thanks and Gratitude

**Bergamot:** A light, sweet, uplifting aroma that is typically loved by those of all ages. It is beautiful primary oil in any blend intended for celebration or enhancing joy.

**Grapefruit:** A beautifully uplifting aroma that is amongst my favorites.

**Ylang Ylang:** A beautiful, exotic floral essential oil. It can become quite overpowering, so use it sparingly. Ylang Ylang is what called to me for this celebratory blend, but jasmine would also be well suited.

**Cypress:** With its fresh, herbaceous, slightly woody aroma, Cypress is energizing oil and a great oil to use during times of change.

**Frankincense:** To celebrate my faith and gratitude, frankincense is my oil of choice for this particular blend. It's earthy and spicy base notes will help to round out the aroma.

**Ginger:** Ginger is spicy oil that is warming, heart lifting and helps to cut through the sweetness of the citrus and ylang ylang essential oils.

Ratios:

- 20 drops [Bergamot](#)
- 10 drops [Grapefruit](#)
- 10 drops [Cypress](#)
- 10 Drops [Frankincense](#)
- 5 drops [Ylang-Ylang](#)
- 2 drops [Ginger](#)





Combine all oils in a clean glass bottle and [diffuse](#) as you would other essential oil blends as you give thanks, pray or meditate.

## Praying With Essential Oils

Prayer is the state of talking to God either our loud or in silence. The act of prayer is not exclusive to any particular culture or religious or spiritual group.



Essential oils can be diffused as you pray to help you focus your thoughts and prayers. If, for instance, you want to express prayers of gratitude, the use of uplifting essential oils can help enhance your celebratory prayers. If you are in a state of sadness or grief over the health or loss of a loved one, essential oils that help with grief are a good choice to use during prayers related to your loved one.

Oils like [Helichrysum](#) and [Frankincense](#) are said to enhance enlightenment and a spiritual connection with the divine.



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## [All About Diffusers Air Freshener Recipe](#)

Use the diffuser blends below as starting ideas for creating your own personal prayer blends. Be sure that you understand any [safety](#) and the contraindications for each oil that you use and that you understand how to properly use your diffuser.

### **Prayer during times of “Sorrow or Grief”**

*Combine equal proportions of the following essential oils in a clean glass bottle and diffuse as you would other essential oil blends:*

- [Rose](#)
- [Sandalwood](#)
- [Bergamot](#)

### **Expressing Thanks and Gratitude**

*Combine all oils in a clean glass bottle and diffuse as you would other essential oil blends:*

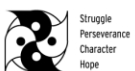
- 4 Parts [Bergamot](#)
- 2 Parts [Grapefruit](#)
- 2 Parts [Cypress](#)
- 2 Parts [Frankincense](#)
- 1 Part [Ylang-Ylang](#)
- 1 Part [Ginger](#)

### **Enlightening Meditation/Prayer Diffuser Blend**

*Combine equal proportions of the following essential oils in a clean glass bottle and diffuse as you would other essential oil blends:*

- [Frankincense](#)
- [Helichrysum](#)

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## How Does Aromatherapy Work?

Aromatherapy is the art and practice of using essential oils extracted from aromatic plants and herbs to restore or enhance health, beauty and well-being. How does aromatherapy work? Well, it depends on the method of using essential oils.

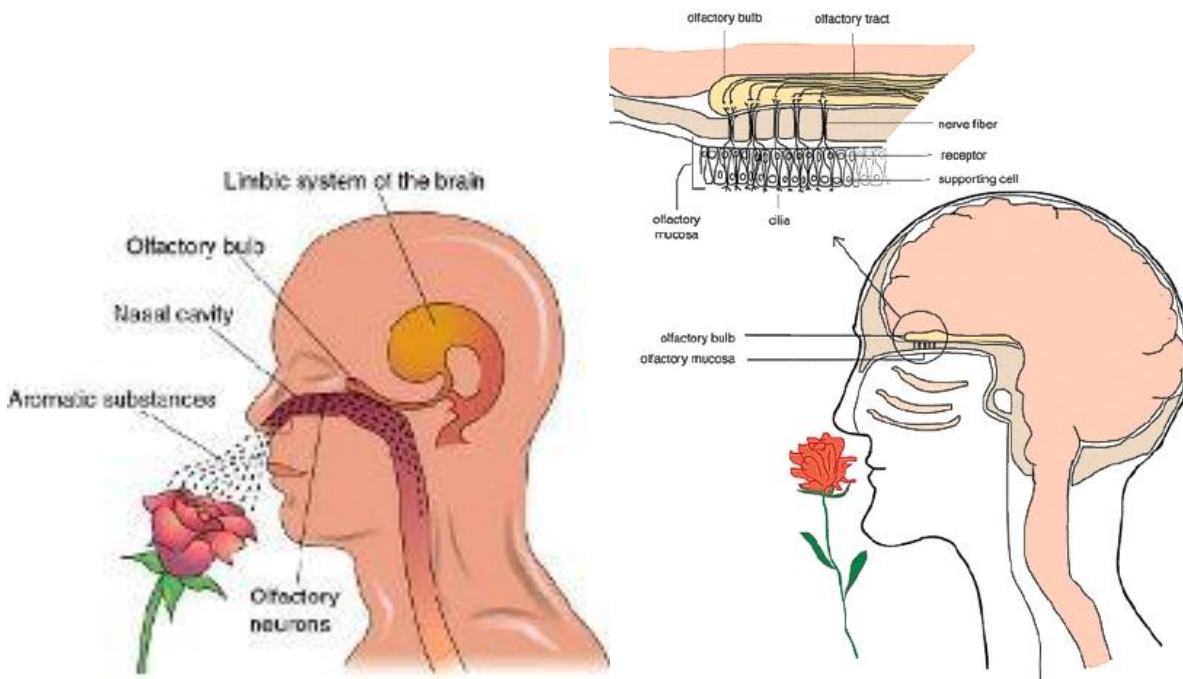
Essential oils, as we know, are important part of aromatherapy. There are three methods of using the essential oils, which are:

- Inhalation
- Topical
- Oral

Given below are the procedures for the three methods. It shows how aromatherapy works for each method:

### Inhalation

Of the three methods mentioned above, Inhalation has the quickest effect.

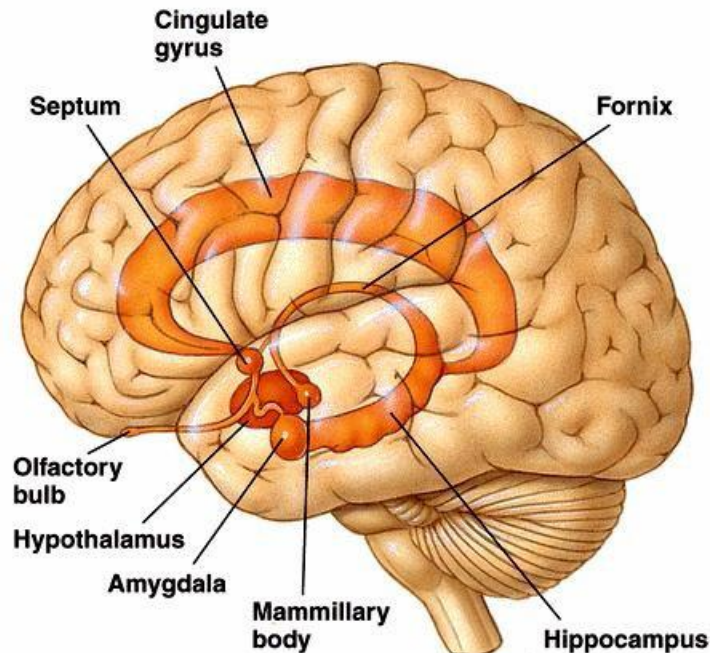


The molecules of essential oils work when they are inhaled because; aromatic molecules interact with the surface of your nasal cavity and the tiny olfactory nerves located in the roof of the inner nose. These aromatic molecules are transmitted to the part of the brain called the limbic system.





## ► Location of Major Limbic System Structures



Note that the olfactory bulb is the closet nerve to the outside environment.

The limbic system controls emotional responses and memory and can influence heart rate, blood pressure, breathing, stress level and hormone balance. This is why essential oils have such a powerful effect on our moods and general state of mind. This form of absorption is most efficient when inhaling essential oils from a tissue, diffusing them in a vaporizer, or adding them to your bathwater.

### Topical

Topical method is used on your skin, if you have a bruise. A bruise needs a topical compress, not an inhalation. This is effective even if you have problem with your skin (like acne, sun burn, etc.). You should use topical method not inhalation.

Essential oils when applied to your skin are not greasy and many of them do not leave oily marks behind. These oils easily penetrate through the skin and get absorbed into the bloodstream.

When applied to the body, essential oils penetrate the skin via the hair follicles and sweat glands and are absorbed into the body fluids, where they not only help to kill bacteria and viruses but also stimulate the body's immune system, thereby strengthening resistance to further attack.



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Some essential oils increase the circulation and help with the efficient elimination of toxins; others promote new cell growth and encourage the body's natural ability to heal itself. Each essential oil has its own character and aroma, exhibiting a varying number of properties and benefits which are unique to it. No two essential oils are quite the same.

However, we can't directly use essential oils to our skin without diluting them with carrier oils. Essential oils are very concentrated; therefore we must use it carefully. It is best to understand how to use them safely.

If your skin is sensitive, you can test the skin by placing a small amount of diluted oils to your inner arm. Do not use the oils if it causes redness or irritation. Some essential oils are TOXIC when used topically and are photosensitive and should only be used or applied by someone knowledgeable and for this reason we will not be using topical recipes.

## Oral

While tinctures are a common way of using herbs, essential oils are rarely taken orally by therapists. This could be because most aromatherapy training suggests the oral method is fraught with danger. However, many essential oils may be administered orally with safety.

Oral ingestion can be an option, but only under experienced medical supervision, **SOME OILS CAN BE TOXIC**, and other even seemingly harmless oils should not be used under certain conditions. (If you are pregnant, or have specific medical needs). We will not use oral recipes in this class as well but will use candies and some fruit in lieu of oils.

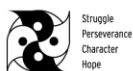
Some essential oils are listed for oral use and are often major ingredients in mouthwash and dental care product --- clove, tea tree, myrrh, thyme, and peppermint.

Essential oil stimulates the powerful sense of smell. It is known that odors we smell have a significant impact on how we feel. In dealing with patients who have lost the sense of smell, doctors have found that a life without fragrance can lead to high incidence of psychiatric problems such as anxiety and depression. We have the capability to distinguish 10,000 different smells. It is believed that smells enter through cilia (the fine hairs lining the nose) to the limbic system, the part of the brain that controls our moods, emotions, memory and learning.

Studies with brain wave frequency have shown that smelling lavender increases alpha waves in the back of the head, which are associated with relaxation. Fragrance of Jasmine increases beta waves in the front of the head, which are associated with a more alert state.

Scientific studies have also shown that essential oils contain chemical components that can exert specific effects on the mind and body. Their chemistry is complex, but generally includes alcohols, esters, ketones, aldehydes, and terpenes. The effects of these chemical components are summarized in the accompanying table.

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Name of the chemical component	Properties of the chemical component	Essential oils that contain the chemical
Aldehydes	Anti-inflammatory, calming, sedative and anti-viral.	Characteristic lemon-like smell, such as lemon grass, lemon balm, citronella, eucalyptus
Alcohols	Bactericidal (kills bacteria), stimulant, energizing, vitalizing, antiviral, diuretic. Our pancreas produces 32 kinds of alcohol for use in human metabolism.	Rose, petitgrain, rosewood, peppermint, myrtle, tea tree, sandalwood, patchouli, and ginger
Phenols	Strongly bactericidal, tonic stimulates immune system, invigorating, warming. Can produce slight liver toxicity if taken high doses for extended periods of time. Used in lip balms and cough drops.	Clove, cinnamon, thyme, oregano, savory, cumin.
Cetone (Ketones)	Wound healing, mucolytic (eases the secretion of mucous), stimulates new cell growth. Used as a nail polish.	Camphor, rosemary, sage, eucalyptus globulus and hyssop
Terpenes	Very stimulating, potential skin irritants, anti-viral properties.	Lemon, orange, bergamot, black pepper, pine oils, nut meg and angelica.
Sesquiterpenes	Anti-phlogistic (moves fluids), anti-inflammatory, sedative, anti-viral, anti-carcinogenic, bacteriostatic and immune stimulant	Blue chamomiles, immortelle, tansy, yarrow and tagetes.
Esters	Anti-fungal, sedative, calming, spasmolytic, fungicidal, anti-inflammatory.	Roman chamomile, lavender, clary sage, petitgrain, bergamot.
Lactones (part of ester group)	Anti-inflammatory, mucolytic	arnica, elecampane
Ethers	Harmonizing to the nervous system. antiseptic, stimulant, expectorant (increases secretions), spasmolytic, and diuretic.	Cinnamon, clove, anise, basil, tarragon, parsley, and sassafras.





## Delivery Systems Inhalation Aroma Therapy

### Simple Inhalation

Simple inhalation is the easiest method of inhalation where you open the bottle, keep it 6-8 inches under your nose and waft the aroma towards your nose with your other hand. Ensure that you do not touch or breathe on the orifice, as it could reduce the life force of the oil.

Another method is to place a drop of undiluted oil in your hand. Then you could rub your hands together and cup your hands over your nose. Then take a deep breath and check out your response. If you feel relaxed and content, repeat the process.

### Mists

Mists are considered to be an inexpensive method of diffusing the oil into the air. Add 10-15 drops of essential oil into a spray bottle containing purified or distilled water. Since water does not mix well with oil, shake the bottle well before misting its' contents. But, remember that oil does not mix well with water.

So, mix essential oils in vodka before you add water to the spray bottle. Then spray up all over your body and then allow the mist to fall all around you. Note that the mist water lasts for about 2 weeks. You could use glass misters or colored bottles. If you make use of glass misters, remember to keep it in a dark place, as sunlight could affect the essential oil.

### Diffusion

Diffusion is a method of introducing essential oils into the air for inhalation. There are many diffusers including vaporizers, humidifiers, glass nebulizers and simple evaporation devices. Vaporizers or humidifiers may be used for respiratory problems, including cold and flu. Peppermint oils and lemon oils can be added to vaporizers and humidifiers to oxygenate the air.

### *What are the risks of aromatherapy?*

It is important to follow the product instructions carefully. Concentrated products may be poisonous before dilution and should be handled with care. If you have any of the following conditions you should be extra careful/ cautious about aromatherapy:

- If you have an allergy, or allergies
- If you suffer from hay fever (a type of allergy)
- If you suffer from asthma
- If you have skin conditions, such as eczema or psoriasis
- Be extremely cautious if you suffer from epilepsy
- You suffer from hypertension (high blood pressure)
- Have DVT (deep vein thrombosis)
- You are breastfeeding
- You are pregnant



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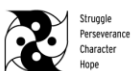


Aromatherapy does sometimes have side effects. However, they tend to be very mild and do not last long. These include nausea, headaches and some allergic reactions.

Skin sensitivity to sunlight - essential oils derived from citrus may make the skin more sensitive to ultraviolet light, making the person more susceptible to sunburn.

Some oils may change the effectiveness of conventional medicines - if you are not sure, check with a qualified pharmacist or doctor.

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