



7 ESSENTIAL
OILS FOR
TRAPPED
ENERGY

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WHAT IS TRAPPED ENERGY?

Negative experiences and trauma can trap emotional pain inside our body.

This trapped energy makes us feel anxious or depressed, and can manifest as physical discomfort, pain, or illness.

Trapped energy compromises our well-being, hinders our capacity to give and receive love, and can even impact our body systems, negatively affecting our digestion, sleep patterns, or physical energy.

Ginger

Empowerment

Put a drop of Ginger in your belly button or in your hand, rub together, and deep breathe. Ginger will move you from feeling powerless, defeated, and stuck to a state of feeling empowered, committed, purposeful, and capable. Breathe in the spicy aroma and visualize yourself reaching the top of that mountain. You started your climb and you thought you couldn't make it, but you put one foot in front of the other and you kept going until you reached the top.



You can do this

Let Ginger release trapped energy in your solar plexus and bring you to a place of empowerment.

Green Mandarin

Pure Potential

Green Mandarin will move you from feeling limited, trapped, and doubtful to excited, hopeful, and fearless. Imagine that your heart has opened up and your capacity to reach your full potential is within arm's reach. Drop Green Mandarin into your diffuser or inhale from cupped hands, then rub over your heart.



Reach your potential

In moments when you are doubting yourself, Green Mandarin is an excellent reset.

Litsea

Manifestation



Litsea is the essential oil you need if you are feeling blocked and distracted. Are you scared of rejection? This essential oil will help you to move into alignment, allowing you to receive and be open to the possibilities. Enjoy Litsea in your diffuser or breathe it in from cupped hands to move this stifled energy holding you back.

Open to possibilities

Litsea is a powerful manifestor
of your heart's desire.

Tea Tree

Energetic Boundaries



Tea Tree is one of my faves as far as clearing negative parasitic energy. Imagine an energy vampire has just offloaded all of their crappy baggage on to you, or someone road raged on you during your drive home. Tea Tree over your heart and throat area will help to clear that out. Tea Tree evokes feelings of safety and will help restore your boundaries if you have been attacked by nasty people.

Restore boundaries

Tea Tree encourages healthy connections and allows you to honour your personal space

Cedarwood

Community



During these unprecedented times, you may be feeling lonely and separated from society and your loved ones, which in turn keeps us feeling stuck and sad. Get out your Cedarwood because this is the oil that will help you get back to feeling a part of your community again. Diffuse Cedarwood while you are on your Zoom calls or Clubhouse.

Feel connected again

Breathe in connection and
breathe out the loneliness.

Bergamot

Self-Acceptance



Bergamot is the oil to turn to if you have had any kind of trauma. It helps to bring you into the present moment where you are safe and cared for. Highly soothing and accepting of who you are, Bergamot helps trauma release from your subconscious. Diffuse at bedtime and put a drop over your sacral area to heal your past emotional heartbreaks.

Accept yourself

You are safe, cared for, and worthy of healing.

Frankincense

Truth



Frankincense will take you from the weight of abandoned, misaligned, trapped energy to a sense of protection and alignment with your source energy. This oil magically uplifts your spirit and helps you to connect with your higher self. Use Frankincense during meditation and feel connected to spirit, your higher self, the universe, or god.

Find your truth

Let Frankincense shield, guide, protect, and support you.

Want to know more?

If you would like to dive deeper into the energy of essential oils and the natural solutions they can bring into your life and your home, here is how you can reach me:

www.kellymallinson.com

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