

Essential Oil Workshops



Taught by Ruby Gibson
www.youngliving.com/howlingmoonprod

Imagine using the vital power of plant and flower essences to enhance and recover your life! Essential oils are energy medicine from Mother Earth that offer us beautiful aromas to heal and harmonize our bodies and spirits.



Our natural, symbiotic relationship with the plant world generates life, as the plant world assists us in “giving away” what no longer serves us. Building upon this basic premise, we use therapeutic grade, organic essential oils in our trainings to heal emotional patterns, detoxify our bodies and encourage spiritual renewal.

Aromatherapy is an ancient art of healing. It has been in use for over 6500 years by many civilizations including the Egyptians and Romans. Aromatherapy requires the careful extraction of plant oils in such a way as to retain the vital essence of each plant. Aromatherapy, when practiced by an experienced and knowledgeable practitioner, can cut through “obstacles to cure” such as limiting beliefs, toxicity and enigmatic pathologies. It can also strip away layers of suppression so that one’s vital spirit is free to express itself with enthusiasm.

Essential oils are one of the greatest untapped resources of the world. The concentrated essences of various flowers, fruits, herbs, trees and plants have been used for centuries all over the world, but in modern times we have forgotten their power, preferring instead to use the products of perfume and chemical companies which imitate the natural fragrances, and medicinal and cleansing properties of essential oils. Modern scientific research has proven that essential oils are potent, with remarkable healing properties.

They are chemically very complex, consisting of hundreds of different chemical compounds. Moreover, they are highly concentrated and far more potent than dried herbs. The distillation process is what makes essential oils so concentrated. It often requires an entire plant or more to produce a single drop of distilled essential oil.

Essential Oil Workshops with Ruby Gibson

- Raindrop Therapy
- Releasing Emotional Patterns with Essential Oils
- Wellness with Essential Oils

Many of our classes are eligible for CEU's. Please inquire for details.



PURITY FACTORS OF ESSENTIAL OILS

One of the factors that determine the purity of an oil is its chemical constituents. These constituents can be affected by a vast number of variables, including: the part(s) of the plant from which the oil was produced, soil condition, fertilizer (organic or chemical), geographical region, climate, altitude, harvesting methods and distillation processes. The key to producing a therapeutic-grade essential oil is to preserve as many of the delicate aromatic compounds within the essential oil as possible. Fragile aromatic chemicals are easily destroyed by high temperature and pressure as well as contact with chemically reactive metals, such as copper and aluminum. The plant material should also be free of pesticides, herbicides and other agrichemicals.

When we understand the power of essential oils in the realm of holistic healthcare, we appreciate the necessity for obtaining the purest es-

sential oils possible. No matter how costly pure essential oils may be, there can be no substitutes. Inferior quality or adulterated oils most likely will not produce therapeutic results and could possibly be toxic. Today, approximately 300 essential oils are distilled or extracted, with 98% of the oils produced used in the perfume and cosmetic industry and only about 2% are produced for therapeutic and medicinal applications.

Currently, there is no agency in the U.S. responsible for certifying that an essential oil is therapeutic grade and no consumer guidelines. This is why we exclusively use **Young Living Essential Oils** in all our classes and healing sessions. They are the largest producer of therapeutic grade essential oils in North America and have been collaborating with government certified analytical chemists in Europe to ensure that its essential oils meet international standards. With **Young Living Essential Oils**, we know we are getting the best.



Raindrop Therapy Class Description

Description: This 10 hour training will educate you on the use of essential oils to release toxins, lessen muscle spasms, enhance well-being and encourage emotional clearing. Raindrop Therapy is a hands-on treatment that consists of layering seven therapeutic grade oils onto the back and spine, while massaging them into the tissues, allowing the system to naturally regain balance and regenerate health. Easy to learn and safe for all ages. Great skill to enhance a massage practice.

Recommended Text: Essential Oils Desk Reference - Compiled by Essential Science Publishing

Pre-Requisites: Open to all people interested in aromatherapy, health care, well-being, detoxification and personal recovery work.

Learning Outcomes: The information learned will enhance your career as a health care professional, or support your knowledge as a student of aromatherapy, by giving you valuable tools to support yourself, as well as clients, family and friends to recover their health and well being. Information will be shared through lecture, experiential exercises, instructor demonstration, and hands-on work. Each student will give, receive and observe a Raindrop Therapy Session. Specific outcomes as follows:

1. Chemistry of Essential Oils
2. The History & Re-Discovery of Essential Oils
3. Purity Standards of Therapeutic Grade Oils
4. Actions of Essential Oils for Detoxification and Oxygenation
5. Flow of Disease/Pathways of Elimination
6. Guidelines for Safe Use/Oils Etiquette
7. Application of Essential Oils
8. Vita Flex Therapy
9. Treatment Protocol
10. Raindrop Technique Sequence

Releasing Emotional Patterns with Essential Oils Class Description

Description: This 13 hour training establishes an understanding of how essential oils can impact and unwind the emotional patterns and limiting belief structures of individuals. Through the use of Kinesiology, Chinese Alarm Points and Somatic Awareness, we will explore our personal state of emotional balance. Emotional patterns are a part of our subconscious. A small organ in our brain, called the amygdala, who's function is to store and release trauma in our bodies, does not respond to sound, sight, or touch. This gland releases emotional trauma ONLY through olfaction, the sense of smell.

Required Text: Releasing Emotional Patterns with Essential Oils - Dr. Carolyn Mein.

Pre-Requisites: Open to all people interested in aromatherapy, health care, well-being and personal recovery work. Basic knowledge of the chemistry and actions of essential oils is recommended.

Learning Outcomes: The information learned will enhance your career as a health care professional, or support your knowledge as a student of aromatherapy, by giving you valuable tools to support yourself, as well as clients, family and friends who need support during difficult times in their lives. Information will be shared through instructor demonstration, lecture, experiential exercises, and student exchange. Specific outcomes as follows:

1. Aromatherapy for personal transformation
2. Tools for awareness and awakening of self
3. Muscle testing skills/Kinesiology
4. Levels of emotional release
5. Become an adept facilitator
6. Essential oils treatment protocol
7. Incorporating somatic awareness techniques
8. Trauma recovery and unwinding
9. Healing depression, anxiety & panic
10. Amplifying healing with breathwork



Recovery of Self

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Recovery of Others

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Recovery of Environment

Essential oils support recovery on many levels. They can balance energies in the body, create stability, encourage clarity, open the subconscious mind, promote the emotional release of negative stored memories, encourage spiritual connection, program the mind with positive beliefs, ease physical pain, inspire self-love/esteem, stimulate immune response, deepen our awareness of personal patterns, and orient us to our power.

Essential Oils for Wellness Class

Description: This 6 hour beginners workshop is designed to assist students to learn about the therapeutic use of pure essential oils. We will discuss topical application, diffusion, inhalation and ingestion of essential oils singles and blends. Dr. Mom suggestions for first aid, acute/chronic pain management and personal wellness will be highlighted. We will share and discuss seven essential oils for healing.

Recommended Text: Essential Oils Desk Reference - Compiled by Essential Science Publishing

Pre-Requisites: Open to all people interested in aromatherapy, health care, well-being, detoxification and personal recovery work.

Learning Outcomes:

1. History & re-discovery of essential oil therapy
2. What are essential oils and how are they different?
3. Purity standards of therapeutic grade essential oils
4. Guidelines for safe use
5. Combat stress, fatigue and electro-magnetic pollution
6. Finding emotional balance with essential oils
7. Essential oils as energy medicine
8. Recommended reading and resources

Benefits: A relatively quick, easy, safe and fragrant means to pain reduction, emotional balance and health enhancement. Workshop will establish a happier and more productive work and home environment.

Young Living Essential Oils for Children

by Ruby Gibson

Note: Use all Young Living Essential Oils with caution & treat as medicines. Keep out of reach of children. Take care not to get oils in eyes or on mucous membranes. Use only therapeutic grade oils.

Lavender is calming, relaxing and balancing, both physically and emotionally. It is an universal oil with many different applications. Lavender is a sedative and has been clinically evaluated for its relaxing effects. It is an antiseptic and is beneficial for cleansing cuts and wounds, and is ideal for skin care and burns. It may help for insect bites, chicken pox, hives, colds and flu, laryngitis, high blood pressure, asthma, ADD, autism, insomnia and convulsions. Apply directly to skin or put a couple of drops on pillow case to aid in sleep.

Peace & Calming promotes relaxation and a deep sense of peace, helping to dampen tensions and uplift spirits. It may calm overactive and hard-to-manage children. Use for emotional traumas, stress, restful sleep, depression and anxiety. Rub on feet or diffuse.

Valor helps balance electrical energies within the body, giving courage, confidence and self-esteem. Helps to overcome fear and opposition when facing adversity. It has been touted as a chiropractor in a bottle. Use for bed-wetting, motion sickness, emotional support, shock, back pain and inability to cope. Rub on feet before bed or between shoulder blades on back.

Thieves is specifically created as an antiviral, antibacterial and anti-infectious blend to help protect the body against illnesses such as flu, colds, sinusitis, bronchitis, pneumonia, sore throats, cuts, canker sores, etc. As an unparalleled immune support oil, rub on lymph glands and around throat for protection. Also beneficial to diffuse if someone is ill in the house for environmental protection. Note:

Thieves has a warming sensation. Do not use on children under 2 years of age without diluting with a quality carrier oil.

Peppermint is one of the oldest and most highly regarded herbs for soothing digestion. Peppermint improves concentration and mental accuracy. It is purifying and stimulating to the conscious mind. This oil may help with arthritis, indigestion, heart burn, stomach aches, food poisoning, constipation, diarrhea, hiccups, morning sickness, headaches, mental fatigue, toothaches, nerve regeneration, respiratory and throat infections. Take internally by putting a few drops in water or milk. Rub on stomach for nausea or on feet to reduce fevers. Do not use on children under 2 years of age without diluting.

Brain Power may help to clear the brain fog, increasing mental potential and mental clarity. It may also support and strengthen immune function. Perfect for promoting deep concentration and channeling physical energy into mental energy. Use for brain disorders, mental fatigue and nervous fatigue. Apply to temples or diffuse. For brain fog, put a drop on your thumb and place against the roof of your mouth and suck off.

Joy is an exotic blend that produces a magnetic energy to enhance the frequency of self-love and brings joy to the heart. It helps overcome grief and depression. Revives feelings of self-confidence. Apply directly over heart while repeating an uplifting affirmation.



MESSAGE SCENT NEWSLETTER

Published every other month, Message Scent is designed to give you a variety of essential oil information, Young Living updates, and health news and ideas for your well-being. Published by Carl Janicek and Medicine Wheel Consultants, and produced by Ruby Gibson and Howling at the Moon Productions, Message Scent released its first issue in September 2001 and is still growing strong. Message Scent News is available in bulk in paper copies and individually as an e-zine (electronic newsletter). We offer this essential oil information as a service to our organizations and for the health of all people and our planet. We hope you appreciate our efforts and we thank you for your interest and subscriptions in advance.

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TO ORDER

To order either paper or E-zine subscriptions, make your check or money order payable to Medicine Wheel Consultants, Inc. and mail to 306 S. Lookout Mountain Rd, Suite B, Golden, CO 80401. Be sure to include your mailing address or email address. We do not accept credit card payments at this time. Upon receipt of your payment, we will send your newsletter(s). If you have further questions, contact Ruby Gibson at 303-670-7300 or 1-800-332-3969 or messagescent@earthlink.net.

Essential Oil Business Opportunity

Why is this the perfect time to join Young Living Essential Oils?

1. Young Living was founded in 1993 by D. Gary Young, and it has become one of the fastest-growing companies in the network marketing industry.
2. Young Living's uniqueness means there is virtually no competition in the industry. No other company has the proprietary distillation technology that Young Living has. And Young Living is the first company to combine essential oils with dietary supplements.
3. Young Living is poised for significant growth internationally and currently sells in such foreign markets as Australia, Canada, Europe and Japan.
4. Young Living is at the forefront of a huge wave of fitness, longevity, and health.
5. Young Living offers a great second income for health professionals.

Please contact me for more information about starting your home-based Essential Oil business today! 1-800-332-3969 or howlingatthemoon@earthlink.net

To establish an account with Young Living Essential Oils:

Go to www.youngliving.com/howlingmoonprod and register for an on-line account. Or call YL Customer Service at 1-800-371-3515 and speak to a representative. You will need a sponsor to get an account with Young Living. I will be your sponsor/enroller. My member name and number is: Roberta Gibson #168737. If you have any questions, please do not hesitate to contact me at 1-800-332-3969 or howlingatthemoon@earthlink.net.

www.youngliving.com/howlingmoonprod

To register for Essential Oil Classes:

Go to www.somaticarchaeology.com for schedule and registration. If you are interested in having an essential oil class in your area, please contact Ruby for more information: 1-800-332-3969 or 303-670-7300 or howlingatthemoon@earthlink.net. We would love to bring the healing power of essential oils to your community.



**Everything the Power of the World
does is done in a circle.
The sky is round and I have heard that
the earth is round like a ball
and so are all the stars.
The wind, in its greatest power, whirls.
Birds make their nests in circles,
for theirs is the same religion as ours.
The sun comes forth and goes down again in a circle.
The moon does the same and both are round.
Even the seasons form a great circle
in their changing
And always come back again to where they were.
The life of man is a circle
from childhood to childhood.
And so it is in everything where power moves.**

~ Black Elk, Ogallala Sioux (1863-1950)



Essential Oil Discussion Groups

We are now hosting two Essential Oils Discussion groups each month near Denver, Colorado hosted by Ruby Gibson and Allyn Breech.

Everyone is welcome to join us. Get your essential oil questions answered in our lively group discussions!

The topics of conversation focus on:

- ◆ essential oil health ideas & research
- ◆ essential oil testimonials
- ◆ cooking with essential oils
- ◆ detoxifying with essential oils
- ◆ longevity and diet
- ◆ lifestyle enhancement
- ◆ building a Young Living business.

Receive your own copy of our MESSAGE SCENT newsletter.

Contribution: \$10.00 per person.

Bring your questions, bring a friend,
bring your enthusiasm!

1-800-332-3969 or 303-670-7300



INSTRUCTOR/DEVELOPER: RUBY GIBSON, CMT

Based on her diverse spiritual and professional experience, along with studies in energy work, aromatherapy, shamanism, psychology and Native American and indigenous cultures, the techniques Ruby Gibson teaches allow for personal and generational reconciliation. She has worked with adults and children for 30 years, specializing in compassionate recovery from trauma, abuse, injury, depression and chronic pain. A national educator and somatic therapist, Ruby developed and teaches Somatic Archaeology™, Earth Centered Healing and essential oil classes to assist those seeking personal recovery and graceful living. She is an instructor at Naropa University in Boulder, CO and is the former director of the Colorado School of Healing Arts. Currently, she is the Director of Family Programs for ONE Freedom, providing innovative lifestyle enhancement for soldiers and their families. As an author and freelance writer, her novel Home is the Heart was published in 1989 and her book, My Body, My Earth: The Practice of Somatic Archaeology™ will be available April 2008. Ruby Gibson teaches respect for ancestral knowledge while creating a bridge to contemporary times. She began her spiritual journey at the age of 13 and is a seasoned humanitarian who has spent her life in service to the healing of her peers, the betterment of her community and the honoring of Mother Earth. The owner of Howling at the Moon Productions in Evergreen, Colorado, she produces Message Scent News and is the president and co-founder of Freedom Lodge non-profit group.

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