

Using *Fragrance Alchemy* with Children

I have had the wonderful opportunity to experiment in using a range of the exquisite alchemical oils with my toddler. As a lover of oils for many years, the distinct and expansive properties of the alchemical blends was immediately obvious when I began using them on myself in mid 2013. The effects were graceful and significant; and clearly well beyond the healing qualities traditionally associated with many therapeutic grade oils; so it was with great excitement that I began to use these with my child as well.

With my training and experience as an IMT, and recently a Belvaspata practitioner, supporting my young son to cultivate both emotional awareness and empowerment has been an area of much intentional focus and effort, beginning at around age 3. I recognize and deeply value that *Fragrance Alchemy* facilitates the fluid, debris-free functioning of the meridian system, and that coupled with awareness of one's emotional states, this can greatly enhance a child's sense of empowerment to use emotions as opportunity for deeper insights and greater expansiveness. To this end, I have developed different short, age-appropriate techniques to use with my son, to emphasize and practice his sense of emotional empowerment.

In navigating day-to-day learning opportunities such as not getting what he wants in the timing that he wants, sharing, etc., I have sought to emphasize in communicating with my son openly, that each and every feeling that we have, is a chance for us to know something about ourselves. That each feeling is 'good', even if it feels hard or challenging, because it is an opportunity to use that feeling to see things in a new way, and to feel differently... that we always have choices to make about how we see things and feel, that feelings flow like water, and shift and change... they do not last. We also often discuss holding respect for the choices of others, recognizing that not yet everyone knows how to effectively shift their feelings.

Our favourite exercise, that we practice in times of poignancy of emotion, or even just to enhance a good feeling, is as follows. When emotions are strong (ie., great sadness, tantrum, etc.), we immediately stop all that we are doing, sit together and identify the feeling, clearly stating the circumstances, but we do not linger here. Next we put intentional focus on the area in and around our hearts (holding a hand over the heart can help for emphasis). We imagine the sensation of taking a few deep breaths, in and out of the heart itself. Then add the imagination of being outside on a beautiful, clear fresh day, in the sunshine, with the feeling of the sun on our skin, the smell of the fresh air, the brightness of the colours – of the sky, of the trees and plants, of the sounds of the breeze in the leaves and grass, and the feeling of having much fun, doing something we love. We feel all of these sensations as though we are experiencing them now, and intentionally bring all of the fresh, expansiveness into our hearts... then shining these wonderful fresh sensations all throughout the inside of the body, and expanding

to a luminous bubble around the body. Then, if he wishes, he extends the feelings to others as well. We always acknowledge when we have felt a shift! This practice was not always well received, but with persistence in guiding through the steps aloud, and always practicing together, so that we are both shifting, he now does it on his own, and, sometimes without words... in silence he goes through the steps and announces his shift. I often add EHS support, and the master blend of oils as he is open to it, otherwise, I apply them to myself as proxy, or spray the area we are in.

As with many things, my little one has various responses with regards to tastes and preferences; there are times he loves to choose certain oils for himself, and others that he is not interested. Whereas through personal experience I recognized the graceful potency of the capacity through the regular use of the oils to 'keep the systems' running fluidly, I wanted to find a way to do the same for my little one, without having to insist that he sit still for several minutes to ensure full application of each individual oil. Through experimentation, I have developed a 'master blend', of the 12 main meridian oils, plus the 8 extra-ordinary, and the Garden of Eden blend for a total of 21 oils in a dilute solution: 2 drops each of those 21 oils, in 40mls of pure sweet almond oil.

To apply, when he is open and eager I seek to cover several main points (ankles, wrists, temples, neck), according to his comfort and receptivity. When he is not at all interested, I apply instead to his socks, cuffs of pants and shirt, rim of hat etc.

As a night-time regular 'maintenance' protocol, I apply the oils on all main points after he falls asleep, as I do a short process with the EHS for optimal sleep.

Whereas the fragrance is strong, and there are times when scent-free is required, applying only to feet/socks when shoes will be kept on is a great option.

Another versatile option is the use of the alchemical oils in a small spray bottle. To clear and enliven any living space, a child's bed and pillow before sleep, pyjamas, a vehicle before / during travel, an eating area, or bathroom while preparing for the day or after bathing in the evening.... the spray is brilliant for its multiple, versatile, non-direct application options.

The most exciting effect that I am noting with our regular use of the alchemical oils, is that my son seems to remain completely comfortable, even in the presence of other children and adults who are in emotional discord. My sense is that he no longer 'takes on' the emotional output of others, while maintaining awareness and responsiveness. He is empowered to make a choice of joyful expression while respecting the choices of others.

Many Blessings in your creative explorations with your young ones!

Jodie Carter, IMT-MP, Belvaspata GM, Canada