



Aromatherapy for Healing the Spirit: Restoring Emotional and Mental Balance with Essential Oils

By Gabriel Mojay

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Aromatherapy for Healing the Spirit: Restoring Emotional and Mental Balance with Essential Oils By Gabriel Mojay

The first aromatherapy guide to synthesize Eastern and Western approaches to restoring emotional and mental health.

- Explains the esoteric and energetic healing properties of 40 essential oils to help restore balance to the body and psyche.
- Provides help for a wide range of common emotional and mental complaints.
- Includes full-color illustrations to guide readers through the massage and acupressure sequences.

In this unique synthesis of Eastern and Western healing approaches, Gabriel Mojay combines the practice of aromatherapy with the wisdom of traditional Chinese medicine. Mojay explains the esoteric and energetic healing properties of 40 essential oils and shows how they can be used to manipulate qi, the body's vital energy, to stimulate healing from negative emotional and mental states. Some forms of nervous tension, for example, are caused by stagnant qi energy, which can be released with essential oils.

Aromatherapy for Healing the Spirit provides help for a wide range of common emotional and mental complaints--including depression, low energy, lack of concentration, poor memory, anxiety, and low self-esteem. Easy-to-reference charts and full-color illustrations teach simple aromatherapeutic massage and acupressure techniques that restore balance to the body and psyche.

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Editorial Review

Review

"Wonderfully comprehensive and clearly presented." (*Kindred Spirit*)

"An important and timely contribution to the understanding of essential oils." (*Seza Eccles, Aromatherapy Quarterly*)

"A very useful and practical addition for any aromatherapist's library." (*Positive Health*)

"A very thorough informational guide to the spiritual and psychological benefits of essential oils. The book is beautifully illustrated and makes a valuable contribution to holistic health and well-being." (*Spectrum, May/June 2000*)

"Aromatherapy for Healing the Spirit is an excellent resource for anyone interested in expanding his or her devotional life through the senses." (*Spiritualityhealth.com*)

"A comprehensive introduction to aromatherapy that also contains a wealth of knowledge for experienced aromatherapy practitioners." (*New Age Retailer, October 2000*)

"Mojay blends a knowledge of Chinese Medicine with the practice of aromatherapy to treat the body, mind and spirit. Mojay shows how to blend oils, and then suggests various blends for emotional ailments—such as tension, agitation, worry—as well as oils to promote good relationships." (*Bodhi Tree Book Review, Issue Number 24*)

"Gabriel Mojay provides a wealth of information in an easy-to-read package." (*Better Homes MindBodySpirit*)

About the Author

Gabriel Mojay is a registered practitioner of aromatherapy, shiatsu, acupuncture, and medical herbalism. He is the principal of the Institute of Traditional Herbal Medicine and Aromatherapy and founding chairman of the Register for Qualified Aromatherapists. He lives in England.

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