

## *Mindfulness with doTERRA Essential Oils*

### **What is Mindfulness?**

Mindfulness is the psychological process of bringing one's attention to the internal and external experiences occurring in the present moment, which can be developed through the practice of meditation and other training such as simple daily activities like eating or brushing your teeth. Mindfulness is a significant element of some Buddhist traditions. The recent popularity of mindfulness in the West is generally considered to have been initiated by [Jon Kabat-Zinn](#).

### **Essential Oils for Meditation:**

Meditation can calm the body, mind, and spirit. It can help us to connect more deeply with the worlds around and within us. It has been shown to have physical health benefits including lower heart rate and lower levels of stress. But sometimes, life's distractions can make a meditation session challenging. Essential Oils may be helpful.

Aromas have been an important part of rituals and meditations for ages in every culture around the world. The many different scents were believed to elevate users to different states of consciousness. And in our fast-paced, distracting world, sometimes we can use all the help we can get.

**Frankincense:** A holy fragrance if there ever was one, it's believed to help you increase your faith and connection with spirit.

**Myrrh:** One of the highest sesquiterpene contents in an essential oil, myrrh directly stimulates the hypothalamus, pituitary and amygdalin glands to help reduce stress and bring focus. It's uplifting scent can assist in deep spiritual "opening" while bringing calm and tranquility.

**Cedarwood:** Focus inward a bit more clearly with the help of cedarwood. It can also help to illuminate your need for meditation and return you to your spiritual path when obstacles have made it difficult.

**Sandalwood:** This oil is very helpful in healing, particularly emotional/spiritual wounds. It opens the heart and helps to promote trust.

**Vetiver:** This oil is extremely grounding and can be especially beneficial if you have a tendency to wander and lose focus in meditation.

**Rose:** The fragrance of love—both the human and the Divine, this romantic and sensual oil opens the heart to receive love—particularly self-love—and a deeper connection to the spirit world.

Source: [organicauthority.com](http://organicauthority.com)

### **Recommended Reading:**

*“Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness”*  
by Jon Kabat-Zinn

*“Everyday Blessings: The Inner Work of Mindful Parenting, Revised and Updated”*  
by Myla and Jon Kabat-Zinn

*“The Zen of Eating: Ancient Answers to Modern Weight Problems:”*  
by Ronna Kabatnick

*“Mean by Meal: 365 Daily Meditations for Finding Balance Through Mindful Eating”*  
by Donald Altman

*“Savor: Mindful Eating, Mindful Life”*  
by Thich Nhat Hanh & Lilian Cheung

*“Success Through Stillness: Meditation Made Simple”*  
by Russell Simons