

INDEX OF OIL CONSTITUTIONS

Holistic approaches to health care focus on the unique qualities of the individual rather than seeking diagnosis and treatment of pathological conditions understood according to common symptoms.

Vital energy (elan vitale) or ki-flow is fundamental to holistic practices such as Acupuncture, Ayurveda and Homeopathy. Practitioners in these modalities study clients' subjective experiences to understand their constitutional dispositions and its current needs for nourishment, stimulation and balance. Therapeutic applications include intention, touch, foods and herbs.

AN INTUITIONAL GUIDE TO HERBAL CONSTITUTIONS

This Index is designed as a quiz to be taken based upon intuition. We can distinguish intuition from intellect or from emotions by being aware of addressing each of the numbered descriptions from your head, your heart, or your belly (hara.) I am suggesting that reading a description and assessing your level of identification with it is more likely to be using intuition if your attention is in your core rather than in your head or your heart.

You may wish to make such distinctions as you go by placing a value (1-5) on each description, and then noting whether your response came from your head, heart or hara by designating your answer followed by a letter. For example 3-A would suggest a medium identification in the mind. 4-B might suggest a higher identification felt emotionally. And 5-C might suggest the highest certainty in your guts. There is nothing wrong with answers that come from your mind or your feelings, but clarifying their source will help you decide how to rely on the answers in selecting oils to sniff test, which engages you somatically.

MAKING SELECTIONS: Identify the oils associated with your strongest four or five numbers and then sniff-test these. Select one as your presumed constitution and interact with it on a daily basis, exploring other oils as interested, especially the blends that include your constitutional oil. Consider changing your constitutional oil only when your intuition to do so is convincing and growing stronger. Later, you can count your A's; B's? C's?

DISCOVER YOUR TRANSITIONAL NEEDS: As time goes by, interactions with your constitutional oil will evoke growth and change. Continue to ask where am I now? Which essential oils would serve me in this moment, and perhaps reveal my current needs?

Constitutional qualities always have positive and negative dimensions. Interacting with oils constitutionally enables conscious attention to address and enhance and balance your interests and your needs.

INDEX OF ESSENTIAL OIL CONSTITUTIONS

#1

Seeks contentment by trusting in Divine Grace.

Grounding identity in the presence of experiencing the here and now.

Assists in sacrificing will and ambitions for the soul's harmony and peace.

#2

Wise and ambitious visionaries and entrepreneurs, often w/spiritual intervention.

More mental/philosophical than athletic, often interested in paranormal/surreal.

Direct, powerful and blunt, sometimes patronizing.

When negative, can be bitter, sad and despondent.

#3

Youthful and caring, uplifting and enthusiastic, cleansing stagnant feelings.

Ability to see multiple sides of an issue and re-balance feelings and emotions.

May suffer depression inwardly, though concealed.

#4

A revealing, elderly persona that is charming, trustworthy and kind.

Upright, capable of unmasking feelings, and maybe self-righteous and dictatorial.

Loyal friends, but unreliable lovers, unclear about emotional expression.

When negative, can be reactive, project blame and shut down emotionally.

#5

Balanced, forthright, stimulating and straightforward.

Adventurous and romantic, but also individualistic and frugal.

Detached leaders, more by stamina than creativity, but seeking fairness and justice.

Under stress they are apathetic, inflexible, judgmental or self-pitying.

#6

Brings gladness to heart and soul, restores confidence.

Assists the shy who hold back or hide to see their own light.

Can be fearful, feel insecure foolish when negative.

#7

Grounding, dignified and powerful.

Royal and majestic stature, but humbly able to instill strength and confidence.

Good advisors, but can be dogmatic and fallible, paternalistic and domineering.

When negative, are demanding, arrogant, selfish, controlling and paranoid.

#8

Charming, entertaining and committed.

Serene and gentle, with mysterious power to sedate or calm others.

Moody when stressed, needing exclusion to recover.

May have allergic reactions to stress, people or emotional difficulties.

#9

Rising above material things, strives for emotional cleansing, freedom and light.
 Seeks detoxification of negative emotions not in harmony with the true self.
 When negative, may become worried, controlling, obsessive.

#10

Warm, strong and affable, taking home life seriously.
 Self-serving, with high expectations.
 Direct, forceful and law abiding, moralistic.
 Healthy but may be clumsy and accident-prone; can be superficial, conceited.

#11

Comforting, empathic and intuitive.
 Gentle and thoughtful, at times melancholy.
 Romantic, sensual and sexual, may be frivolous or unconventional.
 When negative, may be isolated, hypersensitive, critical, paranoid and addictive.

#12

Captivating and passionate.
 Very accommodating, sincere, imaginative and optimistic.
 Positive, embodied, self expressive, with an extraordinary memory.
 When negative will become nervous, tire easily, sulk and lose confidence.

#13

Character is wisdom, strength and uprightness, always forceful and direct.
 Views can seem dogmatic, proud or arrogant, but also honest and truthful.
 Under pressure, may lose focus, emotional stability and ability to concentrate,
 Will take charge, make great grandparents, defend family.

#14

Calm content, well-balanced, laid back ability to instill enthusiasm and confidence.
 Privately adventurous, cool, logical and calculating.
 Entertaining, makes partner choices that don't rock the boat.
 Can store resentments when negative, and become explosive and burn out.

#15

Assertive, courageous, invigorating and determined. Athletically competitive.
 Intelligent, quick-witted and creative, can become tiresome and exasperating.
 When negative, become apathetic, sloppy, uncaring and critical.
 May have mental/emotional blocks, fears of failure, hostility.

#16

Mysterious/mystical and secretive, with a mature and conscientious fortitude.
 Parapsychological sensitivity to the intentions of others.
 Wounded healer, steadfast companion to suffering fear, grief, suppressed feelings.
 Can be impetuous, compulsive and generous.
 Moral and spiritual sensibilities evoke practical wisdom.
 Well balanced communicators, can be fearful, cynical, insecure and guilt ridden.

#17

Caring and comforting, without imposing.
 Steady, stable, seldom eccentric or flamboyant, but can attract such as friends.
 Generosity capable of exploitation. Anxious and depressed when not appreciated.
 Meek and prone to being undervalued, can become hypochondriacal or guilt-trip.

#18

Strong and silent largess. Valuing actions over words.
 Independent, good listeners but not conversationalists.
 Faithful, dedicated lovers, with powerful unnerving sexuality.
 When disrespected, can become unstable, sad and sulking, withdrawn and apathetic.

#19

Radiant happy warmth values fresh newness.
 Discreetly encouraging and fearless clear thinkers and good leaders.
 Aware of others unspoken thoughts and intentions.
 Can be overwhelmed with problems or responsibilities.

#20

Fragile innocents in a harsh world.
 Accepting and forgiving, unattached to ideas/opinions.
 Fun to be with, values friendship, good sense of humor.
 Vulnerable to abuse, rejection, can become depressed, disoriented, confused.
 Young at heart, youthful in appearance.

#21

Gentle, trusting and forgiving, courageous in everything they touch.
 Intuitive, good Samaritans; their fragility can give way to tensions, stress disorders.
 Thinks good always trumps evil; can be disappointed.

#22

Charismatic, passionate and courageous seductress.
 Intelligent, sense of humor, assertive, good listeners.
 Joyful, happy, sensual self-confident femininity with potential for fragility.
 Can turn passions inward and be obsessive/addictive, self-destructive in jealousy.

#23

Delights in the fresh new, spring-like experiences and knowledge.
 Rejoices in simple pleasures, living in the fleeting present moment.
 Independent, can become self-doubting, vulnerable, depressed or exhausted.
 Finds difficulty with partners feeling excluded when needing solitude.
 Drawn unconsciously to spiritual or religious authority over human authority.

#24

Earth mothering and grand-mothering, balanced between masculine/feminine.
 Direct, pure of thought, brave and humbling.
 Makes men gentle and women strong.
 Calming, harmonious with seemingly inexhaustible energy.

Idealistic and versatile, can become strung out, overwhelmed, and sleepless.

#25

Energetic, enthusiastic, and self confident.

Can be sweet or sour, harsh, intolerant and critical.

Positive and negative oscillations are confusing.

Strives for perfection when engrossed and interested, but can burn out.

Original and intuitive leaders (bosses) or team captains.

#26

Calming, feminine, confident and determined.

Homebodies, family focused, incurably romantic.

Will sulk rather than anger, anxious over timeliness, may hoard possessions.

May lack ambition, flirt superficially with childlike innocence.

#27

Kind, loving, sweet and gentle, potentially self effacing..

Meek childlike nature needs love and protection.

Loving and protective of children, can be controlling.

Can become compulsive or hysterical about cleanliness.

Has fears, nightmares, unnecessary grief.

#28

Private and respectful of others' boundaries.

Kind, giving to others; animal lovers.

Understated emotionally, warm and comforting, strong and straightforward.

Can become depressed, irritable, withdrawn when under appreciated.

#29

Uplifting and quickening of spirit; enthusiastic, but serious.

Bubbly yet organized, thorough and purposeful.

Attracts jealous types who want to feed off their vivacious, outgoing nature.

Has difficulty with emotional baggage, and can lose interest, get anxious, negative.

#30

Cuddly, touchy, friendly and humorous.

Amused, open and understanding, self-confident.

Cheerful, optimistic, resolute, energizing.

Can become despondent, obsessive, emotionally distorted or abused.

#31

Mature and balanced between heaven/earth.

Ambitious, strong and courageous.

Astutely opportunistic, psychic and exploring.

May be warm hearted, but controlling and overbearing.

Values solitude and independence.

Can burn out, become depressed.

#32

Brash and overpowering.
 Quick thinkers, witty and humorous.
 Friendly and intensely focused.
 Loyal, perhaps moody or depressing.
 Empathetic and healing

#33

Vigorous, imaginative, happy and self-confident.
 Mentally organized and vibrant.
 Can be surly, withdraw, and temperamental, dramatic and abusive.

#34

Supportive, balancing, healing and sensual.
 Thorough, wise instincts, but also light hearted.
 Serene inner calm, emotionally stable, often seen as detachment.
 Can be manipulative, critical and controlling or unforgiving.
 Can suffer nervousness, insomnia and become uncooperative.

#35

Charming, proud and intelligent.
 Honest, straightforward, in command.
 Discreet inner strength, but can anger or withdraw.
 Daring and inventive.

#36

Embodied intellect, whose ecological values are mysterious or esoteric.
 Possesses a sensuality for life, and is balanced between masculine and feminine.
 Grounded, earthy and energetic.
 Strong presence, and a sense of belonging.
 Trusted for his/her straight-forward wisdom.

#37

Intensely feminine, yet neither male nor female.
 Passionate nature tempered with calm and balance.
 Gracious, charismatic and entertaining.
 Seductively powerful, aesthetic and can be reactive or reclusive.
 Can struggle with anger, jealousy and trust.