

Herbal Bathing The Mayan Secret for Emotional Healing

by Rev. Mary Hardy, PhD

In a previous newsletter I wrote about the purity of Young Living oils. I made the statement that properly prepared oils could heal the emotional body. Traditional healers, like Mayan and Native American shamans, have long used herbs to heal the emotions. They mash the herbs and pray over them while preparing them to extract the oils. For herbs and oils to heal the emotional body, they must be prepared with prayer, love and respect. Plants are living entities. They create a vibrational frequency that can change the frequency within the physical and emotional body. When the plants have been prepared with respect and prayer, they will maintain the healing properties of the plants so that constituents like thymol, menthol, etc., can work to change the electromagnetic field. Chemicals added to the process only block the living frequency of the oils and herbs.

To understand this better, we need to look at the healing practices of the Mayan Indians. One of my friends sent me a tape on the secrets the Mayans Indians used in their herbal healing. In this lecture by Rosita Arvigo, she explains how the living properties of the plants must be maintained if the energies of the plants are to heal. The oil created from the herbal material is a living product. Therefore it responds to the prayer and frequency of love. If a chemical property is used to cut an oil, it diminishes the oil's ability to heal the emotional body.

Rosita feels that there are two types of illness, a spiritual form and a physical form. The spiritual side of disease is caused by a shock, accident or an emotional trauma, such as a hurricane, or the collapse of the stock market. Rosita gives the example of a Jewish person watching her mother and father being killed by a gestapo and then herself being sent to death camp and raped. Later she was adopted by an American GI and lived a normal life from teenager to adult. Rosita felt that because of the trauma, she had a spiritual disease. She was diagnosed with some kind of leukemia and had a secret wish to die. Rosita feels that when a person is diagnosed with some kind of disease, there is usually an emotional trauma behind the disease. Most of these diseases are migraines, heart problems, and blood disorders.

Rosita made a formula of herbs using the plants that remove the vibrational fields of shock, anger and fear, and asked the woman to use it in spiritual bathing. The oils that we would use are Sacred Mountain, Inspiration, Three Wise Men, Forgiveness, Awaken, etc. - all the oils that deal with emotional trauma and anger. Numbers play a big part in Mayan healing. This woman was asked to bath 4 times a week for 9 months. Four represents God, and nine represents goddess. Nine also represents completion. So it is important to prescribe a number of times a person is to bathe and what sequence is to be used. On the tape, Rosita read a letter from this person stating that her leukemia was healed after the nine months of bathing.

Rosita feels that the secret of herbal bathing is in the use of aromatic herbs and reducing them to aromatic oils. The Mayans mashed the herbs and added a little salt to release the oils. If using dried herbs, hot water was poured over them to make the plant release its vibrational field. Most of these herbs are the common ones we have in our oils. Only we are a step ahead - we have the oil ready-to-go! The magic of herbal bathing is that it changes the vibrational frequency in the emotional, mental and astral bodies, as well as the physical. Prayer is an important part of this healing. Before you use an herb or an oil, you must contact the spiritual side of the plant and ask it to release its energy to heal. Each plant has its own wave signature. If you could see the aura of the plants you would find that some have wiggly lines, some have sharp lines, and

some make circles. These plants are like guardian angels. Their energy fields with the use of prayer can be incorporated into the body and heal the emotional blocks that are in the body. It is in the use of these vibrational fields while preparing the herbs to extract the essential oils that these fields can be reached.

After the herbs are prepared, the person takes the mixture of the oils and makes a cross over the right wrist. The cross is used in all cultures. It signifies the four directions and above as well as below. This envelopes a person in the energy field of the plant. At this time, the spirit of the plant, which is a huge energy field, is contacted and intent is placed into the healing through prayer. The prayer can be as simple as: "Divine spirit of the plant, in the name of the Father, the Son and the Holy Ghost, be used to balance the energy field so that the physical body can receive its proper nutrients and be healed of all diseases." Intent is 95% of all healing. The prayer should include some kind of thanks to all the devas, fairies and spirits of the plant kingdom. The prayer should come from the heart and be in the person's own words.

A second cross is made over the left wrist. The same prayer should be repeated. If a problem is due to a spider bite or some kind of external hurt caused by another person, the energy should be sent back to the spider or the person that caused the problem. The same is true of an accident. If a person was injured by a fall or a car accident, they must mentally return to the scene of the accident and ask that all parts of their energy field that were left at the scene be retrieved. When a person goes into shock, they leave part of their energy field. They must go and retrieve this energy if they are to have a balanced energy field. At this time, the prayer should include some kind of forgiveness. Balance can only be achieved if we are forgiven. A third cross is made on the forehead right over the third eye. The same prayer or a similar one should be repeated. Ask at this time that the spirit of the plants balance the energy fields. The person should visualize the energy patterns created by the plants and see them healing the physical body. Then the person should step into the bath.

First, let us look at the methods of herbal bathing. For a baby under 6 months we would rub a drop of diluted Basil, or Gentle Baby on the feet, or have the child smell an oil like RutaVaLa. Then place the baby into a luke-warm to hot bath and gently hold them in the water. Drop about 6 to 10 drops of oil into the water and let the baby soak awhile while you hold him. The three herbs traditionally used for babies are basil, rue, and marigold. This can help take the trauma of the birth away. Many times, if the mother had trauma before birth, such as a fire, a loss, or an illness, the baby can pick up this problem. This method of herbal bathing can heal the emotional stress caused during this time.

Next, let's look at all kinds of fevers, coughs, and indigestion. These disruptions are caused by toxins and microorganisms in the blood. A fever is the body's way of getting rid of these toxins. The oils used must be of an expansive nature. Bathing in these oils will cause the pores to open, so a hot bath must be used. (NOTE: Diabetics and people with heart problems or indications of high blood pressure should not take a hot bath. A warm bath is recommended.) The oils we use are the ones used in Raindrop Therapy. As Rosita puts it, the common kitchen herbs: Thyme, Rosemary, Oregano, Peppermint, Marjoram, Basil, etc. These expansive herbs will cause the lymphatic system to open up and the pores will drain these toxins out of the body. The person must not dry off after the hot bath, but wrap themselves in warm clothes and go to bed. It is not wise to take a hot bath when one has a high fever. But if the fever or the cough is mild, the expansive herbs in a hot bath will activate the energy field in such a way as to bring balance.

The next type of bath deals with skin rashes, bug bites, sunburn, and all kinds of skin irritations

like diaper rash. This must be a cool, not cold, bath. The types of plants that Rosita would use are roses, hibiscus, plantain, etc. I feel that we have these types of vibrations present in our Purification, Melrose, and Lavender oils. When my grandson had diaper rash, I put him in the kitchen sink in a cool bath using Magnify Your Purpose. At that time, I tried to communicate his purpose in being born. This action seemed to heal his diaper rash. Rashes can be caused by emotional problems. You have to get to the cause of the problem to heal it.

The next type of bath is a warm bath. It is used for healing the emotional body and insomnia. The auric field must be balanced by using the proper vibrational field to heal the cause that is disrupting to astral, emotional and physical bodies. In the talk, Rosita gave many examples of emotional disruptions. That is why the frequency of the herbs and/or oils must match up with the disruption in the auric field. The Mayan healers could actually see the auric fields of the plants and thus prescribed the proper vibration to heal the person. If we could see the aura of the plants we would see that each plant has its own vibrational patterns. Gary Young has made it simple for us because we have names like: Forgiveness, Hope, Motivation, Magnify Your Purpose, Envision, Sara, etc. Few people realize that SARA represents Sexual Abuse, Ritual Abuse. We have the oils to cover almost any emotional disruption. All we need to do is match up the emotional disruptions and add Joy. Into the Future can help move these patterns into the future, and Present Time can bring us to present time.

From my homeopathic training, I know that the vibrational signatures of “like cures like” are the methods used in ridding the body of the disruption or disease. This is why we must match up the wave signatures that are present in the disease with the wave signatures in the herb. It is through this method that we must use the oils in accordance with herbal bathing to heal the spiritual side of the disease if the oils are to work perfectly in the body.

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