Introduction to Bioenergetics and Essential Oils

For. Hi, everybody. Welcome back to the bioenergetics Summit. I am your host, Doctor Greg Eckel, and I have Jodi Smirnoff. Cohen on with us today. We're talking the bioenergetics of essential oils.

Jodi is a bestselling author, award winning journalist, functional practitioner, and founder of Vibrant Blue Oils, where she has combined training and nutritional therapy and aromatherapy to create unique proprietary blends of organic and wild crafted essential oils.

She has helped over 50,000 clients heal from brain related challenges, including anxiety, insomnia and autoimmunity. Jodi. Welcome aboard. Thank you Greg. This is going to be fun.

This is an bioenergetics of essential oils. And you, of all of the people I know, are my go to resource on essential oils. And the bioenergetics is such a fun discussion to have around the frequencies of oils.

So when we bring up just bioenergetics and essential oils where where does your mind go with that discussion? Well, you know, I think that everything, you know, the planet has a rhythm, right?

The tide goes in, the tide goes out. You know, it's day, it's night. And I think that anything and trained in the earth, like the trees, the plants, the flowers.

And for anyone who's listening, who doesn't know what essential oils are, they are the concentrated essences of plants. So basically you pick lavender, you put it in a that of boiling water, the steam rises and oil and water are different weights.

Right. So oil goes down one side and the water goes down another. And then that oil carries the frequency and the vibration of the plant. And we all have different frequencies and different vibrations.

And you can, just like if you're teaching a child to swim, right, what do you do?

How Essential Oils Carry Plant Frequency

Put them in like the arm floaties and the arm floaties. Lift them up so they can feel like they're swimming. It just kind of raises them up. So you take a plant like lavender, which has kind of a universal frequency.

So that's why it's so versatile. You can use it in so many ways because it just matches you and it tends to have the same frequency as humans. So it's just, you know, you can pretty much count on that one unless you don't like the smell.

That's that's a good one. And oils are working. They're working on many levels. And I actually think that plants and food work on very many levels. You know, they work on kind of what we're aware of, the physical dimension where they're giving you like nutrients, you know, or certain chemical constituencies that do certain things.

Like, most people may not know that white willow bark is aspirin. So basically the drug aspirin just mimics the chemical constituency. So that works, you know, on the physical level for pain.

But we're not just physical, we're physical or mental or emotional. We're many dimensions. And what people don't realize is sometimes it's the energetic dimension that gets in the way.

Sometimes when we're able to shift that, then the physical healing can occur. And if that feels overwhelming and complicated, that's okay, because you can use plants and not even really understand what you're doing.

You can use flower essences, you can use oils. And that just it's almost like cleaning your windshield, right? You know, if you just try to use water, maybe it will clean, maybe it won't.

And then you add in like some kind of cleaning fluid and suddenly you can see more clearly. Oils are just another tool to kind of, peel off whatever layers are getting in the way between you and health.

Lovely. So on that, how would you measure the frequency? So I have heard that the essential oil or smell of rose is one of the highest frequencies on the planet.

Yeah. How do how do we put that together? Well, you know, there's a lot of research. So I'll start with kind of the scientific research. You know, our inner nose, we have olfactory receptors, right.

Our sense of smell is what keeps us alive because we smell food, we smell water, we smell predator odor. So there was, a researcher named Linda Buck who was isolating different predator odor receptors in the nose to kind of try to isolate the fear response.

And after she was able to isolate that, she took it one step further and said, what blocks it out? And it turns out the smell of roses, you know, that whole expression stop and smell the roses, that kind of overrides and shuts down your fear response.

So it's really powerful that way. And then there was a researcher named Bruce Tan out in eastern Washington, who was measuring the frequency of different parts of the body.

Different oils rose does have the highest vibration. And what, you know, vibration can be it can be sound, it can be light, it can be color, it can be smell.

And you might just think of it as like wavelengths, right. Going up and down. And what's important about that is that, you know, high tide lifts all boats, like high vibration things lift low vibration things.

So there's also emotions and they're vibrations, right. It's like love is the highest vibration. If you're feeling love if you're feeling gratitude, it's very hard to be grumpy.

You know, your brain can't really multitask. Like I'm going to be grateful and angry at the same time. Grateful tends to win, right?

Measuring Vibrations and the Power of Rose

And so what you're always trying to do is go higher so that you bring things up. Like, this is kind of the phenomenon of a tuning fork, right? Someone can strike a tuning fork on one side of the room and then the other side.

It kind of matches. It's called resonance, meaning that the lower vibrating thing kind of lifts up and matches the frequency of the higher vibrating thing.

You can hear this if you're ever in a crowd and people start to clap, it tends to kind of harmonize together. If you watch birds fly, they fly in resonance.

So it's all around us and we don't really realize what it's doing. This is what crystals do, actually. Crystals, you know, we we all have frequencies and rocks.

They're solid. Right? They stay stable. They stay steady. Just like trees. You know where? All over the place. It's not that we're all A. D. D., but, you know, we're fine.

We're driving. Oh, my gosh, the car might accidentally hit us. Our heart starts to go, and then we recover. We come back. Where is that rock? Or that tree stays steady.

So the more you can kind of tap into nature, the more you can kind of balance the highs and the lows and stay more steady yourself. Love it. You know that, that's a great way to talk about the bioenergetics of of the essential oils and of the plants in general and why we're attracted to nature, etc..

It is on those frequencies. What are the what would you say are the top cues? Like, you know, you said lavender is pretty universal. Is that because we're all needing that balance or that foundation in our lives?

Like we're so challenged that way? Or is it is it some other thing at play there? I think, you know, it's kind of like if something works, people use it.

I think lavender is not crazy expensive, but it's pretty accessible, and it doesn't seem too weird to people, you know, they know what it is. They like the smell.

It just feels easy in that way. And yet it's really powerful. Can help calm your nervous system. It's known to calm anxiety. It's great for sleep. It's great for relaxation.

It has so many benefits. It's kind of like saying salts. Really popular. Well, you know, there's a lot of uses, right? Yeah. That's true. What? How about on.

You know, I'm thinking just out of my personal, interest and curiosity for certain bioenergetics to really help us on astral traveling or meditation or interdimensional travel along these lines, I figured, let's go there because I've got y'all know mine.

Yeah, yeah. You know, it's really interesting. So what? The way I use oils, like, look at look at the painting behind me. Right? It's a bunch of different use of blue, like you think about it, there are three main primary colors, right.

There's red, yellow and blue. And from that with white and black we get like the whole universe, the whole rainbow. So just like you can combine colors to like change the air, you can combine different, components of the oils.

And based on what, you know, plant, they're derived from like trees or, you know, vetiver things that have really deep roots in the Earth. They're very grounding and stabilizing citrus or have smell or molecules.

They're like very uplifting, right? Flowers like lavender, rose, jasmine, camomile. They're like, you know, they open your heart and they're happy. And so you can kind of combine them in different ways.

And I do that to balance organ systems and regions of the brain. I believe that each organ system has its own frequency, almost like its own color, its own sound.

And by overlaying kind of what healthy frequency should do, it, goes into alignment with that. It resonates and, and trains with the healthy frequency and then it starts to heal.

So to your point about what can we do to kind of open our third, I, you know, I have an oil that I call hypothalamus. And that's great for opening the third die.

I also have a circadian rhythm. Great blend. That's great for the pineal gland. And then the other thing that obviously you are the expert in is breath, right?

The more you can get in touch with your breath, the more you can kind of and train with deep diaphragmatic breathing. The more you relax your body and the more you relax your body, the more you open your mind.

Lavender, Heart Coherence, and Emotional Healing

You can also use it to open your heart so that it's easier for our, you know, messages to get into you so that there are a number of ways to do it. I don't know, there's a right way or a wrong way.

So yeah, but is a heart opening. You can do it as a pineal gland opening or as, you know, third eye opening or kind of a breathwork practice. Oh, I love it, I love it, and that actually that makes sense to me as a Chinese medicine practitioner to on on the organ networks and, and bringing in more of the kind of the intuitive art to, to the blends and, and the ways of like individualizing, a program for oneself.

Right. I'm thinking for our viewers and listeners here of, really speaking into that, that bio energetic frequency of the different plants. So it's it is a great way to couch it on.

Well, how are they in nature? What are they doing? And it's in the herbal traditions. It's then in the oil, kind of herbal. It's basically herbal tradition expanded into the olfactory nerve.

What's unique on on essential oils and the olfactory nerve? You know, you've been drawn into this, right? Like you're a powerful medicine woman there.

And so why how did you get into that? Or, like, what's unique about that route for us as humans? Well, you know, it's really interesting. Like if you talk to practitioners who have been practicing a long time, like the challenges that they faced 20 years ago are very different than the challenges they face today.

And that's in part due to the introduction of more toxicants that kind of, compromise our digestion. You know, most people today have some form of leaky gut.

30 years ago, that was relatively unheard of. Right. So if you think about how do we get remedies into our system, most of us ingest them. We just for food, we ingest supplements. Okay.

So now let's lay that over the fact that our digestion is compromised. So it's kind of like you're you know, you live in Portland sometimes I live in Seattle, sometimes driving from Seattle to Portland used to be able to do it in like two, 2.5 hours.

Now good luck. And it takes four because there's just it's just congested and complicated. And so you're trying to feel better. You need to basically get it into your system.

You could take a pill and it has to travel through your whole digestive system and through your liver to get to your heart, to pump into your body. Or you can smell and it goes directly into your brain immediately.

Because no cells are brain cells, the brain is protected by the blood brain barrier, which guess what, only lets super small fat soluble molecules through.

Guess what oils are? So it's just it's kind of a matter of efficiency and convenience. It's the fastest way to get something into your system. This is why cocaine is snorted through the nose.

This is why they do some anesthesia through the nose. It's just an efficient channel. Yeah, and the right key to unlock the door. I love it, you know, and there is something kind of mystical.

It is called cranial nerve one. Like they didn't name it cranial nerve 12 or, you know, it's not it's the first nerve on the system. Right. Yeah. Yeah. We're number one.

And that route in and like you had mentioned, our sense of smell has kept us alive for eons. And. Yeah, another thing, smell goes directly to the amygdala.

All the other five senses are rooted elsewhere first. And that helps to, you know, like I think we all have a smell memory. I smell blackberries. And I remember, like, my cousin's cabin, great summers and my cousin's cabin, you know, and it's so vivid I can practically like, taste it and see it.

You know, other people smell really can impact memory and it can help us calm the limbic system, which is another system that often overactive. Yeah. Huge huge.

So it's pre pre it doesn't go through the hypothalamus to be interpreted or directed. It goes right to the right to the sensory organ I love that. But what are some favorite blends.

If we're in we're talking bioenergetics of of the fields around the body let's say what what traditionally has been used or thought of. And I know in different traditions there's different I'll call them flavors, but we'll say odors and different plants that are associated with different, you know, healings, clearing support, nutrition, etc..

Yeah. When we're talking about bioenergetics, I'm slightly obsessed with coherence. And coherence begins with the heart. You know, the heart has more messages to the brain than the brain.

To the heart. The heart math Institute is amazing for this, but there are so many heart opening oils, and I feel like that's the one thing. You know, I think most people are aware we should be sleeping.

I think most people are aware that digestion is key and stress and detoxification. I don't hear enough people talking about heart opening and about how when you can open the heart.

And I think the heart is like the easiest key to the field. I think when you and your heart, you expand your feel, you expand everything you touch and you're just you elevate yourself.

I think. I think it's the easiest, you know, if we're talking about efficiency. And so what are good at oils for the heart. All of the flower oils, you know, rose oil, jasmine, my heart blend is a lot of flower oils.

And it's really combined to work on so many levels. Not just the physical heart, but the emotional heart. The energetic heart.

Olfactory Pathways and Fast Brain Access

You know, I, I feel like Christine, a doctor Shaffner a friend is like, that's my favorite of your blend because I think, you know, there are a lot of, a lot of supplements are good, a lot of lifestyle choices are good.

But for whatever reason, that hard to scratch, you know, the itch that's hard to scratch is the heart. You know it. And even if we are in gratitude, sometimes we just can't help it.

We're grateful. And then we're like, oh my gosh, I wish my kid wasn't so messy. You know? We just can't help ourselves. Yeah. So I feel like if you can kind of bypass the thinking mind by overlaying something on the body, that is a shortcut to accessing the coherence you're seeking.

I love that, and you know, it is a biggie. You know, in Chinese medicine, we have no word for mind body medicine. It's all heart centered. So the emperor or the empress.

And what I really appreciate about that system is it is so heart focused and and allowing. That's kind of my work on the planet now as well as how do we get people to access their heart?

Well, they've got to have their brains put together and out of fear, out of fight or flight, an inner deep, relaxed, coherent state, but then getting them to drop into their heart, listen to their heart, ask their heart.

So anything that helps support that and aids it, you're right. It is. The limiting rate or limiting step in. A lot of healing is broken heartedness. Or, you know, we see Monday mornings with heart attacks as being a major, major time for heart attacks to happen on Monday mornings.

It's like, well, why is that? You know, people aren't paying attention to their heart and you know, one of the sayings is, you know, creating the more beautiful world our hearts know and desire.

So I love that suggestion. Thank you. On that front. I mean, yes, you're totally right. And the work you do is incredibly valuable. And there is a little bit of a hack that you can, you know, like the three legged race, you can

kind of get the brain and shape and keep the heart up there because it is like that flotation device.

You're overlaying the frequency of a healthy heart. And so people can't quite help, you know, it's like if everyone is, singing, you know, you're trying to match volume, right?

You tend to match energy level there. There's always that entrainment and matching whenever you're surrounded with people. If you're, watching a football game and the crowd around you is going wild, you're not really going to just that, you know, rugby in your state, you're probably going to get up and cheer.

You just can't help it, right? Yeah. So in those frequencies and resonances and getting into resonance with those around, so the more of us, helping our hearts, get into coherence, the better.

Exactly what other components, like what are some other, maybe not so well known, frequencies for people to consider here? Blue Tansy is my absolute favorite.

I do think there is something incredibly healing about the color blue, especially for the brain and the heart. And so when you take a plant that's a certain color, it works kind of.

It's almost like layering the healing. It's a really powerful one. It's one of my favorite, Angelica Root is also very elevating and uplifting.

Fascia, the Vagus Nerve, and Stored Emotions

Jasmine super expensive, but really valuable. I do like the camera meals and the blue camera meal in particular. I find them to be kind of relaxing and uplifting.

Yeah, Lang Lang is interesting. It's better, when it's in a blend, it enhances everything else on its own. People. It's a little hit or miss. People either love it or they don't.

But when you kind of combine it, I think it's really lovely. Interesting. So that's more of like a synergistic synthesizer together. Yeah, yeah. But you can I mean, Rose can be used on its own, blue Tansy on its own, any of the camera meals, you know, it's kind of like, they can do whatever they want.

What I'm trying to do is I think there's a lot of overwhelm and a lot of like, oh, I don't want them in juice. I and do nothing. What I'm trying to do is say like, okay, well, here's something that we've tested.

Here's exactly how other people have benefited from it. If you want to dip your toe in the water, this is a good place to start because you probably won't drown.

Yeah, I love it. So on that front, what comes to mind is what how does, how does Jodi Cohen experience a new essential oil? Or is there a process that you use personally that you could share with us?

I can actually talk about it because I'm creating, I will I have created a new blend called fascia because I was realizing, you know, they always say like, whatever you're working on is always your biggest issue.

So kale Shaker, I tend to be in fight or flight a lot. Yeah. I'm sympathetic. Well, I'm way better than I used to be. I'm chipping away at the iceberg.

But, you know, I still tend to fall into sympathetic dominance a little too early. And it's going to be frustrating for me because I do this, you know, I know what I'm doing.

And I realized I had a blind spot. So, you know, it's the vagus nerve that you're stimulating. What else can influence the vagus nerve? Your fascia, the connective tissue that's all around us.

Because, you know, for bracing for impact, what happens, you know, when you see your dog and you're walking

your dog, there's like a big dog that feels like having a bark attack.

It's a little scary. You get out of that situation. What is your dog? Do they shake the shake it off? They like, release the stress. What do we do? We like, you know, our teenagers having a mood swing.

We brace for impact. You know, our husband can't find our keys. Brace for impact. We turn on the news. Not good news. Brace for impact. We're constantly like turtle backing it.

And we never, like, relax the fashion and release it. And so I created a blend for fascia and it was inspired by, our mutual friend Kelly Kennedy has this lymph flow press.

So machine. And she was talking to me about fashion. It's very it's a, it's a, it's like a full body kind of blood pressure cuff. And it just gets you right into parasympathetic and so it's kind of meditating, you know, with help.

And I realized, oh my God, the fascist right below the surface. Oils can really easily access it. Like I need it to blend in. So many people focus on, you know, we know that oils can like dilate vasculature so improve blood flow.

They can help with drainage. You know, you can kind of use plants that have deep roots to help with downward moment movement. You know, lymph drainage drains downward.

All of these things and the physical aspect of it came through first. And, you know, you can do research and there are a million oils that everyone says, oh, this is good for fat.

And they're totally right. But there's also that energetic emotional component. And so I was getting a download right. I call it a download. Suddenly I just can kind of feel what plants are supposed to go into it.

But it's a lot of, kind of uplifting, you know, plants and flowers. And so when I combined it, what people are saying with fascia, it's kind of a pressure point release.

So typically, you know, it's like heat and time and pressure. So you put you press on a certain point and it releases usually in four minutes. And what they're saying is that when you put the oil on, it releases in half the time and it stays longer.

So, you know, you go to a chiropractor, you get an adjustment, you walk outside, you feel amazing. Then suddenly you go home and, you know, home is not zen and you're out of alignment.

This is just a way to kind of keep the momentum going. Oh, that is really cool. Yeah. So and and you're, you're getting that feedback from, you know, hundreds if not thousands of practitioners around the country.

Yes. To help in the healing process and expedition, you know, expedition. And, you know, it's interesting, I noticed, I've been doing yoga for over a decade.

And, all of a sudden my right hip wasn't so happy. And I'm like, what is up with this? What's going on? And so I was in yoga practice trying to set, you know, cross-legged and being really grumpy with my hip and thinking about getting a block.

And I was like, wait a minute, I've got the blend. I'm going to just put it on and see what comes up. So I put it on and, you know, my my son was killed in a car accident.

All of a sudden, I was so like, the grief was just it was like a tsunami of grief. And I'm like, oh, my God. I used to carry him on my right hip. Like, that's why.

And once I kind of, like, recognized it and acknowledged and said, oh, that makes so much sense. It kind of passed. It was almost like I was, you know, holding this emotion in the hip, in the fascia, and by using the oil to kind of let it go and discharge it, then it wasn't an issue anymore.

Wow. Yeah. Yeah. So the storing of emotions in the body and the cells having, frequencies in essential oils helping to free up the energy packet that was stuck, and then jogging the memory, body memory of you, of where you would carry your son.

That's a beautiful story. And and a great example for everybody listening of, you know, our symptoms really are not to be suppressed, right?

Practical Ways to Calm the Nervous System

They're to be listened to and asked, and, and followed with an inquisitive, curious mind because it's telling. Our bodies are telling the story that we need to listen to.

So thank you, Jody. You're welcome. Welcome. Yeah. I mean, the issues really are in the tissues. And it's really fascinating because there's certain things that I, you know, I've been chipping at that iceberg hard, you know, taking the right supplements, making the right lifestyle changes.

And it wasn't really until I started addressing the bioenergetics that I saw big shifts. Yeah. You know, that aspect of it. I, I'm curious in the, in kind of the, the final piece of this interview today, and you said you want to help people get into action.

What, what what kind of words of advice can we give at this point for folks to get into action? Where where do you suggest they start? I think, you know, the world today is, overwhelming.

And it we can feel like victims. We can feel very disempowered because there is so much out of our control. So one of the things that I like to share with people, you know, your sense of safety is influenced by your nervous system.

When your nervous system is reacting to danger, you can't really access your own sense of calm when when you can calm it down. Then it's much easier to feel empowered.

And the on off switch between kind of safety and danger is your vagus nerve, which is most accessible right behind the ear lobe. So I have parasympathetic blend that I use to kind of put on that point, and it turns on calm and you know, when I think about people who've survived challenging situations, they're my role models because you want to know, you know, who did this, right.

So Holocaust survivor Viktor Frankl has this great quote between the stimulus and the response, there is a space. In that space lies our power to choose our response.

In our response lies our growth and our freedom. In other words, the world can seem crazy bananas, and you can either lean into that and feel exhausted and anxious and overwhelmed, or you can calm your nervous system and say, wow, the world is bananas.

But I can still be grateful for my friends, for my family, for you know, my beautiful garden or whatever. You love my cute dogs like you. You really have power over how you choose to respond to the world.

And I just want to leave people with that. So Jodie Cohen, thank you so much for coming on to the bioenergetics summit. Thank you.