



By Penny Keay

It seemed for us that we were always exposed to the right oils at the right time.

Please check through the list of our synergy blends as several contain one or more of the above-mentioned oils and diffusing these may help with loss too.

**Some suggestions would be;** Calming blend, Anxiety Stop blend, Beautiful blend, My Angels blend, Senses blend, and Women's blends.

Each of them has wonderful smells that may help you, another loved one, or friend deal with a loss of any kind.

Any essential oil that is liked and that makes an individual feel better will help them emotionally. They will be the ones to choose.

If you are choosing an oil or two for yourself or someone close to you, smell several different ones and if one of the oils you feel you just can't get enough of, try diffusing it for a few days.

Of course, you may have 2 or 3 you want to use and that is fine too.

Use the oils daily and soon you will feel better. They say time heals. Nevertheless, with essential oils things seem to be better faster and are definitely more enjoyable.

### Special note about losing a pet:

It is never an easy time. Sadness and sorrow may overcome you emotionally as you feel your sense of loss of your little companion.



Whenever you lose a pet, you will still need to go through the grieving process as you do with the loss of a person.

Typically, this process is much quicker and soon you will feel like yourself again. However, to help you for the first day or so, you may want to use a few essential oils that will be uplifting and to help you with the sadness.

Essential oils that may help you will include those for grieving, but typically, energizing and uplifting scents may provide you with the most benefit.

If you have a favorite essential oil or blend, by all means, inhaling a few drops of that should make you feel better.

### Otherwise, some essential oils that are uplifting include;

Rose, Neroli, Grapefruit, Petitgrain, Jasmine, Mandarin, Blood Orange, Ylang-Ylang, Clary Sage, Melissa, Bergamot, Cypress, Vanilla, Roman Chamomile and Nutmeg.

On the other hand, try making a blend using 1-4 of these oils and diffusing is one of the best ways to use these.

Your sense of loss and sadness for a pet should not last more than a few days to at most a week. If you are having a more than normal length of time handling this loss, do seek counseling from a qualified grief person.

They are usually available through your local hospital or medical center. Occasionally you may find someone in your veterinary office that has also been trained to help with the loss of a pet.

**Penny's Note:** This article was inspired for writing when we experienced the loss of our little Yorkie, Pearl (September 10, 2012). She was with us for 16 of her 18 plus years (as she came into our lives when she was 2 years).

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Although we have had many pets in our lives, it is never easy to lose one. Pearl was my constant companion through the years and I miss her. I cried to help wash the pain away but also knew I would heal quickly since we have so many essential oils around us daily. There are many fond memories, all to be remembered with a smile on my face.

Working in the Veterinary field for 35 years, I helped console & counsel many folks during their loss of their little four-legged fur children. As stated above, if your grief and sadness is excessive or lasts longer than a few days, please seek professional counseling.

Although rare, sometimes other underlying emotional problems can be triggered by the loss of a pet that may require intervention.

In the meantime, using uplifting energizing essential oils will help you through those first few days of loss.

## Recipes to try

### To Comfort at a Time of Loss or Grief

Rose – or Rose Blends - 3 drops  
Vanilla or V'nilla's blend – 5 drops  
Roman Chamomile – 3 drops  
Mandarin – 3 drops

Blend the above essential oils in a glass bottle. Use in any diffuser. Alternatively, add to 1 ounce of a carrier oil and use as a massage oil.

### Uplifting Blend

Spearmint – 12 drops  
Grapefruit 8 drops  
Clove bud - 2 drops  
Vanilla or V'nilla's blend – 2 drops

Blend the above essential oils in a glass bottle. Use in any diffuser, such as a Terra Cotta Disc.