

# RESONATING HEALTH:

## Men's Health Issues

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As I write this column about men's health, I am reminded that what is important to men and women is really not so different. Certainly we have unique health issues, but more and more, what really matters to each of us is the same: we want to be healthy & happy.

Recently, I asked a male friend of mine “**what are your health issues**”? This was his response:

1. Stay healthy and vibrant.
2. More easily support my family.
3. Be more present and available for my family. (you could add “friends” as well)
4. Sex drive.
5. Illness: reproductive system (prostate), heart, cancer.
6. Retire early without having to work so hard.

As I reflected on his list, I found myself thinking that there are most likely **deeper issues behind each of these issues** for all of us. Let's look at them point by point:

1. Fear about the future. Not staying in present time.
2. Survival issues of money, shelter & food: being sole or primary family provider.
3. Keeping my own cup full so that it naturally overflows to those I love.
4. Performance vs. making time & space for sensuality & connecting from the heart.
5. Survival issues of life & death. “What if something happens to me?”
6. Sacrificing my needs/wants. I want to fulfill MY dreams.

Now **practical resources** for each of these issues (each list of essential oils is mixed with 1 tablespoon of a Carrier Oil unless otherwise noted):

### 1. STAYING IN THE PRESENT MOMENT

- 1 drop Neroli\* (optional)
- 2 drops Rosemary
- 2 drops Peppermint
- 2 drops Ylang Ylang
- 2 drops Fir

Rub on entire forehead and back of neck. Visualize a glowing yellow sphere in the solar plexus and green light filling the chest. Feel all your feelings fully and love yourself for allowing yourself to embrace them. *“I am constantly connected to my heart's desires. As I listen to my heart, I live fully in every moment with gratitude & joy.”*

### 2. ATTRACTING & REMEMBERING LIFE'S ABUNDANCES

- 1 drop Cinnamon Bark\*
- 2 drops Myrrh
- 2 drops Frankincense
- 2 drops Spruce

Rub on underside of wrists and back of ears. Visualize a glowing red ember in the base chakra and warm orange light in the belly. Surround yourself in nature to remind yourself that life presents myriad gifts every day. *“The natural abundances of the Universe flow easily and freely to me and to everyone I love.”*

### 3. **CREATE SPACE & REJUVENATE**

1 drop Bergamot  
1 drop Geranium  
2 drops Sandalwood  
1 drop Lavender  
1 drop Grapefruit

Rub on the feet, heart chakra & all over ears. Visualize lying in a peaceful mountain meadow of wildflowers as a soothing cool stream flows beside you... or visualize your own special relaxing place. *“I take as much time as necessary for myself and my own needs and wants.”*

### 4. **SENSUALITY & LOVEMAKING**

In 1 ounce of carrier oil, add:  
3 drops Ylang Ylang  
3 drops Rose\*  
2 drop Patchouly  
3 drops Jasmine\*  
3 drops Sandalwood

Create a clean sacred space where you will not be disturbed for at least one hour. Light unscented candles, play sensual music and take 15-20 minutes to massage entire body of your partner avoiding sensitive areas. Relax now & let your partner massage you! *“I joyfully create time and sacred space to give & receive pleasure with my beloved.”*

### 5. **POSITIVE THOUGHTS & A SENSE OF WELLBEING**

1 drop Orange  
1 drop Tangerine  
1 drop Mandarin  
1 drop Lemon  
2 drops Spruce  
2 drops Juniper  
1 drop Ylang Ylang

Rub on each of the chakras from base to crown, on underside of wrists, on the shoulders front & back, and under nose. Make plans to do something fun with someone special in your life. *“I meet myself where I am at this moment knowing that my body, mind, heart & spirit are constantly supporting new life within me.”*

### 6. **HOPE & IMAGINATION**

1 drop Melissa (optional)  
2 drops Sandalwood  
1 drop Frankincense

1 drop Myrrh  
1 drop Juniper  
1 drop Spruce

Put on heart & crown chakras, forehead, back of neck, pubic bone and sacrum. Lie or sit quietly while consciously inviting a dialog between your heart and mind. Imagine all of your dreams in great detail, feeling the sensations of anticipation & hope in your body. *“The compassionate Universe hears my heart’s desire and fulfills my hopes & dreams beyond what I can imagine for myself.”*

I leave you with a very useful exercise to **transform excessive mental and sexual energies**. With practice, it will change your life. Breathe slowly & deeply making sure every out-breath and in-breath is complete.

1. Gather all the excessive yellow/violet mental energies in your head and imagine moving them down to the warmth of the belly below your navel.
2. Let these warm orange energies dance here until sexual energy is strong.
3. Gather the energy in your belly and move it up into a huge, spacious, green sphere in the chest cavity, filling your heart center.
4. Stay focused on the sensations in your heart for 5-10 minutes.

This exercise is also helpful when you are **worried** or **in fear**. Place the mental thoughts of worry or fear in the belly until you feel warm there. Then follow steps 3 and 4 above.

*\*always dilute these Essential Oils in a mixture of 20% of the essential oil in 80% carrier oil. Suggested Carrier Oils: Sweet Almond, Grapeseed, Jojoba, or Apricot Kernel.*

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