

Vibrational Frequency of Essential Oils

2/12/2024: This is information I found online from someone's Facebook post at:



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Everything is alive, connected and changing, yielding its own life force or 'Chi'. This flow of energy can be quantified, typically measured in units called *hertz*.

The way we care for our body changes our frequency. The food we eat, the amount of sleep we get, and our stress levels have a huge impact. When our body gets run down or sick our overall frequency decreases. The higher we are vibrating, the more energy, stamina, health and happiness we are going to have.

The vibrational frequency of essential oils are measured in *megahertz* (abbreviated MHz), which cycle at a rate much faster than electricity, equal to 1,000,000 cycles per second.

When someone says they wish to 'raise their frequency', this simple means that they wish to increase their vibrational frequency to such a level that allows them to reach a state of spiritual enlightenment. Diffusing or inhaling an essential oil with a high frequency may help raise your own vibrational frequency.

Rose essential oil vibrates at a rate of 320MHz. The highest measured frequency of any essential oil, rose emanates love, purity, and wholeness, connecting mind, body, and spirit. It is not surprising then that there is no greater power in the Universe than love: the feeling of love is the highest frequency any person is able to emit. So remember, when you use essential oils, regardless of their vibrational frequencies use them with an open heart filled with love.

Here are some electrical frequencies:

- Healthy Human Brain: 71-90 MHz
- Healthy Human Body (overall): 62-68 MHz
- When you have cold symptoms: 58 MHz
- When you have flu symptoms: 57 MHz
- When you have Candida infection: 55 MHz
- When you have cancer: 42 MHz
- When you begin to die: 25 MHz
- Processed or Canned Foods: 0 MHz
- Fresh Produce (depending how fresh): 10-15 MHz
- Dry Herbs: 12-22 MHz
- Fresh Herbs: 20-27 MHz

Every Therapeutic Grade Essential Oil has a different frequency level that range between 52-320MHz. Rose is the highest at 320MHz. Fresh produce only has up to 15 MHz which really surprised me. So when you use pure essential oils they can increase your frequency levels and may help make you healthier and more vibrant.

When someone who has a low frequency level puts on an essential oil with a high frequency they may experience a headache, rash or some other symptoms. This is because the two frequencies are so far apart on the spectrum, when the oil is applied it is trying to get the frequencies closer to the same level. The oils can also cause your body to detox some of those built up toxins in your body. You can not be allergic to an essential oil because it does not contain a protein or peptide in it but you can have a reaction like I just mentioned.

So if you find you get a headache, rash or other symptom when using an essential oil maybe you just aren't ready for that high of frequency. Try using an essential oil that is a bit lower in frequency and use less or dilute with a carrier oil.

Not all essential oils have the same vibrational frequency.

- Rose 320MHz
- Joy 189MHz
- Helichrysum 181MHz
- Frankincense 147MHz
- Ravensara 134MHz
- Lavender 118MHz
- Blue Tansy 105MHz
- Chamomile, German 105MHz
- Melissa 102MHz
- Juniper 98MHz
- Citrus Fresh 91MHz
- Angelica 85MHz
- Peppermint 78MHz
- Galbanum 56MHz
- Basil 52MHz
- Purification 45MHz