

Emotional Intelligence: Releasing the Shame & Blame Game with Flower Essences & Essential Oils! Part 2: Blame

Awareness of your vulnerability and how you can access your trust, self-compassion, and confidence to overcome the shame and blame game.

By Lorrie Hargis RA





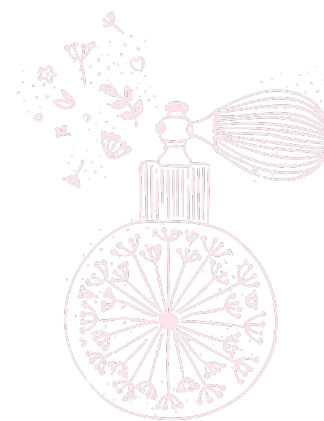
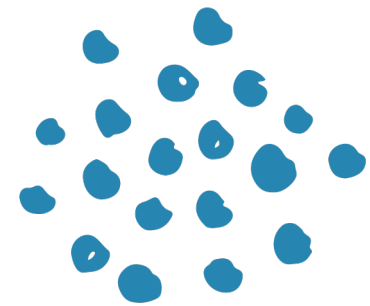
**Your Master
Instructor:**

Lorrie Hargis RA

**Do you feel that it is
always your Fault?
Do you Blame
Yourself?**

©Lorrie Hargis 2024





36 years Experience
based on the latest
scientific research &
Ancient Teachings

Learn how to
direct your energy
to be active,
radiant, and giving

Olfactory medicine &
Flower & Plant
healing

Breath Work

Brain, Heart & Gut
Health

Connecting all the bodies

Incorporating mental and emotional
wellness to develop self-
confidence & knowledge

Movement
Massage

Formulation

Story
Telling

THE LORRIE METHOD





Let's begin with a Mindful Exercise to Purify and Protect with Juniper Essential Oil & Mountain Pennyroyal Flower Essence and these affirming energies from the Solar Eclipse and Super Moon!



1. Grab Juniper essential oil & Mountain Pennyroyal flower essence combination
2. Take a short sniff of it
3. Place the blend on your third eye point (between your eyes)
4. Take 3 deep breaths in through your nose, like you are sniffing a rose, and out through your mouth like you are blowing out a dandelion
5. Imagine the color of the Indigo
6. Feel yourself letting go of any friction, tension, or stress
7. Feel yourself protected and safe

During this Master Class Series, you can:

- Take the Quiz - Get a Chance to Win My Book & A Place at the Flower Essence Retreat!
- Book your FREE 30-minute Individual Flower Essence Session with Ruth or me.
- Special offer when you sign up for the Flower Retreat 2024
- Ask any questions that you have





Flower Essence Retreat 2024



Lorrie Hargis
International School
of Aromatherapy



Flower Essence Practicum & Retreat

- *Deep work into the Energy Healing of Flowers and Water*
- *Attuning to the Subtle Energies of Flowers and How They Work on a Soul Level*
- *Flower Meditations*
- *Garden Study – How to connect to Flowers and understand their unique characteristics*
- *How to Make a Flower Essence*
- *Take home our Group Flower Essence made before your eyes*
- *Demonstration on How to Consulting Skills with your Clients*
- *Different Selecting Techniques*
- *How to Use Flower Essences with Essential Oils!*
- *Case Study Presentations by Graduates*
- *Organic food prepared by my love and hands*
- *A special evening with healing music*
- *Cost is \$440.00 for 3 days May 3rd, 4th & 5th from 9am to 5:00pm PST*
- *Bakersfield, California*



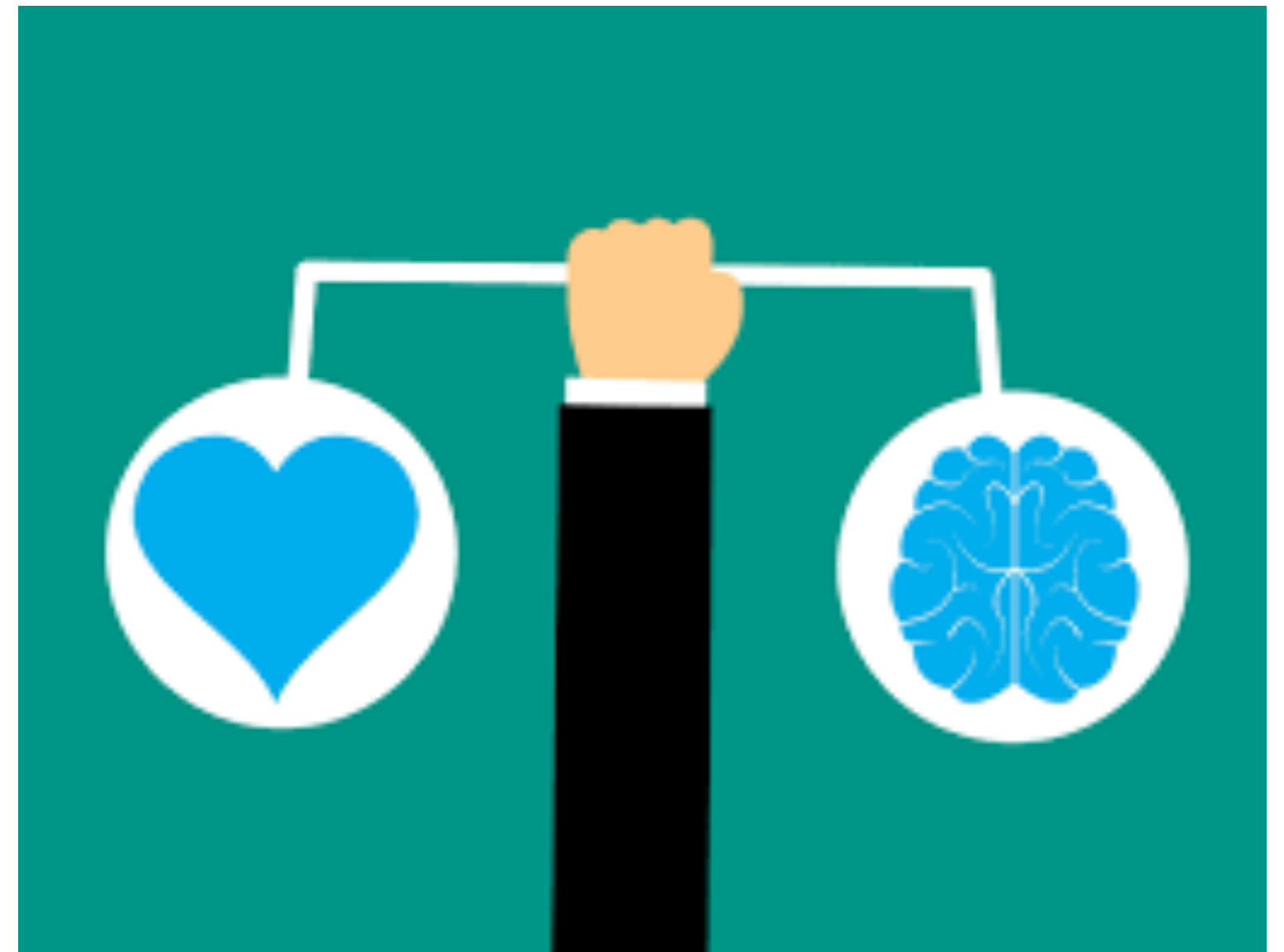


You will learn:

- What is Emotional Intelligence?
- What is Self Blame?
- What are the Signs of Blaming Yourself?
- What is a Flower Essence?
- What are the Flower Essences for Blaming Yourself?
- What is an Essential Oil?
- What are the Essential Oils for Blaming Yourself
- Flower Essence & Essential Oil Blend for Blaming Yourself
- Mindful Exercise to Feel Protected & Safe to Let Go of Self-Blame
- How to Continue Your Emotional Wellness Journey

What is Emotional Intelligence?

According to the National Institute of Childhood Abuse and Neglect, “emotional intelligence (EI) is a multifaceted concept encompassing the ability to recognize, understand, manage, and use emotions effectively in oneself and others. It plays a critical role in interpersonal communication, self-awareness, and decision-making.”



What is Self Blame?

Self-blame is a common form of cognitive distortion or 'unhelpful thinking style'. Characterized by the incorrect assignment of blame or responsibility for adverse events (Beck et al., 1979), it is often associated with self-criticism (Westbrook et al., 2011) and accompanied by feelings of guilt, shame, regret, and self-directed frustration.

Do you have these Signs of Blaming Yourself?

- Not Trusting Others or Yourself
- Fear of Failure
- Not Accepting Oneself
- Overly Stimulated and Sensitive
- Not Being Responsible





How does Self-Blame Affect You?

According to Formica, 2013, “Self-blame is one of the most toxic forms of emotional abuse. It amplifies our perceived inadequacies, whether real or imagined and paralyzes us before we can even begin to move forward.”

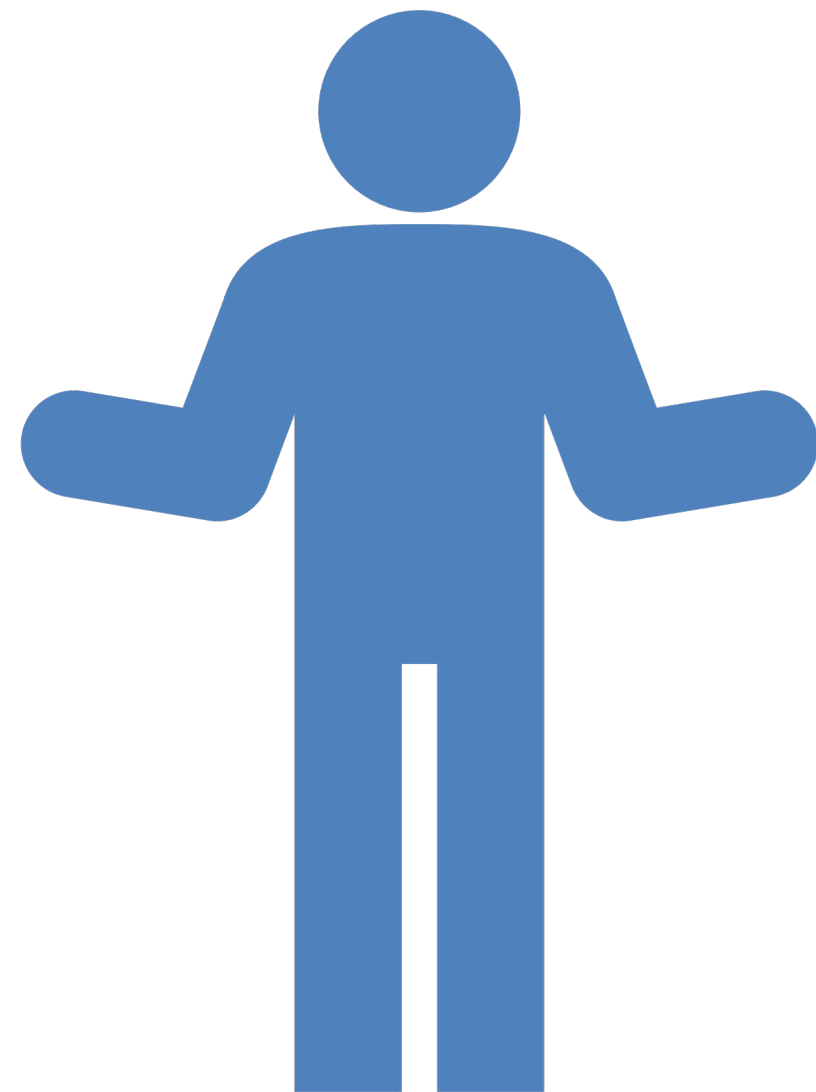
Here are a few questions to ask yourself to understand how much you blame or criticize your own self?

1. What's your immediate thought or inner voice you hear when you make a mistake?

2. What do you tell yourself in a difficult situation that is beyond your control?

3. Do you blame yourself for the other person's behavior or even emotions?

4. Do you blame yourself for doing nothing about a situation?



What Can Self Blame Lead To?

- Self-criticism, rumination, guilt, and shame (Beck et al., 1979; Roberts et al., 1998; Tilghman et al., 2008).
- Depression (Beck et al., 1979).
- Post-traumatic stress disorder (Kline et al., 2021).
- Obsessive-compulsive disorder (Clark, 2002).
- Perfectionism (Rudolph et al., 2007).
- Generalized anxiety disorder (Nasiri et al., 2020).

References: Beck, A. T., Rush, A. J., Shaw, B. F., & Emery, G. (1979). *Cognitive therapy of depression*. Guilford Press.

Clark, D. A. (2002). A cognitive perspective on obsessive-compulsive disorder and depression: Distinct and related features. In: R. O. Frost & G. Steketee (Eds.), *Cognitive approaches to obsessions and compulsions: Theory, assessment, and treatment* (pp.233-250). Elsevier Science.

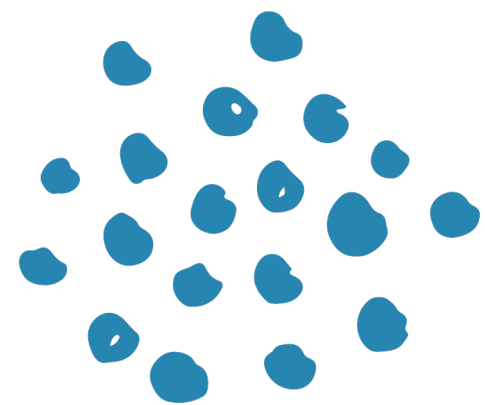
Kline, N. K., Berke, D. S., Rhodes, C. A., Steenkamp, M. M., & Litz, B. T. (2021). Self-blame and PTSD following sexual assault: A longitudinal analysis. *Journal of Interpersonal Violence*, 36, NP3153-NP3168. DOI: 10.1177/0886260518770652.

Nasiri, F., Mashhadi, A., Bigdeli, I., & Chamanabad, A. G. (2020). How to differentiate generalized anxiety disorder from worry: the role of cognitive strategies. *Journal of Rational-Emotive and Cognitive-Behavior Therapy*, 38, 44-55. DOI: 10.1007/s10942-019-00323-5

•Roberts, J. E., Gilboa, E., & Gotlib, I. H. (1998). Ruminative response styles and vulnerability to episodes of dysphoria: Gender, neuroticism, and episode duration. *Cognitive Therapy and Research*, 22, 401-423. DOI: 10.1023/A:1018713313894.

•Rudolph, S. G., Flett, G. L., & Hewitt, P. L. (2007). Perfectionism and deficits in cognitive emotion regulation. *Journal of Rational-Emotive and Cognitive-Behavior Therapy*, 25, 343-357. DOI: 10.1007/s10942-007-0056-3.

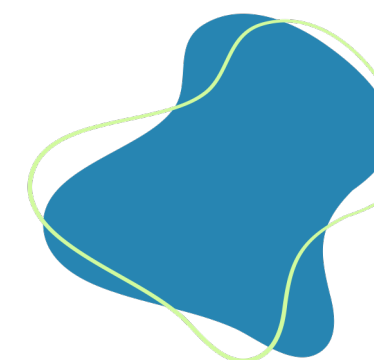
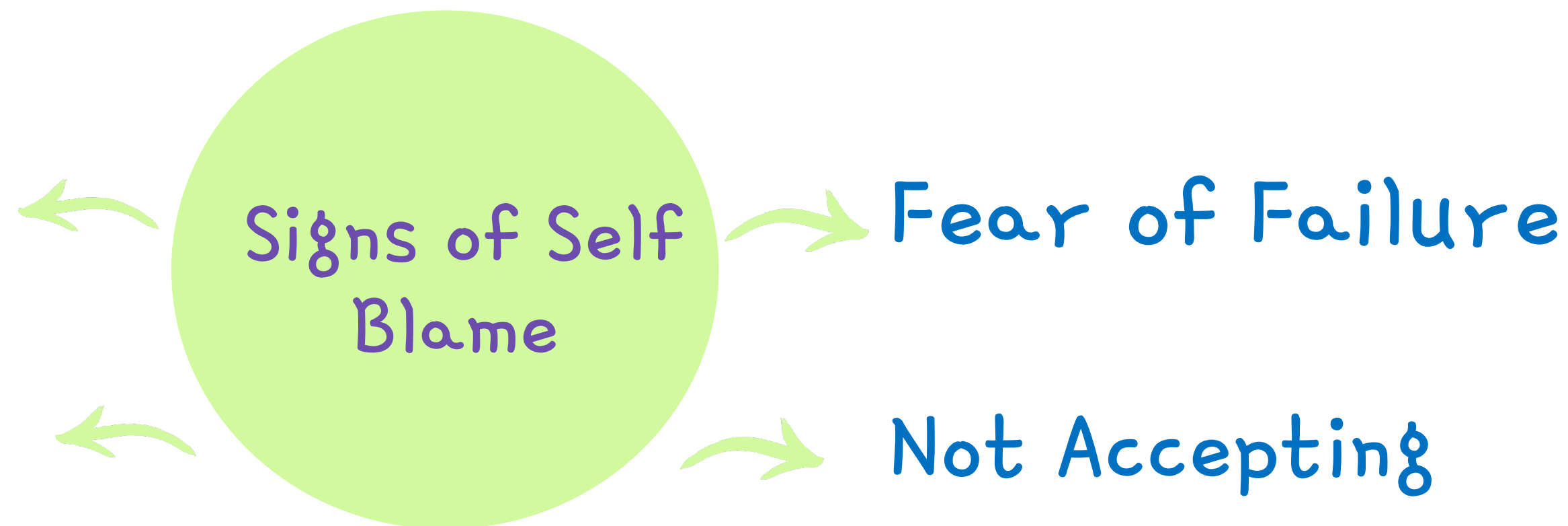
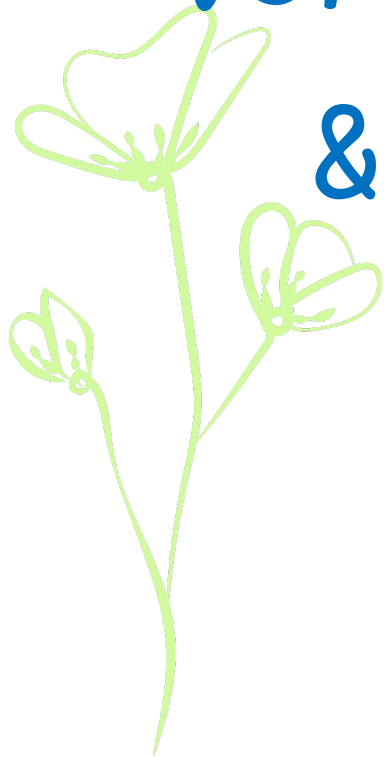
•Tilghman-Osborne, C., Cole, D. A., Felton, J. W., & Ciesla, J. A. (2008). Relation of guilt, shame, behavioral and characterological self-blame to depressive symptoms in adolescents over time. *Journal of Social and Clinical Psychology*, 27, 809-842. DOI: 10.1521/jscp.2008.27.8.809.



Not Trusting
Others



Not being
Responsible
Overly stimulated
& sensitive



What is a Flower Essence?

Flower essences are liquid, potentized preparations, each carrying a distinct imprint of the character of a particular flower.

Each living plant has an inherent, original energy pattern which Dr. Bach, a sensitive and learned English physician, found a way to capture and utilize in his work in the 1930's. He was the founder of flower essences.





What are the Flower Essences for Self-Acceptance & Responsibility?

Oregon Grape *Berberis aquifolium*: expecting blame or negativity from others.

Pine *Pinus sylvestris*.. Guilt feelings, self-blame, self-criticism, inability to accept oneself

Holly *Ilex aquifolium*: Feeling cut off from love

Pink Yarrow *Achillea Millefolium* var. *rubra*: tendency to absorb other's feelings of blame; emotional projection

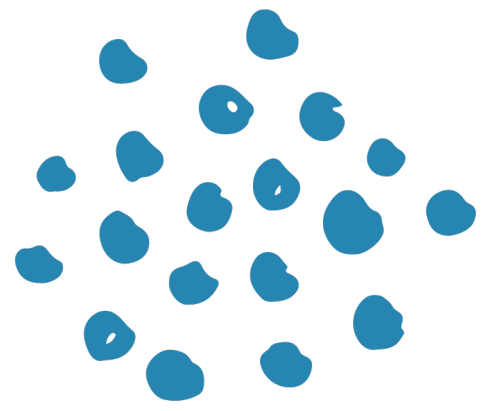


What are the Flower Essences for Self Compassion & Confidence? Part 2

Larch *Larix decidua*: lack of self-confidence, expectation of failure, self-censorship

Self-heal *Prunella vulgaris*: inability to take inner responsibility for one's healing; lacking in spiritual motivation for wellness; overly dependent on external advice for health choices

Baby Blue Eyes *Nemophila menziesii*: Defensiveness, insecurity, mistrust of others, estrangement from the spiritual world; lack of support from the father in childhood



Flower Essence Healing

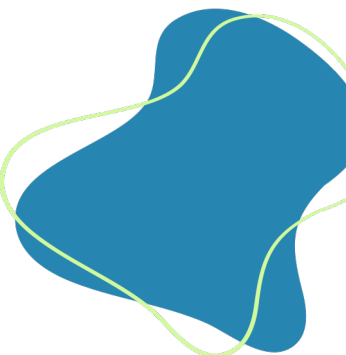


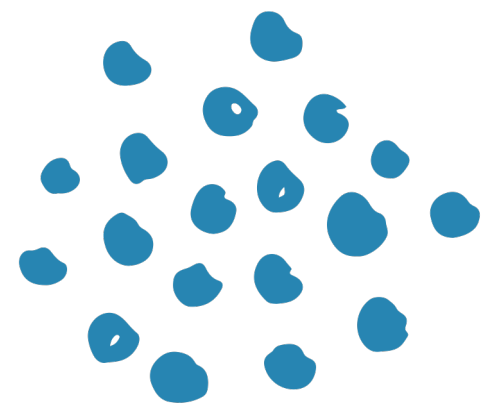
Oregon Grape:
Trusting the goodwill
of others especially
when tending to
misperceive others'
intentions

Not Trusting

Baby Blues: letting
go of cynicism when
tinged with blame

“Trust in the Goodwill of others”





Flower Essence Healing



Pine:

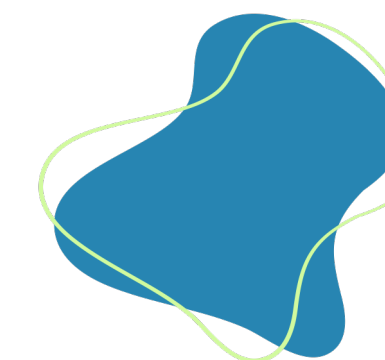
Releasing blame
around failure

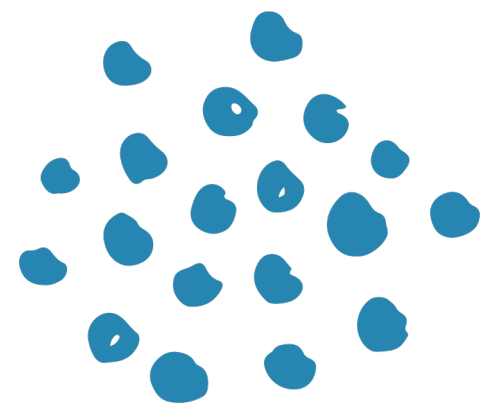
Fear of
Failure

Larch: Self
confidence and
projecting success

21

“Feeling Confident in oneself to Succeed”





Larch:

Confidence in one's inner strength & abilities

Baby blue eyes:

feeling at ease with oneself; trusting in the goodness of the world



Flower Essence Healing



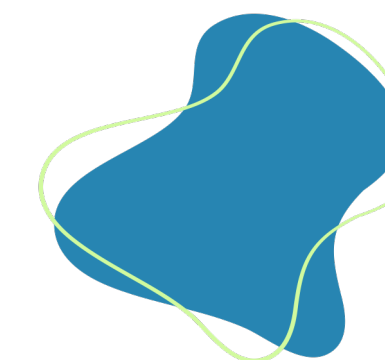
Pine: Release of guilt & self-blame; ability to forgive oneself for not being perfect

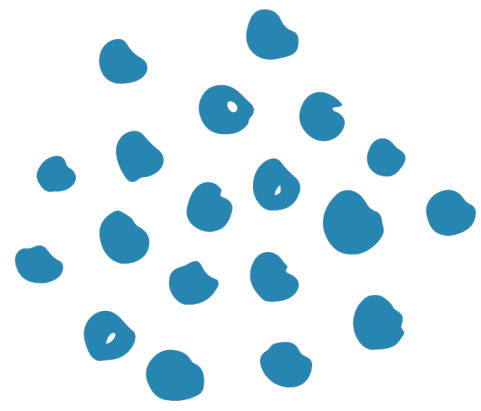
Holly: Seeing others as part of the human family; ability to drop feelings of separation.

Not
accepting
Oneself

22

“Feeling at ease with Confidence & Strength to accept oneself.”





Flower Essence Healing



Self Heal:

Not accepting your inner
power to heal; knowing
that you are capable of
transformation

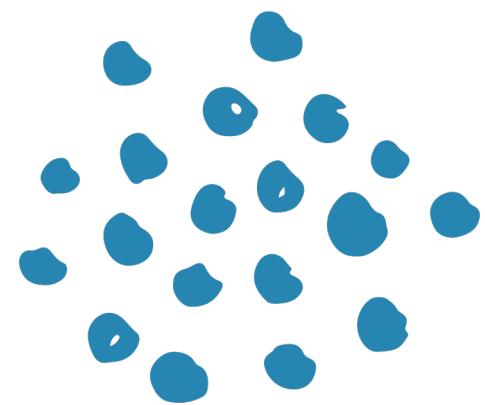


23

Pink Yarrow:
Tendency to absorb
others' feelings of
blame; emotional
projection

“Acceptance of inner power with greater objectivity &
containment.”





Flower Essence Healing



Self heal:

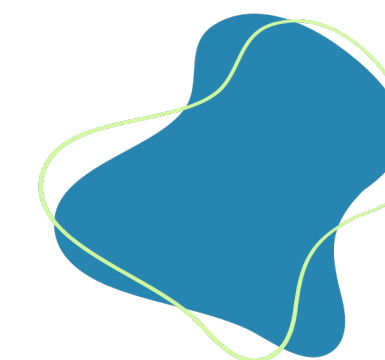
Core remedy to ignite
self-responsibility in
the healing process.



Pink Yarrow:

Hypersensitive to the healing
process, adverse reactions to
medication, or therapeutic process
because feelings seem magnified and
intense.

“ Self Responsibility and Self-Contained Consciousness &
Personal Boundaries ”

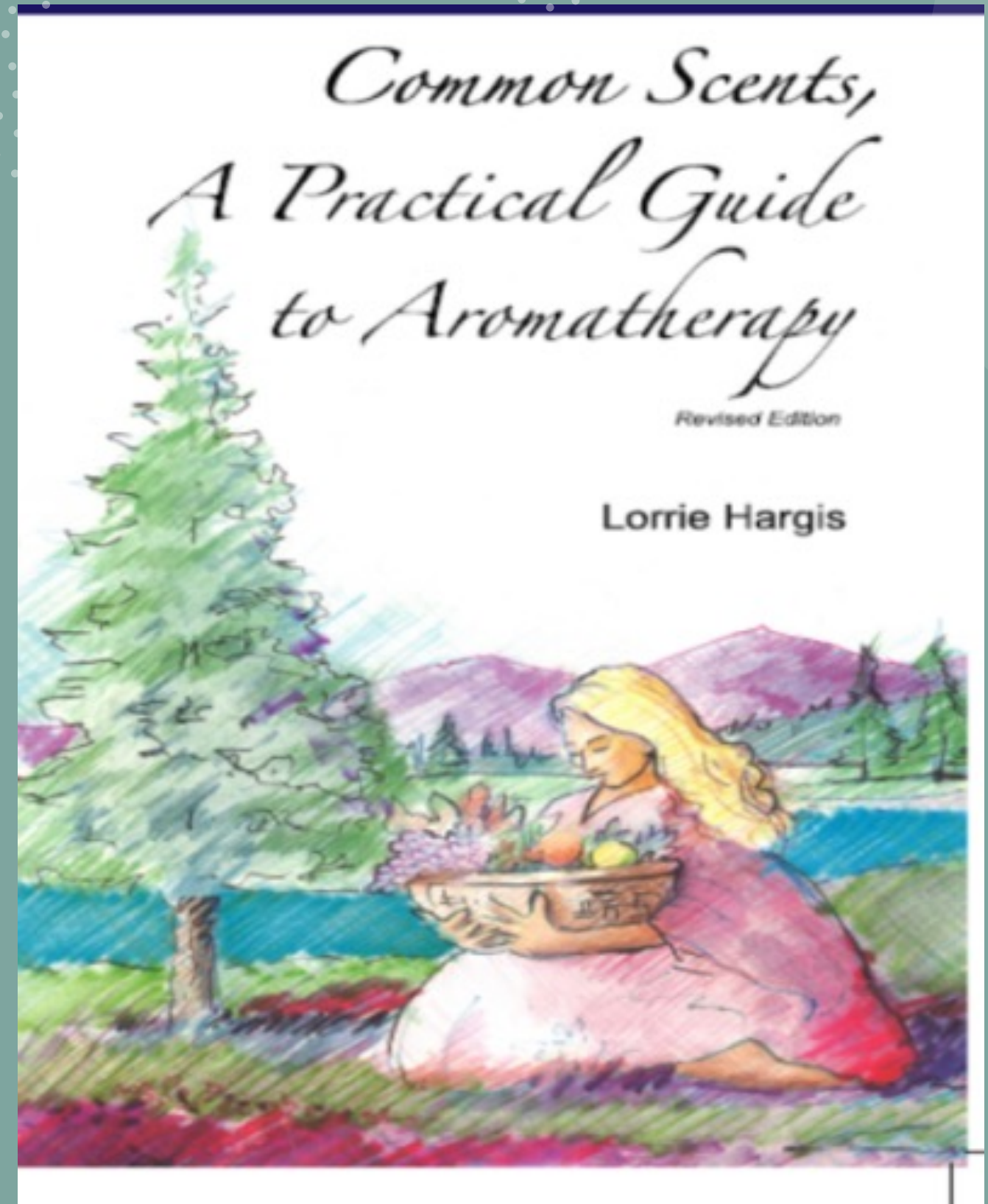


Get my Book: Special Offer for You!

- Regularly \$18.95
- Today \$15.00

@Lorrie Hargis RA 2024

25



What is an Essential Oil?

- The vital energies from the inside of roots, seeds, plants, grasses, flowers, resins, trees and fruits/peels.
- Each essential oil has different chemical constituents, and they are lipophilic.
- These chemical constituents have many different properties such as – antiviral, anti-infectious, soothing, cooling, calming, stimulating, energizing, expectorant, & analgesic.
- These healing energies are used in the practice of Aromatherapy – physically, emotionally, mentally and spiritually.



Photo My daughter Zoe and Joel who worked with us on Domaine de Castillou.

What are the Essential Oils for Self Acceptance & Responsibility?



Orange *Citrus sinensis*: Helps when you are feeling afraid, isolated, lonely, stressed, irritable, and depressed.



Pine *Pinus sylvestris* L.: Helps when you suffer from guilt, not accepting of oneself, self-punishment, and exhaustion.



Geranium *Pelargonium graveolens* L'Hér: Helps when you need consoling when working on your inner child and feeling irritable, overly sensitive, tense, and depressed.

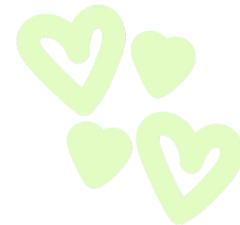
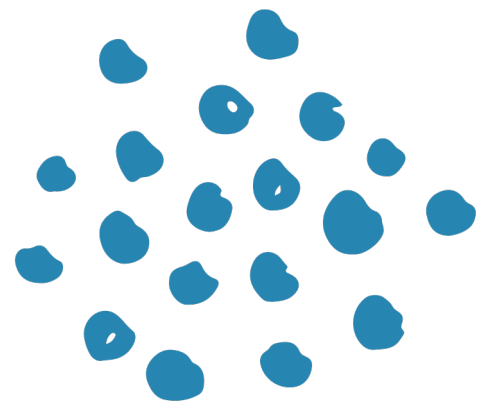
What are the Essential Oils for Self Acceptance & Responsibility? Part 2



Juniper *Juniperus communis* L.: Helps you when feeling confused, fearful, and need to purify your mind and protect your energy field

Cedarwood *Cedrus atlantica* (Endl.) Manetti ex Carrière: Helps you when feeling unstable & ungrounded. Not present and fully anchored into your energy and body.

Black Pepper *Piper nigrum* L.: Helps when you feel Mentally fatigued, sluggish, lethargic, apathetic, depressed



Olfaction
Healing



Geranium:

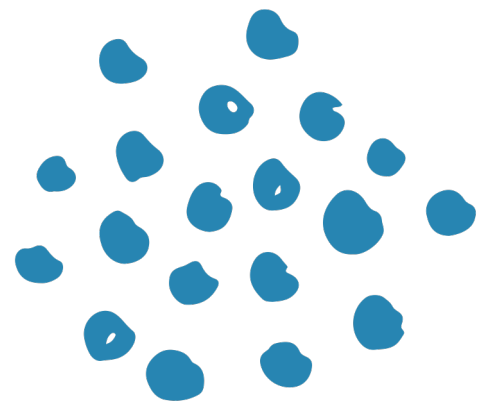
helps let go of past shock,
traumas & brings balance
to the nervous system

Not Trusting

Cedarwood: brings
stability by anchoring
light into the energy of
the body.

“Balancing & Stabilizing.”





Olfaction
Healing



Geranium:
Consoling the Inner
Child

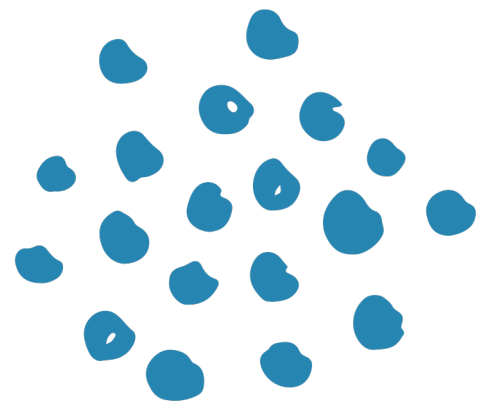
Black Pepper:
Motivates one to
change



30

“Consoling and Motivating for the Self to
Succeed”





Geranium: able to feel mentally calm and confident

Juniper: purifies and protects the energy field

Olfaction Healing

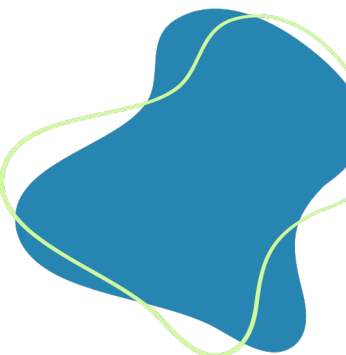


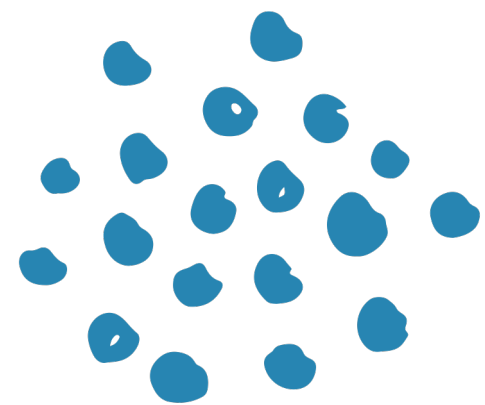
Orange: Warms & Calms the heart

Pine: brings serenity energetically to the nervous system and endocrine system



“Heart Protection with Acceptance of Oneself”





Olfaction Healing



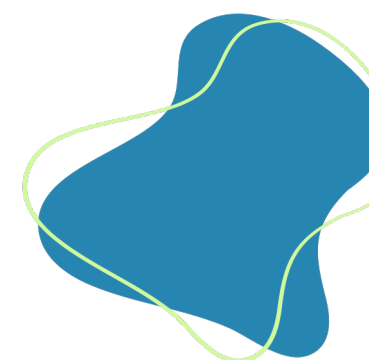
Geranium: brings balance
when anxious, stressed or
tense

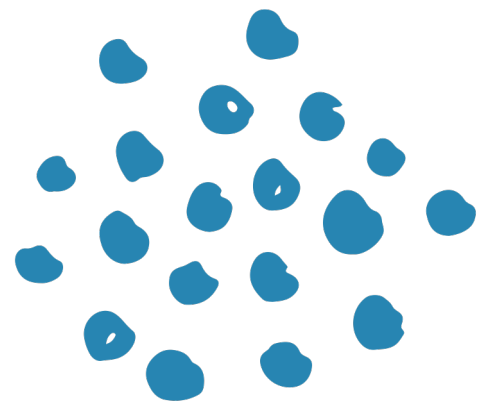
Cedarwood: relieves
agitation, irritation &
tension

Overly
Stimulated &
Sensitive

32

“Balance & Ease”





Olfaction Healing



Juniper: Purifying the energetic debris that has been taking your power.

Not being
Responsible

Orange: uplifts your mind to release the isolation while warming and opening the heart to be fully present

“Empowerment & Presence for Accountability.”

Self Acceptance & Responsibility Flower Essence & Essential Oil Blend!

- 4 drops Oregon Grape flower essence
- 4 drops Baby Blues flower essence
- 4 drops Pink Yarrow flower essence
- 4 drops Pine flower essence
- 4 drops Holly flower essence
- 4 drops Self Heal flower essence
- 4 drops Larch flower essence
- 8 drops Orange essential oil
- 5 drops Pine essential oil
- 4 drops Geranium essential oil
- 4 drops Black Pepper
- 1 drop Juniper essential oil
- 1 drop Cedarwood essential oil
- 30ml (1oz.) Apricot oil
- 30ml (1oz.) amber bottle with cap

Place flower essences and essential oils in the amber bottle. Add the Apricot oil and put on cap. Roll the bottle between your hands to mix the ingredients thoroughly. Apply to temples, back of neck, heart, and solar plexus corresponding reflex points on the hands and feet.

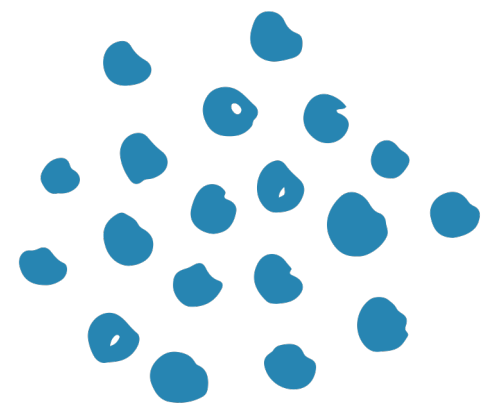
Contraindications: Do not use in pregnancy or with children 3 years of age. Use flower essences with pregnant women and small children.

Reference: Hargis, (2015) Common Scents, A Practical Guide to Aromatherapy, French Kitchen Publishing, Bakersfield, California

Mindful Exercise: Awareness of Blame?

1. Grab a pen and paper
2. Grab your Juniper essential oil & Mountain Pennyroyal flower essence combination
3. Take a short sniff
4. Place the blend on your third eye point (between your eyes)
5. Take three deep breaths in through your nose, like you are sniffing a rose, and out through your mouth like you are blowing out a dandelion
6. Imagine the color of the Indigo
7. Feel yourself letting go of any friction, tension, or stress
8. Feel yourself protected and safe
9. Open Heart Exercise
10. Ask yourself these questions:
 - A. Do you trust others or yourself?
 - B. Am I afraid of failure?
 - C. Do I accept myself?
 - D. Am I overly stimulated and sensitive?
 - E. Do I take self-responsibility?
11. Now take a short sniff of the Juniper/Mountain Pennyroyal combination and place it on the third eyepoint
12. Take 3 Deep Breaths
13. Envision yourself Protected & Safe





Scientific Research & Ancient Healing



Connecting our
bodies

Breath work

Formulation

Lorrie
Method

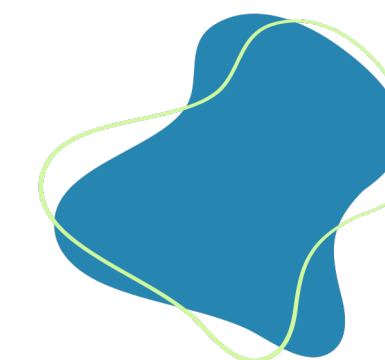
Flower Essence
Therapy

Olfaction Therapy:

Essential Oils

Movement

“Love & Trust Empowering Self Acceptance & Responsibility”





Flower Essence Retreat 2024



International School
of Aromatherapy



Quiz – What have you learned so far?



- What is Blame?
- What are Signs of Blaming Yourself?
- Which flower essences do you use to accept yourself?
- What 7 Flower Essences Help for Self-Acceptance & Responsibility?
- What essential oils help with Trust?
- What essential oils help with the fear of failure?
- What are the 6 essential oils that help you with Self-Acceptance and Responsibility?
- What other healing modalities did we use during our Mindful exercise to purify and protect you?

Quiz – Answers



- What is Blame?
- Self-blame is a common form of cognitive distortion or 'unhelpful thinking style'. Characterized by the incorrect assignment of blame or responsibility for adverse events (Beck et al., 1979), it is often associated with self-criticism (Westbrook et al., 2011) and accompanied by feelings of guilt, shame, regret, and self-directed frustration.
- What are the signs of Blaming Yourself?
- Not Trusting Others or Yourself, Fear of Failure, Not Accepting Oneself, Overly Stimulated and Sensitive, Not Being Responsible
- Which flower essences do you use to accept yourself?
- Larch, Pine, Holly, Baby Blue Eyes
- What are 7 Flower Essences Help for Self-Acceptance and Responsibility?
- Pine, Baby Blue Eyes, Oregon Grape, Holly, Pink Yarrow, Self-Heal, Larch
- What essential oils help with trust?
- Geranium and Cedarwood
- What essential oils can help you with the fear of failure?
- Geranium and Black Pepper
- What are the 6 essential oils that help you with Self-Acceptance and Responsibility?
- Geranium, Juniper, Pine, Cedarwood, Black Pepper, Orange
- What other healing modalities did we use during our Mindful exercise to purify and protect you?
- Breathing, yoga, connecting the bodies



Flower Essence Retreat 2024



International School
of Aromatherapy





Questions & Answers:

