Essays on Holistic Aromatherapy

Dr Malte Hozzel
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Foreword

This book consists of a collection of essays on holistic aromatherapy written by Dr Malte Hozzel.

Dr Hozzel is the inspirational founder of Oshadhi, with deep insights into medicinal plants and essential oils. Malte’s speciality is in the relationship between plants, essential oils and mankind, and he has a unique perspective into the effects that these ‘helpers’ have on human health and consciousness. Over the last 25 years Malte has travelled the world in a quest to find the purest and finest oils, sourcing them direct from the growers to bring forward the best possible quality oils available.

Malte believes that pure and unadulterated essential oils are our allies on the path to optimal physical well-being and happiness. This belief inspired his desire to share these oils with as many people as possible. He loves to inspire knowledge and enthusiasm for an energy medicine in a new era of deeper plant awareness and self-healing.

“In their expression of the highest intelligence of Nature, the medicinal and aromatic plants will help us to rise in strength, to recreate health (if it is lost), and to make our lives, individually and collectively, more comfortable and more in tune with the heartbeat of the Universe.” – Dr Malte Hozzel.
Heal Yourself With Nature

Aromatherapy, with its essential oils, is becoming increasingly popular; not only in the realm of personal well-being but also in scientific communities worldwide. There is this marvellous depth in essential oils, linking them on the one hand to ancient folk-medicine and profound understanding of the subtle aspects of life and healing, whilst on the other hand inviting us to discover the most rigorous scientific and medical comprehension of their uncountable effects.

Despite aromatherapy being an ancient practice, it is also modern and very much relevant in today’s society, providing us with remedies to modern day diseases, ceiling immediate results. And – not to forget – aromatherapy can be easily scientifically verified, Essential oils are truly Nature’s healing hand. They are both material substances and subtle energies. They are “living molecules”.

Their vegetal carriers-dependant on soil and air, day and night, the seasonal rhythms, and their intrinsic openness to solar, lunar and stellar radiations - have absorbed both powerful terrestrial and cosmic influences. These influences then disperse themselves into the core of the physical/chemical and the subtle/hidden structure of essential oils. They define the very fingerprint of their healing energy.

As Vasant Lad, the famous Ayurvedic expert, explains: “Plants transmit the vital-emotional impulses, the life-force that is hidden in light. That is the gift, the grace, the power of plants……The existence of plants is a great offering, a sacrifice. They offer us not only their own nutritive value but the very light and love from the stars, from the cosmos whose messengers they are.” (Vasant Lad, “The Yoga of Herbs”).

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Holistic versus isolated

Essential oils are linked to “cumulated vital energy”. Not only do they successfully fight off microbes of many kinds without unwanted side-effects, but they have the properties to strengthen the milieu at the same time. Since they are also energy reservoirs of plants, they can serve us directly and instantly to vitalise our body, mind and soul. Anyone of the numerous compounds of an essential oil contributes to its healing properties. That is what “holistic” and “natural” mean in contrast to the isolated molecules of modern medicine.

Rose oil contains up to 500 different compounds. Lavender not much less. Every single compound is needed in medical Aromatherapy. Any of the compounds has been either created in the plant or has emerged during distillation and we trust that Nature knows best, why and how. The complexity of this intrinsic balance of compounds defines the special healing effects of the plant or its oil. They all pertain to its special energy field transmittable to the human organism. And they match with the “body-mind” filling up specific “energy holes” in a subtle way, fitting into these holes like key and lock.

We are experiencing a new era of natural medicine as an answer to the failures of the modern allopathic approach and of modern lifestyle. It is the “organic” versus the non-organic, the holistic versus the isolative, the human versus the techno-chemical. This era leads us to new understandings of health, environment, social ethics, nutrition, spirit, cosmos, God.
In terms of health, we are entering the age of self-healing. That is one of the reasons why essential oils are having such an incredible success in the world of today. They are easy to use, easy to transport, pleasant in their appearance and smell, practical to give away and to share tremendously exciting to experience.

There is an increasing interest and desire to learn more about nature, and a collective feeling that there is so much more to discover. This is true science, which comes from the Latin word “scire” meaning: “to know”. The new scientists of today are the ones who work in the laboratory of their own body-mind trying to know by themselves.

They create health inside and outside of themselves, because they rediscover the meaning of balance, self-care, responsibility and commitment to the higher goals of human evolution. They use Nature as a partner, not as an element to fight against and to subdue.

This is what true medicine has always been: The cumulative data of experience of mankind, advancing in togetherness as if one single collective being. As Blaise Pascal, the famous mathematician and philosopher once put it: “as if all the sequences of generations through the centuries could be looked upon as ONE human being, who continues to live and always continues to learn.”
The importance of purity

In Aromatherapy purity and quality is paramount. Pure and unadulterated essential oils are our allies on the path to optimal physical well-being and happiness. Pure essential oils reflect the vitality and inspire enthusiasm and love for an energy medicine in a New era of deeper plant awareness and self-healing.

Essential oils are the expression of the highest intelligence of Nature, the aromatic plants will help us to rise in strength, to recover health if it is lost and to make our lives, individually and collectively, more comfortable and more in tune with the heartbeat of the Universe.
The Miracle of Fragrant Light

Essential oils are the result of biochemical transformations induced by Sun Light. As carriers of this light energy they are the most miraculous gifts of Nature. They restore balance on all levels of the human system, increase energy, change our moods, protect us against negativity…..and heal the most vicious diseases often not attainable by modern medicine. They have been used in a global ethnobotanical natural medicine handed down through ages by our world’s ancestors, shamans, yogis, healers and seers.

In her book, The Fragrant Heavens, Valerie Ann Worwood states “from a brain biochemistry point of view, the pursuit of spirituality through aroma makes a great deal of sense, as the mechanics of smell are but one short biological step away from consciousness, including higher consciousness. Thinking of it in terms of light, essential oils are captured light, passed from the heavens by plants to us. From vibrational electromagnetic and energetic point of view, essential oils are in Harmony in life. They resonate with us, as the vibration in one violin string can cause vibration in another. We hear the message they have to bring”.

With the modern research on Aromatherapy it is becoming evident that one large factor responsible for the multiple surprising healing effects of essential oils is that they are a more concentrated expression of the plant from which they stem.
They have absorbed positive cosmic energies of light into their most subtle structure beyond the quantum manifold. When the influence of the Sun penetrates into the flowers, fruits, or leaves, the general outcome will often be essential oils. When the same energy penetrates into the stem (wood) or into the root, the outcome can be essential oils, aromatic balms (i.e., Copaiva Balm, Peru Balm, etc.) or resins (Myrrh, Frankincense, etc.).

Sun Light simply underlies the totality of plant life creating the basis for photosynthesis, the “synthesis or combined transformation through light”.

Thanks to their chlorophyll, plants act like photonic power blocks. Chlorophyll is the “master engineer” in this process – capturing the energy of the Sun and transforming its light into biochemical energy.

Photosynthesis can only happen when the cosmic energy of the Sun interacts with the plant’s hidden molecular, atomic and quantum level structures in order to give rise to the complex bio-chemical compounds which structure the materialised basis of all essential oils.

The plant creates essential oils with the help of the Sun and will store the essential oils in specific glands serving as energy reservoirs. If there is a sudden climatic change, the plant will then consume some of the essential oils to compensate for the lack of Sun Light.
This “photonic power” of plants is deeply absorbed by us humans when we use essential oils. The oils are materialised Sun-energy that help precious life processes to thrive in the Universe.

The “sunny” or radiant nature of essential oils is certainly a major reason why people fell so attracted to Aromatherapy today especially with our modern day indoor lifestyle. Essential oils are marvellous allies of “fragrant light” for a new approach to self-healing through happiness and joy.
The reason for disease lies in the host, not in the germ

When somebody speaks about a disease, for example having “caught a cold” or having been contaminated with a virus or a bacteria, we often may ask ourselves: Who and where is the actual originator of this? Is it true that we are innocent victims of a disease, and that disease is just a bad curse, a kind of an undeserved blow of destiny…?

Well, thinking deeper, most can agree that disease simply cannot be understood as something created only by outside agents. It is above all a process inked to our inner worlds. What did the ancient say? Healthy mind – healthy body. How could it otherwise be that some people are resistant and some are not resistant to the same pathogens?

We can also say: A healthy organism is in balance with all its inner and outer aspects – it is tuned in to a world which is made of an “inside-outside” fluctuating but stable connectedness. A diseased organism often has lost this connection giving rise to dissonance between spirit, mind, body, and its environment.

More radically we can also say: The main reason of all attack through disease lies in the one who is attacked, not in the attacker. Or, speaking of viruses, bacteria, etc. The reason for disease lies in the host, not in the germ. Louis Pasteur expressed it like this on his death-bed: “Bernard was right. The germ is nothing. The terrain is everything.”
Another important aspect is the fact that far more than any other species on Earth, we as human beings are constantly challenged by the element of change. A disease can be understood as a crisis of evolution, where new decisions have to be made for progress. It is a warning signal and a chance at the same time. The right answer to this signal decides about our potential for healing.

Rudolf Steiner puts it like this: “The human condition is to step from one stage of equilibrium to the next. The dis-rupture of this balance is always at the cost of certain elements for the sake of other elements. Some decrease, others increase and develop beyond measure. Being out of balance the individual loses his link with the universal forces.”

It is always the same: The outer world either imposes itself too much or too little. Thus the outer “damages” add to the loss of internal balance. A bacterial infection, for example, is only a secondary “accident”, a symptomatic expression of the underlying disease.

Of course, if we understand the sudden appearance of a disease as a “crisis” (stemming from the Greek word, decision) of our existence, then disease can be a turning point for a more healthy life.
In this sense, dis-ease is kind of pre-programmed in us due to the fact that we cannot avoid change: In a modern society of hectic change, the problem of quick adaptability and flexibility of the human being to a constant program of change cannot but create a vast variety of change-induced health problems. But we must not forget: The “unstable equilibrium” and the “breaking of symmetries” (Ilya Prigogine) of our psycho-physiological conditions is a must for evolution.

**Access the mind**

So, we have to focus on another level of understanding, namely on the “underlying dis-ease” in us in order to grasp the total context. And this context lies in consciousness first, nowhere else. Let us not forget: We have to choose carefully our feelings and thoughts as well as our environment if we do not want them to become toxic.

“Keep what brings you peace, release what brings you suffering. Know that happiness (and health) is just a thought away.” – Nathan Panwar

“The mind is everything. What we think we become.”- Buddha
Yes, it is true, our thinking is a major factor for our well-being. We can change our world, inner and outer, with a mere thought. But how can we learn to be “thoughtful”? Thinking is the biggest enemy and the most intricate, glorious benefactor in our life. Our thoughts control where we want to go – and not to go – with everything. They are the head of that fountain welling up constantly from our innermost being. Whether we allow them to participate in creating the chaos and suffering of our so called “human condition” – or its amazing beauty and harmony – is totally up to us.

So we have to learn to think – meaning: to think thoughtfully. Because nobody has taught us this before. No teacher, no parent, no friend... Because the teacher of this can only be our own inner selves – there is no outer teacher to tell us how to think correctly – no religion, no book, no coach, no priest... We are actually born to learn to think.

Life can teach us how to think. If we are sensitive enough we are able to feel inward that our thoughts are perhaps often going in the wrong direction. We are even able to feel that negative thoughts, maintained for too long, bring our energy down. It is even completely possible to feel frequencies of thoughts and we can frequently feel that we are obsessively encaged by our thoughts.
Understanding this concept is a quantum leap in collective human evolution: We are starting to feel—physically, whether our thoughts and emotions are in tune—in tune with us and the world around us.

Moreover, if we want we can also use thoughts as inner “words” (Sanskrit root. “vrit” = “vortex”) to let thoughts “vortically” pull us inside deep into our consciousness and experience the greatest levels of freedom humans can achieve. This is what true meditation means and true meditation teaches us particularly one important thing: Do not believe everything you think. You are not your thoughts—as much as you are not your body.

**Making thoughts our friends**

Our thoughts can be the biggest liars, the most sneaky misguiding “friends”, the most amazing hypocrites… They literally create dis-ease every day. The “colour” and “weight” of human thoughts constantly decides about the destiny of the world.

The danger of thoughts is that they are so near to us. They impose themselves constantly—and this within microseconds. How many thoughts are humans thinking every day? Average 40,000 – 50,000.
The influence of their “wave-function” is enormous. Most of them are just rubbish because we have not yet learned the ability to guide them… It is important to remember not to believe all of them.

Meditation empowers that one element which we can call the “silent witness” in us (Sanskrit “Sakshi”). He is the one who participates in both our thinking and feelings and effortlessly guides us to correct mental and emotional misbehaviour.

Let’s not forget: Behind the chattering noise of thoughts hides our freedom – the freedom of adjusting positive thinking with a positive feeling – and the art of experiencing subtle, more powerful levels of thought – thoughts which are progressively nearer to our being in peace with ourselves! So, in a sense, we are responsible for our thoughts! With every thought we influence not only our inner world but also our environment, our partner, family, friends – everything and everybody near and far. The subtle quantum field of thinking radiates peace or war, health or disease everywhere. With our thoughts we choose our destiny…

Since we have acquired a cortical and neo-cortical brain as human beings, wisdom of the ancient reminds us of the innate possibilities of ours to dive beyond the surface level of thinking into our natural inner silence through meditation and – coming out of it – experience our thoughts and feelings with more awareness. This is what Buddha called “mind-fullness” (“Sati”) – being aware of the mental “circus”, of the “snaps and traps” of thoughts from the level of the gap lying between thinking and being.

**Reprogramming our thinking with essential oils**

Now, what has this to do with essential oils? Well, the incredible thing is that odours can also bring us deeper into our own inner being. Odours have a direct access to our limbic system. That’s where a lot of pre-thinking is happening.

Before a thought is created on the level of the neocortex inside the human brain it is in a way “pre-conditioned” by the older cerebral system which we share with monkeys and other animals.
And since thinking – as we know very well – is such an important element in the game of being human, we have to access, by all natural means, that part within us which from a deeper level, influences all the time our thinking and feeling.

Olfactory experiences or “olfactory-therapy” with essential oils have shown that we can re-program our thinking and feeling naturally and spontaneously. Smelling is the first and the oldest of our 5 senses, as well as the oldest “language” in the realm of life. Fragrances DO have that. They can lead us very deep.

We should not forget : On the surface level of ourselves we are pretty much conditioned human beings. On a deeper level we are pretty much “ourselves” – everybody a unique and free expression of life in all its infinite colours and beauty.
It is true: Smelling with full awareness a pure fragrance of Nature from an essential oil brings us deeper to our own nature – away from the surface level. Surface thinking is uni-lateral thinking. Mature thinking needs verticality – or better: the uni-lateral (horizontal) “self-gossip” needs vertical alignment by “talking” with our innermost being. It is amazing, but fragrances from the heart of Nature such as we find in essential oils can generate that “talk” in us, that depth in us. And this also can help us to get free from the bondage of the matrix of environmental conditioning to which we are exposed 24 hours a day. And, foremost of all, essential oils, and specifically the olfactory experience with them, often bestow exactly the energy we need to free us from negative thoughts and emotions.

“Essential Oils are frequency generators. In their capacity to serve as photonic power blocks they energise the brain and the whole body with numerous electron-rich molecules. Research has shown that each essential oil contains a certain bioelectric frequency that when inhaled travels to the secondary neutrons in the olfactory bulb, which sends impulses to the limbic system and the olfactory sensory centre at the base of the brain. They then pass between the pituitary and pineal gland and move to the amygdala, which is the memory centre for fear and trauma.” – Centre for Alternative Medicine
Essential oils can spontaneously reprogram the brain. The fight and flight reaction of the amygdala in the limbic system is buffered. Pain and fear are re-interpreted. Moments of ease reappear in the dis-ease of a situation. We can truly say that aromatherapy is a beautiful way to help us in our constant need to re-program ourselves, our mind.

We can also say they help us find our innermost freedom for an ever changing, very personal, very joyful, very evolutionary “program” which we define every day ourselves and which – at the same time – is inscribed in every human being by the grace of the intelligence of the Universe.

Extract from *Navigating the Tides of Change*:

“The early memories come wrapped in heat. The beauty of something unseen fills my body and makes me glad to be alive. So it was that my first rose came to me by scent in the beginning of the hot time when the rose bushes burst into bloom. I did not see its form, not then... for something else had been awakened – a longing that would fill my heart.

Do you know that the essences of plants are like the gentle touches of an angel’s wings? It is up to you whether or not you turn to see their beauty.
I linger with many fragrances – with clove, myrrh, frankincense, orange flower, rose – and so many others. These are my friends, and they will help you as well, if you open your heart to them.

Sometimes as I pass my hands over the many perfumes that now dwell near me, I feel the rose blooming again in the chamber of my memory.

I pray that I may never forget until the longing in my heart has finally brought me face-to-face with the Highest ... 

For you see, the hidden hand of healing that brings relief from the pains of this world comes from a world beyond. It comes as an aroma on the winds of the soul.”

David La Chapelle, Navigating the Tides of Change.
How Essential Oils Can Help Us With Deep Emotional Stress

Aromas have a potential emotional impact that can reach deep into the psyche, both relaxing the mind and uplifting the Spirit and thus, Essential oils, with their concentrated aromatic energy, profoundly affect our minds and our emotions.

Our sense of smell is estimated to be 10,000 times more accurate than our other senses. Once registered, scent travel faster to the brain than either sight or sound. Our sense of smell links directly to emotional states and behaviours often stored since childhood. It is the only one of the five physical senses that is directly linked to the limbic lobe of the brain – anxiety, depression, fear, anger, and joy all have their physical expression in this region.

Inhaling the fragrance of an essential oil means that the odour molecules travel up in the nose where they are registered by the nerves of the olfactory membranes within the nose lining. The odour molecules stimulate this lining of nerve cells and trigger electrical impulses which are transferred to the olfactory bulb in the brain.

From the olfactory bulb these impulses reach to the limbic system often referred to as our emotional control centre. Because the limbic system is directly connected to those parts of the brain that control heart rate, blood pressure, breathing, memory, stress levels, and hormone balance, essential oils can have profound physiological and psychological effects.

Have you ever noticed how a certain fragrance can evoke memories and emotions before you are even consciously aware of it? When we smell we react first and think later. All other physical senses are routed through the thalamus, which acts as the switchboard for the brain, passing stimuli onto the cerebral cortex (the conscious thought centre) and other parts of the brain.
Essential oils are bio-spiritual healing allies for bringing light into our life with the help of amazing subtle aromatic molecules. They enable us to access stored or forgotten memories and suppressed emotions so that we can acknowledge and integrate or release them.

The word “emotions” can translate as “energy-in-motion”. Emotion is the experience of energy moving through our bodies. This emotional energy actually works at higher speed than thought. Thoughts and images can take seconds or minutes to evoke a memory while an aroma can evoke a memory in milliseconds.

Forgotten memories and suppressed emotions can wreak havoc in our lives often being the underlying causes of depression, anxiety and fears. Essential oils can help us surpass and release these emotions wherever they are stored in the “body-mind”.

In 1992, it was discovered that sesquiterpenes and sesquiterpenols (present in certain essential oils like Sandalwood and Myrrh) break the blood-brain barrier affecting the amygdala which is one of the areas of the brain that records and stores emotional trauma. When inhaled, the essential oils have the capability on a cellular DNA level, to completely erase the memory of emotional trauma. Dr Joseph Ledoux of New York Medical University feels that the effect of inhaled oil vapours upon the amygdala gland could be a major breakthrough in the releasing of stored emotional trauma.

The synergistic effects of smelling an essential oil influences the vibrational energy of our cells and thus helps us to heal on all levels; physical, emotional and spiritual. We can marvel at the incredible richness of Nature’s fragrances as an expression of the integral harmony of Creation which uses these fragrances not only as a means of inter-communication within the plant and animal kingdom but also as a healing device for all living beings. So the sense of smell and the world of fragrance connect us to the deepest part of ourselves which is always resonating in contentment and joy.
Olfactory Meditation with an Essential Oil

Before beginning with your meditation, connect with your intuition and pick an essential oil from your aromatherapy collection. Trust in yourself and in your gut feelings. This will be the oil you will work with during this aroma meditation.

Now sit down in a quiet and peaceful place. Put a few drops of your chosen oil on a perfume stick or on a tissue. Close your eyes and focus on your breath for a minute or so to quiet your mind. When you feel relaxed, start to smell the fragrance of your oil. Let the wonderful perfume take over your senses and observe what happens in your body and in your emotions. Don’t try to analyse it, just be in the moment and let go of everything. The power of the oil is taking care of you, is helping you release what is needed to be released and is aiding you in your healing process.

Do this meditation for 5 to 10 minutes and take a rest. You can note your experience in your aroma-journal. This meditation can be done as often as you want with the same or with other essential oils.
The precious and legendary Myrrh oil (Commiphora myrrha), derives from
sun-charged tropical resins, is used since Antiquity in sacred rites and for its
rejuvenating effects on body and mind. Native from Eastern areas of Africa, the
essential oil is obtained by steam distillation of the resin from a thorny shrub-
like tree. It has a spicy-warm, earthy and slightly sweet aroma with a bitter taste.

A jewel in modern aromatherapy with its multiple benefits extending from
wound healing, to skin care and tonifying the circulatory and immune system,
Myrrh is also a great ally for feminine health.

A broad spectrum healer

Greek soldiers knew about the proven healing power of myrrh carrying the
fragrant globules in their combat gear. They used the resin for swollen parts
of the body, for preventing the spreading of infections from wounds and as an
accepted pain-killer in case of bruises and sprains. Sometimes sold as “White
rock opium”, Myrrh was the most popular pain reliever before the discovery of
opium.

Myrrh’s antiseptic and anti-inflammatory properties make it a choice oil to have
in your travel kit. It will prevent any small cuts or wounds to become infected
and can be applied directly since it is very well tolerated by the skin. Like many
of the resin and balsam oils such as Benzoin and Frankincense, Myrrh oil forms
a protective barrier over the wound, acting as an antiseptic “Band-Aid”. In an
emergency, one should not forget to put a few drops of the oil directly on a
scrape, as it is one of the least irritating oils. It can furthermore be used for
ailments such as eczema, pressure sores and haemorrhoids.
Myrrh essential oil can be used for its anti-microbial effects, in case of fever, food poisoning, cough, cold and bronchitis. Used in mouthwash solutions, it is beneficial to gums and also in case of bad breath, mouth ulcers and gingivitis.

Myrrh oil also acts as a fungicide in case of either internal or external infections, given all these properties we can understand the use of Myrrh in ancient Egypt for embalming and preserving the bodies of Pharaohs.

Circulatory and immune booster effects

Myrrh oil is excellent to stimulate blood circulation and to ensure proper supply of oxygen to the tissues thus regulating the metabolic functioning and boosting the immune system. Traditional Chinese medicine considers Myrrh as a blood-purifier and more specifically as an emmenagogue.

Indeed, by stimulating blood flow in the pelvic area Myrrh normalises menstruation and relief from related mood swings. Excellent for women, this oil should however not be used during pregnancy as it stimulates the uterus.
A rejuvenating and protective remedy

In Ayurveda, Myrrh is used in the elaboration of Rasayanas (Rasayanas are natural formulas to promote optimal health) for its rejuvenating, invigorating and tonic properties.

It is also used nowadays in anti-ageing cosmetics. As a potent antioxidant, it protects the skin from the damages of free radicals.

With its high content in furanoid compounds (about 20%), normally known as very photosensitive, Myrrh has yet a unique ability to protect the skin against UV radiation, owing to the association of the furanoids with other chemical compounds, especially sesquiterpenes. In ancient Egypt, Myrrh was even used as a sun protector.

Myrrh has also been found to have anti-cancer benefits. A 2011 study (Shulan et al., 2011) found that Myrrh was able to reduce the proliferation or replication of human cancer cells. Researchers found that Myrrh inhibited growth in eight different types of cancer cells, specifically gynaecological cancers. Although further research is needed to determine exactly how to use Myrrh for cancer treatment, this initial research is promising.

Psycho-emotional benefits

Myrrh essential oil relieves mental tensions and promotes restful sleep. Because of its high content of sesquiterpenes, a class of compounds that have a direct effect on the pituitary gland, hypothalamus, and amygdala, Myrrh oil creates a sense of inner peace, harmonising our emotions. In 1992, it was discovered that sesquiterpenes and sesquiterpenols break the blood-brain barrier affecting the amygdala which is the area of the brain that records and stores emotional trauma. Myrrh's warm amber-like aroma triggers the perfect atmosphere for meditative time.
Upheld as a holy substance, Myrrh, throughout the ages, has been a companion for men and women from many countries to reconcile physical with spiritual well-being. Its magic is being revived today through the amazing ethnic-therapeutic exchange between the different cultures of the world under the guidance of modern aromatherapy.

**Testimonials**

“I had Squamous Cell Carcinoma on my nose and Basil Cell Carcinoma on my cheek. Both are skin cancers. I began layering Frankincense, Myrrh and Lavender oil on those areas and it completely cleared up.” – Laura
“For over a year, I had a red spotty rash on my face that would not go away. I tried every over the counter ointment, cream, and lotion hoping that it would work. It was only after I began applying Frankincense and Myrrh essential oils that the red spotty rash completely disappeared AND it only took THREE days. I continue to use these oils every day and the rash has not came back. I am very impressed with their healing abilities.” – William

“I noticed a little circular rash on my daughter’s bottom and immediately knew it was ringworm [fungal infection]. We tried several over the counter methods, chemicals and weeks of treatment before success. I reached out to Stephanie, who is my Naturopath Consultant seeking an alternative. Within two days of applying the recommended Myrrh directly on the affected area it was completely gone. There were no side effects and there was no pain on my daughter when applied. Thank you essential oils!” – Bridget
Basil
The Plant King

Basil derives its name from the Greek word “Basileus” which means “king” emphasizing its fabulous rank among other plants in the ancient Mediterranean civilizations. It is really one of the royal essential oils to strengthen mind and heart and to reinforce resistance against infectious disease.

This plant, member of the mint family and originally native to India and other subtropical areas of Asia, grows as a low bush up to three feet in height with its tender light green and fragrant leaves and flowers of white or reddish colour. Being cultivated as a perennial or annual plant since more than 5,000 years it thrives now all over the world, sheltered by the stable climate of warm regions for developing the brilliance of its sweet pungent flavour.

The complexity of Basil with its anise-like scent is expressed in a variety of at least twelve different types of plants being cultivated on various soils and in landscapes favourable to their growth and answering special traditional culinary and medicinal demands. The most commonly grown variety is sweet Basil. Other well known types are cinnamon Basil, Thai Basil, Lemon Basil, Holy Basil (Tulsi) and Red Rubin Basil.

Essential Oil

Basil’s essential oil is obtained through steam distillation of the full-grown blooming herbs. It has a slightly yellowish colour. The chemical ingredients include α-pinene, camphene, β-pinene, myrcene, limonene, cis-ocimene, camphor, linanool, methyl chavicol, γ-terpineol, citronellol, geraniol, methyl cinnamate and eugenol, depending on the chemotype of the plant with its different varieties.
Even though Basil is commonly associated with recipes of the Italian and Mediterranean kitchen, especially because of its fresh and irresistible flavour, it is most importantly a powerful healing plant.

Traditional Healing

Tested and approved by age-long traditional use, the healing power of Basil accounts for a huge number of medicinal effects:

- Its nature is purifying and energising, helpful in cases of fever, cold, flu and pulmonary infections and to enhance the body resistance against different types of microbes like parasites and bacteria.

- It is widely used in ointments for the treatment of skin disorders and may be added to liquid bath soaps and shampoos to stimulate hair growth.

- It is an ally for digestion as it improves the absorbing quality of the bowels and assists in the treatment of ailments connected to gastric disorders, spasms of the stomach, flatulence and constipation, by promoting the secretion of certain digestive enzymes.

- Its antispasmodic property shows positive effects on menstrual cramps and on heart diseases.

- It is also used as insect repellent to protect the body against bites.
• Routine screening tests are taken for the proof of the detoxifying, blood-purifying, hypoglycaemic, galactogenic and even anti-cancer qualities of Basil.

• By means of its invigorating and stress-relaxing properties it strengthens the nervous system and is a good choice in case of mental stress and problems of anxieties. It is also known to help as an uplifting energizer against nervous headaches, migraines, memory loss, insomnia and depression.

Ancient Roots

At a more spiritual level, Basil is particularly linked to devotion and protection of the Divine. According to Ayurveda, it strengthens the connection between the heart and the mind. It is devoted to Krishna, the god of love and compassion.
Basil’s neuro-regulating and invigorating energy make it a choice oil for improving the mind-body connection, uplifting the spirit and promoting intuition.

The “Incomparable One” or “Queen of Herbs” as Tulsi is called emphasises its enormous functional role not only for the ceremonial realm of offerings but also within the common daily life of traditional India. Radiating Krishna’s blessings and due to its peculiar biological compounds, Basil has even been worshipped in India and planted in the courtyards and domestic areas owing to its different properties of warding off not only misfortune but also diseases caused by attacks of any sort of insect.

**In Ayurveda**

Concerning the Ayurvedic healing tradition of India, Holy Basil, as a good medicinal assistant, alleviates special ailments caused by the disorder of the “Vata” and “Kapha” doshas prevailing in the nervous as well as in the pulmonary and digestive system.

Thus by reducing special over-activities of our psychosomatic disposition, it can help to restore balance among the dynamics of different levels of our human nature.

With so many benefits on so many levels, its revered tradition and its calming ways, one can only say that Basil stands as “A warrior king with the gait of peace.”
Testimonials

“Our farmer friend Guy who often helps distilling with us at our Aromatherapy Centre in High Provence / France when we receive groups was not answering the phone for some time – finally we got him and were shocked to hear his very weak voice, very unfamiliar for him. He told us he was in bed since days with a severe gastroenteritis, also strong diarrhoea as a symptom. He had not eaten for days. We grabbed 5-6 essential oils from our lab straight away and made the 1 hour drive to his home.

He was really not in good shape – I had never seen him like this. At his age 77 he looked nearer to death than to life. I asked him for a small jar of honey and mixed into it essential oils of Thyme thymol type, Mountain Savoury, Cinnamon bark, Holy Basil, Tarragon, Fennel – something like 3 % of essential oils in the blend with honey.

Then told him to put his finger-tip into it every hour and lick it...

Next morning he called us, his voice much better and he said: “first thing I did today I went to the fridge and prepared my breakfast, I was hungry again”. After a few days he had completely recovered”. - Malte Hozzel
Spikenard (Jatamansi)
Balance For Life

Native from the “Seat of the gods” in the Himalayas, Spikenard, since thousands of years, is one of the most sacred essences known both for its spiritual and medicinal properties.

With its Latin name *Nardostachys Jatamansi*, the plant is native to the humid Himalaya regions and grows in the wild of Nepal, Bhutan, and Sikkim in mountain regions up to 3000m - 5000m. Other varieties are also found in China and Japan.

The name «Jatamansi» means «Bestower of Life» in Sanskrit and indicates how much this wonderful medicinal plant and its essential oil has been appreciated in the Ayurvedic ethnobotanical pharmacopoeia of ancient India. Being related to Valerian it belongs to the Valerianaceae plant family and resembles to some degree the Indian Valerian in fragrance and effect. Spikenard is a perennial herb with a strong wooden root and a long shoot of 10-60 cm.

The essential oil is obtained through steam distillation of the crushed and dried roots of the herb. 100kg of the plant yield 1 litre of the essential oil. The main chemical ingredients are bornylacetate, valeranone, Jonon, tetramenthlyoxatriccylodecanol, menthylthymyl-ether and 1,8-cineol.

The fragrance can be described as aromatic, earthy and spicy connected with a warm note. It blends well with Lavender, Lemon, Clary sage, Neroli, Patchouli and Vetiver.
**A plant known as sacred in ancient times**

In antiquity, already since the era of Hammurabi (2000 BC), Spikenard was regarded as sacred and used for rituals as described in the Songs of Solomon, being reserved for kings and priests or initiates only. In the New Testament we learn about the anointing of Jesus by Mary of Bethany before the Last Supper. It was an ancient custom to honour eminent guests by anointing their head and feet with Spikenard bearing witness of the high esteem the essential oil was held within those cultures. The fragrance was applied to relieve of fear and anxieties and preparing the body for burial.

The value of the precious oil could be compared with the annual income of an average person at that time. It was also used as a valuable component in products for beauty care and in perfumes in connection with other flower scents by wealthy women in Ancient Egypt and Rome for example. The old trade routes made the essential oil available to the different countries of those days’ world.

**Recent uses**

Experiences and research on Spikenard show evidence of anti-inflammatory, antiseptic, antipyretic, calmative, sedative, laxative and tonic therapeutic properties. Essential oils consist of very small molecules granting healing powers to the deepest levels of our physical bodies and our consciousness as a whole. By virtue of their structural complexity and elaborated nature, these substances with their volatile character are suited to fulfil manifold functions by just inhaling their fragrance or apply the essential oil to the skin.

The essential oil of Spikenard also reveals antispasmodic effects, it has strong healing effects in case of epilepsy and is able to slow down the heartbeat, strengthen the heart, compensate arrhythmia and regulate circulatory conditions meaning it has anti-hypertensive capabilities especially when combined with the essential oil of Ylang Ylang. Moreover, it balances the hormonal system and helps with stomach disorders.
Spikenard unfolds soothing qualities within the nervous system resembling, but more profound than Valerian. Therefore those suffering from insomnia may find relief. Furthermore all organs, including the digestive tract, get balanced through the herb’s activity and healing powers.

Kurt Schnaubelt, in *Advanced Aromatherapy* writes of Spikenard: “The external application of the oil, rubbed over the heart or the solar plexus, provides the desired sedative effect. This oil has a distinct affinity for the skin, and is one of the few oils which has any effect against dandruff.”

**A balancing and calming plant**

Spikenard is gifted with calming and soothing properties particularly on the psychological level. It is able to stabilize the nervous system and to regenerate the mind after extreme exhaustion. It is a great choice in case inner steadfastness is required.

This spiritual oil is able to create interaction between the physical and the psychological aspect of man which make it a prime choice to reach deeper levels of consciousness during meditation.

It is a perfect oil to find balance in our lives and in our spiritual path as the root aspect of the plant helps us to keep our feet anchored to the ground whereas the scent uplifts the soul to return to its divine source.
Relaxing bath for grounding

Lydia Bosson in her book L’Aromathérapie Énergétique (Energetic Aromatherapy) gives us this recipe for those who are feeling ungrounded and anxious:

Take a hot bath where you add a cup of milk, a tea spoon of honey and 5 to 8 drops of Spikenard essential oil. You will instantly feel the calming and both grounding and uplifting effect of this sacred oil.
Angelica
Subtle Spiritual Healer

Whoever gave the name to this plant must have been aware of an immensely powerful, truly celestial energy hidden behind its already very amazing appearance. Already its height is impressing.

Angelica is certainly one, if not the tallest of all the Umbelliferae (Apiaceae) plants rising vigorously up to two meters from the soil and spreading its huge “seed-umbrellas” into the air while its root, as if to counterbalance the thrust for the highest, penetrates deep into the ground.

Angelica is a medicinal plant coming from Northern Europe, where it thrives and where it contains the bigger amount of bioactive compounds.

The Vikings introduced Angelica to other areas in Europe when they started to do trade with their inhabitants. The plant was a very important trade product and was even used as currency for commercial exchange.

The Latin name Angelica archangelica comes from the story of a French monk of the 17th century. This monk said that he had a dream with the Archangel Raphaël, the healing Angel, telling him the power of the plant against the plague devastating Europe's population for the 3rd time in 3 centuries.

Angelica is one of the few medicinal plants where the theme of essential oils has literally overpowered its entire build-up; essential oils are everywhere: in the seeds, in the stem, in the leaves, in the root.

The spicy-fresh and aromatic fragrance of Angelica root oil is direct and clear. It creates its distinctive aura.
An ally for body and soul

Looking at Angelica, everything tells us that this plant is fully manifest and yet fully elevated and imbibed by most subtle energies. No wonder that Angelica root oil plays a major role as a remedy against fear and as an anti-depressant, acting as a strong nerve tonic and energizer for our energies. It is rare to find an essential oil, mainly composed of monoterpenes, whose influence is so all-encompassing grounding and strengthening at the same time. Of course, Angelica has not the subtle floral notes of a Jasmine or a Tuberose oil, nor the fresh enticing notes of a lemon Verbena.
But is has something unique and vital: as a root oil its straight-forwardness signals help from the earth and this particularly with the help of these basic fragrant building blocks, the monoterpenes, which are normally more found in the trees of the citrus and conifer groups. Monoterpenes were the first of the fragrant molecules in nature to be created in the long span of aromatic evolution which started more than 200 million years ago. They are warming, invigorating compounds which may help Conifer trees to survive the highest altitudes under extremely low temperatures.

Angelica comforts the physical and psychological structure of human beings at the same time. It soothes the nerves of the stomach (where matter is transformed into energy) and helps against indigestion and flatulence or problems linked to metabolic dysfunction like cellulite or obesity. On the other hand, the cortical-mimetic function of its major compounds (α- and β-pinene, limonene) causes the release of cortisol from the adrenal glands helping to alleviate pain and inflammatory reactions and strengthening the area of the kidneys, our “life batteries”, as Chinese medicine sometimes calls them. The hormone-like properties of certain monoterpenic oils with their effects on the axis “pituitary-adrenal-reproductive glands” are echoed in the adrenal response of Angelica root oil.

Its warming nature helps also in cases of arthritis, gout and rheumatism.
Due to its balsamic nature Angelica root oil has also regulating effect on the secretion of mucus, making it a good ally against bronchial problems, sinusitis and coughs. It has also tangible skin protecting properties, especially when the skin is congested or irritated.

The essential oil of the angelica root will help you rediscover your own inner strength and stamina. For strengthening the mind and spirit, use the essential oil of the angelica root in an aroma lamp, perhaps in combination with lemon or lemongrass.

The bitter substances contained in the oil also play an important role in preventing cancer.

Angelica oil is a well known carminative. It is a very effective, bitter-tasting medicine for a weak stomach or weak digestive system as well as for dyspepsia and flatulence. It stimulates production of digestive juices and is particularly helpful for nervous gastritis, as well as a preferred treatment for stomach disorders. Not only is it healing, but it also has a very calming and balancing effect on the nervous system. This is an ideal combination since so many stomach disorders are caused by nervous tension and anxiety.

In case of sudden weakness, put one drop of undiluted angelica oil in your palm, rub both hands together briskly, then hold your hands under your face and nose. Breathe deeply! You will soon notice its strengthening effect.

This is also helpful for nausea, weakness, and anxiety when traveling.

**A psycho-spiritual power plant**

But above all Angelica is a psycho-spiritual power plant, always surprisingly new in its grounding and uplifting strength. Its psycho-active energy helps those who feel neglected or beaten down by circumstances, and invigorates those who suffer from anxiety caused by the lack of vital energy and having lost “ground under their feet”.

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Angelica bestows back the contact with reality and makes it liveable. It works directly and immediately on our brain chemistry, releasing neurotransmitters that make us feel awake, with a zest for life and existence – and with a positive outlook for the world and our own future.

Angelica, as German aromatherapist Ruth Von Braunschweig writes, has an influence on noradrenaline – “it makes you feel awake and optimistic” – and possibly even produces dopamine. These “creative” hormones cause our thoughts to abandon old trodden paths. They activate mobility, imagination, intuition, also increasing our faculty of perception, while gently lifting us out of sadness and melancholy.

Angelica conveys “angelic” confidence and courage. It is one of the great helpers during the shaky transition phase of our planet and its human “colonisers”. Access to higher planetary energies – particularly with the help of medicinal plants – will be more and more discovered by the pioneers in natural self-healing.

Angelica – an archangel with the radiance of adamant courage and strength.
Helichrysum

Golden Magician of The Sun

The subtle floral notes of this precious and rare oil have nothing comparable in aromatherapy.

Let us look at a few of its properties:

• Helichrysum excels as a blood purifier

• It is, without doubt, the strongest anti-congestive agent so far found in nature and works wonders, particularly in cases of blood congestions (haematoma, thrombosis…)

• It is a powerful helper in case of congestions of the liver and spleen.

• It enhances arterial circulation

• It helps against certain bacterial infections

• Arthritis, poly-arthritis and rheumatism are also treated with Helichrysum oil

• It is an excellent skin purifier with additional regenerative and wound-healing properties

• Helichrysum is known since long for its excellent capacity to inhibit inflammatory enzymes and is a free radical scavenger

• In cases of eczema, acne, abscesses, burns and cuts one would often take Helichrysum as a first choice.
Some botanical knowledge

The name “Helichrysum” is derived from the Greek language meaning “Gold of the Sun” alluding to the brilliant and colourful radiance of its small button-like flowers which may range from yellow to red and blue.

Helichrysum comprises a plant-family of more than 600 species occurring in geographical regions of Eurasia, Africa, Madagascar and Australasia. The botanic taxonomy of the genus is vast and complex and still controversial.

It belongs to the sunflower-family ("Asteraceae"). Its most important and popular representative is “Helichrysum italicum”, commonly also known under the name “Immortelle” or “Everlasting”. It is native to the Mediterranean area and widely distributed in countries like Italy, Spain, France, and countries of North-Africa.

A broad range of actions due to a complex biochemistry

Helichrysum's high amounts of special compounds, called “beta-diones” or “italidiones” (di-ketones), rarely found in nature, are supposed to be linked to a number of its special healing properties, physically as well as spiritually.
The oil is also often used against depression, lethargy, nervous exhaustion, and stress related disorders. The presence particularly of the di-ketones gives Helichrysum its regenerative and rejuvenating properties for the skin and allows it to speed up wound-healing.

Due to the muscle-relaxant, spasmolytic properties of the neryl-acetate in Helichrysum the plant supports treatments of sport injuries like stiff joints, neck pain or any sort of painful muscle-contraction. With the biochemical effects of another compound, called curcumene, Helichrysum acts as an anti-septic agent and is able to reduce inflammations even better than German Chamomille with which it is sometimes mixed in curative blends.

On the other hand the plant as an anti-coagulant is applied within medical treatments against high cholesterol levels due to its blood-thinning properties. As an anti-oxidant It helps dissipating free radicals, detoxifying the liver and removing metals from the human body. It is able to boost the immune-system and helps in phases of peptic discomfort against stomach spasms by means of its choleretic qualities.
An astonishing skin-protector, regenerator and scar healer

“In January of 2013, I fell and split my top lip completely in half. I refused to have it stitched and instead I used only Manuka honey to seal the wound. The wound healed beautifully but it left a large pimple like scar on my lip, thick with a white head like appearance. I then began using Helichrysum essential oil two times a day for about three months. The scar tissue has been reduced by 90%. Amazing.” – Marian Dombroski

“Because of my very sensitive skin, it’s hard to find a product that fits me. Luckily, I’ve discover Helichrysum Hydrolat: It changed my life! After using it for 15 days, my skin is less reactive and the blood circulation increased (including below the eyes, so I have less dark under-eye circles) Even my beautician has been impressed. I highly recommend this floral water.” – Laura

“I burned my hand on a pan lid (until the 3rd degree). Helichrysum worked very well. Once the phlyctene burst, the skin dried I just applied skin-hydrating ointment. Fifteen days latter the cicatrisation was over and I had no visible scar at all. Ever since I always carry a bottle with me.” – Pascale

The better ally against bruises

“The Night before last, I was up in the middle of the night applying some potions to a skin condition that’s been bugging me, I had my leg propped on the side of the bathroom sink, and lost my balance and banged my lower shin very hard on the corner of the sink. Within 1 minute I had a bruise and a knot larger than an oversized golf ball on the side of my shin. (I don’t remember ever having a knot that big on an injury.)

Remembering that Helichrysum was the first choice for bruises and that I had just gotten my bottle, I grabbed it and applied to the knot.

Within 10 minutes the knot had reduced in size and the throbbing subsided a bit. I went back to bed and the next day there was still a much-reduced knot, less pain and absolutely no bruise!!!
I’ve continued to apply it these last 2 days and it’s gotten better each day. I was blown away and can’t stop telling others about Helichrysum!!” – Rae

Solution for hearing problems

“A friend is having wonderful success using Helichrysum and Marjoram 3 times a week. Constant ringing of the ears has plagued her for two years. The constant ringing has diminished from a 10 to a 3 or 4 over the past 2-3 weeks of treatment. The ringing is NOT constant anymore. Thanks again!” – Lauren

“We were at a party and my dad was talking about the oils and all they have done for him lately and one of the participants came to me asking about them. I called her and set up an appointment, which was yesterday. We went through all the oils we have available and then these in the PAT program.

She was thrilled that I had the Helichrysum with me. She had almost continual ear infections as a child and has a lot of scar tissue from it. So we used the Helichrysum and in seconds she was really EXCITED that she could hear FAR MORE CLEARLY!

She said she could also see better. She has been concentrating on hearing correctly for so long that she squints and even tightly closes her eyes. Now she can hear clearly and doesn’t’ t feel the need to diminish one sense to enhance another!”

A rescue remedy

“The lady was participating in a 2 weeks Aromatherapy seminar in Peru not far from Machu Picchu. Just 2 days before the end of the course leaving the lecture room she missed the steps and fell on a stone staircase to the dining area. I just heard the loud scream and rushed out accompanied by 2 lady doctors from Columbia who were participating in the seminar.
There she was lying screaming in utter pain. I asked one of the course participants to quickly pick up Jasmine sambac and Helichrysum oil from the lecture room. I places a small bottle of oil under her nose which changed her screaming into smiling, then laughter – the doctors couldn’t believe it.

Then I applied the Helichrysum oil (10-15 drops) softly right around her ankles where the injury was. One of the doctors, who is a surgeon, said she had broken 3 bones. After a few minutes the terrible pain was nearly gone. She was brought to the hospital in Cuzco right away and we heard next day from the emergency doctors there that the lady was in surprisingly good shape and that the Helichrysum oil which we had administered had worked wonders on the injury. They doctors were totally impressed.” Dr. Malte Hozzel

A fantastic ally against emotional stress

On the psychological level Helichrysum stimulates the right side of the brain supporting the development of intuition and creativity and contributing to the relaxing and healing dynamics of deeply rooted emotional stress like anger and resentment. Therefore, it is a fantastic helper for people suffering from Post Traumatic Stress Disorder (PTSD), as it is attested by this testimony:

“I wanted to write you a note of infinite thanks. Remember all that talking we did about Post Traumatic Stress Disorder (PTSD) and Helichrysum?…..One of the drawbacks of being psychically sensitive and having PTSD is that no action in the physical world is required to precipitate a PTSD incident for me. Just being around violent thoughts or things can have a negative effect on me.

I had an incident last week and it was an intense one. It lasted for days, continuously intensifying. Even though I was conscious enough about it to try to control my thoughts, I was failing…..and failing utterly.

Finally, days into the incident, I remembered our conversation and decided to for the ‘big guns’ and diffuse Helichrysum.

It was perfect. For the next half hour I could feel days of pent-up stress draining out of my body with each (extremely deep) breath.
The effects were incredibly dramatic. Soon after, I was able to get my spiritual perspective back and see the truth about the source of my stress and then, finally, the Source of myself again. The whole renewal took about 45 minutes with incremental, noticeable improvements every moment. Quite miraculous, really…. – Cynthia, student of Dr. Malte Hozzel

Indeed, a plant with so many benefits at so many levels can be almost called a Miraculous Plant! Helichrysum in its wonderful fluidifying nature of high vibrational energy can be seen as the “super-liquid” floral liberator of physical as well as psycho-spiritual blocks or old “scars” that obstruct the flow of our subtle self-healing energies. A magical oil for body and soul – a healing balm for the bruises of many open or hidden wounds…..
No More Migraines

No More Headaches

If you suffer from migraines or repetitive headaches, if you suffer from forgetting things, and no chemical or conventional medicine has been helping you, here are 2 miraculous essential oils that you may want to try…

Yes, according to statistics, migraines are bringing misery to millions of women, with one in three failing to get any relief from ‘unreliable’ pain-killing medication.

So, why not try the natural way? Nature has been with us since ever we, as humans, have been running across this planet. Long, long before the “chemical age” the BIO-chemical way with medicinal plants was the most important means of healing. Why are we so inclined to forget this? Is the collective matrix so strong that we do not believe in the plants anymore? Let us look into 2 vegetal “brain champions” which bring relief to so many.

Peppermint

The popularity of Peppermint and its essential oil in our times is largely due to its fresh, invigorating fragrance, its tonifying and relaxing effects on the mind, and its powerful multiple healing properties.

As an anti-spasmodic and momentary painkiller, it is unrivalled. It can be applied mixed with a vegetable oil or even undiluted, on the temples, shoulders or neck.

Stimulating and invigorating, Peppermint is a specially useful oil in case of mental or physical fatigue. Above all, it has a nearly guaranteed effect in case of headache or migraine.
“I’ve been a sinus migraine sufferer for about 11 years. Prescription meds made me feel totally out of it and my migraines can be daily when the weather changes. I read online that Peppermint and Lavender can help so I layered both of them where my head hurt. I could NOT believe the results… My migraine was gone, literally gone in five minutes!” – Sarah Beth

“I love not having to take pain killers, especially while pregnant! However, today, while driving, I started having spotty vision again. I nearly panicked knowing that I still needed to drive home. Since I had determined that these were most likely in the migraine family, and many things I had read told me to treat it as a migraine, I did the only thing I knew to do. I reached for the Peppermint. I put it on my temples and the back of my neck. I didn’t notice any improvement for about 10 minutes. But then I looked up and noticed that I could see perfectly! I was shocked since the vision problems NEVER go away that quickly. So I was able to drive home and go to the grocery store! I did feel a headache at a few different times so I simply reapplied the Peppermint. That was about 5 hours ago and I have been feeling great this evening!” – Crystal, Louisiana
Some statistics:

“Almost two hundred thousand people suffer a migraine attack every day in the UK.”

In another study nine out of 10 women said their migraines were eased by applying the 4head QuickStrip, which is a gel strip containing an active ingredient from the Peppermint plant which is applied directly to the skin on the forehead or neck. Nearly two thirds got relief within five minutes of application, and one third said it started working within one minute. Dr Catherine Hood, who specialises in women’s health, said “Migraines are a huge problem for millions of people, particularly women. This latest research gives a snapshot of the problems and discomforts faced by migraine sufferers as well as the techniques they use to help treat themselves.”

Rosemary

The fresh, aromatic fragrance of the perennial small Rosemary bush is unique in nature. Rosemary is the “conifer” among the Lamiaceae family uniting many of the properties of the needle leaf oils with those of the flowering plants and making it a multiple healer with many faces.
Above all, Rosemary is used in modern-day herbal medicine as a mild painkiller and for migraines, but also for digestive problems, liver problems, respiratory problems, depression.

Here are some more testimonials of people who got miraculous healing experiences from migraine and headache with Rosemary:

“I’ve been a migraine sufferer for the last few years. In that time, my doctor has prescribed migraine medication, blood pressure medication, magnesium – all things that need to be ingested and have horrible side effects. I went to buy Rosemary oil and was able to try it out. I have to tell, I’ve never been so convinced of anything until I tried this product. I left it on my night-stand like the instructions told me. By morning, I had no pain in my head, no pressure, no sign of it at all! That morning, I was spreading the word to all my migraine-suffering friends! This product is so wonderful! I can’t believe I almost let someone cut my head open to get rid of my pain and this little jar solved all of that! Thank you for saving my life Rosemary!” – Heidi Mahnken

“I bought some of the Rosemary essential oil for headaches. While I was hopeful, I was sceptical this could actually work. The first time I had a headache and used the oil I was shocked when my headache vanished within 10 minutes of using the oil. I thought maybe it was a fluke but have experienced the same relief each time I use it. My sister also purchased some and she has also had the same results. I am so thankful I have found this product and have passed the word on to all my friends and family!” – Lena Atencio
“I bought this product in hopes to get rid of my migraine. Literally within 15 minutes the pressure in my temples decreased and my headache slowly faded. I would recommend these oils for people who don’t care to take medication.”
– J. Berry

Julia Hoffmann-Graves in her experiences with Haiti earthquake victims points out the effect of Rosemary oil on her patients: “The Rosemary essential oil treats the typical dizziness from anaemia and low blood pressure due to malnutrition on the spot, as well as hypertension related headaches, as does Lavender.”

**Improved Memory and Concentration**

Rosemary and its essential oil is also a wonderful ally to help with memories and concentration. Researchers have found for the first time that essential oil from the herb (1,8 cineol-type from North Africa), when sniffed in advance, enables people to remember to do things.

It could help patients take their medication on time, it is claimed, or even help the forgetful to post a birthday card.

In a series of tests Rosemary essential oil from the herb increased the chances of remembering to do things in the future, by 60-75 percent compared with people who had not been exposed to the oil…

No wonder that Rosemary oil has also been successfully used in case of ADHD (Attention Deficit Hyperactivity Disorder) in schools.

New Health Adviser writes: “When you use this oil to treat your child’s ADHD, it will improve their speed and precision in studying and learning. The oil also helps foster physical and emotional stability”.

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Research at Tokyo University demonstrated increase of beta-waves when people where smelling Rosemary oil. It seems as if the mere smell of Rosemary takes away inside pressure in the brain enabling it to free itself from subconscious vibrational charges which hinder the normal “super-fluid” flow of energy. The result is immediately better focus, concentration, also inner motivation, courage, vitality.
Attention Deficit Hyperactivity Disorder (ADHD) has become an excruciating problem for the young generation (and their educators) over the last decades and while the Pharma industry and psychologists struggle to find solutions, more and more people are finding the answers in plain sight...

It is hard to believe, but ADHD is one of the most frequently diagnosed disorders in young children and teenagers.

Millions of children around the world are reported to be treated for ADHD; some schools even signal that as high as 30% of their students are suffering from this illness. And the numbers are increasing daily… 6.4 million diagnosed in 2011 / 2012 alone in the United States.

The alarming thins is that children are diagnosed with ADHD as young as the age of six. It is the young ones until age 12 who are the most touched. The symptoms usually include inattention – impulsivity – hyperactivity. Although not always the case, numerous children may also have signs of other problems such as depression – anxiety – sleep problems.

The usual “chemical response” is not a way out

According to the American Academy of Paediatrics (AAP) and the CDC, the first-line of treatment recommended should be behaviour therapy. However, most of the children diagnosed with ADHD are being treated by medication only (Mercola 2017). It is a sad state of affairs on multiple fronts. Firstly, because misdiagnosis is common, which means that many children may be taking medications unnecessarily. Secondly, because ADHD drugs can be extremely dangerous.
The common treatment are methylphenidates, such as the drug Ritalin, or certain amphetamines such as the drug Dexedrine. Moreover, up to 30% of children with ADHD either do not respond to, or do not tolerate, treatment with stimulants. Even for children who do respond to medication, often the effect is modest.

In addition, in some patients drug treatments result in disruptions in sleep and appetite and increases in apathy and depression, which significantly affect physiological, cognitive, and behavioural functioning. (Mind and Brain Journal of Psychiatry 2011: 73)

Side effects can also cause increased heart rate, addiction, nervousness including agitation, anxiety and irritability, headaches, stomach aches, nausea, dizziness, heart palpitations, slowing of growth and even seizures. (Drug Enquirer 2017)

The effectiveness of these drugs is questionable but the risks can be very high, which is why alternative treatment options are urgently needed.
Aromatherapy: a pleasant & profound alternative

Fortunately, our natural allies, the essential oils, can be used as a very effective alternative and non harmful treatment for ADHD. This includes physiological and psychological applications mainly via transdermal absorption, inhalation and olfaction with their specific effects on the limbic system. Also oral intake is possible with a number of chosen essential oils.

Transdermal absorption

The skin is an important route for the application of essential oils. A common way to apply essential oils to the skin is through massage, where the essential oil of choice is diluted with a carrier oil. Some essential oils can also be applied undiluted. Most essential oil constitutions are able to cross the skin barrier to the epidermis or reach the dermis from where they can enter the blood stream.

Inhalation and Olfaction

The small molecules of essential oils can penetrate our body also easily through inhalation via the respiratory tract from where they are transported into the blood stream. They easily pass the blood-brain barrier without being broken down by the liver.
Absorption can also take place just by smelling. Our nose being located close to the brain there is an immediate impact of olfaction on our brain cells making it possible for certain essential oils to directly influence the production of endorphins and noradrenaline. This can play a vital role in social interaction, emotional responses, learning and memory.

Changing the brain waves with essential oils

In the case of ADHD, brain wave patterns of the young patients show the dominance of Theta waves which means that the brain is in a kind of sleep or daydreaming. With the use of certain essential oils it has been observed that these waves can change into Beta waves, which are normally produced in state of wakeful alertness during the performance of a task.

Dr Terry S. Friedmann, a physician who believes in treating the body, mind and spirit as one, demonstrated that essential oils are highly beneficial for children with ADHD.
He first measured the brainwaves of children with ADHD who produced a higher amount of Theta waves compared to Beta waves indicating lack of focus on the tasks at hand. The essential oils chosen for the case study were Lavender, Vetiver and Cedarwood.

A group of children with ADHD were split into 3 groups. Six subjects were given Cedarwood oil, chosen because of its high concentration of a special group of bio-chemical compounds called “sesquiterpenes” which are known to improve oxygenation of the brain cells. Six other children were given Vetiver oil, whose action calms and balances the nervous system and at the same time stimulates the circulatory system. And finally six children were given Lavender oil known for its sedating quality and at the same time for being able to stimulate the limbic region of the brain.

The subjects were asked to inhale the oil three times a day. The essential oil was inhaled daily for a period of thirty days. At the end of thirty days the subjects had their Beta-Theta ratios recorded again. The results revealed that the essential oil of Vetiver increased Beta waves by 32%, improved the brain activity and reduced the symptoms of ADHD. Similar results were found with the essential oil of Cedarwood.

The Lavender group showed no signs of increased Beta waves but was noted for its relaxing and sedative responses. The children treated by this process showed improvements not only in their brain wave patterns, but also in their behaviour and results at school. In addition to these results, Dr Friedmann also received a number of letters from the parents of the children with ADHD, stating that their behaviour had improved at home considerably. (Friedman 2001)

Regarding Lavender oil: Studies that were done for OSHADHI at the University of Tokyo a while ago showed that Lavender oil increased Alpha-waves, showing its capacity to enhance a state of restful alertness.

**Some essential oils for treating ADHD**

Now we know the potent effect Vetiver has on ADHD, here are some other oils that may also help.
Rosemary has been linked to cognition and memory for many hundreds of years. Students wore crowns of Rosemary in ancient Greece to improve their mental performance when taking exams. The Tudors in the 16th century, believed that Rosemary had powers to enhance memory. In Shakespeare’s “Hamlet”, Ophelia says to Hamlet “There’s Rosemary, that’s for remembrance”.

Researchers at Northumbria University found that by simply being in a Rosemary scented room, one could significantly improve their memory. (Northumbria University 2016) This is particularly owed to the fact that there are so called oxyde and also mono-terpene compounds in Rosemary oil which seem to “refresh” our brain activity.

One of these compounds is called 1,8-cineole (Eucalyptol) which may act in the same way as the drugs licensed to treat dementia, causing an increase in a neurotransmitter called acetylcholine. (BBC news 2015)

Therefore, Rosemary could be a good choice of oil to stimulate focus and a good ally for intellectual work for any child or adult with symptoms of ADHD.

Peppermint

Like Rosemary oil, Peppermint oil also has shown to improve memory and cognitive function.
In a study published by the International Journal of Neuroscience, Peppermint oil was found to enhance memory (producing a significant improvement in overall quality of memory), increase alertness, enhance performance on a range of physical exercise tasks, proving to have stimulating effects. (International Journal of Neuroscience 2008)

Another study published in the Avicenna Journal of Phytomedicine explored the effects of Peppermint essential oil on exercise performance. The results revealed significant improvement when the subjects had been exposed to the oil. The results support the theory of the stimulating effect of Peppermint on the brain. (Avicenna Journal of Phytomedicine 2014)

**Ylang Ylang**

Ylang Ylang, known for its hypotensive and skin healing benefits, has also been proved to increase calmness. Research published in the International Journal of Neuroscience supported this, demonstrating an increase in “calmness” in subjects whom were exposed to the essential oil in a controlled environment. (International Journal of Neuroscience 2008)

**Lavender**

Lavender like Ylang Ylang, is a good oil to use for its calming effects. As well as aiding relaxation, studies show it can also help our cognitive abilities.
In a 1999 University of Miami study, three minutes of aromatherapy were administered to 40 healthy adults. They found that subjects exposed to the aroma of Lavender oil were not only less depressed but also scored higher on mathematical tests, performing faster and more accurately. The subjects also experienced lower anxiety levels. (International Journal of Neuroscience 1998)

**Cilantro (Coriander leaf)**

The Faculty of Pharmacy at the University of Medicine and Pharmacy in Romania performed a study whereby subjects inhaled Coriander leaf oil. (Physiology and Behaviour Journal 2014). Their results suggested that multiple exposures to this oil can be useful as a means to counteract anxiety, depression and oxidative stress.

Evidently, this oil could prove useful in alleviating some of the emotional symptoms of ADHD.

**Nature knows best**

Particularly in the case of children and teenagers, whose brains are still developing, Nature’s medicine is a safer and more respectful choice which can help the young generation to deal with ADHD. Aromatherapy brings that help in a very peaceful without causing any negative side effects. Through the richness of the aromatic molecules concentrated in these healing “liquid jewels”, Aromatherapy can help to bring healing in many different forms.
Some testimonials and experiences

“I purchased Ylang Ylang in hope of increasing the focus and calmness of my students. Individually, these students were wonderful – as a class, they were much like a match and oil. After two weeks, I started to notice that our lesson length was increasing (from 20 minutes to 45 minutes)… After purchasing a new jar, my class returned to their focused and calm state… I also receive comments on how fresh my classroom smells. Last June, I purchased jars of Ylang Ylang for my partner teachers so we all could share in the peace of fresh-smelling rooms full of focused students.” – C. Wilson

“Ylang Ylang has changed the whole atmosphere of my classroom from chaos to comfort. It generates calm, productive activity where there was once indifference and disrespect.” – Sharon Stewart
“My son is 5 and under assessment for SPD and ADHD (2 years now!) He’s a complete fire cracker….I recently purchased a Vetiver sample and mixed it with aloe Vera gel…he loves it even with the strong smell and happily puts a drop on his big toes and at the back of his neck! The difference is almost immediate, I can see him calming down and can tell when it’s wearing off too, we only do morning and night – it helps him sleep! That was unexpected !! I am going to try Lavender, Frankincense and Ylang-Ylang mix with the Vetiver and see if the results change but as of now I’m ecstatic. It’s lovely to see the boy under the behaviours at last.” Sara

“I have been using a Rosemary blend in a nasal inhaler for the past 4 months to help improve my short term memory… I can honestly say it has helped to improve my ability to concentrate, focus on the task at hand and remember tasks that need doing in the future. It is especially helpful to me when I haven’t been able to get a good restful nights sleep, which also decreases my ability to concentrate.” Robin Buerk

“…….What really caught my attention was the Ylang for concentration. Over the years my concentration ability has slowly decreased and in my decision-making engineering position it was essential that I have that ability. When I opened the Ylang in my office the first thing in the morning I took a few whiffs before settling down to read some documents. After 30 minutes I got up to go out of the office. Reaching to remove my reading glasses I realized I had been reading these documents without my glasses on!! Not only had it improved my concentration, but it had improved my eyesight as well!”- Ed P.
“My son… tends to have trouble focusing and staying on task in class! I have used oils for a few months then came upon a blend… that my son has been using for about 5 weeks now and loves it! I use Cedarwood, Lavender and Vetiver and add Coconut oil to my bottle… I started this combo on a Tuesday and informed his teacher as well…. she is an oil user herself and was on board for me helping my son… on Wednesday she emailed me back and told me that he was very happy and he didn’t complete all his work but what he did was great! We have been having trouble since 1st grade with him not doing work and not liking school…. so I should have started the oils sooner!! I am on the fence about putting him on medicine and since oils are all natural it was worth a shot!! I only wish I would have started sooner!! Every single day I was getting messages from teachers saying that he (11 years old son) wouldn’t stay on task. He wouldn’t stay focused. He wouldn’t stay in his seat. He’s talking. He’s up and running around. He just could not stay focused. After starting him on Aromatherapy using essential oils, she said his grades improved considerably. Now, the student is in advanced classes and described as a “calm child.” She applies essential oils to several body areas each morning and he also wears an essential oil bracelet”. Tina Sweet.

Describing the use of essential oils as “life-changing”, Tina also credits her son’s ability to cut back on his ADHD medications to the use of essential oils.

**Meditation helps against ADHD**

Another healthy way of treating ADHD naturally is with meditation. Various research studies have been carried out to observe the effects for example of Transcendental Meditation (TM) on ADHD. Some of these include:
- Improvement in attention
- Improvement in behaviour regulation
- Improvement in emotional control
- Improvement in memory
- Improvement in organisational skills
- Reduction in stress and anxiety

The TM technique allows the mind to easily settle inward, through quieter levels of thought, until one experiences the most silent and peaceful level of one’s own awareness — pure consciousness. This is known as automatic self-transcending.
A study published in the Mind and Brain Journal of Psychiatry, investigated the effects of TM on task performance and brain functioning in children with ADHD, aged 11-14 years. The study found that all students significantly improved on their ADHD symptoms over the six months of the study. The practice of the TM technique resulted in significant decreases in Theta / Beta wave ratios, significant increases in Theta coherence, and trends for increases in Beta coherence during tasks. These brain measures were supported by significant increases in “Letter Fluency” and significant increases in positive behaviour reported by the parents.

At the end of the research, the parents completed a questionnaire to assess their perceptions of changes in five ADHD-related symptoms in their children from the beginning to the end of the study. On this instrument, there were positive and statistically significant improvements in the five areas measured: (a) ability to focus on school-work, (b) organisational abilities, (c) ability to work independently, (d) happiness, and (e) quality of sleep as reported in the parent’s survey.

Moreover, when the children were asked to fill out a questionnaire asking how they felt about their TM practice, all students stated that it was an enjoyable experience and also easy to do. (Mind and Brain Journal of Psychiatry 2011)

Another study followed a group of middle school students diagnosed with ADHD who meditated twice a day in school. After 3 months, researchers found over 50% reductions in stress, anxiety, and ADHD symptoms. The children also showed improvements in attention, working memory, organisation, and behaviour regulation. Teachers also reported that they were able to teach more, and students were able to learn more because they were less stressed and anxious. (Eureka Alert 2008)

Last but not least to mention the striking experiences with thousands of kids and young adolescents in the over 50 Rehabilitation Centers of the Catholic priest Padre Gabriel Mejía in Colombia (Centers Hogares Claret) showing amazing results in overall performances and behavioural patterns via TM.
AYUS Germany with its OSHADHI brand has started recently to introduce Aromatherapy into these Centers in Colombia – with very convincing results – in collaboration with the beautiful team of Carla Vescovi and her Aromatherapy school in Campinas (Brazil).

**To conclude**

It is clear: Aromatherapy and meditation could help alleviate the symptoms of ADHD in a much safer, more peaceful and more harmonious way than the chemical drugs that are currently being prescribed to young children and adolescents.

Our modern time puts immense challenges of stress on the souls of the young generation. The general noise and excitation levels together with the hectic lifestyle altogether are already not easy to cope with for adults – what to say about the responses of a developing nervous system of kids and adolescents! If we add the problems of our dietary habits with food often depleted of basic nutritional values together with the high levels of over-stimulation all day long, air pollution etc., it is no wonder that many sensitive children, overexposed to too many challenges at once, may not cope with these and develop ADHD symptoms. It is simply clear that the human psycho-physiological system, specially when still very young, is not made for the modern highly stressful life style....
What is also clear is that we have lost our connection with Nature – meaning also: our connection with our own nature, our own roots. We are neglecting the most essential elements which bestows peace and tranquillity to the nervous system – the inner transcendence and the connection with the healing hand of Nature. Both go hand in hand. Aromatherapy with its amazing liquid jewels, the essential oils, and meditation, both together are most powerful tools to help our young generation (and ourselves as well) in its struggle through the often seemingly “dead-ends” of existence. They are powerful tools to help create an up-rise of trust, creativity and – in the final end – open our eyes to the secrets of true human evolution. Rediscovering this, our modern world can go beyond its own despair, its own distress resulting from our lack of spiritual understanding – otherwise we are just “turning around” in a carousel way and delaying the imminent need for transformation and true awakening of collective consciousness.

Essential oils and other natural approaches as we have seen can bring our children back to that realm inside ourselves which is the birthright of every human being on Earth: a happy and creative existence where life’s challenges are shouldered with ease and optimism and where the joy of inner and outer growth can express itself endlessly.
Discover the Magical and Healing Properties of Palo Santo

Palo Santo, known among the indigenous people of Ecuador as “the tree that perfumes the axe that wounds”, reminds us of a universal mystery, expressed in the symbols of a paradox: encountering pain or being frightened by death is a secret key to opening the gates of a possible resurrection.

It bears in itself the reward of a healing substance with its astonishing fragrance gained as a gift from undergoing the accepted “torture” of an inevitable decay. The tree, whose lifespan is limited by the presence of an insect naturally dies after a period of about 100 years of growth. Lying untouched on the ground it takes 4-10 years of maturation until it develops the precious resin from the dead-fall through a special biochemical metamorphosis.

So referring to the union of death and rebirth the resin rich heartwood of the tree marks the line of a transition not only within the natural seasonal rhythms, but also within the human life-cycle in general.

Ancient native traditions prescribe healing rituals of Palo Santo wood fumigations to remove negative energies and ensure “good luck”. It is also used for clearing the atmosphere in homes and as an insect repellent, the smoke of the burning wood reveals a realm of some very profound and practical applications within daily life.

The spicy scent of the tree radiates the embracing warmth of a very special wood with overtones of a light herbal, mint-like freshness.

Palo Santo is an aromatic wild-growing tree which belongs to the same Torchwood family like Myrrh, Frankincense or Copal. The name means “holy wood” and refers to an age-old healing practice structured in the knowledge and ceremonial tradition of South- and Mesoamerican shamans or “curanderos”. The tree is native to the tropical forests of Peru, Ecuador and the Galapagos Islands.
Essential Oil

Beside its former applications it is a rather new development that modern aromatherapy has put its focus on Palo Santo and the essential oil derived from it.

This magical liquid jewel is obtained by steam-distillation from the concentrated resin of the dead-fall. In some small communities even the fruits of the tree are distilled in order to obtain another essential oil version of this beautiful tree.

From a medicinal level, due to certain chemical compounds such as limonene, carvone and others, Palo Santo has proven its benefit as an invaluable antiseptic instrument for the treatment of various injuries such as sprains, joint pains, wounds and others. It is also applied in special therapeutic formulas as a remedy against colds, respiratory diseases and headaches.

On the psycho-spiritual level Palo Santo assists in subtle energy work for meditation. It raises the mood of the practitioner and on the emotional level helps against depression and fear imbuing trust into hidden traumatic layers. Used in massage therapy the subtle energies of the essential oil work together to bring balance within the chakra system and enhance the electromagnetic field of the human aura.

Indigenous cultures say that the spirit of Palo Santo materialises itself in the essential oil and is responsible for its power and its healing properties.

How to Use it
As a non-skin irritant it can be used directly on the skin for example the wrist the neck and the temples.

As a massage oil: Mixed with a carrier oil (i.e. sweet Almond oil, Sacha Inchi etc.) Also in combination with there essential oils such as Frankincense, Myrrh, Sandalwood and other wood and resinous oils.

As a room fragrance: Mix 30 drops in 80% alcohol 10% water on its own, or in combination with other essential oils.
As a meditation enhancer: Diffuse on its own or in combination with other essential oils.

When traveling: A few drops placed on the wrists and back of the neck as a protective shield against environmental influences.

Palo Santo Hydrolat

As always in the distillation process this wonderful Palo Santo wood yields a beautiful hydrolat which has many used such as:

A Meditation Enhancer: Use as an ‘aura’ mist before yoga, meditation, etc. 
Benefits: Help to ground and calms the mind.

Creativity Mist: Use as an ‘aura’ mist. 
Benefits: Both calms the nervous system and awakens mental faculties. Great for work spaces to stimulate creativity and inspiration.

Make a Hot or Cold Compress: Saturate wash-cloth with 1/2 bottle cold or warm Palo Santo hydrolat. Ring out. Fold wash-cloth flat and place on the chest. Leave on for 10 minutes or more. Repeat as often as desired. *Using more hydrolat for your compress or diluting it with water (up to 1/2) is also an option. 
Benefits: To clear the lungs and support breathing.

A Clearing Room Spray: Spray around any environment many times a day. 
Benefits: Enhances connection and uplifts the spirit. Purify from any negative energy. Very useful in hotel room and on hotel mattress to clear all the ancient energy of previous guests.

A Yoga Mat Spray: Spray on, leave on for 1 minute and wipe off. Refreshes and purifies stale mats. *Please test patch your mat first for compatibility.
Spring Detox with Aromatherapy

Once spring arrives, it is the ideal time for a detoxification.

Practised for centuries by cultures around the world — including Ayurvedic and Chinese medicine systems — detoxification is about resting, cleaning and nourishing the body from the inside out. By removing and eliminating toxins, then feeding your body with healthy nutrients, detoxifying can help protect you from disease and renew your ability to maintain optimum health.

Detoxification is a natural and constant bodily process. We are continually eliminating excess toxins through our digestive, urinary, circulatory, respiratory, and lymphatic systems – and through the largest organ of our body: the skin.

Human bodies are designed to eliminate toxins that are naturally occurring, but with our modern dietary habits, we have been increasingly bombarded with new toxins stemming from denatured foods and drinks, from regular use of intoxicants such as alcohol and cigarettes, from pesticides herbicides and artificial fertilisers in agriculture, from countless petroleum derived products, air and water pollutants, etc.

All this leads to growing problems of our modern civilisation and adds to the already manifold existing challenges of our daily life. Why are we still surprised that we feel so often fatigued although we have slept well, heavy with our digestion, wearisome in our minds? We need to empower the body to rid itself from accumulated toxins – and this regularly! Gas in the bowels, bad breath, catching cold too easily, hormonal imbalances, skin problems, poor circulation, mood swings, depression, mucus build-up…All this and more are clear signals of toxic overload which needs to be taken care of if we want to avoid the more severe problems, namely chronic diseases such as cancer diabetes, circulatory problems and others.

Like herbs, essential oils from medicinal plants can be powerful helpers in the detoxification process. They are by nature intrinsic purifiers since the plants use them as such and to defend themselves against various aggressors like viruses, bacteria, fungi and parasites.
It is true: Essential oils can relieve us from a large variety of common ailments by assisting the body in ridding itself of dangerous toxins. When used in conjunction with a dietary and herbal detoxification, they complement the holistic, natural cleaning process.

Entering the bloodstream through the pores of our skin via massage in combination with selected vegetal oils, essential oils are carried to all parts of the body via the circulatory and lymphatic systems. But also inhalation with selected oils or mere smelling can have already an immediate effect of detoxification via the respiratory system. Scientists have proved that essential oils are chemically very complex.

“It is this wonderful “alchemical” richness of their compounds which – if kept pure and not adulterated – will have a direct healing and purifying effect on our body, mind and spirit”. - Candace Pert.
Detox with essential oils

You can use Lovage and Celery essential oils which are particularly strong detox “activators” because of their high phtalides concentration well known for their capacity to strengthen kidney and liver functions. Both these oils blend well with other detoxifying oils like Juniper berry, specially interesting for the kidneys and the lymphatic system Rosemary Verbenon and Greenlandish Moss (Ledum) – liver stimulating – or Lemon and Grapefruit – regenerative, enlivening, circulatory system, liver.

This is just 1 combination among many other possibilities, but which will give you a suggestion for a very powerful detoxifying treatment.

**Here is a detox recipe proposed by Aude Maillard:**

- Carrot seed: 0.6 ml (20 drops)
- Lovage: 0.6 ml (20 drops)
- Peppermint: 0.6 ml (20 drops)
- Rosemary verbenon: 1 ml (40 drops)
- Lemon: 1 ml (40 drops)

Take 2 drops of this synergy in the morning and in the evening mixed with honey or a carrier oil (olive oil, sun flower oil, etc.) during 2 to 3 weeks. Try to avoid long sun exposure during that time.

**How to make an essential oil detox?**

Essential Oils are highly concentrated, so you must use them with caution when you ingest them and have to be sure that there are no contraindications in ingesting them.

What we suggest for your essential oil detox is to take 1 to 2 drops of your “detox synergy” in one teaspoon of honey or any carrier oil of your choice, 2 times a day.
Detox with Hydrolats

Easy to use and very well tolerated by the physiology, hydrolats can be ingested more generously. It is possible to use just one hydrolat, but it is also very interesting to blend Hydrolats into a synergy.

The five following hydrolats are very well known to activate the detoxifying functions of the body:

- Carrot Seed – *Daucus carota*: Regenerating hydrolat for the liver, Carrot Hydrolat cleanses and stimulates the liver, the gallbladder and the kidneys. Tonic, restorative and detoxifying, it helps the body to adapt to the change of seasons.

- Greenlandish Moss – *Ledum groenlandicum*: By steam distillation of the leaves one obtains a very powerful purifying hydrolat. Ledum is used specifically for its detoxifying and cleansing properties and for regenerating the liver. It is also of great help in case of food intoxication and for a regenerative and cleansing treatment of the pancreas. Ledum hydrolat has a very singular taste (strong and resinous), but as it is so concentrated you can use half of the usual volume in you preparations.
• Rosemary Verbenon – *Rosmarinus officinalis CT verbenon*: This hydrolat helps to protect and regenerate liver cells. It enhances the digestive capacity as it stimulates hepato-biliary functions. According to Chinese medicine, spring is the best moment to drink Rosemary Hydrolat because this the season when the liver is in lack of energy.

• Juniper – *Juniperus communis*: Life force symbol, Juniper is very efficient to strengthen the renal function, particularly in case of renal congestion. Juniper hydrolat is often used for its detoxifying effects and against water retention. One can also use it in case of cellulite, and for weight loss.

• Helichrysum – *Helichrysum italicum*: Blood cleanser, pancreas and gallbladder activator, it help to remove toxins from the body. It also activates lymph and blood circulation. Helichrysum hydrolat works wonders against circulation problems and water retention.

**How to make a Hydrolat Detox?**

Taking hydrolates for detoxing can be easily done during 15 to 20 days. You can use your hydrolat in two different ways:

*As a flavoured water*: add 1 tablespoon of hydrolat (remember if you use Ledum hydrolat you can use 1/2 tablespoon to 1 L of water). Drink it throughout the day.

*With hot water*: mix 1 teaspoon of hydrolat with a cup of hot water. Drink from the cup 3 times a day.

A very gentle but powerful way to use essential oils for detox is through massage or in the bath.

**Massage and bath oil detox**

The following recipe is one that will support the detoxification of your body and should be diluted into 100ml of your preferred Carrier Oil:

- Grapefruit Essential Oil: 10 drops
- Juniper Berry Essential Oil: 5 drops
- Helichrysum Essential Oil: 4 drops
- Lemon Essential Oil: 3 drops
• Rosemary Essential Oil: 3 drops
• Laurel Essential Oil: 2 drops
• Peppermint Essential Oil: 1 drop

When used as a massage oil, it is best to avoid direct sunlight as Citrus essential oils can cause sun-sensitivity. You can also try mixing this solution with 2 cups of Epsom Salts and add to your bathwater for an even greater detoxification experience.

With these wonderful healing allies of Nature you will get rejuvenated in body, mind and spirit – and you will feel fresh and fit to breathe in the light of the rising Sun and live this beautiful spring season in full delight!
Patchouli
The Green Leaf Oil With Power

One cannot be indifferent to the fragrance of this one-of-a-kind essential oil. Patchouli is an amazing oil that brings you to the depth of the earth, grounds you – and thereby leads you back to the body. The name “Patchouli” derives from Tamil language (South Indian), “patchai” meaning “green” and “ellai” denoting “leaf”. Yes, this “green leaf” oil – once so popular during the Hippie time – has many secrets and wonders waiting to be revealed or rediscovered…

Origin and processing

A species of the genus Pogostemon, Patchouli belongs to the Lamiaceae plant family, the same group to which Lavender, Basil, Sage etc. belong. It is a bushy, perennial, peppermint-leaf-like herb with erect, sturdy, hairy stems reaching about 0,75 meter in height and bearing large, slightly furry and surprisingly fragrant leaves. The flowers are greenish white, often with a lilac touch. The herb is native to tropical regions of Asia, especially Malaysia, Indonesia, and India, but today it is extensively cultivated also in China, Taiwan, Philippines, Thailand, Vietnam and even in West Africa. The plant gets cut two or three times per year with the leaves harvested during the rainfall period producing the best quality.
The scent profile unfolds intense woody-balsamic, earthy, exotic and sometimes smoky features. There are notes of Amber, Vanilla and Rockrose (Cistus) which come with it. The fragrance of the essential oil improves progressively with age giving rise to a more well-rounded scent quality.

The essential oil is obtained through steam distillation of the dried, slightly fermented leaves yielding 2-3% of essential oil. Due to the long duration of 8–11 hours of distillation this standard processing often causes so-called “thermal degradation” of various compounds in the oil. Quality batch control “from the source” is therefore an important factor when acquiring Patchouli oil. It has been shown that supercritical carbon dioxide (scCO2) extraction provides a higher yield and a better quality of the oil.

The chemical ingredients of Patchouli oil are mainly sesquiterpenes and sesquiterpenols which explains why the oil is relatively “heavy” and dense in its texture – a feature which one would not easily expect from a “green leaf” oil.

In our times Patchouli underwent an increase in popularity in the 1960s and 1970s in the USA and Europe. It is still a preferred scent among the members of the counter-culture. Nowadays the essential oil is widely used in the perfume industry – also due to its “base note” character, meaning: its ability of slowing down or holding back evaporation of other essential oils in the perfume blends so that their scent can be kept for a longer period of time.
Rich compounds with rich curative effects

Due to its insect repellent properties Patchouli was used by silk traders traveling to the Middle East and Europe. They packed dried Patchouli leaves between their silk cloth to keep moths from depositing their eggs on the textiles. Thus, the fragrance of Patchouli was omnipresent in Indian fabric and clothes during the 18th and 19th century.

With its strong musky-spicy ground notes Patchouli oil sticks out from the panoply of essential oils. Certainly due to the large variety of heavier compounds (mainly molecules with 15 carbon atoms) its regenerative, purifying, and tonic effects on the skin (acne, herpes, cracked skin etc.) are remarkable and have been well described – also in folk medicine of Asia. Patchouli’s astringent effect helps to prevent premature ageing of the skin – it acts as an excellent tissue regenerator which makes it also useful against sagging skin, varicose veins, and even an interesting helper in case of hair-loss. The oil shows strong effects against inflammations, especially when resulting from fever. It is also often used in case of arthritis and gout – and, not unlike numerous other essential oils, Patchouli oil fights well certain fungal and bacterial infections. Moreover, the oil has good wound-healing and antiseptic properties, and is an excellent diuretic.
Mood balancer and anti-depressant

In aromatherapy Patchouli oil is a qualified mood balancer when overwork, extreme mental activity and stress have weakened the immune system and when body, heart and mind need more strength.

Experience shows that Patchouli oil is a good helper when people suffer from insomnia and depression. It allows them to get over the feelings of sadness or loss, uplifts emotions, makes one overcome disappointment, and eases built-up tensions. This is particularly due to the fact that Patchouli oil has a good influence on our hormonal balance. By stimulating the release of pleasure hormones like serotonin and dopamine, feelings of anxiety, anger, and sadness simply disappear.

Just by merely inhaling the oil of Patchouli helps us to ground our mind and to give us the feeling to be “incarnated”, meaning : to be connected back to the earth. And with this power of grounding we are able to focus our attention on the beauties of the outer and the inner worlds simultaneously. No surprise that Patchouli is a good helper for anchoring the mind during and after meditation. With its warm character it uplifts the heart, energises the nerves and gives rise to the desire to be “here” and to enjoy the world in a more balanced way.
A magical plant

Based on its pheromone character the herb and its oil may act as an aphrodisiac. Here the special alchemy of the plant works in two ways combining the aphrodisiac quality with its anti-depressant effect. The subtle energies are naturally uplifted and the fantasy can spread its wings.

Patchouli is truly a "magical leaf" plant – and so distinctly different from the usual odour profiles of this plant group (Lamiaceae). Nobody would expect such rounded, filled-up earthiness of fragrance when looking at the plant. But a little "touch and rub" of a leaf makes the hippo-campus in the brain turn "salto-mortale" with surprise. Yes, all these incredible fragrances of Mother Nature! Primordial secrets of evolution, ancestral rivers of knowledge streaming together into the global ocean of ethno-medical healing – always there to make our journey on Earth deeper, and more and more enjoyable.

Some testimonials about Patchouli

"Helps my breakouts, and helps me sleep. I also use it as deodorant. It is one of my favourites I put it on my face and chest every night and I don’t have insomnia anymore." – Brandy N.

"I use Patchouli in my diffusers as a supplement to help battle anxiety and depression as well as for skin." – Ron K.
“Use it for fevers and to help ground and calm anxieties. Also use in a homemade bug spray. And that is just the tip of the iceberg for me and Patchouli.” – Allison P.

“It tightens loose skin and regenerates new tissue. Mix with other oils if you don’t like the smell, it is too good not to use!” – Joyce S.
Frankincense

Illuminate Your Body And Soul

The spirit of the sacred and of meditation surrounds Frankincense since ages. Resins and their oils (Frankincense, Myrrh, Benzoin, etc.) have always been easily associated with fumigation and purification. The special mind set-up they create is “vertical” like the smoke that rises to heaven. Vertical means also away from the boundaries of worldly “airs and affairs” and their accompanying strife and strain – back into the depth of the soul.

Frankincense has that power to uplift human awareness to that “other” level by freeing the nerves from excessive tension, allowing us to focus on the underlying transcendental unity of our inner Self.

A Spiritual substance used since ancient times

In ancient Egypt Frankincense, also known as “Olibanum”, was named “the substance being conducive to a divine state”. It was found in the tomb of the Egyptian King Tutankhamen, who died about 3330 years ago. It was used at that time as a way to help the soul to find its way back to higher realms. In the New Testament the three Magi from the East coming to see the newborn child carried Frankincense among their gifts.
The aromatic resin of Frankincense is tapped from trees of the genus Boswellia, especially Boswellia sacra and Boswellia carterii (Burseraceae). To obtain the so called “tears” of the resin (due to their teardrop shape) the bark of the tree is scraped resulting in the yellowish to white resin to bleed out and harden.

The resin can be harvested from trees that are at least 8 to 10 years old. Two to three times a year tapping can be done with the last one giving off the best quality. One tree can yield between 10 to 20 kilo of resin per year. However, after three years it needs a resting phase of some years.

Frankincense had always been held in high esteem not only because of its pleasant fragrance, but mainly because of its healing abilities.

The healing properties of Frankincense

**Powerful anti-inflammatory**: Frankincense has been used since long against chronic inflammations and particularly against rheumatic diseases. Patients suffering from Polyarthritis reached relief of their pains of 60 to 70% and the swelling and stiffness of the joints decreased. This can be explained by the fact that pains are released and run by infectious mediators, the so called Prostaglandines. Allopathic medicine fights the Prostaglandine synthesis, and thus the pains created by them, through anti-rheumatics or Cortisone whereas Frankincense has the same ability but without producing undesirable side effects. Clinical research at universities and in hospitals have proven these positive reactions and there is hope that in the near future Frankincense can replace, at least partly, those modern allopathic medicines.

The beautiful healing resin of Frankincense can be used for all kinds of inflammations especially for joint problems, but also any other kind of inflammation i.e. of the urinary tract, colon, and so on.
Eases the Respiratory system: The essential oil has an intense effect on the respiratory system, beneficial in case of catarrh, asthma, bronchitis coughing, and flu or even bronchial asthma attacks because it aids to slow down the respiratory frequency and allows the respiratory volume to increase.

Frankincense deepens and revitalises the breath. This is a phenomenon which happens naturally through meditation also and which shows the link which Frankincense has with the natural approach to self-awareness.

Winter remedy: The essential oil when used for inhalation is capable of dissolving mucous substances in case of cough and cold. But it’s also a very good oil to prevent from winter disease. Just two or three drops of Frankincense rubbed on the neck or in diffusion in a room will create a barrier against viruses.

Skin protector: The cosmetic industry today offers products containing Frankincense due to its good results in rejuvenating the facial skin, preventing wrinkles and reducing scars. It is also very effective in case of acne and many other skin disorders from small one to skin cancers.

Holistic spiritual healer: As already known through the religious and ritual use Frankincense balances the “emotional consciousness” in man. It has definitely a soothing effect without causing tiredness, but supporting clarity of thought.

Frankincense is also able to influence depressions in a positive way and has a calming effect on the nervous system consequently reducing anxieties and nervous tension.
**Cancer treatment:** One of the most remarkable features of Frankincense is its effect on cancer. It is now scientifically proven that the use of Frankincense extract has clear results on tumours and cancer because of the presence of the so-called “boswellic acid”. However, even though the pure resin shows high concentration of this acid the distilled essential oil shows very low presence of it. It may be too early to conclude on the overall anti-cancerous effects of Frankincense with its different extracts such as the essential oil, the hydrolat, the alcoholic or CO2 extract etc. since only a few scientific research studies have been made – so far only in vitro – on cancer cells.

Nevertheless numerous personal testimonials show that Frankincense in all its different expressions DOES have a remarkable anti-tumor effect. In terms of serious natural approaches for cancer treatment Frankincense should definitely be considered as an important ally. We may also want to associate it with its hydrolat which seems to have more boswellic acid since the aromatic acids in general during distillation are absorbed by the water and are very little present in the essential oils.

**Isolative versus holistic:** To make it clear again: the typical Western “isolative approach” which is to always just look at the “active ingredient” (i.e. “boswellic acid” here) does not do justice to the holistic and synergistic effects of all compounds together in a medicinal plant extract such as Frankincense. We have to consider all the many dozens of biochemical compounds together in Frankincense oil – and not only these. Even if we would examine each of these compounds separately and find out certain effects of them in a one-pointed analytic study, we would not be able to conclude on the holistic properties of them all together.

Moreover, if we want to remain on the bio-chemical level, there is an enormous amount for example of so called “monoterpenes” also in Frankincense oil. Could it be that these, which have been subject to numerous studies on cancer, may also have their word to say?
We can also say that there are anyway “vibrational traces” (wow, that is bold!) Of all kinds of substances (included from the boswellic acid) which act as “hidden benefactors” in the whole bio-chemical composition of the oil. This means that the actual “sacred” nature of Frankincense, as reported since ages, is a phenomenon “beyond” modern scientific approach, beyond the superficial matter level.

A true para-medical understanding of Frankincense would take into account the value of “para” (which in Sanskrit means “beyond”) and go beyond the mere bio-chemical analysis. This would lead us to a more holistic understanding of Frankincense, namely that it actually can help us to reconnect with our inner flow of life (Prana or Ch'i). And thus, by bringing us back to our lost inner harmony it can help the body with its trillions of cells to find a new equilibrium – which certainly is one of the key factors for healing cancer…..

**A sacred ally:** Frankincense is a real sacred ally who can help us on so many aspects. On the spiritual side the rather spiritual association of the oil with protecting man from materialistic temptations, uplifting consciousness and dissolving subconscious stress makes sense and lets us understand why Frankincense was, and still is so much used for ritual purposes.

The translucence and transparency of the so called “tears” of the resin can be considered a signature element which leads us to the already mentioned view of the ancients looking at Frankincense as “the substance being conducive to a divine state” and able to dissolve so many blocks – physical and psychological so that the true spiritual self of man, the soul or Atma, is freed to shine through.

*Frankincense: a fragrant light to illuminate the night of the soul.*
Some testimonials showing its incredible properties

“That evening, I trusted my intuition and chose Jasmine, Frankincense and Palo Santo. I mixed 4 drops of each one with 2 tablespoons of raw apple cider vinegar and 2 tablespoons of lime juice, both of which are natural cleansers. I immersed myself in the bath, took deep breaths and let the oils work on me, inside out. The combined scent of the three oils was divine and I could feel their healing powers gently embracing me. I slept beautifully that night and the next morning, my chest was clear and the cough was gone – for good!” – thearomablog.com

“My friend treated at Mayo Clinic in Rochester, MN and her oncologist had no problem with her using Frankincense essential oil topically while she was having intravenous chemo. During her first round without the Frankincense the tumours continued to multiply all over her body plus she was very sick and could hardly function. During her second round she used the Frankincense essential oil topically on her feet and topically in all the areas she knew there were tumours. She felt great and had little side effects. After 5 weeks all the tumours from the neck down were gone and the ones on her brain shrunk 30%. I know what I would be doing and it does not include chemo.” – roberttisserand.com
“I had Squamous Cell Carcinoma on my nose and Basil Cell Carcinoma on my cheek. Both are skin cancers. I began layering Frankincense, Myrrh and Lavender oil on those areas and it completely cleared up.

I also had a severe back injury where I had several herniated lumbar discs and was couch-ridden for three months. The pain was beyond excruciating, but by encapsulating Oregano, Copaiba and Cabreuva essential oils (with carrier oil) it totally knocked out the intolerable pain. I have been using essential oils for 14 years…..Once you start using essential oils you never want to stop. They are amazing for any ailment.” – likemindedmamas.com

“I have been using Frankincense oil for over a month now…. My daughter is an infant and is having unexplained seizures. I ordered it after being up all night and read about it and decided to at least give it a try. Her meds make her a bit sleepy and grumpy, but that first day I put it on her she was immediately alert and back to her normal self. I rub a drop on her feet and brain stem area twice a day. Since then she has only had one seizure and it was very mild compared to her other ones which normally lasted 20 plus minutes.” – epilepsyfoundation.ning.com
“Our son had his first partial complex seizure when he was 18 months. By the time he was 3 1/2, he was on three different anti-seizure medications yet he was still having daily seizures. The seizures were awful, but the medications’ side effects were equally as bad, and they weren’t stopping the seizures. We were desperate to find a solution, so when a friend of mine asked me if we had tried Frankincense, as kooky as it sounded, we decided to give it a try. That was over 8 months ago. We applied a couple of drops of Frankincense to the front and back of his neck twice a day. Result: from day 1, no seizures. Over the next 7 months, we weaned him off all three of his anti-seizure medications. He is now medication free, oil only, for a month without a seizure. Frankincense oil has given our son his life back.” – epilepsyfoundation.ning.com

“Emily’s son was kicked in the face by a horse. He had severe damage to his face and jaws. His jaws were wired together. After rubbing Palo Santo on his jaws 3 to 6 times a day combined with Frankincense the wires were removed in three weeks instead of three months as the doctors predicted – with no infection under his plate.” – thejoyofessentialoils.com
Conifer Essential Oils
Powerful Pillars of Light

When heading towards winter, temperatures fall, the days become shorter and the trees in the forest lose their leaves. But one family of majestic tree still shows signs of strength. They stand tall, strong and evergreen, rising high into the sky as if the growing cold is their true element. Their countless leaves sharpened and compressed into needles radiating in all directions. They spread fragrances which make our breathing lighter and invigorated by their “green” aromas and essential oils.

Stalwart, proud, enduring in severe cold, wind, and snow, conifers are real survivors. Their essential oils, mostly distilled from the needles but also sometimes from the bark, wood or resin, bring us all the secret benefits which these amazing pillars of “light in the forest” can convey.
Actually, these trees need their oils and their resins as warming energies to withstand the extreme temperatures they are often exposed to. “Methuselah”, one if not the oldest living tree on Earth, is a conifer tree from the Pinus genus (Pinus longaeva) and survived for 4,800 years until today in the ice-cold climate of the mountains of Eastern California.

![Methuselah – Pinus longaeva](image)

Aromatherapy offers us a large variety of oils distilled from conifer trees. From the impressive Giant Fir, one of the largest conifer trees of the world, to the small but powerful and protective Juniper. All these oils have a very strong personality and are characterised by warming, invigorating energies.

The Firs, Spruces and Pines especially possess fresh-herbaceous-“green” fragrance notes, while other conifers such as the Cypresses i.e. may possess a variety of different notes. But even the oils of a Patagonia Pine, a Silver Fir or a Black Spruce come out with substantially different fragrance notes and compound varieties. Their oils uplift, stimulate and invigorate. Working through the nervous and endocrine system by helping release stimulating hormones and neurotransmitters (e.g. noradrenalin, dopamine and vasopressin etc.), they can regenerate our energies and promote strength, motivation, warmth and stamina.
At the same time they tend to refresh, clarify and open up inner space. This is why conifer oils are so valuable in wintertime, which makes extra demands on our reserves of energy and endurance and which is usually a kind of emotionally draining time of the year. Conifer essential oils can help pull us through the stressful hustle and bustle of seasonal and other challenges and make us stay solid, steadfast and independent. They are specially efficient when used in baths and diffusers throughout the cold and damp months when there are tendencies for Seasonal Affective Disorders (SAD) and the depressive moods often linked to it.

If we look at the so called “signatures” of the Conifers, their intricate network of branches and needles can remind us somehow of the internal structure of our breathing organs, the lungs. Conifer essential oils are indeed very good allies to help us with any issue we can have regarding the respiratory system and have very good expectorant properties helping the release of mucus.
Boundless Energy
Giant Fir, Black Spruce or Scotch Pine (or even better a blend of all three) will keep us going, and going, and going… without getting tired. Their amazing molecular build-up mainly based on mono-terpene compounds give us all the endurance and courage we need to accomplish and complete the most daunting projects. “Forest bathing”, as the Japanese call the therapeutic technique of walking around in the forest, among the conifer trees, revitalises the immune system as one deeply inhales their healing energies.

Mental Clarity
Some other essences like Hemlock Fir and Douglas Fir with their more deep, subtle and volatile fragrance will provide more mental energy, clarity and focus and will also simultaneously have a calming and sedative effect on us.

Staying Centered
Black Spruce, Stone Pine, Scotch Pine and Larch convey a deeper woody-balsamic base note. They are more grounding. They have the ability to help us to stay centred and focused so we can work on our projects with optimism and strength keeping our feet on the ground.

Emotional Balance
Siberian Fir, Nordman Fir, Silver Fir and Sitka Spruce have a more fresh-lemony note that can create clarity in case of mental confusion and emotional stress. “Breathe deep and relax” – this is the motto of all the conifer oils together. They convey a sense of peace reminding us of the quietness of a winter forest. Their character is that of “patience” and quietness, but with a vital, warm and invigorating boost. Botanically, they do not immediately show signs of growth but, in fact, they are growing with perseverance – even through the storms and extreme temperatures they are often exposed to.
Purifying

Another interesting evergreen oil is Juniper, obtained by the distillation of berries and (or) needles, is able to help the body to release toxins and purify itself, i.e. after excess of over-eating or wrong diet. This oil is often used in connection with kidney cleansing and the lymphatic system. And not to forget: Juniper is very helpful in case of muscle pains, rheumatism and injuries and sometimes used to help people with weight loss. Psychologically, Juniper oil is also a great helper for gaining motivation and letting go negative thoughts.

Calming and Relaxing

That leaves the deeper and more mysterious world of the Cedar wood oils to explore. From the fragrance point of view, the cedars lie at the opposite end of the spectrum: woody, somewhat sweet-earthy notes predominate here, along with a fluid, smooth softness. The two main true Cedar wood oils in Aromatherapy stem from the Atlas and the Himalayan Cedar. Their effect is comforting, grounding and strengthening with a deep relaxing effect. They are classic scents with sesquiterpenic compounds and – to a certain degree – can be compared to oils such as Myrrh, Patchouli, or even Nagarmotha. Rather than elevate and stimulate one’s energies like the fresh-herbaceous conifers, the Cedar wood oils fortify and ground our nervous system.
Their centring and balancing effect also extends to the emotions, where they can help dissolve negative or irritated emotions as well as strengthen our psychological defence. A great advantage lies in their capability of soothing and calming anxieties and nervous tensions. Just leaning against the trunk of a cedar may strengthen and uplift our consciousness. Scientific studies indicate that exposure to Cedrol – one of the major compounds of Cedar wood oil – significantly decreases heart rate, systolic and diastolic blood pressure. Furthermore, respiratory rate is reduced during exposure to Cedrol, making Cedar wood oil an excellent oil to accompany meditation practices.

Winter Allies

All these amazing “winter allies” from the Conifer family are wonders that protect us against all kinds of seasonal diseases such as cold, flu, etc. Indeed, they all have powerful anti-bacterial, anti-viral (and also anti-septic) properties giving us the necessary push of energy to strengthen our immune system.

The Christmas lights on the conifer trees are a beautiful symbol for this wonderful botanical family which transforms the evergreen “chlorophyllic light” of the Sun so beautifully into curative energies and whose essences give support to our “inner light”, our energy and joy, especially during the winter season.
Conifers remind us that even in times of least sunlight when all seems put to seasonal sleep we can still draw from the strength of the earth and feed from the light of the sun to continue our direction upwards in growth.

*Ever Green columns of health, pillars of light for revitalising human life on Earth.*
Anti-microbial Effects of Essential Oils

Essential oils have come “under the microscope” of research scientists and medical doctors over the last few decades because of their immensely powerful action against various pathogenic germs, including fungi, bacteria, and even viruses which – by standard means of modern allopathic approaches – have proven to be more and more resistant against a large variety of antibiotics.

Numerous scientists and medical doctors have compared in their publications the advantages of what they call the “eu-biotic” approach of medical Aromatherapy versus the allopathic or anti-biotic approach of Western medicine. They have pointed out the complex action of aromatic molecules on the germ, the milieu and the immune system in general versus the extremely limited anti-microbial properties of chemical weapons with their numerous unwanted side-effects.

Antibiotic resistance is increasing with the result that standard treatments are losing their efficiency. The methicillin-resistant Staphylococcus aureus (MRSA) for example is a known element in this context and contributes largely to this helpless situation.

“Quorum sensing” bacteria (a subtle ability of bacteria to communicate with each other) – this we know today – are using their own language in their strategies in releasing toxic molecules which are able to weaken the immune system and create severe damage to host tissues. They are largely responsible for mortality – and difficult to neutralise with standard anti-biotics.

It is true that anti-biotic resistance as such is not a totally new phenomenon, but it is rather the drastically growing over-exaggerated use of antibiotics that has given rise to an increasing number of pathogenic organisms which have developed their own defence system against major anti-biotic drugs in recent years.
But WHY – if we want to speak of a “war” between humans and bacteria (whatever may be its evolutionary “side-effect”) – yes, WHY do we still think that the enemy would not find (or better: would not have found since long) its own defence mechanisms if we always use the same weapons?

“Essential oils could kill the deadly MRSA hospital ‘super-bug”….scientists have claimed not long ago. At the University of Manchester researchers analysed 3 essential oils which destroyed methicillin-resistant Staphylococcus aureus and Escherichia coli bacteria in two minutes. One of the scientist who did this research pointed out that a “more pleasant” inhalation therapy with these oils.

“We’re likely to have a much higher success rate than the current treatment, which is only effective in around 50% of cases….We believe that our discovery could revolutionise the fight to combat methicillin-resistant staphylococcus aureus and other superbugs.”

**Are these findings totally new for us?**

Actually, the theme of essential oils and their anti-microbial efficiency is much older than we think. It is only that – under the grip of modern allopathic medicine (with the known keen interest groups and lobbies in the background) – we have simply preferred to ignore the fact that Nature has her own strategies since millions of years against “super-bugs”. “Anti-microbial warfare” – if we want to call it like this – is certainly as old as plants exist on this planet.
If plants, by means of essential oils, are able to defend themselves against parasites, fungi, bacteria, viruses….if they are able with their help to communicate among each other, attract pollinators, thermo-protect and energise themselves etc., it would have been strange if we as human beings would not have come to use this precious gift of the plant Kingdom for our own well-being. Actually, we have done this since long…

We have always used medicinal plants through the ages – and many of these plants are endowed to a high degree with anti-microbial essential oils. Aromatherapy is just a modern version of an age old plant medicine in its most compact form. It uses the powerful energy and bio-chemistry of numerous medicinal plants around the globe for a new approach to “healing with Nature”. The advantage today is that we have access to a real “world pharmacy” of the Plant Kingdom. Ethno-medical knowledge from all cultures is available to everyone due to the marvellous exchange of cultures from all continents. And essential oils which are among the prime healers can be found in every town today – organic stores, drug stores, pharmacies, internet etc.

Can we imagine how many severe epidemics we would have avoided if we have had available our own “home pharmacy” equipped with major anti viral and anti-bacterial essential oils diffused in the air or administered directly via local skin applications or oral intake?

Of course, in certain areas of Europe fumigation, ointments, pills as well as essential oils, all based on medicinal plants, were sometimes used – but unfortunately not in a systematic way.

In early 16th century the famous astrologer and physician Michel de Nostredame, known as Nostradamus fumigated whole villages with essential oils carrying aromatic plants to fight off the plague. The “Black Death” had come back after its furious attack on Asia and the old Continent in the 14th century, when more than 100 million people had died from it within a few years and 1/3 to 1/2 of the European population perished.
Or the 1918 flu pandemic 100 years ago: “It infected 500 million people across the world, including remote Pacific islands and the Arctic, and resulted in the deaths of 50 to 100 million (three to five percent of the world’s population, making it one of the deadliest natural disasters in human history.” (Wikipedia)….. hard to imagine what would have happened with the powerful anti-viral oils of modern Aromatherapy collectively made available.

During the great waves of plague those who were in touch with aromatic medicinal plants or essential oils were often found to be immune against the disease, while others around them were dying. This was the case with the farmers or workers in the Lavender fields in Provence and those in Grasse who were tanning the leather gloves and bags for the rich ladies in Savoy-Italy using essential oils to perfume the stinky rough leather – they escaped from the plague untouched – whereas their masters perished like flies!

…and then, from here, in the 17th century the perfumery industry in Grasse started. The perfuming of the leather amazingly enough gave a new signal for a large reawakening of a special plant medicine through “Aromas”. And then the scientists appeared…..

Waves of research started over hundred years ago.
Especially starting with the beginning of the 20th century a considerable number of research studies in France brought to light interesting health effects of a number of essential oils. Professor Griffon studied the anti-septic properties of essential oil blends, among which Lemon oil played a major role. Morel and Rochaix proved that the evaporated particles of Lemon oil are capable of neutralising:

- The meningococcus (Meningitis – blood infection) within 15 minutes.
- The Ebert bacteria (Typhus) in hardly 1 hour.
- The Pneumococcus (Pneumonia etc.) in 1 – 3 hours.
- The Staphylococcus aureus (skin- and respiratory infections, food poisoning) in 2 hours.
- The haemolytic Streptococci (breaks down red blood cells – pneumonia, blood poisoning (septicaemia), inflammation of the lining of the brain and spinal cord (meningitis) etc., within 3 – 12 hours.

...And then now, and since not more than 1- 2 decades, more and more research all over..... In their Annual Research Report for 1996, Weber State University cites 19 oils which displayed a 100% kill rate against T7 phage, and three oils which displayed a 100% kill rate against Staphylococcus aureus phage. Jane Buckle Ph.D., in her famous book “Clinical Aromatherapy – Essential Oils in Health Care” has given highly interesting summaries of the numerous research studies made over the last decade on anti-microbial effects of essential oils.

Aromatherapy uses essential oils, carrier oils and hydrosols from all kinds of ethno-medical traditions around the globe. We can truly say again: For the first time in history – and this also due to our global connectedness – we have access to the traditional healing treasures of the world in our hands, many of them even in our own «home-pharmacy» for powerful preventive self-care and self-healing.

So, we can take responsibility in many ways for our own health, become our own guardians of personal well-being. A simple investigation on numerous ailments can derive hundreds of scientific data today on on-going or achieved clinical research with regards to essential oils.
But even more precious for our understanding than the scientific validation are the countless personal testimonials of essential oils users. This should be the basis for a «corpus» of a new aroma-therapeutic science of healing.

- An essential oil extracted from Coriander seeds has shown dramatic results against all major food-borne bacteria like the pathogenic forms of Escherichia coli and many others.

- In Japan engineers have started to incorporate aroma systems into new buildings. Fragrances such as Lavender or Rosemary are pumped into customer areas in order to reduce the stress and possible bacterial contamination during waiting.

- Other research has shown that diffusing Rosemary oil in a classroom improved memory performance of the group by up to 75%.

- Scientific research clearly indicates that Clove essential oil is highly anti-fungal towards all tested fungal species such as candida albicans, penicillium citrinum, etc. strongly anti-bacterial – and the most powerful known anti-oxidant in Nature!

Clove essential oil is widely understood to be generally antibacterial, but the University of Buenos Aires took the time to pinpoint bacteria that Clove was especially able to target. They found that Clove essential oil was particularly efficient against Eschericia coli followed by Staphylococcus aureus and Pseudomonas aeruginosa.

Microbicide activity of clove essential oil (Eugenia caryophyllata). Nuñez L1, Aquino MD. With all of these connected to significant illness, skin infections, and pneumonia, Clove oil is an extremely valuable tool for disease prevention and treatment.

**Nature works synergistically**

Due to their rich bio-chemical profile essential oils are multi-functional. It is this aspect of Aromatherapy which makes essential oils so polyvalent. It makes it impossible for bacteria and viruses to become resistant to the impact of such a powerful molecular and energetic diversity.
Indonesian Shaman preparing medicine with Clove bud, one of the ancient medicinal plants of South-East Asia, already used in China 2000 years ago

Plants need this diversity because they are constantly exposed to large microbial threats from the environment. Their essential oils in multiple synergistic blends, and always slightly changing from year to year due to climatic fluctuations offer, as we have seen, a perfect defence against a large range of numerous pathogenic aggressors. This is also the reason why Peppermint oil, for example, helps simultaneously against immunological, nervous, hepatic, skin, circulatory, intestinal and psychological disorders etc.

Rose oil contains up to 500 different compounds. Lavender not much less. Each and everyone of these molecules has developed over the endless corridor of time or – also possible – even emerged during the special alchemy of distillation. We can trust that Nature knows best why and how…This intrinsic complexity AND balance of bio-chemical compounds is one of the major aspects defining the special healing effects of a medicinal plant and its essential oil.
‘Rose is the only thing you can take with you when you die because it’s not of this world.’ – Old Persian saying

We need to learn more from the secrets of “Nature’s medicine” – everything else may lead to heavy mistakes against the cosmic laws of balance and progress in creation. This means also: any one of the numerous compounds of a medicinal plant or its essential oil contributes to its healing properties. This is what “holistic” and “natural” mean in contrast to the “isolative” approach of modern medicine with its “single-directed molecules” and its obsessive research for the so-called “active ingredients”. There are no “passive ingredients” anyway, they are all interlinked for some hidden reason. Isolating compounds for medicine can be a Pandora box – and create mad-icine instead of medicine…

There is a subtle balance in the arrangements of bio-chemical compounds perfected by the invisible hand of Mother Nature. These compounds reflect also on the modes of energy which medicinal plants and their essential oils can convey to us humans…

Why neglect this amazingly complex network of time tested healing impulses worked out through millions of years by only prescribing “linear” chemical drugs?
If we want to make medicine more potent, we better look for a better understanding of Nature’s bio-chemistry and acquire deeper knowledge of the hidden connections between Plant and Man. Their tremendous promise of holistic healing is one of the keys for a quantum leap of human culture going hand in hand with the intelligence of an evolving Universe!
Kewra

Smelling into The Heart of a Spirit Opener

India can be considered lucky to possess a great treasure of aromatic plants – many of which have not been known outside the country until quite recently. Among these plants we find Kewra or Kewda. The botanical name *Pandanus odoratissimus* conveys that the essential oil of it must be extremely fragrant. The remarkable aromatic depth streaming out from the most beautiful large white flowers of the Kewra agave-like plant is the key which makes its essential oil such an amazing healing ally.

**Healing with the sense of smell**

The reawakened knowledge about fragrances and their ability to be extremely helpful in regaining physical, emotional and mental balance has attracted the attention of more and more people in our modern society during the last 2-3 decades. Damaging side-effects and iatrogenic diseases caused by western (petro-chemical) medicines have alarmed countless people and scientists. In fact, there is enough evidence today that these substances weaken the human self-healing powers – and do not give access to the finer energy levels of the human being – that level from where all real healing starts.

More and more we grasp that numerous diseases have their roots in the psycho-spiritual “drama” of our consciousness and that nature has provided precious holistic gifts to heal both the domains of the physical as well as the subtle energy body of the human being. According to scientific research our sense of smell is located within the limbic system, the eldest part of our brain. Already fully developed in prehistoric times of mankind, it handles vital functions such as sleep, hunger and thirst, sexual instinct, memory – and the sense of smell! In former times it served as THE important factor for survival of the tribe members and the continuation of the race.
Today we know furthermore that the sense of smell is closely connected with imagination and creativity which enables us to store learning contents more easily. This understanding is supported by the amazing neurological findings that fragrances balance the right and left part of the brain, the first one directing intuition and creativity, the other logical and intellectual thinking. Pleasant fragrances strongly enhance brain coherence as testified by modern EEG research. Also important to mention that scents have a deep influence on our emotional side thereby intensifying the learning process – something that certainly would need more attention once we have understood the full scope of aspects responsible for successful learning.

Yes, and we haven’t forgotten that fragrances – I mean the natural ones!! – are able to open the gates to our soul and fill that incredible emptiness so many are suffering from. One of the most amazing essential oils to remedy this is Kewra.
A Natural “Bio-Coach”

The chemical ingredients present in this delicate miracle of Nature are 2-phenylethyl-methylether (ß-phenyl ethyl methyl ether, 60 to 80%), 2-phenylethanol (ß-phenyl ethyl alcohol) and its ester. In addition monoterpenes contribute to the fragrance of Kewra.

In terms of holistic biochemistry, ethers, like the phenylethyl-methylether, so much present in Kewra oil, are powerful compounds to bring the space element “Akasha” (Sanskrit) into the body. They help us to open up, to release what makes us shrink, what keeps us stuck in problems without being able to see solutions. They give more space, bestow a feeling of lightness, of letting-go. Just a whiff of Kewra, and we experience immediately something as if the heart connects with the brain, as if the nerves let go the tenseness of pent-up stress, and a wave of clarity coming from deep within ourselves “rolls” through the entire system allowing the soul to breathe.

That is what we would need so often: An “instant reprogrammer”, not a hasty, gesture of anger, bad mood, despair, but something which makes us see any situation with more clarity – and then go into a better place where we can take clearer decisions. Kewra is that subtle enhancer of the inner witness, a natural “bio-coach” for mindfulness and relaxed awareness….
Christopher McMahon describes in his study on Kewra oil that it possesses the ability of refreshing and awakening tired brain cells. Indeed, Kewra is an oil of inspiration and creativity which seems capable of blasting away the cobwebs of lethargy and to rejuvenate our heart and spirit.

Kewra in Ayurveda

Very interesting to mention that Ayurvedic medicine uses Kewra to treat “Sadaka-Pitta”, the aspect of Pitta that controls the heart function and also contributes to set the mind in harmony. Furthermore, Ayurvedic physicians use “Ruh Kewra” (Kewra oil) to treat headaches and earaches, rheumatic pains, skin problems. They also prescribe it as a stimulant and antispasmodic.

Apart from the amazing qualities discovered in the essential oil of the Kewra flowers each part of the plant is used for a variety of culinary, cosmetic and medicinal purposes. For example the anthers and tops of the bracts of the flowers are used to produce a powder which serves as snuff to treat epilepsy.
Kewra oil is a miracle in the hands of those who are aware that our consciousness is the centre of healing. It is from here, from the vibrating and radiating centre of our pranic energies that we can transform our body, our health, our physical destiny. Here, with oils such as Kewra, we hold a key to constantly rekindle our joy of life, the birthright of each and everyone.

Kewra: you are an amazing and powerful heart and spirit opener! You are an incarnation of Nature’s generosity to help us find balance and peace – even in the midst of the stress and the hectic lifestyle of our modern world.

May we as human beings connect more and more with the fragrant “melodies” from the heart of Nature!
Among all the aromatic treasures offered by Nature, there is a pearl with countless benefits: Ravintsara (Cinnamomum camphora). Known as the “beautiful leaf” in the Malagasy traditional medicine and praised as the “oil that heals”, it serves today to answer a wide demand in treating diverse psycho-physiological problems.

Cinnamomum camphora belongs to the Lauraceae family and is the name for the Camphor tree in general. Most of the different chemo-types (borneone, linalool, safrole, etc.) of this tree are found in East Asian countries. Ravintsara is the 1,8-cineol (eucalyptol) type of the Camphor tree, specific to Madagascar. It grows up to a height of 20-30 meters in the wet tropical forests and wild highlands of a nearly untouched paradise.

Obtained from the strong foliage by steam-distillation, Ravintsara oil ranks among what we may call the most popular “Panacea” (cure-all) oils in Aromatherapy. It should not be mistaken for the “Ravensare oil” derived from the specie “Ravensara aromatica” which has a totally different biochemistry.

The balsamic scent emanating from the leaves reminds us of the fresh fragrance of Eucalyptus, or even the North African Rosmary 1,8-cineol type. Yet, Ravintsara’s fragrance is not too penetrating and conveys a slightly sweet and warm impression.

**Multiple healing properties**

As a powerful stimulant Ravintsara oil quickly relaxes aching muscles and sinews. However, it is mostly valued for its anti-viral, anti-bacterial, anti-fungal and antiseptic properties.
Ravintsara can also help against liver problems like viral hepatitis and viral gastroenteritis. It plays even a role in the treatment of mononucleosis, cholera, and other challenges of the immune- or also the lymphatic system. The oil is an ideal choice for fighting cold sores, genital herpes or chronic allergies. It is also recommended against shingles, warts, ringworm and athlete’s foot.

**Breathe out – breathe in**

The oil with its potent biochemical compounds counts among some of the best aromatic remedies assisting us in a very soft way in case of respiratory problems such as lung infections, whooping cough, flu, influenza, sinusitis, tonsillitis, otitis and rhino-pharyngitis. Mixed with Shea butter (for example) or with some drops of a preferred carrier oil, Ravintsara can be applied as a remarkable chest rub in case of bronchial congestion. This blend can also serve for a warm compress in case of sore throat.

The oil is known to be very well tolerated by the skin and is totally non aggressive. However when using Ravintsara for young children one should dilute it in a carrier oil.

From the Ayurvedic perspective Ravintsara can be considered dry and light in nature. It is therefore great for reducing kapha-type congestion especially prevalent in Spring. By building up Ojas, the subtle energy that fuels our body with inner fire and vitality, it largely contributes to our health and well-being.

**A Medicine Tree to reboot**

Ravintsara has the remarkable ability to tonify and at the same time relax the human nervous system. It is particularly beneficial in case of:

- Asthenia and lethargy
- Mild depression, anxiety, or nervous fatigue
- Restlessness, insomnia and burn-out
All such problems are usually caused by an exhausted nervous system. For babies and children, in case of stress and sleeping problems, Ravintsara should be used diluted in a carrier oil for a massage on the solar plexus or under the feet.

Ravintsara oil can clear painful emotions from our heart and release traumas, which may hinder the free flow of energy in our breathing. It helps to let go of tensions and induces positive feelings of hope and joy. Ravintsara has a very pleasant cooling and uplifting freshness which makes one deeply let go of mental fixations and thereby raise our spirit. Stirring up blocked energies Ravintsara stimulates the mind for a more positive handling of paralysing emotions.

Yes, Ravintsara is truly “The Oil that Heals”, the “Medicine Tree” as it is always considered in Madagascar. Are we not getting here a glimpse into the holistic perfection of Nature? So much beneficial energy! And so many complementary healing properties in just a small bottle!

What a wonderful time to live in! One cannot but feel deeply grateful to Nature for such an amazing gift made available to us in the carousel of our modern, hectic world!
Some recipes with Ravintsara essential oil

Flu: Prevention and Remedy

• 3 drops Ravintsara
• 3 drops Cardamom
• 3 drops Black or Red pepper
• 9 ml of Jojoba or Argan oil

Massage the chest or use in a bath.

Nervous Fatigue:

• 5 drops Ravintsara
• 2 drops Vetiver
• 9 ml of Jojoba or a carrier of your choice

Rub a few drops on the wrists, solar plexus and neck several times through the day and at bedtime.

Anxiety Relief:

• 2 drops Ravintsara
• 2 drops Rose
• 6 drops Tangerine
• 9 ml of Coconut Oil or any carrier oil

Rub a few drops on the wrists, solar plexus and neck several times through the day and at bedtime.
Synergy means combined energies in togetherness. It is natural for the relative field of life to be expressed in diversity, but this diversity becomes compact in a greater directness when it is intelligently and harmoniously put together to create new units of wholeness. Thus, a bouquet of flowers finds its charm in a collectedness of diverse flowers, or a meal finds its savour in the combination of different tastes linked together under the creative genius of a good chef. When diverse elements combine in an intelligent way, they enhance each other’s uniqueness so that the total becomes more than the collection of its parts merely added mathematically together.

Dr Jean Valnet, one of the founders of modern aromatherapy already pointed out that the electrical resistance of essential oils, blended together, was easily doubled or tripled compared to the added electrical resistance of its single oils.

Also good natural perfumery uses this synergistic law in order to create olfactory experiences which often are strikingly different from the single fragrant elements combined. Top notes like Bergamot, Lemongrass or Eucalyptus oils with their highly volatile compounds unite with heart notes like Lavender, Clary Sage or Petitgrain to be transformed or rather “enchanted” by base notes like Frankincense, Jasmine, Sandalwood or Vetiver. A good perfume composed with natural compounds is never a “single odour” experience, but lives from the blend of a complex unity of fragrances put together under the guidance of a refined consciousness and a trained “nose”. It will send olfactory messages to the brain, and this over hours or even days, so that one can rejoice in a symphony of total experience. Throughout the “sequential brain firing” of its compounds.

**Synergies for therapy**

In learning about Aromatherapy and fragrance notes we come to understand that essential oils can be blended together for many different purposes. One of these purposes is to create synergies for therapy, or, let us say, for enhancing
well-being, health and longevity within the human physiology. Now, within this theme of “fragrance for life” we can follow different lines of approaches, some of them more simple, some of them more complex.

A simple way would be to understand that certain natural bio-chemical compounds found in essential oils have this and that effect and to blend oils which contain a majority of this same compound. The basic similarity in the bio-chemical profile of essential oils from Ho-leaf, Rosewood, Linaloe Berry and Spanish Marjoram, is that all of them show a high percentage of linalool, a monoterpenic alcohol. Already this would make a good synergy. We could take advantage of the tonifying, but also highly antibacterial effect of this natural plant-linalool in blending these oils together. We should, however, not forget, that the curative effect of plant compounds is not only linked to the dominant “chemotypes”, but also lies in what perfumery would call the “impurities” or trace elements, powerful “minorities”, often hidden behind the impact of the major compounds.
Another approach would be to blend oils from the same genus or vegetal group and with this touch the underlying “plant field” or “resonance” which has been built into this group by Nature herself. For example combine different types of Lavender oils, or different types of Eucalyptus or Basil oils, etc. Although most often very different in their biochemistry and their olfactory notes, all these oils from the same genus follow a hidden line of sameness which can only enhance the desired therapeutic effect.

Similar to this is the method to combine oils from the same species, but stemming from different “organs” of the plant. For example to combine Neroli oil (flower oil) with Bitter Orange oil (rind oil) and Petitgrain bigarade oil (leaf oil), all of them derived from the Bitter Orange tree (Citrus aurantium). Or, another example, we could take Angelica root oil, -leaf oil and -seed oil for creating a synergistic blend in order to enhance the anxiolytic effect of this beautiful oil.

But simply combining different oils from different species sometimes shows surprising synergistic enhancement: “In a research paper on the antimicrobial activity of clove and rosemary oils, clove and rosemary were both shown to exhibit antimicrobial activity against a range of bacteria and fungi. A combination of clove and rosemary exerted additive antimicrobial effects against several strains of bacteria, a synergistic effect against Candida albicans but an antagonistic effect against Aspergillus niger.”
The authors concluded that this study may be useful for the combination of clove and rosemary essential oils for specific micro organisms in medicine and the food industry.”- (“The School For Aromatic Studies”).

**Get directed by ancient knowledge – beyond the symptom**

Also, if we follow informations gathered from ancient folk medicine, often based on age-old wisdom (as it was before), we can find guidelines which allow us to deduce elementary laws of Nature from them. Ayurveda, the wisdom of longevity from ancient India, tells us that we have to look at the “doshas” of plants and of the human physiology in order to recreate balance in the system. A physiology which has a tendency to be hot, or – in imbalance – to be overheated, (Pitta dosha) would not be given easily a blend with dominant “Pitta-oils” like Thyme, Oregano, or Savory, but rather a cooling blend with Peppermint, Lavender, Eucalyptus, or the like. On the other hand, if we want for example to enhance the fire element (Agni) in the digestive system, we would tend to use oils which have a certain Pitta-increasing action on the human body like Cinnamon, holy Basil, Clove bud, Anise or the ones mentioned above.
It is often good to blend oils with the perspective to strengthen the physiology so to say in a “multiple stroke”. A blend to help digestion for example will not only focus on the stomach or the intestines but also try to give relief to the liver and also possibly to the gallbladder. And a blend to help against insomnia will not only calm the mind and soothe the nerves, but also work on underlying problems like depressiveness or negative emotions and may also include oils which have an “opening” anti-spasmodic effect. It is the overall feature of synergistic Aromatherapy to target different layers of the same problem and not – like in allopathic medicine – remain stuck with the symptom alone. So to say: We do not put cortisone on a rash of neurodermitis, but we look after the hidden source of the problem and try to synergistically treat different psycho-physiological levels at the same time.

We should not forget that an essential oil in itself is already a synergy of – in most cases – numerous bio-chemical compounds. Over millions of years, Nature herself in creating (and testing !) plant life has invented countless elements, often put together in a synergistic way in this or that plant, so that one plant often can take care of many different functions simultaneously. Each plant and each oil has numerous healing effects pertaining to its specific energy field, which finds its outer expression through colour, shape, size, fragrance, compounds etc. These compounds match with the human organism in an intrinsic way like key and lock and can fill up specific “holes”, created by weakness or disease within the normally frictionless flow of energy throughout the physiology. The complex structure of these compounds is also the reason for the multiple healing effects of one and the same essential oil. Lavender oil was considered a panacea over centuries by the people in Provence. It was effective against cuts, burns, headaches, insomnia, eczema, indigestion, bronchitis, fever, cold, etc. Nature is in herself the best example for combining certain molecules and thus creating an enhanced synergistic healing effects. A good example is Lemongrass oil (Cymbopogon citratus)

“The antibacterial properties of the essential oil have been studied. These activities are shown in two of the three main components of the oil identified through chromatographic and mass spectrometric methods. While the alpha-citral (geranial) and beta-citral (neral) components individually elicit antibacterial action on gram-negative and gram-positive organisms, the third
component, myrcene, did not show observable antibacterial activity on its own. However, myrcene provided enhanced activities when mixed with either of the other two main components identified.” (cf. “The School For Aromatic Studies”) Onawunmi, et. al. on the “Antibacterial constituents in the essential oil of Cymbopogon citratus”.

On the other hand, chemical treatment of plants with substances such as herbicides, pesticides, chemical fertilizers etc. – this has been scientifically shown – tends to decrease the richness of the phyto-chemical compounds and therefore diminishes the multiple healing effects of the plant.

**Richness of compounds versus the isolation of “active ingredients”**

Now, if we analyse these few examples we find that the main reason for the synergistic approach in modern Aromatherapy is to increase diversity in unity. We want to create a specific effect, and in order to create it, we need to introduce complexity in an intelligent way, without disturbing the natural balance. Contrary to the allopathic approach, which tries to isolate the active principles from a plant and then, in a second step, tries to synthesise the same, Aromatherapy goes hand in hand with Mother Nature, honouring and maintaining the infinite complexity of its creations.
Isolating certain compounds and finding them toxic is a very childish approach of modern pharmacologists to prove that this or that essential oil is hazardous. Nature has already – within this complexity – provided all the means to balance certain compounds against certain others, so that the totality of compounds of an oil usually is available in a humanly in-offensive way – provided that the right dosage is respected. What did Hippocrates say? “Everything is toxic – nothing is dosage – it all depends on the dosage.” Seen from the therapeutic angle, complexity increases the chance for healing and prevents unwanted side-effects. Of course, so many compounds in Nature, tens of thousands, one can easily have:

- Not been explained with regards to their healing properties.
- Not been analysed in a scientific way.
- Not been fully understood in their interdependence and mutually enhancing dynamism.

This does not give us the right to assume that they are useless. And so much, better to say: nearly all of human physiology and its numerous ailments has not been observed in its reactions and possible resonance to medicinal plants.

Therefore – often – by increasing the complexity in a therapeutic blend, we give our human nature a higher chance to tune in with the principle of diversity in Nature herself and thus heighten the curative probability, meaning: the chance for healing. It is like entering a castle with so many locked up rooms, chambers, halls, corridors. The more keys you have we have with us, the greater will be the chance to unlock the secret doors and enter the castle.

That’s why, in the final end, in creating one’s aromatherapy formulas, or finding the right ones in the market, one can take always inspiration from Nature and from those who were and are connected to Nature’s wholeness. Nothing has to be invented or just randomly put, one can say; we just need to do the correct “reading”: An effective synergy should be based on ancient folk medicine and experience, confirmed – if possible – by modern Aromatherapy research, reliable testimonials and – of course – profound studies of the subject itself. This “blending” of ancient and modern seems to me the most thorough way for a powerful and effective plant medicine of today and tomorrow.
Did You Know That Cancer Cells Know How To Smell?

…and that essential oils can find their way to them?

Scientists at the Ruhr University Bochum (Germany) under the direction of Prof. Hanns Hatt have discovered a while ago that cancer cells dispose of their own receptors for fragrances. This was published in the Journal Archives of Biochemistry and Biophysics. This research showed that if certain essential oils are brought into contact with, for instance, liver cancer cells, the growth of these can be stopped.

It has long been proved that essential oils have a highly positive effect on human health. And it is well known also that plants protect themselves with essential oils against the attack of fungi, bacteria, viruses and other pathogenic intruders. There is one specific molecule group in essential oils which seems to be the number one attack force in case of cancer, and that is the compound group of “terpenes”. Terpenes are a major molecular group occurring in numerous essential oils, very strongly specifically in Citrus oils such as Lemon, Grapefruit, Bergamot, Mandarin etc. and in the oils of Conifer trees such as Silver Fir, Black Spruce, Forest Pine, Balsam Fir etc.

Prof. Hatt and his team discovered a special molecular mechanism which hampered and even stopped the growth of cancer cells through the application of terpenes. The “triggering board” so to say for this is a smell receptor called OR1A2 which the mutated cancer cells carry on their cell membrane. “The liver can therefore “smell” the molecules of essential oils” as explains Prof. Hatt. “The cancer cells react to the terpenic molecules and stop their growth.”

The scientist declared: “This finding throws light on the future of cancer prevention and milder forms of cancer therapies. They represent further evidence for the significance of smell receptors outside the nose and give hope to develop a new form of medicine with less side effects for cancer therapy” (The Huffington Post, May 16th, 2015).
Another interesting approach could come from the research of Prof. Fritz-Albert Popp (Germany). In his book Biologie des Lichts (Biology of Light) he hinted at the phenomenon of bio-photonic emission of light inherent in all living cells. More precisely he developed methods of measuring what he calls “ultra-weak coherent cell radiation”. The Russian scientists S. Stschurin, V. P. Kanznacheev and L. Michailowa have already proven in more than 5 000 experiments in the 1970's that “all living cells transmit biological informations through photons, that is through light in the ultraviolet spectrum” (F. Popp, “Biologie des Lichts”.

This ultra-weak cell luminescence is, according to Popp, responsible for x-thousands of processes of information exchanges in all living systems. When this cell radiation of “coherent light” is interrupted, disease starts leading, in the extreme case, to death. In case of cancer – according to Popp – the cells “disconnect” so to say from the normally omnipresent coherent ultra-weak light emission in the system.

Normal healthy cells transmit a steady uninterrupted flow of photons throughout the system. This flow undergoes sudden change “when a virus enters the cell: explosion of photonic radiation – silence – again explosion of photonic radiation – slow decrease of radiation in several waves until the death of the cell. That resembles nearly the screams of pain of an animal………. ” (S. Stschurin, V. P. Kanznacheev und L. Michailowa, “Bild der Wissenschaft”)

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Can this activity of bio-photonic emission of the human cell system possibly be enhanced through the bio-photonic power of essential oils? Do we know what really happens when an essential oil like Oregano or Savory intervenes in the case of a viral attack and “does the trick” which an anti-biotic would not be able to do?

Again: if we consider the presence of light in essential oils would it be wrong to suppose that – although not having a real cell structure -their inherent bio-luminescence is one of the factors in their molecular alchemy to counteract viral and bacterial influences from the quantum-level – and maybe also counteract cancer?

We do not want to forget: essential oils are messengers of cosmic light radiating from sun, moon, and stars on to the medicinal plants of our planet. Essential oils are high-frequency molecules of enormous healing power.
In Sanskrit the word for medicinal plants “OSHADHI” the healing power of light is directly expressed. Oshadhi = carrier of = “Ojas”, means “carrier of light and consciousness”. It is certain, that the seers of old knew that light is the “stuff of life” and that medicinal plants carry with them a precious inherent bio-luminiscence or – we would may be say today -“quantum messenger signals” which can help to assist us in our life against all kinds of ailments of the human specie.
Bergamot essential oil, as a Citrus oil, is a magician of the Sun. Its fragrant beauty is created by a rare and harmonious balance of diverse odour compounds resulting in an experience combining fruity-sweet notes with a lively freshness. It is a choice oil for adding happiness and enthusiasm to our life. Just breathing in a whiff of the oil makes us “jump in the air” with joy.

The sunny nature of essential oils, specifically of the Citrus oils group, is certainly one reason why people feel so much attracted to aromatherapy in the Northern countries and even more so during the long winter months. The massive use of Citrus and specifically Bergamot oils in the perfumery and food industry (i.e. Earl Grey Tea, Greek candies, cookies, etc.) and particularly in aromatherapy has certainly to do with the “happy” character of this special botanical group. Bergamot oil (and other Citrus oils) has given rise to countless formulas, many of them extremely helpful to alleviate stress, nervous exhaustion, depression and also physical ailments originating from these.

Photo-sensitive

The oil is a major compound of numerous colognes and perfumes. Due to its highly photo-sensitising character stemming from its so called “furocumarin” compounds Bergamot oil must be re-distilled by molecular distillation in order to obtain a furocumarin free oil (FCF) which then can be used for perfumes, colognes, and cosmetics. For aromatherapy use, the total oil including the furocumarins, is generally preferred. However, for massage and facial oils as well as for any formula implying skin contact the FCF oil is a MUST in order to avoid unwanted pigmentation of the epidermis which appears rapidly if the skin is exposed to direct sunlight.
Bergamot fruit

Bergamot oil benefits
On a physical level Bergamot is:

- A good anti-septic and can be used as additive for wound-healing.
- Helpful in case of skin and circulatory problems (eczema, psoriasis, acne, cold sores and varicose veins).
- An immune system booster making it an interesting complementary medicine in case of cold, flu and even herpes, malaria etc. (also to add i.e. to other immune booster essential oils such as Conifer oils, Thyme oils, Ravintsara, etc.)
- An adjuvant for certain digestive problems due to its bitter-tonic properties similar to bitter Orange oil. As such it may be taken mixed with honey and diluted in lukewarm water.
- Increases appetite and relieves spasms of the intestinal tract.
• Used against cystitis (often together with Sandalwood oil) and for its tonic action on the uterus.

• On the emotional and mental level Bergamot oil

• Is an effective anti-stress remedy and anti-depressant for it uplifts the spirit, harmonies an agitated mind bringing it back to “order”, focus and inner peace.

• Has both sedating as well as tonic and revitalising properties

• Helps against insomnia

• Is a good choice in case in case of burn-out syndrome

• Is good to use as an “ambient” oil in a diffuser, especially during the colder winter season given its anti-bacterial properties.
Scientific studies

Research on aromatherapy indicates that various essential oils, including Bergamot, can help to relieve stress, anxiety, depression, and other mood disorders.

Inhalation of essential oils communicates signals to the olfactory system, stimulating the brain to exert neurotransmitters (e.g. serotonin and dopamine) to regulate mood. Human studies have shown that aromatherapy treatment with Bergamot essential oil reduces anxiety and other symptoms of physical and psychological stress. (Source)

In one study recently published in Evidence-Based Complementary and Alternative Medicine, Bergamot aromatherapy significantly reduced anxiety in patients scheduled for day surgery.

A total of 109 patients were randomly assigned to 30 minutes of Bergamot essential oil aromatherapy using an ultrasonic aroma diffuser or placebo therapy (water vapour). All those exposed to Bergamot essential oil aromatherapy showed a greater reduction in pre-operative anxiety than those in the control group. Compared to baseline, those undergoing the Bergamot essential oil aromatherapy exhibited significant decreases in anxiety scores, heart rate, and blood pressure, whereas no changes were observed in those in the placebo group.

A Sun-battery for life

Bergamot oil and all essential oils in general are an expression of the inherent magic of Mother Nature to create “Sun-batteries” for life. They are the result of a special cosmic interaction of plants with Light. The “biochemistry of light” plays a major role in the Citrus group where the essential oils are stored mainly on the outer sphere – the rind – of the fruits which are directly touched by the light of the Sun – and this, very exceptional in Nature, until mid-Winter!

The fact that Citrus fruits are usually harvested not before end of January makes it possible that Bergamot can absorb different qualities of Sun light from summer throughout autumn until winter. The oil reflects this amazing “photonic” richness of radiation in its very special energy build-up.
Sun-light simply underlies the totality of plant life creating the basis for the miracle of photosynthesis. Thanks to their chlorophyll plants act like photonic power blocks capturing the energy of the Sun and transforming his light into biochemical energy. With this the plants – from the atomic and particle level – are able to transform an-organic molecules into organic ones which then form the basic building blocks of life.

It is from here that the plant, according to its specific genetic code, will create its “hardware” such as glucose, oils, waxes, fibres etc. Glucose will be transformed into essential oils stored in specific glands. Apart from the allopathic and germ-protective character of essential oils they may also serve as energy reservoirs. It often happens that plants will take recourse to their photonic energy stored in essential oils if they lack Sun light – for example caused by sudden climatic changes, extended rain falls etc. All this incredible alchemy of the plant: nothing but materialised Sun energy for helping precious life processes to expand in the Universe.
Enhancing the inner light

Bergamot’s character is warming and softening. It strengthens the inner fire of the heart and creates waves of joy by means of its powerful anti-depressive character.

In terms of Anthroposophic understanding (Dr. Rudolf Steiner), but also, according to Ayurvedic principles, the thermic energies of the cosmos (mainly Sun light, but also Moon light and Star light) first act upon the “thermic organism” in human physiology and find their spiritual counterpart in the higher Self or “Atma”, the inner Light or our inner “bliss centre” which radiates from deep within our being.

Rudolf Steiner and his disciples also have often spoken of the intrinsic property of the Citrus fruits and their oils to organise life by means of their capacity to bring order to the entropic tendencies in Nature – always present in its game of polarities. Rudolf Steiner has specifically associated the Citrus family (Rutaceae) with the sub-tropical character of the Sun with its specific radiation and its uplifting, invigorating quality.

It may be interesting to note that one of the major compounds of the Citrus oil group, namely limonene, has given rise to a number of interesting research studies in the context of cancer therapy.
To say it again: all essential oils are the direct result of a strong harmonising or balancing energy process which mainly stems from the cosmic (mainly solar) influence onto the plant and which transmits itself onto us via multiple levels when we use these oils for our own approaches of health and well-being.

Bergamot oil: a marvellous jewel in the crest of aromatherapy – a fragrant gift from the heart of the SUN.
The Unknown Benefits of Ginger Hydrolat

There is a rare gift of Nature whose amazing benefits are not yet well known. This is Ginger hydrolat!

Ginger was among the first oriental spices to reach Europe. Native to Southeast Asia, ginger is considered in Ayurveda as a must cure because it increases Agni (digestive fire) and decreases Ama (toxins).

In aromatherapy it is found mainly as an essential oil. However, there is also a far less known ginger product… floral water! Indeed, after distillation of the rhizome of this tropical perennial, a hydrolat is obtained whose fine herbaceous scent and warm spicy taste will seduce you.

**Its benefits on our body**

The Ginger hydrolat stimulates the appetite, digestion, immune and sexual desire while fighting against stomach problems. On the other hand, it relieves pain, inflammation, spasms and coughing. In addition, Ginger hydrolat fights infections and allergies. In cosmetics, it helps reduce dark circles and tones the skin and strengthens hair.

**Its blessings on our mind**

The Ginger hydrolat warms the heart and lightens the mind. It is ideal to dispel guilt, shame and insecurity.

*If nauseous:* drink a cup of warm water with a teaspoon of ginger hydrolat and a teaspoon of basil hydrosol.

*In case of lack of appetite:* drink a cup of warm water with a teaspoon of ginger hydrolat and a teaspoon of mint hydrolat half an hour before meals.
For bloating or indigestion:
1. Drink a cup of hot water with a teaspoon of ginger hydrolat after meals.

2. Rub the belly with a few drops of ginger essential oil in case of pain.

For constipation: mix one teaspoon of hydrolat Ginger with honey, a drop of essential oil of red mandarin and some apple juice.

In case of fatigue, stress or agitation:
1. Spray the Ginger hydrolat on the face and wrists.

2. Add 2 ml. Ginger hydrolat in the bath water.

3. Drink a cup of warm water with a teaspoon of ginger hydrolat.

4. In parallel, massage the solar plexus with ginger essential oil.

For hay fever: make a remedy for 40 days. Blue Chamomile and Ginger hydrolats one tablespoon of each in one litre of water to drink during the day.
Cardamom
The Queen Spice

The Cardamom plant is perennial and grows 2 - 3 m in height. It has white flowers with reddish to bluish stripes. The fruit capsules (pods) grow near the ground and contain the seeds which are used as spice. They are gathered before they are ripe to prevent bursting during the drying process which would lead to loss of the essential oil. The essential oil is gained through steam-distillation of the seeds. The main producing country today is Guatemala.

Cardamom flower

Cardamom has been a domestic spice for more than 3,000 years and was and is profusely used in India, Sri Lanka and all over South East Asia. The Egyptians already used Cardamom oil for their ceremonies and their perfumes. The spice was later brought to the West and became well known by the Greek and the Romans. Hippocrates already mentioned Cardamom in his scriptures and recommended it for sciatica, abdominal pains, spasms nervousness and respiratory problems. It was also considered to be a good medicine against epilepsy, stiffness, paralysis and rheumatism.
The physicians of the old School of Salerno prescribed Cardamom against cardiac disorders, and mentioned it as a good diuretic and stomachic remedy. In South Asia, Cardamom seeds are used to treat inflammations of the gums and throat. It is also used therein diverse medical powders and beverages, often together with other ingredients to be used as a laxative and for soothing the stomach.

Cardamom’s unique and intensely aromatic fragrance make it a choice spice oil for teas and numerous food preparations. With its fresh and at the same time spicy-warm, slightly woody-sweetish odour on a background of a citrus top notes it is also widely used in modern perfumery.

From an Ayurvedic perspective Cardamom “awakens the spleen, stimulates Samana Vayu, enkindles Agni and removes Kapha from the stomach and the lungs. It stimulates the mind and heart and gives clarity and joy.” (Vasant Lad, Yoga of Herbs, p. 109)

It is also considered to detoxify caffeine in coffee and to neutralize the mucus forming properties of milk. Cardamom’s quality is “sattvic and it is particularly good for opening and soothing the flow of the pranas in the body” (Vasant Lad, Yoga of Herbs, p. 109).
Chinese Medicine describes Cardamom as a Qi tonic. It emphasizes, on one hand, its strengthening effect on the lungs and on the spleen, on the other hand, describes it as a nerve tonic and to give joy to the spirit. As such Cardamom may well act as an anti-depressant due to its ability to remove weakness of Qi.

The oil’s main effect lies in helping digestive disorders. Science has found out that Cardamom relaxes and tonifies the intestinal smooth muscle. Frictions with Cardamom oil on the stomach or 2 - 3 drops on honey help relieve indigestion, gas, and bloating. It is also indicated in case of nausea, morning sickness, colitis, irritable bowel syndrome, indigestion and cramps (British Herbal Pharmacopea). Dr Telphon, French author of “ABC des Huiles Essentielles (ABC of Essential Oils) recommends blending Cardamom oil in combination with Cumin oil and Peppermint oil in a basis of Olive oil to enhance digestion. It is also considered to reduce fever.

Cardamom’s refreshing eucalyptol compounds are also very useful - in combination with other essential oils such as Ravintsara, Eucalyptus oils, Spike Lavender, and Conifer oils - to prevent and relieve respiratory problems such as congestion of the lungs, coughing etc. With its anti-bacterial effects, Cardamom oil may also well be used as a mouth freshener for oral cleansing. It is also used in culinary preparations and baking or as an additive to herbal teas.

Due to its tonic-stimulating effects on the spirit Cardamom is useful in room-sprays and in aroma diffusers to refresh and clear the air and purify the atmosphere. It is excellent to change a dull and sleepy environment.
A few drops of Cardamom oil used on the stomach and solar plexus have a soothing-tonifying effect. Its warming-fresh character make it a beautiful oil in combination with carrier oils for massage formulas.

Cardamom oil is a true gift of Mother Nature. It conveys happiness and has an enlivening character which pleases the spirit and at the same time soothes the physiology. With its strong tuberculous roots groping deep and large into the ground (cf. Ginger, Curcuma, Galgant etc.) and - on the other side - with its vigorous green leaves stretching out to impressive height Cardamom is truly earthbound energy raised to a vertical fulfillment, pulling in the cosmic light and directing it down to the ground in concentrating it into its spicy sun-en-kindled fruits.

It is through these fruits that Cardamom reveals its true nature releasing a warming, comforting energy which is able to strengthen the human metabolic functioning and simultaneously helping to uplift and liberate the spirit from its bondage in its physical structure. It is this play between the forces of Earth (digestion) and Air/Ether (respiration), reflected in its biochemical profile and its therapeutic properties, that makes Cardamom oil a unique ally for a healthier and happier life.
Spring Allergies: Breathe Free And Enjoy The Renewal of Life

As we are heading towards Spring season the air is delicately fragrant with the first blossoms of almond trees. The humming of busy bees flying out of their hive, eager to spread their wings, of birds chirping their enchanting melodies, this is definitely one of the nicest moments of the year. Everywhere Nature is bursting with renewed energy, and beauty!

As the days get longer, within ourselves we can tune in with this effervescence swelling up in Nature. Our whole being feels like stretching with more energy and enthusiasm, eagerly stepping out of the more introspective Winter time.

However, for more and more people, Spring is also coming back with a very annoying problem: Spring Allergies. For the last few years, hay fever or “allergic rhinitis”, has become a growing concern for our modern society. Indeed more than 33% of the population in industrialised countries is affected by this problem which, according to the WHO, may touch 50% of the world population by 2050.
Why and how?

Spring allergies are mostly triggered by pollens. Even though these tiny carriers of life are usually completely harmless, they can provoke a strong reaction of the immune system which, at times, considers pollen as an intruder. Common symptoms are:

- Continuous sneezing.
- Itchy, watery eyes.
- Runny, itchy and congested nose.
- Decrease or total loss of the sense of smell.

And as a result one may feel totally helpless and drained from life energy.

Some decades ago our body would not have reacted the same way, because synthetic products, antibiotics, chemicals, and low quality food were not so commonly available. But today, with the presence of numerous additional “foreign” informations our immune system can easily be triggered into overreaction. Also, in today’s complexity of life with its manifold stimuli, our nervous system is increasingly challenged by stress. This is an additional factor for allergies.

Aromatherapy gives amazing natural solutions to get rid of allergic symptoms and help cure their underlying causes.

Are you ready to surrender with full enthusiasm to the inebriating breeze of this promising lush and colourful new season of Spring?

How to prevent and treat allergies with essential oils?

Some essential oils can be very effective to prevent and treat a Spring Rhinitis. They will soothe the symptoms of inflammation and itching of the mucous membranes, of skin and eyes, and help our immune system to release accumulated stress and nervous fatigue.
Tarragon (*Artemisia dracunculus*):

Here is the champion for allergies. Tarragon is highly regarded by folk-medicine, in many cultures the oil has also proven very beneficial for many kinds of allergies. Take directly 2 drops of Tarragon essential oil mixed in a teaspoon of honey three times a day to feel relieved. Tarragon has also strong anti-inflammatory properties that will diminish all the symptoms of rhinitis.

True Lavender (*Lavendula angustifolia*):

This beautifully fragrant and soothing essential oil will suppress allergic airway inflammations and decrease mucus secretion.
Roman Chamomile (*Chamaemelum nobile*):

In addition to being a strong anti-inflammatory, Roman Chamomile essential oil can help bring balance to the immune system and reduce or prevent allergic outbreaks. Traditionally used for numerous gastrointestinal conditions, this oil works wonders when the allergy arises from digestive disorders. Its gentle action makes it a choice oil against allergic skin inflammations (eczema, etc.).

Blue Tansy (*Tanacetum annum*):

Not to be confused with Tansy oil, also Blue Tansy oil has very strong anti-inflammatory properties.
A drop diluted in some carrier oil and carefully applied under the eyes can almost immediately soothe redness and itchy nose.

The marvel of Aromatherapy is that, each essential oil, with its large variety of biochemical compounds, is not only having one targeted effect but at the same time offers healing on many other levels of our physiology, mind, and emotions. Tarragon, Lavender, Roman Chamomile and Blue Tansy are also very beneficial in helping release anxiety and stress, and improve quality of sleep.

Moreover, they can assist for detoxifying the body and boosting the immune system.

**Prevention**

To avoid being affected by allergies, one can take internally these 4 oils two weeks before the risk period. Take one drop of each oil, diluted in honey or in a carrier oil, 2 to 3 times a week and all through the Spring season.

Along with this, one may like to consider a detoxification (see ‘Spring detox with aromatherapy’ article). This helps our whole body and immune system to handle the pollen that may come our way.

**Curing the symptoms**

When an allergy has started, one can take this same blend (as mentioned above) 3 times a day, 5 days a week and during three weeks maximum. Symptoms should fade away! Then go back to an intake of 2 to 3 times a week till the blooming season is over.

It can also be very helpful to complement this treatment with an external use. For that purpose, you can prepare a roll-on or a massage blend with the 4 oils and add some great expectorant ones, like Spike Lavender, Scots Pine, Ravintsara or Eucalyptus. These will improve the effects of the 4 other oils mentioned previously by relieving congestion and allowing clear breathing.
Returning to our connexion with Nature’s cycles

Nature’s rhythms are wonderful. They altogether reflect what is happening inside ourselves. In Summer, while sunlight is strong, life’s buzz is high, nature has unfolded its extreme complexity in the many flowers everywhere, and we are full of energy to move and explore the world around. With the return of Fall, Nature slowly prepares for its rest period, and we too are slowing down our rhythm, processing all the experiences from Summer.

Wintertime is a natural invitation to go inward, take more time for rest, we are rejoicing in cocooning, while Nature is asleep. In Spring, as the sap moves upward in the trees, so does the energy in our body. The bees are coming out, and start to clean their hives from all the dust and toxins accumulated during Winter.

When reflecting on the natural cycles of life, we realise that we are part of Nature, even if sometimes we may be disconnected from it. Could it be that our allergies are here to help us remember this essential link? Are we like a bee, do we also need to do some internal cleaning?

Fortunately, essential oils, with their harmonising effect, can assist us to find back the balance inherent in life. Tarragon, Lavender, Roman Chamomile and Blue Tansy are part of the many medicinal plants and essential oils that are here ready to support us in synchronising ourselves back with Nature’s rhythms, feel the joy of welcoming Spring, and open ourselves to its magical expression!
Some testimonials

“I suffer from seasonal allergies since years, I’ve tried everything like eye solutions and antihistamines without getting any results. This year, I decided to put an essential oil diffuser in my room and to diffuse Tarragon, Lavender and Ravintsara. I also bought in a pharmacy a nasal spray with essential oils. My eyes are no longer red and itchy! I can now enjoy Spring peacefully!” – Claire

“For my pollen allergies, I take Tarragon essential oil on a neutral tablet and I also use a little bit of homoeopathy. It’s the first time since many years that my eyes are not red and watery, and that I don’t have asthma during Spring.” – Christelle

“I have pollen allergies. I’ve been to an aromatherapy course and I use now tarragon essential oil and it’s truly miraculous. I smell it at the beginning of the day, then I put a drop on my solar plexus and I have no signs of allergy along the entire day. I do it three days in a row and I am allergy free for the entire week! Nature offers us so many solutions!” – Dominique
“I had a very strong allergic asthma (I almost died from it) and I also had eczema reactions in Spring. Doctors gave me cortisone, dozens of creams, sprays, etc.... With dismal results! I always felt attracted by essential oils but the medical experts always advised me against it.... Now, I take care of my health myself and I decided to only use natural products on my skin and in my diet. I no longer have asthma and my chronic eczema is gone.... All that in only one month! I find again the joy of going outside, I can now roll on the freshly cut grass... I wasn’t allergic to pollens, as I was told, I was simply allergic to chemical products!” – Sylvie

“I have very bad allergies, when they flare up, I refuse to take any drugs. My friend was visiting. She gave me some Lavender oil in my hand to inhale and I had such a wonderful experience. My allergies cleared up in few minutes and I was able to breathe and my eyes were cleared. I had no idea how powerful these oils were.” – Linda S.

“As I reached my mid to late 30’s my allergies got worse and worse. I decided to try an allergist. I started allergy shots, was put on all kinds of allergy medicine, nose sprays, and an inhalation device. The cost for all of this was getting out of hand and the insurance company was covering less and less. I said there has got to be something better than pumping my body full of all this!
I was introduced to essential oils and decided to try the Lavender oil. I put a drop on the bottom of my feet and a drop on my temples, sinus area (avoiding the eyes), under my nose, forehead and the stem of my neck. I did this morning and night. After a few weeks I noticed my sneezing and sinus congestion diminishing. I had stopped taking all the other medications.

I then made a roll on with Eucalyptus, Ravintsara and Scots Pine essential oil. This added to the Lavender oil really helped. I have continued to use both. And I carry the roll on in my purse and use this in place of my inhaler when needed.” – Cheryl E.
It is hard to believe, but eating French fries or any deep fried food at your home or in restaurants may be a hazard for your personal health and the ones around you. Is this just a provocative statement or is there more behind it? Well, Sunflower oil, Corn oil, Soy oil which are probably the most popular (and cheapest!) fats which we use in our cooking are oils belonging to the group of Omega (unsaturated) fatty acids – and these oils should never be heated.

Yes, the same Omegas that are known to be so great for our health... It turns out that scientific research shows that all so called unsaturated fatty acids get deeply transformed by heating and allow toxins to penetrate through the cell membranes of our body. Sunflower oil, i.e. heated up to over 200 degrees Celsius to become Margarine, is just another example of an incredible “industrial error” leading to unhealthy, even dangerous dietary habits.

What is behind this?

Starting in the 1950's, a German doctor, developed an anti-cancer diet on the basis of organic Linseed (Flax) oil in combination with organic cottage cheese. This diet has until today an incredible success in the treatment of diverse types of cancer and has brought to light the enormous importance of threefold unsaturated oils based on their hidden connection with the photonic power of the Sun.

Dr. Johanna Budwig, with degrees in medicine, physics, pharmacy, and biochemistry, was the Germany Central Government’s Senior Expert for fats and pharmaceutical drugs and pioneered research on the connection between quantum mechanical processes and behaviour of cell-systems – especially when exposed to electron-rich (Omega-3) oils like Linseed oil. According to her findings electron-rich foods act as solar-resonant fields in the body to attract, store, and conduct the sun’s photonic energy in our bodies.
The sun’s power of cosmic light, one can say, is not only food for the soul, but a vital element of nourishment for the body as a whole. Humans are living naturally on “Sun diet” all the time; that is the reason why we in the Northern hemisphere are “sun-hungry” after the long winter months and cannot wait to see the days becoming longer again in spring to let our cells feed again on the most “satiating” element on Earth: Sun light.

But Dr Budwig’s findings have also clearly shown the devastating effects of commercially processed (heated) fats and oils. In attacking the bio-chemistry of our cell membranes and thereby lowering the electro-magnetic energy charge in our body, these fats have become one of the major causes of chronic and terminal diseases such as cancer, diabetes, cardio-vascular problems etc. But how many are really aware of this? Dr Budwig discovered that when unsaturated fats have been chemically treated, heated, refined etc. their nourishing qualities are destroyed and they become toxic because the field of electrons of the cell membranes is removed – meaning: 60-75 trillion cells in our bodies stop to “fire” properly.

We are “bodies electric”

What we have forgotten is that we are “body electric” (American poet Walt Whitman) or, as Robert E. Becker says about our modern life style in his famous book The Body Electric: Electromagnetism and the Foundation of Life:
“Our bioelectric selves” are more and more exposed to numerous “physiological hazards of various electro-magnetic pollutions”. Our wrong dietary habits to heat and cook with unsaturated oils such as Sun-flower oil, Soy oil and the like belong to these hazards.

Mike Vrentas from the Independent Cancer Research Foundation explains: “The cells of our body fire electrically….. We are all aware of how fats clog up our veins and arteries and are the leading cause of heart attacks, but we never looked beyond the end of our noses to see how these very dangerous fats and oils are affecting the overall health of our minds and bodies at the cellular level…. The fats ability to associate with protein and thereby to achieve water solubility in the fluids of the living body—all this is destroyed,” or, as Dr Budwig puts it:

“The battery is dead because the electrons in these (healthy) fats and oils normally recharge it.”

Mike Vrentas added: “When the electrons are destroyed the fats are no longer active and cannot flow into the capillaries and through the fine capillary networks. This is when circulation problems arise.”

**Dr Budwig’s protocol**

With regards to cancer therapies, Dr Budwig did not believe in the use of tumour growth-inhibiting treatments such as chemotherapy or radiation, as for example expressed here: “I flat declare that the usual hospital treatments today, in a case of tumorous growth, most certainly leads to worsening of the disease or a speedier death, and in healthy people, quickly causes cancer.”

Dr Budwig: “I found testimonials of people from around the world who had been diagnosed with terminal cancer (all types of cancer), sent home to die and were now actually cured and living healthy, normal lives.”

Not only had Dr Budwig been using her protocol for treating cancer in Europe, but she also treated other chronic diseases such as Arthritis, Heart Infarction, Irregular Heartbeat, Psoriasis, Eczema (other skin diseases), Immune Deficiency Syndromes (Multiple Sclerosis and other Auto Immune Diseases), Diabetes,
Lungs (respiratory conditions), Stomach Ulcers, Liver, Prostate, Strokes, Brain Tumours, Brain (strengthens activity), Arterio-sclerosis and other chronic diseases.

Dr Budwig’s protocol proved successful where orthodox traditional medicine was failing. Since Dr Budwig also mentioned the positive effects of her diet on the brain, Multiple Sclerosis, ALS “Lou Gehrig’s Disease”, Parkinson’s disease, and Alzheimer’s disease her protocol could have the greatest impact early into the disease, and could very possibly reverse these diseases entirely.

Dr Budwig states: “No brain function can take place at all without threefold unsaturated fats. Without any doubt, every function of the brain – and this has been scientifically proved – needs the very easy activation effect of three fold unsaturated fats.”

“The same applies to nerve functions and for regeneration within the muscle after strenuous muscle activity, in the so called oxidative recovery phase during sleep. This process requires the highly unsaturated, particularly electron-rich fatty acids as in Flax seed oil. So, when I wish to help a very sick patient, I must first give the most optimal oil I have. My opinion is Flax seed oil.”
Fortunate we are today

Today, 60 years after Dr Budwig’s research, we are in a much better position than the patients of her time. The availability of numerous poly-unsaturated Omega-3 oils has largely increased since then. Oils such as Chia oil, Camelina oil, Sacha Inchi oil, Perilla seed oil, Rosa mosqueta oil etc. offer interesting alternatives to the unfortunately very unstable Linseed oil. They have high amounts of alpha-linolenic fatty acids (Omega-3) in a similar balanced ratio with alpha-linoleic acids (Omega-6) and other fatty acids. My personal experience shows that there is hardly any organic food store today which can offer a pure Linseed oil which has not undergone oxidisation and therefore has become inefficient if not harmful to the body. The bitter taste of the oil appears within maximum 2 months after cold-pressing at the oil mills – too little time to pass unharmed through the vendors’ chains of whole-sale to retail markets and to the final end-customer.

Sacha Inchi

So let’s hope that after all this amazing research on the omega-oils during the last decades and the growing awareness of the public for a more balanced lifestyle and healthy food the omega-3 rich oils – used in a correct way – will be more and more understood in their enormous value for our health. The “topic of fatty degeneration” as Udo Erasmus calls it in his famous book (Fats that heal, fats that kill) is a most pressing one.
Two third of the population in affluent countries are dying of degenerative diseases today largely due to obtaining “too little of many essential substances leading to sub-optimal deteriorating health which in turn leads to degeneration due to malnutrition” (U. Erasmus). It is high time to change. The paradox in this is that a “reversal of degenerative conditions is possible in most cases.” (U. Erasmus). We just have to continue to identify the missing elements for a healthy life – and this notwithstanding the challenges of our modern societies which are so much driven by a highly demanding, often hectic and stressful lifestyle.

Is this not enough of a reason to become more intelligent in our observations, more “clever” in our choices, and more adamant in our pursuit for real happiness, so that we may live and prepare the way for a life worth living, healthy until old age, without the threatening “Damocles sword” of life-killing diseases hanging over our destinies? I think that the answers of many of our most vital questions are already there. If we look around carefully and keep listening we can feel the sap of life running through us inside. And in its vibrating murmur we hear it whispering: “where danger appears, the rescue is growing too” (Friedrich Hölderlin, Patmos Hymn).
Aromatherapy For Raising The Spirit
A new understanding

The uprise of new methods combining the use of essential oils with massage, chakra therapy, auric cleansing, visualisation, meditation and other natural approaches to healing, self-healing and self-development is a timely development. Of course, the physical properties of essential oils have been well studied over the past few decades – but mostly with the goal to define their olfactory impact in the area of perfumery and flavouring.

A more systematic understanding of the therapeutic values of essential oils and also of the subtler impact of aromatic molecules is coming up now – and with it we gain more and more precious tools for their application in the field of energy medicine. Substantial knowledge for the new corporation of healers and patients is thus made available to dig deeper into the finer understanding of health, prevention and self-care.

This corresponds to the shift in modern awareness from the merely matter- and symptom-orientated understanding of modern medicine with its synthetic drugs towards a more psycho-somatic and nature based holistic medicine which takes into account the “mind-body-unity” and which favours natural drugs mostly derived from medicinal plants.

Aromatherapy, energy medicine, vibrational healing, subtle body therapies, chakra methods, etc. are now the next steps, taking us towards a “mind-over-matter” understanding which experiences that consciousness is the prime mover of everything and therefore truly responsible for our spiritual as well as psycho-physiological destiny. This implies nothing less than the recognition in our thinking that we are more than mere physical bodies.

It may also imply that we have to re-introduce the “soul” into both modern science and medicine. It also implies the existence of indestructible energy fields in AND around us which are expressions of our thoughts, emotions, memories etc.
And more than this: that we are responsible for these fields which can either heal or pollute, either uplift or degrade, either contribute to the happiness or the suffering of ourselves and of our environment. Even science today understands that more than through verbal or body language we communicate through vibrational or energy exchange – but also that we have to protect this energy and, if it is disturbed, we must ease and enhance it through the right approaches “from inside” before it “somatizes” itself and becomes physical disease.

Mind over matter

This is nothing less than a quantum leap for the western mind, but it actually means that we are just catching up with a truth cognised since eons by eastern philosophy as well as ancient medical sciences.
Indian Ayurveda or Chinese medicine have since time immemorial encompassed the cosmic totality of the patient in their healing approaches and have ever emphasised the priority of the “subtle” energies of consciousness over the gross, material body, the latter being nothing but a form of contraction or condensation of the finer, un-manifest levels of life. Disease, according to Chinese medicine, means disturbing the intrinsic “harmony under the heavens” and implies therefore a collective responsibility for using various – also psycho-spiritual – healing approaches in order to bring the patient’s system back to balance.

Ayurveda uses the word “kosha” (vessel) for the major “sheaths” or energy-bodies that make up individual life – and to understand it well: life from the gross material “food-body” (annamaya kosha) – which we often mistake in the West for the total – through the subtle energy bodies (pranamaya kosha etc.) to the final “body of bliss” (anandamaya kosha).
The disruption of bliss through violation of natural law is – according to Ayurveda – the first step away from health. Charaka, the famous Ayurvedic physician who lived a few thousand years ago, holds that “pragyaparadh”, the “error of the intellect” or error of understanding, of our willing and our remembering are the primary causes of disease.

Only a step from here, and we have to admit that we are truly our own preservers as much as we are our own destroyers of happiness and health. Well-being or disease become a function of our own emotional and cognitive-intelligence: as you metabolise your emotions and desires, as you increase the scope of your understanding of the numerous life processes, of your relations, of your evolutionary path or “dharma”, as you remember (and forget or forgive) so shall you enjoy long life (Sanskrit : “Ayus”) and happiness in the direction of bliss, you “sons of immortality” as Ayurveda addresses the human kind.

**Energy is joy**

What a program! As students, I remember, we used to discuss whether cultures or “mentalities” could be understood as happier than others in an objective way. We came to the conclusion that happiness was merely a subjective term, and that in the final end nobody was happier than the other. I have changed my thinking since then. And I must say, that medicinal plants and essential oils have played a major role in helping me to understand and experience more of the secret realm of bliss in the human soul. “Energy is joy”, William Blake, the famous English poet, says. This is a profound truth, especially if we look into the hidden energies of our mind and body as we can experience them in deep meditation and union with nature – or in a loving aroma massage with the grace of our helpers and companions since eternities, the medicinal plants.

Chinese medicine states that if people would massage each other more there would be less wars. Montagu or Liedloff have written about those who in their lack of the loving touch in early childhood become the typical representatives of the neurotic schizoid personalities of our time, exhibiting in their fearful-aggressive substructure a thirst of touch-experience that has never been quenched. In the 19th century the mortality of small children in orphanages was extremely high.
This was not due to a lack of hygiene, but due to the fact that the little souls were not hatched, not cradled, not touched enough – not loved enough. What amazing miracles we can create today in adding essential oils to our “loving touch” massage offered to the dear ones around us – or to ourselves…..

It seems that we are at the verge of a collective shift in terms of an understanding of our need for the pure healing-touch. Aggression and unnatural behaviour have increased to such an extent in modern day-to-day life that it seems hard for the individual to survive unharmed. Our culture calls for a return to true nature, to silence, to spirituality, to our God-given right of bliss. Many of the culture pioneers of our time – those who carry the messages of new understanding and behaviour into the world – many of them are busy increasing new rites of the profane, celebrating in an ever increasing exhilaration the magic of one of the closest encounters on the physical level human beings can enjoy together: the “mystical union” of the aromatic touch-and-heal.

**Smell and touch**

The rediscovery of our sense of smell and the accompanying changes therefore in our appreciation of natural versus un-natural scents i.e. through aromatherapy go hand in hand with the rediscovery of our sense of touch.
In an enlarged way we can say that something has to smell in order to touch us. Even the spermatozoids direct themselves through the sense of smell through the uterus before getting in “touch” with the ovum. The olfactory bulb in mammals has contributed largely to the development of sensitivity and emotions in mammals. Sentiments and affection are to quite some degree based on a positive “reception” of those millions of substances which our “receptor cells” in the nose (hopefully) identify as pleasant.

But in an aroma massage the frontal and posterior “doors” of the central nervous system are opened simultaneously through “smell” and “touch”, activating an incredible symphony of neuronal connections in the brain, brain-stem and spinal cord, giving rise to a powerful release of “happy” neuro-transmitters, shedding light and warmth on the “frozen” image of the god and goddess in us, moving and melting the stases and “meta-stases” of our what Ayurveda calls “kleshas” or life traumas into the ocean of preconscious bliss where “mother is at home” and “paradise lost” is no more. Nowhere essential oils can unfold their full therapeutic energies more than by means of an aroma massage in a pure, spiritual setting, under the warm loving strokes of the heart. Any anger, any fear, any relational problem, can thus be “stroked away” with the powerful messenger substances distilled from the core of nature.
Plant consciousness is ancient

When nature started the theme of essential oils in the conifer trees a good 200 million years ago, the human species was not yet present on this planet. Aromatic substances were used by the plants to defend themselves against the increasing numbers of germs and certainly also for “territorial” allopathic identification. But in a spiritual sense we can take the first terpene molecules of the conifer family as a promise for future celebrations between plants and man. From here, the cosmic force of “aromatic light” began its quantum dance through the endless chain of ever new and more complex vegetal existences, ever more complex molecules of aromatic substances until a full palette of “colours” was reached and the full spectrum of vegetal and human lives could touch and nourish each other.

Plant consciousness is ancient. Looking at plants means to look back at hundreds of millions of years into primordial universal intelligence. It fills us with awe if we remember how much time nature has invested to present a Lavender, a Rosemary, a Thyme, or a Jasmine to us. It is time-tested medicine, wisdom of the earth combined with the wisdom of the cosmos. Plants have experimented with the elements and with physical manifestation long before we did here. Rig Veda, the oldest text of mankind, speaks about the plants as having been sent from heaven unto material existence for the divine purpose of life and assistance to the higher species like animal and man.
They prepared the way….. Chlorophyll, the most powerful molecule on earth, under the high energies of ultraviolet light, first had to break up carbon dioxide into carbon and oxygen, providing not only the basis for our breathing but also for all organic life on earth. This could first only happen in the oceans because on land volcanoes were spitting continuously methane, ammoniac and carbon dioxide into an atmosphere pierced by ultraviolet light of such intensity that it ravaged the land and rendered it sterile. It took a long while for the plants to conquer the land….. But their adaptive intelligence and patience won over time.

Plant wisdom has made it possible and nourished human and animal life since eternity, and it has provided food, shelter, clothes, medicine and much more than that ever since. In their passive loving care plants exhibit a grace and beauty which we as human beings often lack. They are truly messengers from beyond, linked to the angelic or devic energies of the universe – and we owe them gratitude, love in exchange and – nowadays – also ecological ethics.

Between the powerful phenolic “red” or “incarnated” frequencies of an Oregano oil and the subtle “dis-incarnating” ketonic “blue” frequencies of a Sage oil vibrate numerous mysteries of the evolutionary plan of life. The aromatic rainbow colours of the medicinal plants and their essential oils make the invisible visible, exhibit energy patterns, tastes and fragrances that are directly linked to manifold curative effects – powers which we still have to penetrate and understand more fully. Their link with the rainbow colours of the human subtle energies seems obvious, and yet, we are merely “scratching the surface” of a deeper knowledge which only authentic experience through resonance and intuitive union or “seeing” will unveil.

“The roots of this tree grow in Heaven”

The understanding of the subtler and therefore more potent levels of life in the universe is the key for man to „decode“ the many secret languages of plants. It will give the human kind – maybe for the first time in history – the possibility to establish a new kind of “fusion through knowledge” with the plant kingdom and through this come nearer to the UNIVERSAL Spirit which governs all life forces in plant and man simultaneously.
The Rishis or “seers” of old from the Vedic civilisation called the plants “Oshadhi” which means “carrier or receptor of light energy” (Ojas) or “vessel of transformation of light”. This is a wonderful notion. Not only that plants use the batteries of sunlight with its full spectrum including the important infrared and ultraviolet rays (and what is beyond) for photosynthesis, but they also transform the lunar and stellar light and the all-pervading invisible cosmic “light-divine intelligence” – the “agni-vaishvanara” of Rig Veda – into auric or bio-photonic energies which we as human beings only slowly come to understand in our days. Matter and energy fields combine in all living structures.

They are the two complimentary omnipresent poles of creation and being, the Yin and the Yang, the Prakriti and Purusha (Veda), Nature and Spirit. Modern man is about to uncover the hidden link between these two, himself more incarnated than ever before – and more than ever before collectively spreading his roots out into the subtler realms of creation and beyond. Yes, “the roots of this tree grow in heaven” as Rig Veda declares. The tree is our own subtle life force, our subtle energy body branching out like an “upside-down-tree” into cerebro-spinal vibrational intelligence – it is the cosmic human being which we are meant to be and to be-come.
Plants have the advantage to “feed” in a most harmonious way upon these cosmic vibrations and to radiate them into the world. Their essential oils are concentrated energy carriers and messengers of the great universal “power plant” which nourishes all life from an unseen reservoir of light, forever full for all eternities. Human love which is the best expression of this light on earth, finds itself deeply enhanced in subtle energy massage and thus links itself back to the inner light of universal love, bridging the gulf between matter and energy, form and formless, “above and below”…

… Helping to join the banks of separation for moments of unity and bliss.