

Aromatherapy

HEALING, HEALTH,

SPIRITUALITY & MAGIC



Honeysuckle – Ring candles w/this to attract money, rub on forehead to increase psychic powers. If it grows near your home it will bring good luck. Sweet floral scent.

Hyssop – Green, herby, spicy aroma. Encourages awakening, acceptance, courage, & clarity. A quintessential cleaner of the spirit. (Do not use during pregnancy or if epileptic.)

Jasmine – Sweet rich floral scent that lingers. It softly embraces your spirit & heart. Uplifts the spirit to the joys of the universe.

Juniper – Fresh, woody fragrance that protects, cleanses & purifies. Helps us to complete the task & learn the lesson! A very sacred herb – can stimulate visions. To the ancient Germans was considered the *Tree of Life*.

Lavender – Fresh, floral scent that embodies the love of Mother Earth. Gently lifts deep sadness & depressions to facilitate emotional healing. Used in love spells & wish fulfillment.

Lemon – Clean citrus scent that encourages clarity & direction. Represents the fruitfulness of earth & life, which is bittersweet. Helps maintain health & cleanses the body. A good tonic.

Lemongrass – More straw like aroma than lemon, helps free ego from false pretenses, clears guilt/blame/shame. Uplifts, encourages & balances. Assists in making good choices.

Lotus - Long revered as a mystical symbol of life, spirituality & the center of the universe. Offers blessings by the Gods & insures good luck. Used magically to open locked doors.

Myrrh – Bumed to Ra at Noon in ancient Egypt. Purifies, lifts the vibrations, promotes peace. Often used on magical tools and before religious ceremonies w/Frankincense. A rich, bitter scent.

Musk - Hidden, sensual, mysterious & deep – musk is the basis for most perfumes and is used in attraction.

Neroli – A very radiant, sweet fragrance that helps the spirit soar & touch the realms of the angels. Anyone who uses it is brushed with the light of the angels' wings. Allows us to reflect and release old patterns of relating. Encourages self- and unconditional love.

Orange - Fresh, tangy citrus that is imbued with the energy of sunlight and the radiance of the stars. Aids in divination, letting go, & obsessions.. Chinese symbol of good luck & fortune

Patchouli - Smells like rich earth – used in money, love, & emotional healing . Brings with it the sacredness of life. Also a fragrance for making things happen. Helps liberates us from our boundaries.

Peppermint – Minty & fresh, this herb raises the spirit to better understand the mysteries. Soothes, calms & uplifts. Can also be used to stimulate the dreamtime so that we remember our dreams.

Pine – Purifies, cleanses the air. Teaches generosity of spirit & encourages humility, trust and perseverance.

Pomegranate – A fertility fruit – the seeds have been eaten to increase fertility. Used in oils/incense it is used to increase wealth & help wishes come true.

Rose – Long used in love mixtures, it also eases the sorrow of the soul & vibrates with the energy of universal love. “A breath of rose is like the beating of angels' wings.” Roses in the garden attract fairies.

Rosemary – Woody/powerful scent that helps us perform the necessary spiritual tasks along the way & assist others as well. Aids in memory & youthfulness. Used to attract elves.

Sage – Cleanses & purifies the room & spirit. Sage is a protective spirit for those not afraid of working with spiritual forces. Promotes clarity, courage & wisdom. Can be used to call forth the celestial spirits to protect, heal & defend the human spirits & Mother Earth.

Sandalwood – Rich woody fragrance used for protection, healing, spirituality & exorcisms. Helps you have the courage of your convictions. Very comforting & inspiring aroma.

Sweetgrass – Very sweet scent used to bless & call spirits before rituals, spells or blessings.

Vanilla – The essential oil is used to uplift the spirits & increase/ sweeten love. Also calms, relaxes, softens anger, frustration & irritability. Reach for vanilla instead of chocolate! Do not use baking vanilla.

Vetivert - Musty/earthy scent that awakens the deep secrets of the soul & heart. Stops the swirling of the mind & turmoil.

Vervain – A very ritualistic herb used to cleanse the altars of Jupiter. Also the daughters of Druids were initiated with a crown of vervain. A common ingredient in love spells & protection. Also used in healing & prophecy. Vervain placed in the home protects against lightning.

Ylang Ylang – Exotic, soothing & sweet. Helps open your heart to the pleasures of Love. Encourages joy, warmth & sensuality.

Compliments of Universal Church of the Essenes

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THE POWER OF FRAGRANCE

*Compliments of Universal Church
of the Essenes*



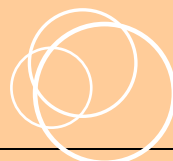
A BRIEF HISTORY

For over the past 40 years researchers have been discovering the effects of aromas on our being – they stimulate and calm our emotions, and assist in healing. Shamans, healers, priests and ceremonialists have used scents for thousands of years to awaken our psychichness and deepen our spirituality.

Witness the rich aroma of incense burning in many churches, shrines and home altars throughout the world. From the fragrant bundles of sage, cedar, sweet grass and lavender burned in Native American Sweat Lodges to the smoldering clouds of smoke in Jewish homes, Buddhist Shrines, and other sacred places – the essential oils are released from the plants into the air to invite the Spirits into our lives. By being fragrant or burning fragrant herbs, a bridge can be formed to the Divine.

It is said that essential oils are captured light form the stars ... when released, they raise our vibrational level, change our brain's chemistry, and stimulate our cells to instigate a series of reactions leading to self-transformation.

The Plant World brings us a gift of energy, power and healing. All we need do is call them into our lives and use them with intent, focus & love. Live and dance in the harmony of Mother Earth by availing yourself of the magical properties of herbs and aromatherapy. It is a wonderful journey of the mind, body & spirit that can help heal the soul, and is yours to discover!



USES

Anointing	1-2 drops in an organic vegetable or almond oil
Baths/Showers	1-6 drops in water
Body Oils	10-20 drops in 1 fluid oz. of oil
Candles	1-4 drops/candle, around the wick
Diffusers/Burners	6-12 drops – diffuser is usually used for spiritual practice only
Fires	1-2 drops/ log
Hands	1 drop in center of palm, bring hands together... rub/pray
Incense	3-5 drops/stick or cone
Room Spray	6-10 drops in a plant mister – ½ pint water, ¼ tsp. salt – add oils & shake
Vision/Dream Bundles	1-2 drops
Washing Feet	1-2 drops

SELECTED FRAGRANCES

Almond – Used in prosperity & money spells. Often used in making magical wands.

Amber – Warm, smoky with a faint citrus undertone. Encourages harmony, balance, inspiration, visions & inner knowing. Assists with understanding the Great Mystery.

Bergamot – Sweet, fruit citrus w/spicy floral undertones. Soothes frazzled nerves, relieves depression, uplifts, opens the heart, illuminates the soul. Inhale before bedtime for peace, happiness & restful sleep.

Carnation – Rich, spicy, honey clove scent. Promotes healing & strength – offers protection.

Cedar – Warm, sweet, woody aroma. Embodies stability/balance, fortifies a weak spirit. Cures bad dreams & gives protection. "The Spirit of the Ancients"

Cinnamon – Warm, spicy & sweet. A favorite of Venus, was also used as an anointing oil by the Hebrews. Promotes spirituality, love, energy, & stimulates psychic powers.

Cypress – Known as the tree of death, cypress is used in times of grief as it allays worries & soothes the mind. Quite protective when used around the home as an astringent & healing smoke. Also 'banishes' fleas from dogs. Warm, woody & spicy aroma.

Dragon's Blood - Used primarily for protection & will drive away negativity & evil. May also be used to increase the potency of other oils/incenses.

Eucalyptus – Woody, camphor-like aroma w/faint peppermint undertone. Aids in relieving colds & sore throats. Wakes the spirit of our own healer within. One of the fragrances that exists on an angelic frequency to encapsulate the spirit within the physical form.

Frankincense – Warm, balsamic, spicy incense-like. The ancient Egyptians burned it at sunrise to honor Ra. Many churches still use it for their incense mix. Very powerful ... uplifts/protects/purifies. Holds the wisdom of the ages in its essence.

Gardenia – Used in love, peace and healing spells. Resonates with the Moon's energies. Attracts good spirits.

Ginger – A stimulant that brings courage & strength to the week. Helps us to begin a new path ... brings success and true love.