In This Issue:

- Incense in India
- The Sacred Art of Anointing
- Lotus: Essence of Perfection
- Sacred Scents for Life Transitions
- Archangels and Associated Aromas
- Essential Oils with Mantras and Yantras
- Tribute to Some Beloved Aromatic Plants
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Sacred Scents: Practicing the Ancient Art of Ceremony, Ritual and Anointing

In this Issue:

4 The Sacred Art of Anointing ...........................................Allison Stillman, Aromatherapist
7 Sacred Scents for Life Transitions.....................................Pam Conrad RN, BSN, PGd, CCAP
10 Archangels and Associated Aromas................................Joni Keim, Certified Aromatherapist
21 Potentization of Essential Oils with Mantras and Yantras.....Candice Covington, Certified Aromatherapist
29 Incense in India: Visit to Mysore and the Story of Incense...Christopher McMahon
38 A Poetic Tribute to some Beloved Aromatic Plants............David Crow, L.Ac.
50 Lotus - Essence of Perfection........................................Christopher McMahon & Marge Clark

Editor’s note: Agarwood, Frankincense, Rosewood and Sandalwood species are listed as both threatened and endangered. Please choose a different essential oil to work with to allow the trees to make a sustainable recovery. To learn more about endangered and threatened species please visit www.cropwatch.org for more information. NAHA does not encourage or endorse the purchase, sale or use of endangered essential oils. Additionally, trading in Agarwood-producing species, together with trading in Rosewood and Guaiacwood oils, are all controlled under CITES (the Convention on International Trade in Endangered Species of Wild Fauna and Flora) because of their threatened ecological status. Trading in many other essential oil-producing species, although similarly threatened/endangered, has yet to be controlled. Examples include essential oils from Sandalwood (East Indian) and certain Frankincense species, and a host of others which can be found in Cropwatch’s A-Z list of Threatened Aromatic Species at http://www.cropwatch.org/Threatened%20Aromatic%20Species%20v1.21.pdf which has been provided by Tony Burfield who is also part of NAHA’s Safety Committee.

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The ancient art of anointing is a sacred ceremony using oil as a rite, especially for consecration. When we consecrate someone or something we are devoting ourselves with deep solemnity or dedication to the sacred. The definition of the word sacred means to entitle one to veneration, or worship, by association with Divinity!

Anointing has been practiced for thousands of years as a method for invoking the Divine into our lives, our hearts and our minds. When we anoint ourselves with essential oils as in a sacred ceremony, we are invoking the presence and consecration of the Divine, and requesting a presence of the Divine in all of our thoughts, words and actions.

Most of us are quite familiar with the use of anointing by the Christian Catholic Church, as witnessed in last rites (a ceremony where the priest uses oils to consecrate and bless someone who is preparing to take their final journey out of the body) and baptismal ceremonies (where to this day Catholic Churches are still using frankincense* (Boswellia sacra) oil to anoint the newborn and welcome them to the tribe). The Bible has scores of references to the power of essential oils when used to anoint the body and, in fact, for many hundreds of years, it contained the only written word on anointing.

But most people are unaware of the extensive use of essential oils for elaborate anointing ceremonies that occurred in the temples of Egypt honoring all great rites of passage. The ancient Egyptians were extensively schooled in the use of essential oils for rites of passage and had elaborate anointing ceremonies using a variety of oils to invoke the sacred into all initiations throughout life in their society: birth, death, marriage, ordination, and coronation.

The Egyptians considered essential oils sacred and held great reverence for them. They grew aromatic plants in gardens around the temple grounds and offered oils to the Gods, using scent as a means to attain deep states of meditation and to connect into the Divine. In fact, many of the pharaohs, Kings and Queens were buried with essential oils to ensure their passage into the Divine, as evidenced with the opening of King Tut’s tomb and the subsequent finding there of a large ceramic vessel containing frankincense oil.

In a modern day anointing ceremony we can anoint ourselves with one essential oil, or a blend of several oils. The most important part of an anointing ceremony will always be the intention we put into the oils when blending or concocting an anointing chrism. Some of the oils that have been used historically are frankincense (Boswellia sacra), myrrh (Commiphora myrrha), sandalwood (Santalum album), rose (Rosa damascena), and the highly revered lotus oils (Nelumbo nucifera).

Because essential oils are live plant extracts they contain electromagnetic energy and affect us in various ways. They are also perfect conduits for intention and our own conscious declaration for anointing.

When we invoke the essence of the Divine into our oils, they then become a holy anointing oil, and whenever we anoint ourselves with the blend, we will feel the blessing of the sacred, the holy and the Divine!
The Sacred Art of Anointing
Allison Stillman

When creating anointing ceremonies for ourselves and our loved ones there are myriad choices of essential oils from which we can choose. We can make a simple anointing chrism with one or a mixture of oils. While the most traditional oils used for anointing have now become endangered and for that reason we won’t recommend them here, you can use lavender (Lavandula officinalis), rose (Rosa damascena), jasmine (Jasminum sambac), patchouli (Pogostemon cablin), ylang ylang (Cananga odorata), neroli (Citrus aurantium), or any number of different oils. The most important part of any anointing chrism will most certainly be the invocation of a blessing into the oils. The intention or blessing of an anointing blend is what consecrates the oils and brings an enhancement of the sacred which welcomes the Divine.

To create your own custom anointing blend, take a one ounce cobalt blue or amber colored bottle. Use 28-45 drops of your chosen essential oils, i.e., 10 drops of lavender (Lavandula angustifolia), 10 drops of patchouli (Pogostemon cablin), 10 drops of ylang ylang (Cananga odorata), 5 drops of rose (Rosa damascena) and 5 drops of neroli (Citrus aurantium). Fill the remainder of the bottle with organic jojoba oil, and blend the oils together. Take the bottle and roll it between your palms while invoking the presence of the Divine in whatever form that looks like to you and ask that the oils be blessed and consecrated so that every time you anoint with the chrism, it will be a blessing and a dedication to the Divine.

When we begin to explore what a sacred scent really is, it seems to me that we must expand our thinking a bit and open up to a grander vision, recognizing that...
Many more oils are now endangered, and we are walking a thin line between having some of the greatest sacred oils known throughout history available to us and watching them become extinct as well. Frankincense (*Boswellia sacra*) is another of the most sacred of all oils, known throughout history for its psychoactive properties and its ability to transport one into altered states of awareness and consciousness. There are a few people in the world who are working diligently to start sustainable farms in Africa and the Arabian Peninsula, but frankincense likes very exacting growing conditions so the outcome is uncertain.

In February of 2010, there was an article published through BBC News in the UK about the properties of frankincense and its ability to reset the DNA of cancer cells into healthy cells.

http://news.bbc.co.uk/2/hi/middle_east/8505251.stm. Of course this news will increase the demand for what little frankincense is still available and increase the likelihood of another sacred treasure being driven to extinction.

Because of this, it is good news in the world of sacred scent is that we can make just about any essential oil sacred oil through our intention, dedication, invocation, and declaration. Since essential oils are truly sacred, blessed, and holy gifts to humanity, when we begin to honor them as such, we will be inspired to help ensure their survival and availability for future generations. For now we must also be sure to know the sources of our oils and buy from those we can trust to care about sustainability and ethical harvesting. Yes, we pay a higher price for that, but the only other choice is to allow indiscriminate harvesting to continue to destroy the availability of sacred scents and thus some of the most powerful tools to bring about well-being in the body, mind and spirit.

Allison Stillman is a renowned aromatic alchemist, author and an expert on the historical use of essential oils in religious and spiritual ceremonies. Her book, *The Sacred Art of Anointing* is a result of her 30 years of research and practical experience with essential oils and anointing. She travels the world anointing and sharing her love and knowledge through workshops and private sessions and has been featured in the books, *More Hot Chocolate for the Mystical Soul* by Arielle Ford, and *Insights from the Coffeehouse* by Jonathon Collins. To find out more:

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The Sacred Art of Anointing
Allison Stillman

Continued.....page 5

the entire plant kingdom is a sacred gift to us and each plant species carries an intrinsically holy quality. Whether the plant holds essential oils or provides shade canopy to a forest floor or oxygen for the air we breathe, the plant kingdom is vital to our survival, which makes all plants sacred and the scents that are derived from them inherently sacred as well.

For a variety of reasons, we are losing plant species at an alarming rate resulting in the fact that more and more essential oils are becoming unavailable to us. Indian sandalwood (*Santalum album*), for example, is no longer available. In as little as two years time it went from endangered to extinct. Considering the fact it takes 45 years for a tree to grow to maturity before it is ripe enough to produce good oil, it might not be available again in our lifetimes. And while Indonesian sandalwood is producing, and Australian sandalwood is beginning to be produced, the essential oils from these trees are lighter, cleaner smelling, without the deep, spiritual resonance of Indian sandalwood.

Sandalwood oil has been used for over 9,000 years in Ayurvedic medicine and for spiritual ceremony, and has been one of the most sacred scents in recorded history. Now it’s gone. This is a travesty of epic proportions and truly heartbreaking. The loss of sandalwood from India was due to a lack of long range planning and foresight that resulted in the indiscriminate felling of the trees for the wood and essential oil. As the trees have disappeared, unfortunately for us, so has the essential oil.
Ah, such divine bliss, to be calmed by the ancient scent of Frankincense* (*Boswellia carteri*). As patients journey through beginning and end of life, nurses have offered this sacred scent.

My clinical aromatherapy practice is often in the realm of mother/baby or end of life hospice care. As frankincense instantaneously slows the breathing and instills an elevated calmness these spiritual and physiological properties beautifully merge, easing one’s journey between life’s most powerful transitions.

**Case studies**

**Childbirth**

- Mirabel, heroically laboring for 20 hours with her first baby, hysterically proclaimed, “I’m done, I can not do this, no more, no more…….!!!” On all fours, screaming, crying and refusing to turn over, the nurses and doctor were at a loss for how to help this out of control, soon to be new mother. Aware that one of the nurse’s had attended a recent aromatherapy class, the labor nurse exclaimed, “Is there some oil you can use??!” Immediately, one drop of frankincense* on a cotton pad was passed across the room with instructions for Mirabel to just “smell this”. Within moments, she gained control, rolled over, moved beyond transition and delivered a healthy baby boy. In awe, the entire room, still unable to believe what they had just witnessed, gained respect for the sacred scent of frankincense.

  The following day Mirabel recounted the scene and shared that when she had inhaled the aroma on the cotton pad, something dramatically switched inside of her, making her able to feel a unique calmness and complete the birth process.

- Amy, unable to cope with the loss of her firstborn premature infant, refused to hold the baby. The grief nurse had years of experience and understood the sacred and limited opportunity for this union. Amy shared concerns of the anticipated experience but also fears of lifelong regret if she avoided this final opportunity. With the mother’s consent, a blended frankincense spritzer was sprayed near the mother and on the baby’s blanket. Strength of spirit and calmness ensued. Nurse at her side, the mother quietly agreed to hold her blanket clad infant. Twenty four hours later, holding the baby closely, smelling and touching her, she thanked the nurse for the spritzer, kissed the baby and handed her to the nurse. Frankincense and a caring nurse eased an excruciatingly painful transition.

*Continued...page 8*
Cancer

- Paul, a 58 year old stoic man with a diagnosis of terminal prostate cancer sought support for his “no hope, six months to live” prognosis. Desperately exploring options and determined to survive, he exercised, changed his diet, took multiple supplements and returned to the Catholic faith of his childhood. In his daily mass routine he experienced peaceful serenity and an acceptance of his life path. Exploring various essential oils in our session, he found that frankincense fit perfectly. Calmed and empowered by the scent, spiritual history and studies of immune support, he incorporated daily inhalations into his healing routine. Six months after meeting Paul, I saw him in the grocery store. Smiling, he retrieved a frankincense laden tissue from his pocket and exclaimed, “I wouldn’t be without it. It helps so much with my anxiety and connects me to my faith.” Three years after a hopeless prognosis, Paul is in remission and keeps frankincense in his pocket.

End of Life

- My step-father Joe, a robust, Irish Catholic New Yorker had just died of cancer. Upon entering his room his expression was one of struggle and tension. His body was still warm and I felt frankincense would help with the transition. I anointed his hands and forehead while talking to him and praying with my family. The smell was so sweet and rich. His facial expression and body relaxed. It also helped calm my mother. He was cremated 3 days later and I could imagine the staff trying to identify where the smell was coming from and how enriched his remains would be with the frankincense. It helped me say good-bye to my dear stepfather in my own aromatic way.

Frankincense accompanies and empowers us to journey through our most sacred life transitions. As an aromatherapist practicing with beginning and end of life patients, I am blessed to always have frankincense close at hand.

All of the above cases were between 2004-2008.

Editor’s note: As Frankincense* (Boswellia carteri) is an endangered oil, despite the long history of sacred use for this essence, as aromatherapists we must remember that it is both hard to get the pure essence now and more ethical to respect this helper and let the trees recover. NAHA’s position is that it is best to find a different essence for use in the moments mentioned in Pam’s article. While no essence can ever truly replace another, one might try other essences such as Helichrysum (Helichrysum italicum), another traditional anointing oil used in christening and final unction, for work with the transition out of life Lavender (Lavandula angustifolia), Mandarin (Citrus reticulata) and Rose (Rosa damascena) in the labor room and with other birth issues.
Frankincense: Sacred Scents for Life Transitions
Case Studies by: Pam Conrad RN, BSN, PGd, CCAP

Continued...page 8

Pam Conrad completed her Bachelor of Science in Nursing degree at Purdue University, a familiar place of study for many aromatherapists. Her twenty year nursing experience is exclusively from large metropolitan and medical center teaching hospitals. Texas Heart Institute is where her career began and includes Emergency/Trauma, Surgery, Psychiatric and Women’s Health nursing predominately in Indianapolis.

She completed Jane Buckle’s Clinical Aromatherapy course for Healthcare Professionals in 2000. In 2001, her family moved to England for two years where she studied advanced aromatherapy with nurses and midwives, focusing on women’s health, pregnancy and oncology. She completed her Post Graduate Diploma in Complementary Therapy Studies at University of Westminster Graduate School of Integrated Health London, England.
In 2004 she returned to the US focused on educating the public and healthcare professionals about aromatherapy as a choice for healthcare conditions. She has developed several hospital nursing programs and an integrative pharmacy program. Her Aromatic Childbirth™ program is the first in the US formal evidenced based OB nursing aromatherapy hospital program.

As a nurse aromatherapist consultant with Wellspring pharmacy in Indianapolis, she compounds clinical aromatherapy products, educates hospital staff and the public and is a professional speaker on various aromatherapy and complementary therapy topics.

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Sitting in my lap was four-year-old Katie. I was reading to her from a storybook that had pictures of little angels. She put her finger on one, looked up at me innocently, and softly spoke, “My friend doesn’t know she has a guardian angel.” We sat in silence for a moment, celestial images circled my mind, and then I commented that I thought this was unfortunate. Katie said, “I love mine.” “Me too,” I replied and continued reading. I thought to myself, what a blessing it is to be aware of the angelic realm and I hoped that this young child, as she grew older, would not forget.

Some people do not believe in angels—and likely, they could not be convinced otherwise. It is a personal thing. If you have a relationship with angels, it has been built on your beliefs, your knowledge, possibly your hopes, and most importantly, your experiences—subtle or blatant—of seeing their images, feeling their presence, smelling their aromas, or hearing their voices. Such encounters are extraordinary and bring with them a great, indescribable sense of peace.

Children often have imaginary playmates. I suspect that half of them are really their guardian angels. ~ Eileen Elias Freeman

Angels are heavenly beings. The term is used both generally for all categories of angels and also specifically for those that work with mankind. Virtually every major religion makes references to angels, who are also called “beings of light,” or “shining ones.” In the angelic hierarchy, there are those that work closest to the Creator, those that work with other angels, and those that work with mankind and the physical world. Included in this latter group are the archangels. They are the heavenly messengers sent to watch over the human race.

There is much discussion as to who the archangels are and the number of them. Some sources refer to four, others to seven, and some say there are “many.” Doreen Virtue, a prolific author and teacher of all things angelic, draws from a variety of traditions, including Christian, Jewish, and Islam and writes of fifteen, non-denominational archangels: Ariel, Azrael, Chamuel, Gabriel, Haniel, Jeremial, Jophiel, Metatron, Michael, Raguel, Raphael, Raziel, Sandalphon, Uriel, and Zadkiel. These are the archangels profiled in this article.

The archangels are loving and non-judgmental with individual characteristics and purposes. There are archangels that specialize in offering comfort to those that are grieving, courage to those that are fearful, and peace to those in turmoil. There is an archangel especially for writers, artists, soldiers, animals, and children. Archangels are available to everyone, at any time, at the mere mention of their names. When you call upon them, they will be at your side immediately, to help or guide you. But they can’t come to you, if you don’t ask.

The magnitude of life is overwhelming. Angels are here to help us take it peace by peace.

~ Levende Waters

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Archangels and Associated Aromas  
Joni Keim, Certified Aromatherapist

Aromas can accompany an angelic visitation and the best known is described as something close to Rose—exquisitely beautiful, complex, sweet, rich, and flowery. Rose is considered to be the aroma of angels—being detected upon their arrival and their departure. But there are variations on this theme, and there are accounts of other aromas associated with an angelic encounter, such as resinous, earthy, light, or bright.

Throughout history, aromas have been used in a spiritual context. This practice is deeply rooted in cultural tradition as an offering to the heavens, to connect with the Divine, and to assist with healing, prayer, and meditation. So, from this perspective, using the aromas of essential oils in association with archangels is quite appropriate. From another perspective, it is believed that natural aromas have a vibration or subtle energy that angels recognize and are drawn to. Jasmine has been mentioned as the aroma favored by angels.

*Pay attention to your dreams - God's angels often speak directly to our hearts when we are asleep.* ~ Eileen Elias Freeman

To begin working with the archangels and their associated essential oils, go through each archangel and discover its individual meanings and attributes. Choose the one with whom you want to connect—for help or guidance or to simply visit. Then choose one of the essential oils related to that archangel, and follow these steps:

- Hold the bottle of essential oil in your hands.
- Sit quietly and close your eyes.
- Take three slow, relaxed, deep breaths.
- Visualize yourself being awash with light.
- Open your eyes. Put a drop of the chosen essential oil on a tissue and inhale the aroma through your nose. Pause and inhale again.
- Close your eyes and ask the archangel to be with you. Call them by name, either out loud or silently. Inhale the aroma again with this intention. Visualize and feel the archangel’s presence. Dialogue with them, pray with them, ask them a question, or simply sit with them.
- When you are finished, inhale the aroma one more time. Thank the archangel.

*The golden moments in the stream of life rush past us and we see nothing but sand; the angels come to visit us, and we only know them when they are gone.* ~George Elliot

You do not need the aroma of an essential oil to be in the company of angels. The angels will be by your side at the asking. However, if you adore essential oils and want to engage them to support your relationship with the angelic realm, they work very well. When you are using them in this way, it is in the field of subtle aromatherapy, based on the energetic properties of the essential oils. (See article on subtle aromatherapy in the NAHA Aromatherapy Journal 2010.1 Issue [http://www.naha.org/journal.htm.](http://www.naha.org/journal.htm.))

After you have spent some time with the essential oils as described in this article, feel free to experiment with other essential oils and you may discover more that resonate for you.

*Angels are all around us, all the time, in the very air we breathe.* ~ Eileen Elias Freeman

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Notes: 1) The universal aroma for angels is Rose. It represents unconditional love, comfort, nurturing, the healing of emotional wounds, harmony, grace, the appreciation of beauty, patience, and peace. It is appropriate for all of the archangels. 2) Angelica Root is the universal essential oil to help you increase your awareness of angelic presence. It can be used alone but seems to be better combined with another essential oil. 3) Each essential oil has many subtle properties and applications. Only the properties that pertain to the particular archangel are listed. For example, Cedarwood promotes confidence and will, clears and strengthens the mind, promotes wisdom, and strengthens the connection to the Divine. In association with Ariel, Cedarwood’s properties are listed as, “promotes confidence and will” as these are the properties that relate to Ariel. For more information about the subtle properties of essential oils, see Aromatherapy and Subtle Energy Techniques and Aromatherapy Anointing Oils.


Archangel Ariel “Lion of God”
Patron angel of wild animals.
Key concept: Courage
Associations: Courage, confidence, manifestation, prosperity, life’s mission, healing and protection of nature, support for healers.
Best essential oil: Ginger (Zingiber officinalis)
Promotes courage, confidence, and prosperity. Helps to manifest the heart’s desire.

Additional essential oils:
· Cedarwood (Cedrus atlantica)
Promotes confidence and will.
· Cinnamon (Cinnamomum verum)
Promotes confidence and courage.
· Nutmeg (Myristica fragrans)
Supports new beginnings and prosperity.
· Rosemary (Rosmarinus officinalis)
Supports manifesting your desires.
· Lavender (Lavandula officinalis)
Supports healing work.
Archangel Azrael  “Whom God Helps”
Patron angels of the clergy.

Key concept: Comfort

Associations: Comfort (especially for those crossing over to Heaven), support for those grieving the loss of loved ones, quiet strength.

Best essential oil: Marjoram (Origanum majorana)
Comforts and promotes acceptance. Provides emotional support and quiet strength.

Additional essential oils:
· Rose (Rosa damascena) Provides comfort and heals the wounds of the heart.
· Cypress (Cupressus sempervirens) Provides support during times of transition. Strengthens and comforts.
· Bergamot (Citrus bergamia) Eases grief.
· Melissa (Melissa officinalis) Promotes understanding and acceptance.
· Vetiver (Vetiveria zizanoides) Promotes a deep sense of belonging and strength.

Archangel Chamuel  “He Who Sees God”
Patron angel of those who love God.

Key concept: Peace

Associations: Personal and global peace, love of life, healthy relationships, right livelihood, protection against negativity.

Best essential oil: German Chamomile (Matricaria chamomilla) Promotes peace, patience, forgiveness, understanding, and empathy. Encourages truthful, calm communication.

Additional essential oils:
· Rose (Rosa damascena) Promotes peace, patience, and love. Heals the emotional wounds.
· Bergamot (Citrus bergamia) Uplifts. Promotes positive energy and love.
· Petitgrain (Citrus aurantium) Promotes harmonious relationships.
· Vetiver (Vetiveria zizanoides) Protects against negativity.
· Rosemary (Rosmarinus officinalis) Promotes healthy boundaries in relationships.

Archangel Gabriel  “God is My Strength”
Patron angels of those who work in communications.

Key concept: Strength

Associations: Strength, action, motivation, power, ‘the messenger,’ communication, inspiration for creative arts, parenthood, children, inner child.

Best essential oil: Rosemary (Rosmarinus officinalis) Strengthens, inspires, motivates, and promotes action. Clarifies the mind and energizes.
Archangels and Associated Aromas
Joni Keim, Certified Aromatherapist

Continued...page 13

Additional essential oils:

· Thyme (*Thymus vulgaris*) Promotes power, strength, and action.

· Bay Laurel (*Laurus nobilis*) Opens and encourages communication and creative expression.

· Jasmine (*Jasminum officinale*) Promotes love of beauty, creativity, and artistic development.

· German Chamomile (*Matricaria chamomilla*) Promotes truthful communication and creative expression.

· Mandarin (*Citrus reticulata*) Promotes child-like exuberance and joy.

Archangel Haniel “Grace of God”
Angel of feminine support.

Key concept: Feminine energy

Associations: The moon, sensitivity, psychic abilities, clairvoyance, patience, harmony, nurturing, natural healing remedies, hidden talents.

Best essential oil: Geranium (*Pelargonium graveolens*) Nurtures the feminine, promotes harmony and balance.

Additional essential oils:

· Rose (*Rosa damascena*) Provides comfort, nurtures, and promotes emotional healing and harmony.

· Jasmine (*Jasminum officinale*) Helps in understanding deeper truths. Promotes intuition.

· Clary Sage (*Salvia sclarea*) Strengthens intuition, accesses hidden truths, and inspires.

· German Chamomile (*Matricaria chamomilla*) Promotes patience and understanding.

· Juniper (*Juniperus communis*) Supports clairvoyance when used altruistically.

Archangel Jeremiel “Mercy of God”
Angel of emotional healing.

Key concept: Prophecy

Associations: Prophetic dreams and visions, life review, release of old patterns, positive changes, gratitude.

Best essential oil: Clary Sage (*Salvia sclarea*) Promotes visions and dreams and the ability to understand them. Strengthens clairvoyance and intuition.

Additional essential oils:

· Spruce (*Picea mariana*) Supports self-reflection and objectivity.

· Grapefruit (*Citrus paradisi*) Releases negative emotions and patterns. Clears and cleanses.

· Bergamot (*Citrus bergamia*) Promotes self-love, self-acceptance, and positivity.

· Cypress (*Cupressus sempervirens*) Provides support during times of change.

· Jasmine (*Jasminum officinale*) Promotes gratitude.

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continued...
Archangels and Associated Aromas
Joni Keim, Certified Aromatherapist

Continued...page 14

Archangel Jophiel  “Beauty of God”
Patron angel of artists.

Key concept: Beauty

Associations: Beauty in everything and everyone, beautiful thoughts, slowing down to enjoy life, art, inspiration for artistic endeavors, fun.

Best essential oil: Jasmine (Jasminum officinalis) Promotes love of beauty, creativity, and artistic development. Opens the heart. Inspires.

Additional essential oils:
- Rose (Rosa damascena) Promotes love of beauty and creativity. Helps us to slow down.
- Bergamot (Citrus bergamia) Uplifts, lightens, and promotes positivity.
- Mandarin (Citrus reticulata) Uplifts and promotes child-like exuberance and joy.
- Patchouli (Pogostemon patchouli) Promotes creativity and enjoyment of the senses.
- Chamomile Roman (Anthemis nobilis) Promotes patience. Helps us to slow down.

Archangel Metatron  (meaning of name unclear)
Patron angel of children.

Key concept: Motivation

Associations: Motivation, mental energy and focus, fortitude, fiery strength, record keeper, organization, children (especially those that are spiritually gifted). (One of only two archangels who had been human. The other is his twin, Sandalphon.)

Best essential oil: Black Pepper (Piper nigrum) Promotes strength, fortitude, and motivation.

Additional essential oils:
- Rosemary (Rosmarinus officinalis) Promotes motivation, strength, and action. Clarifies and energizes the mind.
- Cedarwood (Cedrus atlantica) Clears and strengthens the mind.
- Peppermint (Mentha piperita) Increases mental energy, clarity, concentration, and focus.
- Cinnamon (Cinnamomum verum) Promotes strength and motivation.
- Myrrh (Commiphora myrrha) Bridges heaven and earth.

Archangel Michael  “He Who is Like God”
Patron angel of those in law enforcement and the military.

Key concept: Protection

Associations: Protection (physical, emotional, spiritual) from negativity, clearing away of negativity, release of fear, fiery energy, action, motivation, confidence, truth, integrity, heroic deeds, leader of all the archangels, oversee lightworkers, guidance for life purpose or career.
Best essential oil: Vetiver (Vetiveria zizanoides)
Protects on all levels—physical, emotional, spiritual. Promotes confidence, integrity, and wisdom.

Additional essential oils:
- Thyme (Thymus vulgaris) Promotes courage, power, strength, confidence, and action. Dissipates fear.
- Juniper (Juniperus communis) Protects against negativity and clears away negativity.
- Clove (Eugenia caryophyllata) Promotes courage and release of fear.
- Rosemary (Rosmarinus officinalis) Promotes confidence and action. Energizes.
- Cinnamon (Cinnamomum verum) Promotes courage, confidence, strength, and action.

Archangel Raguel “Friend of God”
Angel of relationships.

Key concept: Harmonious relationships

Associations: Harmonious relationships, enthusiasm, kindness, wisdom, oversee archangels to work harmoniously together, justice, argument resolution, group cooperation, defend the underdog, honor feelings.

Best essential oil: Petitgrain (Citrus aurantium)
Promotes harmony in relationships. Uplifts and promotes positive energy.

Additional essential oils:
- Geranium (Pelargonium graveolens) Promotes harmony and happiness in relationships. Balances the emotions.
- Rosemary (Rosmarinus officinalis) Promotes enthusiasm.
- Orange (Citrus sinensis) Uplifts and promotes positive energy.
- Rose (Rosa damascena) Provides comfort, nurtures, promotes love, and heals the wounds of the heart.
- Vetiver (Vetiveria zizanoides) Promotes emotional stability and wisdom.

Continued...page 17
Archangels and Associated Aromas
Joni Keim, Certified Aromatherapist

Continued...page 16

Archangel Raphael “God Heals”
Patron angels of those in the medical field.

Key concept: Healing
Associations: Healing on all levels (body, mind, spirit), heaven’s physician, stress relief, comfort, support and guidance for healers, intuition, clairvoyance, guidance for remedies via intuition, travel (including spiritual journeys).

Best essential oil: Lavender (Lavandula officinalis) Heals on all levels. Eases stress and anxiety. Supports healers.

Additional essential oils:
• Rose (Rosa damascena) Provides comfort and heals the wounds of the heart.
• Palmarosa (Cymbopogon martinii) Supports healing on all levels.
• Helichrysum (Helichrysum italicum) Releases and heals emotional wounds. Eases stress.
• Bay Laurel (Laurus nobilis) Heightens intuitive abilities, especially clairaudience and clairvoyance. Provides psychic protection.
• Clary Sage (Salvia sclarea) Strengthens clairvoyance and intuition.

Archangel Raziel “Secrets of God”
Patron angel of lawmakers and lawyers.

Key concept: Esoteric (meant for or understood by only a few) information
Associations: Esoteric information, wisdom, secrets of the universe, wizard of the angels, angelic guidance (to help see, hear, feel, know), intelligence, psychic abilities, manifesting, alchemist of the angels.

Best essential oil: Cedarwood (Cedrus atlantica) (Strengthens the connection with the Divine. Promotes spiritual wisdom.)

Additional essential oils:
• Neroli (Citrus aurantium aur.) Promotes direct communication with guidance. Helps the manifestation of deepest and highest aspirations.
• Bay Laurel (Laurus nobilis) Heightens intuitive abilities, especially clairaudience and clairvoyance. Provides psychic protection.
• Myrrh (Commiphora myrrha) Supports earthly manifestations of dreams and visions.
• Jasmine (Jasminum officinalis) Reduces the mind to deeper truths. Enhances intuition.

Archangel Sandalphon (meaning of name unclear)
Patron angel of musicians.

Key concept: Prayers to God
Associations: Carrying prayers to God so they can be answered, speaking truth, peace, ability to receive, appreciation, music. (One of only two archangels that had been human. The other is his twin, Metatron.)

Best essential oil: Myrrh (Commiphora myrrha) Bridges heaven and earth. Promotes peace.

Additional essential oils:
• German Chamomile (Matricaria chamomilla) Supports communication and speaking the truth. Promotes a sense of peace. Increases ability to receive.
• Jasmine (Jasminum officinalis) Promotes feelings of appreciation and gratitude.
• Rose (Rosa damascena) Increases ability to receive. Promotes a sense of peace.
• Peppermint (Mentha piperita) Promotes clarity in communication.
• Geranium (Pelargonium graveolens) Increases capacity to listen and communicate.

Continued.....page 18
Archangels and Associated Aromas  
Joni Keim, Certified Aromatherapist

Archangel Uriel “The Light of God”  
Patron angel of writers.

**Key concept:** Enlightenment

**Associations:** Enlightenment, inspiration, wisdom (one of the wisest archangels), action, integrity, clarity, prophetic information, speaking truth, warnings, natural disasters, life purpose, writing.

**Best essential oil:** Lemon (*Citrus limonum*) Brings light into darkness. Promotes clarity, awareness, and inspiration. Energizes to take action.

**Additional essential oils:**
· Cedarwood (*Cedrus atlantica*) (Strengthens the connection with the Divine. Promotes spiritual wisdom.)
· Rosemary (*Rosmarinus officinalis*) Motivates to action and inspires. Promotes mental clarity.
· Vetiver (*Vetiveria zizanoides*) Promotes integrity and wisdom.
· German Chamomile (*Matricaria chamomilla*) Promotes speaking the truth, calmly.
· Clary Sage (*Salvia sclarea*) Strengthens intuition, accesses hidden truths. Inspires.

Archangel Zadkiel “The Righteousness of God”  
Patron angel of those who forgive.

**Key concept:** Compassion

**Associations:** Compassion, mercy, forgiveness, benevolence, faith, non-judgment, patience, kindness, memory.

**Best essential oil:** Rose (*Rosa damascena*) Promotes compassion, mercy, patience, and forgiveness.

**Additional essential oils:**
· German Chamomile (*Matricaria chamomilla*) Promotes forgiveness, patience, and kindness.
· Bergamot (*Citrus bergamia*) Opens the heart and allows love to radiate.
· Jasmine (*Jasminum officinalis*) Warms and opens the heart.
· Rosemary (*Rosmarinus officinalis*) Strengthens faith. Enhances memory.
· Bay Laurel (*Laurus nobilis*) Opens our minds to new, non-judgmental thoughts and perspectives.

*Ever felt an angel’s breath in the gentle breeze? A teardrop in the falling rain? Hear a whisper amongst the rustle of leaves? Or been kissed by a lone snowflake? Nature is an angel’s favorite hiding place.*  
~Carrie Latet

Continued...page 19
Key Angelic Essential Oils

Angelica Root (*Angelica archangelica*): Increases awareness of angelic presence and guidance.

Basil (*Ocimum basilicum*): Clears the mind to receive angelic guidance.

Black Pepper (*Piper nigrum*): Brings in the strength and fortitude of the angels.

Cedarwood (*Cedrus atlantica*): Brings in the spiritual wisdom of the angels.

Clary Sage (*Salvia sclarea*): Strengthens clairvoyance to connect with the angelic realm.

Cypress (*Cupressus sempervirens*): Brings in angelic support during times of change.

Geranium (*Pelargonium graveolens*): Brings in the nurturing, feminine quality of the angels.

German Chamomile (*Matricaria chamomilla*): Brings in the peace, patience, understanding, forgiveness, and empathy of the angels.

Ginger (*Zingiber officinalis*): Brings in the courage of the angels.

Grapefruit (*Citrus paradisi*): Clears the pathway for communication with the angelic realm and brings in the joy and vitality of the angels.

Jasmine (*Jasminum officinalis*): Brings in the beauty and inspiration of the angels.

Lavender (*Lavandula officinalis*): Brings in the healing and of the angels.

Lemon (*Citrus limonum*): Clears the mind for prophetic information from the angels.

Myrrh (*Commiphora myrrha*): Bridges earthly life with the angelic realm.

Neroli (*Citrus aurantium aur.*): Brings in the peace and joy of the angels.

Orange (*Citrus sinensis*): Brings in the joy of the angels.

Petitgrain (*Citrus aurantium*): Brings in the relational harmony of the angels.

Rose (*Rosa damscena*): Brings in the unconditional love, comfort, nurturing, healing, harmony, grace, patience, and peace of the angels.

Rosemary (*Rosmarinus officinalis*): Brings in the motivation and energizing qualities of the angels.

Thyme (*Thymus vulgaris*): Brings in the courage, power, and strength of the angels.

Vetiver (*Vetiveria zizanoides*): Brings in the protection (physical, emotional, spiritual) of the angels.

*Angels have no philosophy but love.*

~Adeline Cullen Ray

Joni Keim has worked in the alternative health field for over twenty years as an educator, practitioner, consultant, and author (5 books). She has certificates in aromatherapy, holistic health sciences, nutrition, and energy healing. Joni is a technical advisor, copywriter, trainer, and educator in the natural products industry and can be reached through her website:

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Although we associate various healing properties with various plants, the degree to which plants exhibit these properties can vary widely, based upon numerous factors, such as aspects of the environment in which they are grown, and the care with which they are farmed, cultivated, and prepared. Therefore, we may take their general properties as guidelines, rather than as strict rules, and consider that all plants possess certain neutrality as “vehicles of prana or cosmic healing power” (Frawley, 2000, p. 357).

One method of imbuing plants with desired healing powers is the potentization (increasing the healing power and penetration) of essential oils through the use of sacred sounds and symbols during preparation and application of the oils. Since the realm of sounds and symbols is vast, here we will explore only those specifically related to the panchatattva, or The Five Great Elements: ether (or void), air (or wind), fire, water, and earth. In various Eastern traditions, sacred sounds and symbols are known, respectively, as mantras and yantras.

What are Mantras and Yantras?

Mantra is a Sanskrit word that can be translated literally as “instrument of thought.” More loosely, a mantra is considered a sacred sound, word, or group of words with healing or transformational capabilities. Thus, in the context of using essential oils, mantras may be used as instruments for directing the healing and transformational energies of the plants (from which the oils are derived) into the mind. According to Frawley (2001), “The mind is refined through plants. In the mantra it is perfected. . . . It [the mantra] gives herbs a power of psychological healing and spiritual integration. It brings the universal intelligence of nature into harmony with the individual.” (p. 95)

Further, repetition of a mantra must be a conscious act, not merely a mechanical one. Without right intent, the healing process remains superficial. Right use of a mantra is thus an act of meditation for penetration into and manifestation of the inner truth -- a means of healing consciousness (Frawley, 2001, p. 95). Consciously performing a mantra while preparing an essential oil blend, or while applying the blend (either to yourself, or to a client or patient, if you are a hands-on healer), will greatly increase the potency of the oils.

The counterpart to a mantra is a yantra. Yantra is also a Sanskrit word, and its meaning is contextual. Whereas a mantra is a creative vibration, a yantra can be taken as the pattern created by that vibration. A yantra can be a symbol that represents the quintessential nature of a concept, helping the mind to focus on and grasp the concept. Such a symbol can be a geometric shape as simple as a circle or square, or as complex as a mandala.

Continued...page 22
Yantras come in many forms. They may be drawn, painted, sewn, or sculpted using various mediums, such as paper, fabric, wood, stone, or metal, and can be used in many ways. Healing preparations (e.g., essential oil blends) may be created with, or in the presence of, one or more yantras, in order to potentize such preparations. Yantras may be displayed or used in a healing space to purify it, or placed on the chakras to release blockages. “Yantras . . . serve to draw in the cosmic life force and establish a space for healing to occur. With the mantra they purify the astral aura and cleanse the psychic environment, which is always impure or stagnant in the case of disease.” (Frawley, 2001, p. 96)

Many Eastern traditions believe that the mental continuum (loosely defined as the mind) has the greatest influence on our well-being. Consequently, “training” the mind by introducing wholesome vibrations can literally reshape the energetic body, which will in turn affect the physical and emotional bodies, allowing us to rid ourselves of disease. We can produce desirable vibrations by repeating specific mantras (aloud or silently) and focusing our gaze on specific yantras, with meditative and therapeutic intent.

Some systems purport that one must repeat a mantra 100,000 times before its energy is fully empowered, but even a single utterance of a mantra can bring benefit. The Rig Veda reads like a how-to manual for using magic sounds and incantations to shape reality, addressing everything from asking plants for assistance in a healing process to getting rid of a rival wife. As a practitioner of Panchakarma (the 5 purifying therapies), a significant aspect of my work is consciously connecting with the plants I use in my blends and silently repeating an appropriate mantra, along with visualizing a corresponding yantra, to powerfully support the plants’ healing powers during a treatment.

Some Fundamental Mantras and Yantras

Again, since there are countless mantras and yantras, let’s focus on a select few. In particular, let’s first look at those commonly associated with the five great elements (pancha mahabhuta): ether (or void), air (or wind), fire, water, and earth. We start with the elemental mantras and yantras not only because they are small in number and basic in concept, but also because they are amongst the most fundamental of all. Everything in creation is said to be constructed from these elements, not only on the gross level, but also on the subtle. Thus, it follows, that if we focus our intent on the mantras and yantras associated with these elements, we should be able to most effectively and profoundly affects ourselves, those we are treating, and our environment.

The following table shows the mantras and yantras associated with the elements, along with the corresponding chakras whose energies arise from the elements.
These elemental mantras and yantras may be used to help bring about the gifts of balance that the elements offer, addressing the various traits that arise when we have elemental excesses or deficiencies. The elemental gifts and traits are detailed below in the section on the Properties of the Five Great Elements, which we will refer to later when we describe ways to construct a personal mantra.

But before we move to constructing mantras, let’s look at two more mantras described by Frawley (1997) as prime mantras:

OM: the most important of all mantras, it represents the Divine Word itself. It serves to energize or empower all things and all processes. Therefore all mantras begin and end with OM. OM clears the mind, opens the channels and increases Ojas [water, on a vital level] and the Divine Word itself. It serves to energize or empower all things and all processes. Therefore all mantras begin and end with OM, but don’t necessarily end with OM. Instead, OM is often used at the end of a meditation in which a mantra may be repeated many times, rather than at the end of every repetition of the mantra.

One well-known mantra that begins with OM and ends with HUM is the Buddhist mantra OM MANI PADME HUM (Skt.). It is the mantra of Avalokiteshvara (Tib. Chenrezig), the Buddha of Great Compassion. While this mantra cannot be directly translated into sensible English, it is said to contain the essence of all the teachings of the Buddha, and saying it (or even viewing the written form, as a yantra) is said to invoke the great compassion of Avalokiteshvara. Dzogchen et al. (2004) describe OM and HUM as follows:

*The white OM . . . is the syllable of combined qualities and is of the nature of the perfection of meditation. It purifies the mental affliction of pride, along with all the results thereby produced . . .

*The black HUM . . . is the syllable of mind and is of the nature of the perfection of supreme knowledge. It purifies dualistic anger, along with all the results thereby produced . . . (pp. 69-70)*

Finally, there is the mantra SVAHA or SOHA. This is not typically used alone, but rather at the end of a multi-word mantra. It may be translated as, “May this come about.” It indicates our desire to plant the root of the path to enlightenment into our hearts. More generally, it may be used to reinforce our intent to achieve our highest state of well-being and wholeness of mind and body.

Continued...page 24
Constructing a Personal Mantra

Now let’s take a look at some simple ways to construct a multi-word mantra from the single-word mantras described above, to achieve “right conditioning” (or a properly balanced state) of mind and body. We’ll start with OM, and then choose one or more elemental mantras (from the table above), and end with HUM or SOHA or both. The possible combinations look like this:

- OM + elemental mantra(s) + HUM
- OM + elemental mantra(s) + SOHA
- OM + elemental mantra(s) + HUM + SOHA

In constructing a mantra, you may want to take into account two things (which are interrelated). The first is what you are trying to address (or the “right conditioning” you are trying to achieve). On this point, choosing the appropriate elemental mantra(s) is important. Again, refer to the section below (Properties of the Five Great Elements) to help you choose, based upon the traits of excess and deficiency, as well as the gifts of balance offered by the elements.

The second thing you may want to take into account is your primary dosha. As a very simple guide, those who are primarily Vata should use mantras that are warm and calming; Pitta, mantras that are cool and calming; and Kapha, mantras that are warm and stimulating. Thus, OM may bring about too much ether (or space) for Vata types, who may want to limit the use of OM to only before the first repetition of a mantra and after the last repetition, but not before or after every repetition. However, RAM may be particularly good for Vata because it is not only warming and calming, but also protecting. For Pitta and Kapha, OM may be very good to use. Also, HUM may be effective for Kapha (Frawley, 1997, pp. 238-9).

Further, repeating a mantra aloud for more than a short period of time may be taxing for Vata, so switching to silent chanting might be best after some chanting aloud. Also, chanting aloud does not necessarily mean forceful chanting. Chanting can be soft and gentle. Of course, as you go about your daily activities in public, you may wish to always chant silently, regardless of your dosha.

Creating and Using a Potentizing Practice

Now let’s look at how to pull everything together into a potentizing practice. Keep in mind that when we utter an element’s sacred sound (mantra) or gaze upon its sacred form (yantra), we activate its attributes, balancing what is out of balance and strengthening what needs fortification. To put this information into practice, identify and study the elements that will support your work. Perhaps you want to call upon elemental gifts, or balance an overactive shadow. With a solid understanding of elemental properties, you can effectively integrate the mantra, yantra, and chakra correlations into your practice.

Continued...page 25
Your practice can be as simple or as elaborate as you like. As a very simple example, one of my clients recently told me that she had taken to drawing golden squares on the soles of her shoes, and anointing her socks with Galangal essential oil (an oil that carries earth energy), while repeating the mantra LAM to impart the gifts of earth energy into her day.

As part of a more elaborate practice that I have developed for my own growth and healing, I have incorporated all of the components described here. This practice (detailed below) came about as a result of a dream that I had. Thus, if you aren’t sure where to start with all of this, you may want to use a recent or recurring dream as a source of information from the collective unconscious to guide you in constructing a practice. Of course, your dream may not provide such a clear indication as mine did for me, so it might require a bit of work on your part to decipher it.

In my dream, my set of Elemental Amulets (yantra shapes) had fallen under my curio cabinet. When I crawled underneath the cabinet to fish out the amulets, I picked up the Earth amulet (a square), which represents DNA and family-line healing, among other things. I started pounding on the amulet with a round mallet, as hard as I could. A man appeared and stated that I was not strong enough to break the amulet. He told me to look at the shape my pounding had left on the Earth amulet -- a circle, the yantra of the Air element, the energy of the heart center, forgiveness, understanding, and love. He told me that what I was seeking was expressed within that sacred form, and that this energy would heal my condition. The message given to me was that the anger and resentment I held could never be productive; that energy was not strong enough medicine to break the energetic bonds that limited me.

I used this information to craft a healing practice. I began wearing my Earth and Air yantra amulets. I chose the silver Earth amulet to take me inward and connect with my DNA/family energy and the gold Air amulet to promote expansion and outward manifestation of forgiveness and acceptance. I anointed my amulets and my corresponding chakra centers with a blend of Kaffir Lime Leaf essential oil (Air energy) to free me from self-limiting behaviors, and Galangal essential oil (Earth energy) to take me deep into the healing of my family line, ultimately allowing me to attain peace and freedom from my previously disharmonious energies.

More specifically, the essential oil blend consists of 1 tablespoon of apricot oil, 2 drops of Kaffir Lime Leaf (Citrus hystrix) essential oil, and 3 drops of Galangal (Alpinia galanga) essential oil. I blend the oils in a small bowl using my thumb (the energy of undoing), and repeat the mantra OM LAM VAM HUM over the mixture 7 times (or until it feels enlivened). I then apply the blend to my Earth center (1st chakra area -- the sacrum), tracing a square, and then to my Air center (4th chakra area -- the heart), tracing a circle.

To further strengthen the energetic pattern, I also anoint my specially made Earth and Air yantra amulets with the oil blend. If I have time, I lay them on their corresponding chakra centers while reclined in mediation, repeating the given mantra at least 100 times. Otherwise, or in addition, I wear the amulets on a necklace all day to reinforce the healing vibration I have introduced into my field.

In conclusion, while we generally associate various healing properties with various plants, we can also imbue them with specific healing powers. Through the use of mantras and yantras we can readily potentize the essential oils of the plants, energizing them with specific vibrational properties to bring about specific transformations of mind and body. With right intent, we can bring ourselves into harmony with the universal intelligence of nature.
Potentization of Essential Oils with Mantras and Yantras
Candice Covington, Certified Aromatherapist

Properties of the Five Great Elements

Ether or Space
Everything and nothing -- All into One.

Sanskrit: Akasha
Location: Throat
Chakra: Vishuddha (5th, Inner Muse)
Color: Black
Mantra: HAM

Traits of excess: feeling spaced out and disoriented, afraid of being alone or lost.

Traits of deficiency: feeling contracted and immutable; lacking spiritual connection and the ability to transcend our recognized physical world; difficulty recognizing and expressing one’s own truth; difficulty with communication: hearing what others are saying or saying what you mean.

Gifts of balance: ether is expansive and is the divine; it opens one to spiritual gifts such as clairvoyance, clairaudience, and being a clear channel -- all information beyond the rational mind; ether is one’s inner muse; it promotes true creativity and the highest expression of Self, understanding truth, and expressing that personal understanding as a lifestyle; understanding gestalts and working with symbolism, myth, and subtle information; communicating and expressing clearly what one means and feels; the ability to really hear what others say, including what is left unsaid.

Air
The breath of life. The prana that allows us to be animated and vital.

Sanskrit: Vayu
Location: Spiritual heart
Chakra: Anahata (4th, Heart)
Color: Smokey green
Mantra: YAM

Traits of excess: disturbs the mind and causes difficulty concentrating, thinking things through, or sitting for meditation; the inability to finish projects, scattered energy, being jittery; poor internal anchoring and being overly swayed by environmental factors.

Traits of deficiency: constricted heart center, holding grudges, inability to give or receive love, resulting in a dismal view of life.

Gifts of balance: carries and facilitates positive change, relates to the intuitive body; promotes curiosity, learning, and flexibility on all levels; allows the mind to achieve new insight and fresh perspectives; associated with abstract understanding and dreaming; element of active dreamers -- the visualization of what could be; promotes freedom from attachments (dogmatic, emotional, etc.); supports shifting and directing consciousness and swiftness in all forms; bridges the mundane and the divine to foster love of all types, forgiveness and compassion.

Fire
The catalyst in life. The great transformer that consumes to renew.

Sanskrit: Agni
Location: Solar plexus/navel
Chakra: Manipura (3rd, Inner Sun)
Color: Red
Mantra: RAM

Traits of excess: arrogance, self-centered attitude, feeling superior; being dominating or believing “my way is the only way”; lack of self control, volatile expression of self, instability, can be consuming and childish, a devouring force; “hot” issues: anger, being quarrelsome and confrontational.

Traits of deficiency: inability to stand up for oneself or deal with confrontation.

Gifts of balance: capacity to initiate projects on every level, passion, enthusiasm and warmth; transmutation of any situation that does not serve one’s highest self; as the element in which form first comes into being, fire supports the birth of personal ego -- experiences centered in personal identity; relates to the mental body; the ability to direct personal will; the need to directly act upon ideas in the physical world; divine masculine, protection, and champion energy; the sensations of bliss, growth, change, increase, and evolution.

Continued...page 27
Potentization of Essential Oils with Mantras and Yantras  
Candice Covington, Certified Aromatherapist

Continued...page 26

Water  
The great gateway to all things hidden -- the emotions, the subconscious, and the unconscious.

Sanskrit: Apas  
Location: Pelvic bowl  
Chakra: Svadhishthana (2nd, Chalice of Self)  
Color: Silver  
Yantra: Recumbent crescent moon  
Mantra: VAM

Traits of excess: consumed by and drowning in emotion, being emotionally tempestuous; using escapism to avoid life.

Traits of deficiency: being emotionally desolate; lacking empathy; internally brittle, in need of soul or emotional nourishment; unable to work with or understand dreams; relying on external circumstances to create feelings of contentment.

Gifts of balance: feelings, rhythm, understanding natural cycles, the unconscious, subconscious and emotional body; “pregnant waters,” pervasiveness, creativity, receptivity -- allowing self to be filled; expression of emotional states -- the ability to thaw/release frozen emotions (ice/steam); clean, murky, salty (tears), rebirth and renewal, empathy, fluidity; supporting alignment with synchronistic events, grace; the dream and soul medium -- allowing one to actively access and work with the collective unconscious and use dreams for personal growth; divine feminine and working with and understanding all that is; feeling contentment not determined by outside circumstances.

Earth  
The means to create foundation and structure in our lives.

Sanskrit: Prithvi  
Location: Base of spine/coccyx  
Chakra: Muladhara (1st, root)  
Color: Yellow  
Yantra: Square  
Mantra: LAM

Traits of excess: plodding, heavy, dull, slow, greedy, gluttonous; being stuck, lacking creativity, overly pragmatic; being stubborn, entrenched in a way of being, only believing what one can understand with the sense organs.

Traits of deficiency: being ungrounded, disregard for the physical body and Mother Earth (environment); poverty consciousness.

Gifts of balance: stability, security, being grounded; healing discord located in family lineage and DNA; determination, patience, endurance, practicality; acquisition, increase, and creating abundance; increases devic communication, a “green thumb,” preparing nutritious meals, positive parenting, and practicing generosity.

References

Candice Covington is a Certified Aromatherapist (ACHS), body and energy worker, and a long-time student of ancient alchemical systems. She travels the world seeking knowledge to inform and enrich her Divine Archetypes product lines. She is a former instructor for Ashmead College in Advanced Spa Modalities (including Ayurvedic) and Aromatherapy, and currently performs Panchakarma at The Chopra Center for Wellbeing.

For more information on Divine Archetypes and the Tattvas Esoteric Essential Oil & Amulet Collection (a system designed for work with karmic, elemental, chakral and personal dosha arrangements through the lens of The Five Great Elements), and how one can use these to Consciously Craft Self™, please visit her website at:


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The real purpose of our visit to Mysore was to meet with incense manufacturers who could shed some light on the history of how stick incense rose to prominence during the 19th and 20th centuries. Through Ramakant’s contacts arrangements had been made to meet with Mr. M.N. Ramakrishna of Sri Satyanarayana Parimala Factory and Mr. R. N. Murthy of N. Ranga Rao and Sons.

Both companies had their roots in the making of "masala" agarbatties (stick incense composed of natural ingredients) and these gentlemen had agreed to share with us the knowledge in their possession.

He specifically referred to formulas that were created for the worship of various gods and goddesses like Ganesh, Vishnu and Shakti. In the Agama Shastras it was said that each formula should consist of eight ingredients (Ashtaganda) selected from a list of 18 substances which included camphor, saffron, agarwood, sandalwood, vetiver, spikenard, costus, etc.

In this regard, it is important to remember the foundations of Indian culture arose on a firm belief in a sublime unseen power out of which the entire universe was created. This created universe was thought to be composed of five basic elements; earth (bhumi), fire (ag), ether (gaggan), air (wayu), and water (nir). When that power infused itself into these elements the different forms of creation, like minerals, reptiles, birds, animals and humans, came into being. One of the names given to that power was "Bhagawan", "bh" from "bhumi", "a" from "ag", "g" from "gaggan", "w" from "wayu", and "n" from "niru" indicating that the Supreme Power activated the five elements giving them life, form, and expression. Naturally the desire arose to find some way to worship that sublime unseen power which was present in all forms of life.
Several thousand years ago, India was a veritable natural paradise filled with a wealth of botanical treasures, many possessing unique aromatic properties. The people of that time lived simple lives with senses fully awake to the environment in which they lived. Today we speak of ecology but in earlier times people had to live in harmony with nature because their everyday life depended upon it. They needed all of their senses to read the signals coming to them from the world in which they lived so they would be able to survive and lead a healthy, happy and wholesome existence. They did not think of themselves as being the only conscious entities, but understood that each and every living thing had their own language. They knew it was their duty to have a humble, reverent heart so that they could "hear" what the other denizens of the creation had to say.

At that time, the leaders of the culture were people possessed of the highest sensitivity to nature and the unseen power which moved all things. They taught the people that the only truly satisfying way to live was to be of service to others because while in deep meditations they saw that every existing thing had been placed in the world to serve some good cause. They wanted the people to understand that nature was a most valuable teacher in this regard and that if humans would interact in a sincere and sensitive manner with their environment they would learn that by "giving and serving" there would be abundance for all. In order to make their high and sublime teachings accessible to the common man they turned to the beautiful world in which they lived for examples. They wanted to bring the hearts of the people close to the very source of all created life, the Unseen Power itself, so that the unwritten and unspoken laws of true living could be directly perceived. Since most people could not spend many years in deep meditation and contemplation as these leaders had done, these teachers needed to find outer symbols that could act as bridges to inner awareness.

The exquisite, colorful, scented trees, shrubs, vines, and herbs that populated these sylvan retreats proved to be one of the finest means of awakening in the hearts of those with whom they came in contact the type of refined awareness through which a deep inner transformation could be effected. The lovely scents emitting from the heart of a delicate flower carried a potent message, one which the simplest person could understand. The sages explained that every human life should be like a delicate flower emitting the fragrance of good words, good-deeds, and good thoughts. From this simple basic teaching they elaborated many other points using the plants as examples of qualities to be incorporated into one’s life. They taught that one’s time on earth would be successfully utilized and that when the final transformation came, the essence of the person, also called their soul, would be so much in tune with the nameless Essence that it would gracefully merge back into it.

Aside from the deep symbolic meaning inherent in plants and their sublime aromas the sages noticed that fragrance had a profound effect upon the human psyche. They saw that each plant, with its unique array of molecules, not only appealed to a person’s refined awareness in a general sense but also could be used to effectively treat specific “dis-eases”. In the traditional approach to holistic medicine which was in ancient times called the Ayurveda, or the "science of life", all diseases were seen to originate in some imbalance in a person’s inner life. Due to some unhealthy behavior pattern the individual had forgotten the rules of living in harmony with nature.

Continued...page 31
One of the first signs that manifested when a person's life was in a state of imbalance could be seen in some irregularity in the breathing pattern. Correct natural deep breathing was considered one of the essential ingredients of good health as the oxygen emitted from the surrounding vegetation contained sublime nutrients required in keeping the human body in a fit condition. Adequate rest, a simple diet composed of foods grown in the immediate vicinity, and sufficient exercise (which most people got through their everyday work as agriculturists) also contributed to a healthy life style. Still, the sages observed that human beings were plagued by various passions resulting in jealousy, anger, greed, avarice, lust, vanity, criticism, etc., and these negative qualities inevitably resulted in a change in the breathing pattern.

One of the best means to help a person gain a perspective on their own condition was to encourage them to re-establish a deep rhythmic-breathing pattern. This was easily affected by bringing them in the proximity of aromatic plants either in their natural form or in some special preparation designed to remove the blockages in their body caused by unbalanced thinking. This science was practiced in a very high form in ancient times but much of the knowledge was lost and is only now being rediscovered again. One of the reasons for this may be that the beautiful natural environments of ancient times filled with highly charged aromas of living plants were increasingly disturbed and destroyed with the passage of time. Many vestiges of this ancient form of aromatherapy are still alive today in India in the form of garlands, cosmetics, perfumes and incense but the inner understanding of how they were used to treat disease is now in the hands of a rare few. It may be that the time has come when this science will be revived. With this background in mind, the story of incense may now be taken up with a deeper degree of understanding.

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When we speak of incense, especially within the context of India, we are apt to think of bamboo sticks upon which has been rolled some sort of paste which gives off a pleasant odor. In fact, the story of this type of incense is less than one hundred and fifty years old. Prior to that time, incense was composed of a great variety of natural ingredients which were obtained from precious woods, aromatic spices, balsamic resins, gums, pungent herbs, earthy roots, etc. In their simplest form these ingredients were powdered or coarsely ground and burned during special ceremonies called yagnas. It is said that in all parts of India great rishis and sages lived whose whole life was dedicated to serving the people of their region. They had deep knowledge of the plant world and understood for which purpose each one was created. In the realm of the aromatic plants they found combinations of spices, woods, herbs, etc. that were very efficacious in purifying the atmosphere from seasonal bacterial and viruses and at the same time would stimulate the immune system of those inhaling the smoke.

With their deep knowledge of the mysteries of nature, they realized that certain types of beneficial aromatic molecules could only be released into the atmosphere via pyrolysis or destructive distillation by fire. Through both inner experience and outer experimentation they developed a highly evolved system of social medicine that served several purposes at one stroke. First of all they would call the people of their vicinity together to perform a yagna during seasonal transition times. Specially designed "Agni kunds" (fire pits designed according to specific geometric formulas) would be constructed that would serve as giant censors for aromatic formulas compounded for that particular season. The sacred fire would be ignited in the various kunds and men and women would sit together chanting powerful mantras that helped attuned their body and mind to the healing power of the Spirit of Life which although not visibly seen was alive and permeating the entire universe. At the same time they would inhale the purifying smoke which would also help in the purification process. The aromatic molecules contained in the smoke were also known to gently stimulate the higher brain center through the olfactory nerves helping the participants relax and experience a sense of reverence and receptivity to the sublime unseen Power supporting their life. This should not be equated with the effect obtained by strong hallucinogens but simply a natural means of awakening the finer sensibilities of the people at large.

As the minds of the people were united in this communal devotional endeavor, the sages would explain simple truths which would, if put into practice, help transform the lives of those listening to them. Pointing to the coarse materials to be burned in the Agni kunds from which a beautiful aromatic smoke would come, they explained that only when a human burned his desires in the fire of divine love would the fragrant essence of the soul come forth. Then, just as the smoke curled up into the air and became absorbed in the atmosphere, the soul would also merge back into its creator.

It is important to note that the sages were also keenly aware that the natural environment should not be harmed by the practice of such profound rites and rituals. Rather they felt that the effect of all that was done by humans dwelling on the earth should be to better the space in which they moved. In studying the flora where they lived they realized that each plant had a natural life cycle just as did humans and that the proper time to collect many aromatic plant materials for burning in their ceremonies was when the natural...
Continued...page 32

Life cycle had come to a close. In fact it was found that some of the most treasured aromatic substances like sandalwood, cedarwood, and agarwood possessed the most abundant amount of odiferous material when they had lived to a ripe old age and had died naturally. Very strict laws were devised to deal with people who illegally cut such sacred trees and society as a whole was taught that one should protect and nurture the ecosystem in which they lived. That way there would always be an abundant supply of raw materials for the practical and aesthetic needs of the community. It was possible to maintain such a healthy attitude towards the environment partly because the land was far less populated than it is today and partly because a great emphasis was placed on the quest for wisdom and enlightenment. Those who served that higher cause were deeply appreciated by the entire society.

These profound ceremonies began thousands of years ago in India and are still performed to this day, although in many places they have taken on strong commercial overtones. In 1997, I attended a couple of yagnas in Bombay where the basic outer format described above was followed but a lot of attention was being given to praising various prominent local people who had contributed financially to hosting the yagna. One could gain a little of the feeling of how it might have been in the ancient times but I felt somewhat saddened by the monetary overtones that had crept into something so rarified and precious. Still it was an invaluable experience for me as I was able to see how the Agni kunds were constructed, hear how the mantras were being chanted and smell the purifying smoke of the burning aromatic ingredients. In this way India is a true treasure house of living traditions through which one can gain insight into the country’s rich aromatic history.

Christopher McMahon is the owner of White Lotus Aromatics. To learn more about Christopher and to view his online library of exotic oils and educational information please visit:

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Follow White Lotus Aromatics at their Blog
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White Lotus Aromatics is located in beautiful Port Angeles, WA, “where the mountains greet the sea.”

White Lotus evolved as a natural adjunct to the Fragrant Harvest Project which commenced in India in 1996. Since then Christopher has made numerous trips to India, traveling throughout the country to meet with farmers, distillers, extractors and research scientists working on aromatic crops and their natural distillates and extraction. These journeys paved the way for offering pure essential oils, CO2 extracts, traditional attars, absolutes, carrier oils and, most recently, incense to the fragrance community. The hunt for the highest quality oils led naturally to expanding interactions with distilleries and extraction units to countries outside of India and now White Lotus is directly procuring natural essences from Bulgaria, Madagascar, South Africa, Ethiopia, Hungary, France, Italy, Bosnia and several other countries. Click here to read more about incense and anointing oils:
http://www.whitelotusaromatics.com/newsletters/mandinsperfume.html

See following page Christopher McMahon’s Explorations of the Word ‘Incense’ in Literature
“Presently the magician brought out from his breast pocket a casket, which he opened, and drew from it all he needed of incense. Then he fumigated and conjured and adjured, muttering words none might understand. And the ground straightway clave asunder after thick gloom and quake of earth and bellowings of thunder. Hereat Aladdin was startled and so affrighted that he tried to fly, but when the African magician saw his design, he waxed wroth with exceeding wrath, for that without the lad his work would profit him naught, the hidden hoard which he sought to open being not to be opened save by means of Aladdin.”  Sir Richard Burton The Arabian Nights: Aladdin; or, The Wonderful Lamp

“But the first morning of the new life! A perfect combination of invigorating elements. The cloudless sky, the clear air, the shining sea, the green folded slopes of Tam o’ Shanter Point opposite, the cleanliness of the sand, the sweet odours from the eucalypts and the dew-laden grass, the luminous purple of the islands to the south-east; the range of mountains to the west and north-west, and our own fair tract-awakening and falling into a state of frenzy in their efforts to dispel the powers of evil. Afterwards they purified the ambassadors themselves by leading them through the flames.”  Sir James George Frazer The Golden Bough: a study of magic and religion

“Still gliding onward, Hilda now looked up into the dome, where the sunshine came through the western windows, and threw across long shafts of light. They rested upon the mosaic figures of two evangelists above the cornice. These great beams of radiance, traversing what seemed the empty space, were made visible in misty glory, by the holy cloud of incense, else unseen, which had risen into the middle dome. It was to Hilda as if she beheld the worship of the priest and people ascending heavenward, purified from its alloy of earth, and acquiring celestial substance in the golden atmosphere to which it aspire. She wondered if angels did not sometimes hover within the dome, and show themselves, in brief glimpses, floating amid the sunshine and the glorified vapor, to those who devoutly worshipped on the pavement.”  Nathaniel Hawthorne The Marble Faun

“…To mortals roll the beams of day; the wreaths Of incense-breathing myrrh mount to the roof Of Phoebus’ fane; the Delphic priestess now Assumes her seat, and from the hallow’d tripod Pronounces to the Greeks the oracular strains which the god dictates.”  Euripides Ion (410 BC) translated by Robert Potter

“Again, rich churches, drowsy Masses, curling incense, tinkling bells, priests in bright vestments: pictures, tapers, laced altar cloths, crosses, images, and artificial flowers.”  Charles Dickens, Pictures from Italy

“The child could not think what she was talking about, but he quite understood the soup, which tasted most delicious. His mother had often given him nice things, but nothing had ever seemed as good as this. The smell of the herbs and spices rose from the bowl, and the soup tasted both sweet and sharp at the same time, and was very strong. As he was finishing it the guinea pigs lit some Arabian incense, which gradually filled the room with clouds of blue vapour. They grew thicker and thicker and the scent nearly overpowered the boy. He reminded himself that he must get back to his mother, but whenever he tried to rouse himself to go he sank back again drowsily, and at last he fell sound asleep in the corner of the sofa.”  Andrew Lang, The Violet Fairy Book
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The Sacred Art of Anointing
by Allison Stillman

ISBN: 978-0-615-20922-7
Price: $19.95
Soft Cover 161 pages

“What is understood by essence, in the pure sense as used by the medieval alchemists for example, is the actual energy, the ‘soul’ of the plant.” Marguerite Maury

If you seek to have a deeper level of experience with essential oils for anointing then look no further. ‘The Sacred Art of Anointing’, written by Allison Stillman, is a comprehensive guide that details the history and mystery of anointing with infused aromatic oils and botanical essences.

Thinking beyond modern day uses of essential oils, Allison’s book takes the reader on a journey to the elusive history of anointing practices. Religious and mystical sects all burned botanical resins in ceremonies and rituals and many continue these sacred traditions today. In the same way, our relationship with aromatics, infused oils and botanical essences can become much more then applying a blend for medicinal purposes. We can also consider the soul level of the plant’s essence and create blends for anointing for everyday life issues, major changes and transitions along with using them as a tool to focus on connecting with the power of scent in a deeper, subtle way.

Allison’s book shares many different ways to connect with the soul level of essential oils. The book’s chapters include: History of Anointing, Sacred Scents, Chakra Balancing, Crystal and Gemstone applications, and the Seven Sacraments with their corresponding anointing ceremonies.

Excerpt from page 3:

Anoint: To apply as a sacred rite, especially for consecration.

Consecrate: To devote to a purpose with deep solemnity, or dedication; to make or declare sacred.

Sacred: Entitled to veneration by association with divinity.

Divine: Of, pertaining to, or proceeding from a god, especially the Supreme Being (love); supremely good, heavenly, and god-like.

About the Author: Allison Stillman is a teacher, visionary, holistic practitioner and ordained minister. The Sacred Art of Anointing is a result of her 30 years of research and practical experience with essential oils and anointing. She has traveled the world anointing and sharing her love and knowledge through workshops and private sessions, and has been featured in the books, More Hot Chocolate for the Mystical Soul by Arielle Ford, and Insights from the Coffeehouse by Jonathon Collins.

To learn more about Allison and her book, The Sacred Art of Anointing please visit her website at www.romancingthedivine.com.

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NAHA reserves the right to cancel the contest based on insufficient participation and lack of quality submissions. NAHA reserves the right to change or substitute contest prizes. All contestants agree that their contest submissions can be used by NAHA for publication on the NAHA website, journals, newsletters and any e-communication resources. See Contest Submission Requirements for more details.
A Poetic Tribute to Some Beloved Aromatic Plants
David Crow, L.Ac.

Lavender (Lavandula angustifolia)

Like serpentine waves of color undulating across the continents, the lilac hues of lavender farms weave together all that is good about us humans. For love of beauty people flock to the cascading purple terraces of Provence, New Zealand, Himachal Pradesh, California, drawn like the bees climbing through their miniature labyrinthine worlds of ultraviolet scent. Because there still lives, somewhere in our heart and soul where the artificialities of modernity are not allowed, an innate indescribable love for nature’s tender expressions, the soft voice of lavender’s gentle spirit is universally understood. Because there still abides beneath our hardened, agitated, aggressive, restless madness an inescapable vulnerability to the feminine power of the earth’s compassion, lavender’s soothing touch transcends our painful imagined differences, bonding us together again in the simple child-like truth that we all suffer and need comfort.

But wait, there’s more...that was only the terrain the oil came from. What has created this wonder, this sublime artistic expression like a fragrant Impressionist painting from a palette of wind, water, earth and fire? What intelligence, what evolutionary force, what biological necessity, what inborn instinct, what genetic genius, what devic magic has mixed and melded and separated and compounded and purified this alchemical gem, this elixir of healing, this infinitely valuable aromatic talisman of protection? Can we name it, or should its name not be spoken, so profound a mystery it represents? More importantly, can we smell it? We must, for its

Open a bottle of fine lavender oil, as if you were one of those who feel reverence because it has cured them of sorrows in ways that science could not do. Bring it slowly to your nostrils, for inside lies more than you ever realized. Can you perceive the fresh notes of rain, dewy transparent pearls rolling off silken petal and leathery leaf? Draw your attention further inward: there await rich earthen notes of loamy fertile soil or mineral notes of harsh wild landscapes. It is easy to get lost in the smell of purples, the sweet aquamarine notes of fruit and flower so distinct yet so indescribable, but anyone can do that. Do you sense the pungency, the soft sharpness of sunrays, and the fiery acrid heat of Mediterranean summer days? How can you not notice the cool air of evening that settles on the flowing contours of color at dusk, changing the heliotrope undertones to fuschia then magenta then indigo as the plants exhale their purifying breath into the night sky?

Continued...page 39
presence now permeates the cavities of the sinuses, aroma molecules now vie for receptor sites, receptor sites now fire in unison, enzymes cascade in torrents of information converting the sheer pranic power of this supreme presence into holographic neural networks. In an instant, something that did not exist a moment ago is now manifest: the fragrance of lavender within our own unique private universe of perception.

Rest a moment and breathe; new revelations will appear. Notice how this apparently simple essential oil has, in its profound botanical wisdom and primal spirituality, covertly carried the nutrient life force of the earth, the soothing cooling touch of water, the energizing rays of sun, and the uplifting breath of air directly into the deepest recesses of our brains, our hearts, our mind.

Notice its effects.

Are the sinews not softer, the nerves somehow more translucent, and the joints younger? Are the pains of unconscious habitual contractions and chronic irritation of smoldering inflammation not receding? Is the chest not more open, the breath smoother, and the heartbeat steadier?

Notice also the effect on the intangible parts of our being. Is the mind not clearer, the mood more elevated? Can you not feel the somber cloud of collective despair and frustration, so closely entwined with the empathic fibers of our being that we can no longer perceive its weight, lifting; in its place a simple joy that needs no cause to arise?

Give thanks. Thanks to the compassionate plant that heals a multitude of ailments without causing harm, to the ancient intelligence that enlivens it, to the soil that nourished it, to the water that moistened it, to the air that it breathed, the sun that awoke it from slumber. Give thanks to the men and women who labor with love tending their precious children until mature, and then tending them more. Give thanks to the sacred alchemical arts and sciences of distilling the essence of these beneficent beings, and the lineages of teaching and knowledge that have brought us this precious blessing in humanity’s hour of need.

Jasmine (Jasminum officinale)

Weathered hands gently pluck millions of tiny white stars in Madurai’s sultry morning light; smoky diesel trucks on decrepit Indian highways haul the bags of fragrant treasure to waiting bazaars. Luscious garlands of the “night queen” woven by nimble fingers lie piled among the shouting and haggling of flower markets: garlands of joy worn at weddings and festivities; garlands of thanksgiving offered to deities in their temples; garlands of desire hung over lovers’ beds; garlands of beauty worn in the hair of dark-skinned women; garlands inflaming erotic passions in the intoxicating night air, smiles and laughter and euphoric pleasures without reason. Such are the simple things that make a culture civilized.

"No jasmine, no perfume," say the masters of the art, as they sample the finest nectars of midnight and dawn. Amorous women carry ornamented bottles of carved crystal in silk, casting spells with potent ethereal vapors; their amorous men, willingly seduced by the mysterious chemical messengers of floral sensuality and erotic hormonal enticement, easily fall prey to the aphrodisiacal impulses befuddling their minds.
Frankincense (*Boswellia carteri)*

Aged sentinels watching over a vast arid silence, gnarled paper-barked trees grasp bare rock with twisted roots. Sharp knives draw the milky sap; shimmering resins fit for offering to the divine dry slowly in Bedouin caves. Merchants in bustling casbahs proclaim the virtues of their finest, largest, sweetest, rarest, most translucent drops of sunlight, all the names of *al luban’s* subtle grades rolling off their tongues in desert-perfumed Arabic.

Camel caravans plod across the landscape of ages and epochs, laden with wealth of spirit and healing. Greek, Persian, Chinese, Indian and European doctors examine the latest arrivals from afar, their mortars filled with white-gold powder ready for mixing into salves and ungents and ointments and plasters. Rows of apothecary jars hold pills made from recipes passed down from grandfather to father to son, family reputations upheld by the medicaments’ reliability, efficacy, and blamelessness.

Pharaohs and queens anoint themselves with regal perfumes brought from the sandy wilderness; in silent waiting tombs, sealed clay amphoras hold an eternity’s worth of aromatic necessities to be enjoyed in the afterlife. The dead are transformed into crystalline relics.

Priests, monks, nuns, and yogis sprinkle the sacrament on glowing coals, fuming bowls and wafting censers of ceramic, copper, bronze, brass and iron presented to the local guardians, the four directions, the deities of enlightenment, the holy ones, the great mystery, the Absolute. Cathedrals, mosques, temples, and pagodas infused with the scent of prayers echo with supplications, devotion, and gratitude.

White-coated researchers rediscover the wisdom of old, the microscopic realms of therapeutic powers carried by the desert sentinels revealed in the light of technology. The language of molecules flows off charts and graphs, music to the minds of those seeking new drugs: *a-pinene, a-thuyene, 3-carene, limonene, p-cymene, trans-beta ocimene, octyl acetate*. From the trees’ scented life blood come pharmacopeias more valuable than gold, just as the gifts once carried by the Magi: antibacterial, antiviral, antifungal, anti-inflammatory, antidepressant, anti-anxiety, a fountain of healing, solace and comfort for suffering humanity. The Bedouin puts away his scarring knife, rubs the powdered resins from his seasoned hands and knows the same.

Rose (*Rosa damascena, Rosa centifolia*)

There was once a time when a people loved cultivating roses so much their Emperor was obligated to issue edicts limiting the use of land so the population did not go hungry. Once, a great Mesopotamian city was renowned far and wide for its magnificent rose gardens. Such were the challenges of life in China’s Han Dynasty, and the glory of Baghdad now dwells only in the memories of those long departed.
What was it that enchanted the original horticulturists in the day of Lao Tzu? Was it a scent that no longer exists, a crimson color never seen before, as the wild flower that had lived in the misty mountains since time immemorial grew in domestic gardens for the first time?

In the beginning there were only a handful of species, but their destiny would be to spread across the earth, evolving and hybridizing into tens of thousands of new forms, colors, smells, and growing habits.

More profoundly, roses would gradually become entwined with the roots of the human psyche, adorning and symbolizing the unique paradoxes our soulful species has forever struggled to reconcile, for we are indeed spiritually erotic and erotically spiritual, embodiments of love divine yet fated to endure the ordeals of passion. What could represent the human condition better than a flower of fleeting beauty, a scent enthralling yet ephemeral, and a plant, fragile and prone to sickness yet armored with thorns and capable of thriving from the coldest forests of Siberia to the hottest deserts of India?

In cities large and towns small, Persian nobility and Arab sheiks patronized flourishing rose gardens, wonders of the world easily confused with celestial visions. Ragged Crusaders weary of battle carried home the vibrant red symbol of Christ, leaving the Muslims to cultivate their symbol of Allah. Soon Bulgarian valleys would lie awash with pink-red springtime, sunrise awakening the flowers’ metabolic exuberance.

Victorian horticulturalists would propagate a rainbow palette of new varieties and cultivars, their shades and colors conveying the heart’s sentimental hues: passionate romantic red, love at first sight purple, desirous coral and orange, grateful pink, chaste white, friendly and joyful yellow, mysterious blue.

Wild roses, old garden roses, China and tea roses, alba, gallica, damask, and centifolia, the flowers multiplied in a profusion of classes, species, varieties, and cultivars, rejoicing, apparently, at the creative touch of humans igniting their latent artistic impulses. Ovoid, pointed, cupped and globular, they bloom in an endless variety of shapes, colors and fragrances, unfolding, tantalizing, and then evaporating. Wine-scented crimson, apricot clove, geranium scarlet, fruity lavender, phlox-pink with damask notes, creamy yellow fragrance of violet and clover, they present themselves proudly, as if knowing the names bestowed on them by their co-creators: Madam Hardy, Crimson Glory, Cardinal de Richelieu, Fragrant Cloud, Lady Hillingdon, Deep Secret, Zéphirine Drouhin, Pearl Essence.

From terraced heights of cascades and glacial vistas, Himalayan villagers carry perfumed baskets down winding trails tread for generations; toothless grinning elders pour huge bags of freshly plucked blooms into piles for cleaning. In the blazing desert where Rajas once ruled, the queen now blossoms under trees laden with mango and amla, her translucent petals moistened by sweet snowmelt flowing beneath the treasure-laden sands.
Indian, Iranian, Turkish, Moroccan: young and old, men and women labor to harvest uncountable quantities of blossoms as the seasons change to years, years fade to centuries, centuries turn to millennia and time becomes the well-worn path from fields to carts to villages to stills. Stills of silica glass in sanitized modern labs, immense sacrilegious stills of industry, government-regulated copper stills seasoned by the decades, tiny stills in alchemist’s shrines, all transforming a mountain of roses into a drop of oil.

Regal without being presumptuous, sophisticated without arrogance, sublime yet accessible, rose oil imparts its elegant graciousness upon those who bear oppressive injuries of the heart. The beauty of nature is an indispensable nutrient for the soul; could it be that simply by befriending the queen of flowers our birthright of spiritual nobility is restored? Or do we become vicariously inebriated with euphoric freedom from care, imbibing the nectar secreted within the blossoms’ conch-like folds as they swoon under the mysterious caress of the moon’s rays?

Perhaps we are being blessed by the healing colors of arriving dawn, the favorite time of God and roses, as the current of solar music approaches imperceptibly from the silence of deep space, finally bursting upon the earth in a symphony of radiance. Shadows of sorrow and grief flee before such a majestic presence. In our daily battles to uphold dignity and truth, what greater protection could we ask for than an elixir of joy distilled from the sun and moon?

Like the roses’ whirling galaxies of kaleidoscopic perfumed colors, so blossom the dreams and glory and folly of love, so passionately and innocently, so briefly. Here lays Cleopatra, languidly waiting on a bed of floral enticement. Here stands the Taj Mahal, monument to the moment of eternity glimpsed in the eyes of the beloved, its pools brimming with petals distilling in the midday sun. Here parade royal Persian wedding parties along pathways of crimson and pink, and brides and grooms of old Rome adorned with floral crowns. Here wanders Sappho, offering poems of intoxicated adoration like roses strewn across altars and shrines of Aphrodite and Venus. Here, in an ecstatic vision, the Virgin Mary approaches St. Dominic, bestowing on him the first “rosary,” of rose-scented rosehips.

Where does the timeless Tao flow, carrying our days into memories, memories into myth, myth into mystery, like candlelit flower boats drifting away on holy rivers as spirits depart in search of love again?

David Crow is one of the world’s foremost experts and leading speakers in the field of botanical medicine, natural health and ecological sustainability. He is a master herbalist; aromatherapist and acupuncturist with over 20 years experience and is an expert in the Ayurvedic and Chinese medical systems. He is a renowned author and the founding director of Floracopeia Aromatic Treasures.
The story of his journeys in Nepal and the teachings he received became the basis for his exquisite literary work, In Search of the Medicine Buddha, published by Tarcher-Putnam in 2000.

Floracopeia was established to help preserve and promote the use of botanical medicines as solutions to growing global problems. Floracopeia provides its customers with the highest quality essential oils and other botanical aromatic treasures through the promotion of its sustainability projects throughout the world.

Through writing, teaching, and activism, David Crow is promoting the creation of a grassroots healthcare system based on community gardens. He is a co-founder of The Learning Garden at Venice High School in Los Angeles. This garden has quickly become one of the country’s largest and most successful school gardens.

David currently travels and teaches throughout the world. Through his visionary synthesis of medicine, ecology, and spirituality, he has helped transform the lives of thousands.

To learn more about David visit his websites:

www.floracopeia.com
www.medicinecrow.com

*Editor’s note: As Frankincense (Boswellia carteri) is an endangered oil, despite the long history of sacred use for this essence, as aromatherapists we must remember that it is both hard to get the pure essence now and more ethical to respect this helper and let the trees recover. NAHA’s position is that it is best to find a different essence for use in the moments mentioned in David’s article.

Product Review: Aroma Drum™
By Kelly Holland Azzaro

Aroma Drum™
By Remo www.remo.com/aroma.drum
Retail price: $179.00

“A symphony of sound and scent”-Alyssa Janney, MBA

Remo, Inc. (A drumhead company celebrating 50 years in drum technology) markets this new and innovative tool as a stress management system integrating the life-enhancing benefits of healing music, aromatherapy and therapeutic drumming. After working with therapeutic drumming for many years, Aroma Drum creator Alyssa Janney, MBA, had the powerful idea of combining aromatherapy and drumming to help people enjoy a better quality of life. The Aroma Drum concept was born.

I’d also call it a unique way to awaken to the sound of scent.

My first impression of the overall packaging is that everything is very professionally put together from start to finish, including the box. The actual drum is absolutely beautiful. The shell is made in the USA of 100% recycled wood fiber and the drum’s surface has a serene image of ocean waves rolling in over basalt
stones with a sunlit mountain background. This makes the drum itself a work of art. The backside of the drum has secured rope handles which allow the user to hold the drum comfortably while drumming with the drum mallet. What makes this drum so unique is the aroma-patch fastener designed with a snap which holds an aroma-disc to the inside of the drum. Scent the disc with your favorite essential oil and begin to drum and experience the aromas slowing releasing. Hence, the trademarked name: Aroma Drum.

Try lavender to drum-in peace and relaxation. Try patchouli and beat the drum to become more grounded. Add a drop of grapefruit and feel energized from the drum beat. Feeling a bit under the weather with winter blues? Use an aroma-patch scented with eucalyptus and choose a rhythm that uplifts your spirit.

The drum and included ‘Stress Brake-Music Exercising Emotions Program CD’ are meant to be played together, though I personally enjoyed playing them both individually. Drum along to the music that matches your mood. The CD tracks are arranged with three different composed musical themes designed to match specific moods. Track one, ‘Unleash,’ is meant to help dissipate negative feelings/energy. Track two, ‘Soul Kiss,’ brings peace and relaxation and Track three, ‘Energized,’ has an uplifting, faster tempo to rejuvenate and energize the listener in as little as 15 minutes. The ‘Stress Brake’ music is produced by Judith Pinkerton and Jeffrey Neiman. Music for Life founder, Judith Pinkerton, is also a board certified music therapist and classically trained violinist.

After experimenting with the Aroma Drum and its accessories and finding joy in my own rhythm while tapping the drum, I would definitely consider using the Aroma Drum with both my human and animal clients as another way to incorporate sound and scent during aromatherapy massage therapy and essential oil consultations. My dog Mia really liked the sound of the drumming and took a whiff or two of the permeating grapefruit aroma. Within several minutes she was off to sleep, lying next to me while I drummed. Since no drumming experience is required to play the Aroma Drum you are free to experiment by finding your own aromatic-rhythm or use the unique interactive system to become acquainted with drumming, music therapy and scent.

Aroma Drum creator, Alyssa Janney, MBA and Health Rhythms Division Manager says that Remo, Inc. is developing a continuing education course for nurses and therapists that will combine drumming and aromatherapy. The program is being developed with Bonnie Harr, RN, a clinical nurse specialist/educator who is also a clinical aromatherapist and a group of her fellow clinical aromatherapists and a music therapist.

The Aroma Drum package kit comes with the following items: Remo’s Aroma Drum with mallet, (5) Interchangeable Aroma Discs with fasteners, Music 4 Life Stress Brake CD and booklet and a quality essential oil sampler pack which includes four vials of pure essential oils and a guide from SomaTherapy. A visual, step by step ‘how to use’ printed instructional handout is also included. Everything comes packaged in a reusable box.

**Special Discount for NAHA Members:** Remo is offering 20% off the purchase of the Aroma Drum package. This offer is good until December 20, 2011.

**Use order code: NAHA2011** at online store [www.remo.com/aromadrum](http://www.remo.com/aromadrum) and click on the ‘Buy Now’ button.

Alyssa says to keep the receipt of purchase for future use towards their Continuing Education Introductory Course.

For more information about the Aroma Drum visit these weblinks: [www.remo.com/aroma.drum](http://www.remo.com/aroma.drum)

Click here to read an article written by Bonnie D. Harr, MSN, MS, RN
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• NAHA Regional Directors/Representatives/Educators
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Membership Networking Area, post your classes, product discounts, video links, participate in discussions, post questions, share ideas and much more!

Not a member of the online members group? Use the NAHA Online Feedback Form to submit your request to join. Current NAHA Membership is required in order to join and participate in the online group site. NAHA reserves the right to delete members from the group site whose memberships have expired or who do not follow participation guidelines.

Would you like to help co-moderate an aromatherapy topic for the NAHA Members Only Group? If so, please contact NAHA via the Online Feedback Form http://www.naha.org/feedback.htm.
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American Herb Association
The American Herb Association promotes the understanding and ecological use of medicinal herbs and aromatherapy.
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www.cropwatch.org

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www.unitedaromatherapy.org

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The Aromatic Mind Book; Natural Aromatherapy with Essential Oils for Mental Health Professionals
by Sylla Sheppard-Hanger
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(size: laminated, 4 by 5.5 inches, ringbound, 55 pgs)

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Symbolism of the Lotus

When the word "lotus" is spoken, it creates in the mind an image of perfect beauty for those who have beheld this wondrous flower. With its roots anchored in the mud of the pond or lake in which it lives, it rises up through the water to bloom on a stately stalk. Whether its color be blue, pink or white, the same elegant form presents itself. In the early morning before the dawn rays cause its petal to unfold, it stands erect and serene in the pose of the folded hands as when people greet each other in India and other Eastern countries. The graceful enfolding of the radiant inner core of the flower by the outer petals in the cool pre-dawn hours reminds one of the patience and calmness one must have while dealing with the many visitudes of life. If somehow one can maintain a serene equipoise so sublimely embodied in the lotus blossom prior to unfolding then when the mind is touched by the spirit of truth it can blossom in an unassuming manner, revealing the golden radiance which always exists in the heart. Then just as the unfolding petals of the lotus release their fragrance into the morning air; fresh, innocent, and pure, so can a person release the natural fragrance of true contentment, kindness, forgiveness and love into the environment in which they live.

No: it is not yours to open buds into blossoms.
Shake the bud, strike it, it is beyond your power to make it blossom.
Your touch soils it; you tear its petals to pieces and strew them in the dust.
But no colours appear, and no perfume.

Ah! It is not for you to open the bud into a blossom.

He who can open the bud does it so simply.
He gives it a glance, and the life-sap stirs through its veins.
At his breath the flower spreads its wings and flutters in the wind.
Colours flush out like heart-longings, the perfume betrays a sweet secret.
He who can open the bud does it so simply.-Tagore

Click here to read more about Blue Lotus and other Lotus oils :

http://www.whitelotusaromatics.com/newsletters/bluelotus3.html

Christopher McMahon
White Lotus Aromatics

Continued...page 51
Lotus: Essence of Perfection
By Christopher McMahon and Marge Clark

Marge Clark of Nature’s Gift

Blue Lotus (Nelumbo nucifera) Wildcrafted, India, solvent extract.

This rarest of Lotus Blossoms yields an ethereal absolute. When appropriately diluted, it is light, delicate in aroma, not as floral as the more common Pink or White Lotus Blossoms. Still, its effect on the spirit is amazing. Blue Lotus is a "must have" for anyone working with the chakras, doing energy work, or using the oils as a part of their spiritual journey. One user writes of feeling as though a tube of clear blue light and love was opened inside her and that she was directly connected to a spiritual being. "I felt calm, peaceful and centered, but most important, connected and loved. A spiritual experience not to be missed." Another speaks of feeling her third eye gently spiraling open. The first client to receive a sample of this exquisite absolute wrote of feeling her crown chakra opening and filling with beams of clear light. Others say that Blue Lotus is associated with the fifth chakra. The Blue Lotus is said to be the flower of self potential and self-actualization. Perfume writer Victoria, of Bois de Jasmine, writes that Blue Lotus Absolute “strikes me as having a very unique quality--translucence paired with tenacity. I find that it starts out with a slightly pungent crisp note (not unlike White in some ways, which actually reminds me of autumnal leaves), however immediately crispness melds into transparency underscored by a subtle floral note and perhaps a touch of verdant foliage.”

Blue Lotus is rare and costly and can be found already diluted into coconut oil on the Nature’s Gift website. Read more

2010 Calendar of Events

January 4 – March 8, 2011
Event Title: Animal Aromatherapy 101
Online Course via your computer CE’s available
Educator: Kelly Holland Azzaro RA, CCAP, CBFP, LMT
Email: asshitherapy@skybest.com
www.horsecourses.net

January 5 – 6, 2011
Event Title: Aromatherapy Certification Program
Educator: Andrea Butje
Facility: Aromahead Institute
Address: 6339 Kondla Place, Sarasota Florida
Contact Name: Andrea Butje 941 • 323 • 3483
Email: andrea@aromahead.com
www.aromahead.com

January 5, 2011 11:30am-1:00pm
Event Title: Aromatic New Year- Celebrating the World of Aromatherapy- Indiana Chapter NAHA meeting
Educator: Pam Conrad-facilitator (NAHA Regional Director IN)
Facility: Community North Hospital Wellspring Pharmacy
Address: 7120 Clear Vista Drive, Suite 1900 Indianapolis Indiana
Contact Name: Pam Conrad 317 • 873 • 8613
Email: conradpam@gmail.com
www.aromasforhealing.com

January 13, 2011
Event Title: The Six Element Paradigm, Essential Oils and Soul Level Healing
Educator: Dr. Bruce Berkowsky, N.M.D., M.H., H.M.C.
NAHA Tele-Conference Center (via your phone)
Register Via Online Feedback Form
Email: info@naha.org • www.naha.org

January 21 – 23, 2011
Event Title: The Business of Aromatherapy
Educator: Andrea Butje
Facility: Aromahead Institute
Address: 6339 Kondla Place, Sarasota Florida
Contact Name: Andrea Butje 941 • 323 • 3483
Email: andrea@aromahead.com
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February 5, 2011
Event Title: NAHA SC Chapter Meeting and Aromatherapy Lecture
Contact: Shellie Enteen, BA, RA, LMT
Location: EarthFare, Pelham Road, Greenville, SC
Email: shellie@astaressence.com
Website: http://www.facebook.com/event.php?eid=152794441434447

February 10, 2011
Event Title: The 6 W’s-Buying Quality Hydrosols
Educator: Ann Harman
NAHA Tele-Conference Center (via your phone)
Contact Name: Register Via Online Feedback Form
Email: info@naha.org • www.naha.org

February 18 – 20, 2011
Event Title: The Business of Aromatherapy
Educator: Andrea Butje
Facility: Aromahead Institute
Address: 6339 Kondla Place, Sarasota Florida
Contact Name: Andrea Butje 941 • 323 • 3483
Email: andrea@aromahead.com
www.aromahead.com

March 11 – 13, 2011
Event Title: Component Blending
Educator: Andrea Butje
Facility: Aromahead Institute
Address: 6339 Kondla Place, Sarasota Florida
Contact Name: Andrea Butje 941 • 323 • 3483
Email: andrea@aromahead.com
www.aromahead.com

March 20 - 25, 2011
Event Title: Aroma-Herbalism
Educator: Mindy Green
Facility: Present Moment Retreat Center
Address: Troncones Beach,
North of Acapulco, Mexico
Contact Name: CJ Page 916 580 3418
Email: cj@presentmomentretreat.com
www.presentmomentretreat.com/docs/aroma-herbalism.pdf

March 22 – April 26, 2011
Event Title: Bach Flowers for Pets
Educator: Kelly Holland Azzaro, RA, CCAP, CBFP, LMT
Facility: Online Course via our computer. CE’s available.
Contact Name: Kelly Holland Azzaro
Email: ashitherapy@skybest.com
www.horsecourses.net

April 2 - 3, 2011
Event Title: Aromatherapy with Robert Tisserand
Educator: Robert Tisserand
Facility: BCPA’s Event at Sidney Pier Hotel
Address: 9805 Seaport Place, Sidney, B.C.,
Canada, V8L 4X3
Contact Name: Colleen
Email: essence@telus.net
www.bcapa.org/2010/10/02/announcement

April 2 - 6, 2011
Event Title: Teacher Training
Educator: Andrea Butje
Facility: Aromahead Institute
Address: 6339 Kondla Place, Sarasota Florida
Contact Name: Andrea Butje 941 • 323 • 3483
Email: andrea@aromahead.com
www.aromahead.com

April 14, 2011
Event Title: Menopause; Use of Essential Oils During Changes
Educator: Dr. Vivian Lunny, MD, RA, MDMA, FIFA
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Email: info@naha.org • www.naha.org

May 12, 2011
Event Title: Cosmic Aromatherapy
Educator: Shellie Enteen, BA, RA, LMT
NAHA Tele-Conference Center (via your phone)
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Email: info@naha.org • www.naha.org

September 8, 2011
Event Title: Five Element Aromatherapy
Educator: Shanti Dechen, CCAP, LMT
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Register Via Online Feedback Form
Email: info@naha.org • www.naha.org

October 13, 2011
Event Title: Essential Oils with Reflexology for Anxiety Relief
Educator: Gina Rafkind, Reflexologist, Aromatherapist
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For detailed course descriptions, visit: www.achs.edu.

To request information, call (800) 487-8839 or email: admissions@achs.edu.

Aromahead Institute: Learn online or in person. 200 hour NAHA approved Certification Program (Level 1 and Level 2 covered in a single course). Improve your skills and advance the Aromatherapy Profession by completing Aromahead's Scholar's Program, a 400 hour certification consisting of advanced aromatherapy chemistry, therapeutic blending, business skills, teacher training and incorporating a wider range of essential oils. Classes approved for Massage Therapy CEU's by the Florida Board of Massage Therapy, National Certification Board for Therapeutic Massage and Bodywork (NCBTMB). All classes led by nationally recognized Aromatherapist, Andrea Butje, Founder of the Finger Lakes School of Massage, Aromatics International, and Aromahead Institute.

www.aromahead.com andrea@aromahead.com

Institute of Integrative Aromatherapy: The Certificate Program in Integrative Aromatherapy offers a very comprehensive, clinical and holistic focused, correspondence course for health professionals and non-professionals. You will be personally mentored by author and Holistic Nurse Aromatherapist, Valerie Cooksley. The certification is fully endorsed by the AHNA, NCBTMB and NAHA (Level I and II). Contact hours available for Nurses and Massage therapists.

Contact: Valerie Cooksley, RN OCN, FAAIM 1-877-363-3422
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CLINICAL AROMATHERAPY 1) Taught course. The first course to be endorsed by (AHNA) American Holistic Nurses Association. Accredited by (NCBTMB) The National Certification Board for Therapeutic Massage and Bodywork and NAHA (Level I and II). 250 CEs. 27 certified instructors.

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Crop Watch www.cropwatch.org

International Journal of Clinical Aromatherapy www.ijca.net

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