

AROMATHERAPY SEMINAR
THE FRAGRANT PHARMACY

Presented by: Jeanne Rose

Hosted by: Twila Willis at
6514 Pevensey Dr.
Austin, TX 78745
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Introduction:

This exciting seminar was presented by Jeanne Rose and hosted by Twila Willis at her home in Austin, Texas. The course material covered the use of herbs and essential oils in combination for medicinal, ceremonial/ritual and emotional purposes. Activities included demonstration and hands on learning. The workshop was very informative and well worth attendance.

Ritual/ceremonial application:

Ritual is any system of rites that are done regularly in a set manner to outwardly express an internal belief. All peoples have ritual ways of doing things such as gardening, making tea, living and worshiping. Scent, color and sound are important components for the performance of rituals/ceremonies. Essential oils and herbs resonate in particular colors and sounds and when combined properly, add energy to the intent or goal of the rite being performed. For instance, the high, holy mass of the catholic religion is accompanied by incense, certain vestment colors and singing of the liturgy.

Aromatherapy rituals when performed carefully, with attention to detail, serve many purposes. Fortunately, we were able to use Jeanne's wonderful chart of aroma/color/plant/sound and crystal correlations during class. Using this chart enables one to easily determine correct combinations for specific actions, which is the first step of planning an aromatherapy ritual. As an example, a ceremony to ask for strength and courage could require the color orange, a citrus essential oil and music in the key of D, whereas a ritual for balance and harmony would need to have oils of the green/vegetative scent, the color green and music in the key of F.

Once the intent or specific purpose of the ritual is decided and the appropriate oils, herbs and other paraphernalia are gathered together, a person must clean themselves, the space and

implements to be used. Sage is an effective herb for smudging to clean spaces and equipment.

A 20 minute soak in a bath using seaweed, an herbal infusion or salts and a chosen essential oil is helpful for cleansing the body. Having cleansed mind, body, equipment and space, one should enter the chosen place and burn some Frankincense tears for elevation and higher consciousness while greeting the four directions and asking for benevolent intercession, always keeping harm to none in mind. After which concentration, connection, contact and closure should follow.

Aromatherapy rituals/ceremonies can be quite complex, taking months to set up and complete or they can be simple, using only what is available at the time.

I had personal experience with aromatherapy ritual of short notice on my way home from class on Sunday, the night of the Hunter's moon. It happened like this: during class that day I made an essential oil blend of orange, grapefruit and lemon in a lotion base to promote energy and courage as I was dreading the drive home and the late arrival. I had already begun to think and intend, though I didn't realize it at the time. We stopped to eat on the way out of Austin and before getting out of the car I put the lotion on my hands, arms, legs and the hands of my companion. We each breathed deeply. During the meal we talked about inconsequential things and how good it would be to get home. Back on the road it was still daylight and we got caught in a traffic jam in Bastrop which lasted about fifteen minutes. I used the time to concentrate on my most immediate desire which was to get home quickly and safely. I used more lotion on my hands, cupping them and taking deep, long, slow breaths. After traffic cleared I started to wonder where I should be looking for the moon rise. I knew we were headed southeast so it should happen somewhere in front of us. It wasn't quite dark and since I wasn't driving I had time to imagine how it must have been for the native peoples of the area, this time of the year and

returning from the hunt. I imagined that they felt relief once the big bright Hunter's moon rose to guide them home. I could hear the request for a safe, clear path home.

Finally, the sun went down and I inhaled more of the blend with closed eyes, asking that the moon please reveal herself. When I opened my eyes the very beautiful, orangey moon was right there to the left of us. I meditated, thinking about how many modes of transportation must have been used on this route, and how many different people probably asked for my same request: a safe quick way home. The road was twisty so the moon went from left to right to center all the way home. Somewhere on interstate 10 a truck in front of us lost some of its cargo, and we ran over it. We stopped to check for damage and there wasn't any. I took over driving at that point, drove the rest of the way home, descending from the hill country to the coast, with the moon in continuous view. We got home in three hours.

Gordy and I have driven back and forth to Austin together and separately over the last thirty years and neither one of us has ever made it home that fast. Therefore, I am sure that the use of my essential oil blend amped up my intent and affected the journey home in a supremely positive way. Wow!

Medicinal application:

Herbs and essential oils in combination are effective treatment for a variety of ailments. Hydrosols are the best of both since they contain both the water soluble essence of the plant as well as traces of essential oil. When a person cleans a wound with a properly prepared hydrosol, and follows that up with an ointment containing essential oils, they are using herbs and essential oils combined. When hydrosols are not available herbal infusions can be used as a wash for wound care. Another way to use herbs and essential oils together is to add 1 drop eo to herbal capsules.

Herbs, hydrosols and essential oils to be used must be positively identified by Latin binomial, including variety and/or chemo-type. Careful attention must also be paid to percentages of herbs/oils used for the particular application of the remedy. All preparation and packaging equipment absolutely must be sterile to prevent the growth of bacteria, fungus, mold or rancidity. Remedies should be made in small batches and most, depending on the ingredients, should be refrigerated and used within a matter of days. When used appropriately, herbs, hydrosols and essential oils can resolve many common ailments. I have lately had great success treating staph infections using essential oil ointments in conjunction with capsules of immune boosting herbs.

Emotional application :

Inhalation and application of essential oils, herbs and hydrosols are effective treatment for emotional states. I believe that aroma, color, plant, sound and crystal correlations are especially important for the treatment of emotional states because it touches important aspects of our beings to bring them into balance. To encourage strength and vitality, while going through a grieving period, I used Geranium scented orangey-yellowish colored cloths of silk over my face while sitting in the sun and/or the moon, listening to music in the key of C and holding a piece of raw ruby. This was very comforting and definitely got me through a bad time of depression.

Conclusion :

As usual, information was delivered clearly and succinctly. The hands on demonstrations were enlightening and informative. The main points of the seminar were that each person is responsible for their well being, and that being well means: plenty of fresh air, plenty of fresh food, herbs, hydrosols, oils, frequent aromatic baths, exercise, and a satisfying social life.

Bibliography:

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Author's bio: Elaine Thomson lives and works in Hitchcock, Texas.