The Hawkins Protocol

A Return Journey through the Tree of Life

Beverley Hawkins
Disclaimer

The information contained in this book is not meant to take the place of diagnosis and treatment by a qualified medical practitioner. Essential oils are to be used at your own discretion. The author disclaims any liability arising directly or indirectly from the use or misuse of the essential oils.
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INTRODUCTION TO THE HAWKINS PROTOCOL

A Return Journey through the Tree of Life.

Over the years I have trained in many different modalities and I have found them all to be very effective in their own way. The Hawkins Protocol emerged when I began to incorporate a number of these modalities into the framework of the Kabbalah Tree of Life. It was fascinating for me to see how well these therapies combined together to become something that was so much more.

Today we are well aware of the fact that everything that exists is, in fact, in a state of vibration. We are also aware of the fact that individual essential oils, flower remedies, colors, sounds and crystals each have their own unique vibration. Add to this the fact that the Kabbalah Tree of Life consists of ten Sefirot, each with its own special sphere of influence. When an essential oil blend, a Bach Flower Remedy, a color, a sound and a crystal are harmonized to resonate with a specific Sefirah and then experienced simultaneously a harmonious balance is entrained in the person and a return to wholeness is encouraged. When one undertakes this Return Journey through the Tree of Life with an open heart and mind, leaving all expectations behind, the experience can be truly amazing.

First I will give a brief explanation of some of the underlying concepts contained in this work. Then I will give a description of each individual Sefirah, as well as the essential oils, Bach Remedy, Color, Sound and Crystal that I have associated with it. And finally I will put it all together with a protocol for doing a self-treatment.
**UNDERLYING CONCEPTS**

**RESONANCE**

Without going into any in depth scientific discussion, suffice it to say that with the development of Quantum Physics, Science now has the language to explain many things that in the past were often attributed to imagination or Science Fiction.

It is a well-accepted fact, that everything in the Universe has atoms in their basic structure. Different combinations of atoms create different substances. In spite of the fact that even the densest of substances have atoms as their building blocks, each of the individual atoms themselves has a lot of empty space. It is within this empty space that the electrons orbit around the neutrons and protons that form the nucleus. It is this movement of electrons within the atom that causes the production of both energy and vibration. The slower the vibration the more dense the structure, the faster the vibration the less solid it is.

Albert Einstein’s famous equation $E=MC^2$ explains the relationship between energy and matter mathematically. It has been shown that all matter is in fact a form of frozen energy and under the right circumstance can be released into energy. So no matter how dense something is, it is made up of atoms and molecules that are in a constant state of movement. It is this constant state of movement that creates the electrical vibrations that are passed along from one molecule to another. Molecule groups vibrating at the same rate or frequency are held together by this frequency of movement and thereby form physical matter.

A lovely description of how Resonance works, is given by Suzy Chiazzari in her book *Color Scents*:

“In our bodies too, vibrating molecules form themselves into cells, which collect together with other cells of a sympathetic vibration and have a similar specialized function. These in turn form tissues, organs, glands and all parts of the body. All the cells communicate with one another through vibrational impulses, which interchange; light, sound, aroma and electrical currents aid this exchange. These energy currents do not stop at our skin but flow between organisms so that when we meet other people there is an interchange of energy. If a person has vibrations, which are in sympathetic resonance with ours, we will like them, while those people with discordant vibrations will ‘get on our nerves.’ Movement of energy, no matter how small, is subject to ‘The Butterfly effect’. If a butterfly flaps its wings in one part of the world eventual its effect will be felt in every part of the world no matter how distant. It is incredible to think that every movement of energy has an effect on all other living things including the mineral, plant and animal kingdom and is able to change our state of well-being at all levels.”
Modern medicine is more often than not caught up with looking for ‘fixes’ for the many diseases and ailments plaguing individuals today. What they have forgotten to do is to look for the ‘whys’, the reason the disease or ailment occurred in the first place. While this mechanical approach works really well some of the time, for instance in the case of an accident; or a broken bone; or a heart attack; it falls short many other times. More traditional eastern medicine models approach this differently. They look for ‘why’ the individual is experiencing the disease or illness and that is what they treat. Therefore two people with the same disease or illness may very well have two very different treatment protocols.

Vibrational medicine recognizes that we are all unique multi-dimensional energy systems. All our cells and organs are vibrating and oscillating all the time. When illness or disease appears in any part of the body, the vibrations and oscillations can, and will, change and be out of balance. It makes sense to assume that, if we were able to bring the vibrations of the ‘out of balance’ cells back to the ideal, we could bring about a return to health. As everything in nature vibrates, it would follow that if one applies a therapy, which vibrates at the same vibration as the healthy state does, through resonance the cells of a diseased state could be entrained to revert to a healthy state.

In Physics, resonance is defined as ‘the increase in amplitude of oscillation of an electric or mechanical system exposed to a periodic force whose frequency is equal or very close to the natural undamped frequency of the system’. Resonance works on the principle that like attracts like. When the C string of a harp or piano is struck, all the other octave strings of C begin to vibrate, they are in resonance with one another.
KABBALAH

Jewish mystical tradition is encompassed in the Kabbalah whose teaching looks at the nature of divinity, the origin and fate of the soul, and the role of man in all of this. There is some speculation as to the origin of Kabbalah. Some believe it is a tradition that goes back as far as Melchizedek, however the earliest documents to be generally acknowledged as being Kabbalistic, come from the 1st Century C.E. The term “Kabbalah” was first used in the eleventh century to describe the secret mystical teachings of the Spanish mystic, Solomon Ibn Gabriol.

The Hebrew word kabbalah means ‘receiving’ or ‘that which has been received’. Thus the word encompasses the idea that this is traditional, ancient wisdom which has been received and treasured from the past; and the idea that if one is truly receptive, wisdom appears spontaneously, unprecedented, taking you by surprise. Kabbalah uses rich images and symbols to describe the Attributes of the Divine, the nature of the Universe and the destiny of Man. Kabbalah teaches that every human being is a work in progress and it is by undertaking our spiritual work, and transforming ourselves, that we earn the right to claim the gifts that we were created to receive. Kabbalah helps one to recognize the sources of negativity in one’s own mind and heart, thereby giving one the tools to effect positive change.
**ESSENTIAL OIL THERAPY**

According to the Kabbalah the scent of a plant is its "*keter*," or its soul. Therefore the highly aromatic essential oil of a plant can be considered to be the physical manifestation of that plant’s soul. And if we accept this premise then it is easy to see how the essential oil can facilitate an interface between the plant and human soul.

Essential oils are highly volatile substances that evaporate readily. Although technically classified as oils, they do not leave a permanent mark on paper. They are not greasy and have a consistency closer to water. Essential oils are all inflammable (flammable). They do not dissolve in water and are slightly soluble in vinegar. They dissolve fairly well in alcohol and mix well with vegetable oils, fats and waxes. The oils are found in tiny oil glands or sacs, which are concentrated in different parts of the plant. Plants vary considerably with regard to the amount of essential oil they yield. Obviously the more oil glands present in the plant the greater the yield of oil. For example, it will take approximately 50 lbs of eucalyptus to produce one lb of essential oil, about 150 lbs of lavender to produce one lb of essential oil, about 500 lbs of rosemary to produce one lb of essential oil and anywhere between two to three thousand pounds of rose petals to produce one pound of essential oil. This difference in yield explains one of the factors determining the difference in price between the different essential oils.

Essential oils are obtained through a number of different processes including: distillation, the most common method, and this can be steam or hydro distillation; cold expression, used for citrus oils; enfleurage, used for delicate florals; Carbon Dioxide extraction and solvent extraction.

When essential oils are breathed in, the molecules rise to the top of the nose. Here they meet the olfactory mucous membrane. The olfactory mucous membrane’s receptors are made up of thousands of hairy sensory cells. The receptors identify the smell and the sensory stimulation is passed on through the olfactory bulb, which acts as an amplifier, on to the olfactory nerve and directly into the limbic system of the brain.

The limbic system is the oldest part of our brain. The amygdala and hippocampus, two important parts of the limbic system are triggered by the nerve impulses. The centers of memory, sexuality, emotional reactions and creativity are found here. While the scent is being compared to a known scent and labeled, pictures and feelings from the past (which can include events, people, places and objects) are associated with the scent information. As a consequence we will react emotionally and physically through our
The autonomic nervous system to an aroma. In the limbic system the nerve impulse is led to the hypothalamus which serves as a switching point for the transmission of scent messages to other areas of the brain. As the hypothalamus, also the control station for the pituitary, receives scent data, it conveys chemical messages to the blood stream. It is the hypothalamus that activates and releases hormones and regulates body functions. The thalamus connects the scent information of the limbic system to the area of thinking and judgment. The entire process, from the perception of a smell to the corresponding gland secretion, takes a few seconds. Therefore a simple inhalation of an aroma can cause changes in the body and, depending on the information received, can initiate any number of physiological processes. For example the immune system could be activated, blood pressure changed, digestion could be stimulated etc. This complex reaction of brain and body takes place every time you smell something. Aroma data received in this way can cause us to become calm, lively, euphoric, hungry, satiated, sleepy, active, free from pain, etc.

For instance, Clary Sage has been found to stimulate the thalamus into releasing encephalin, a neurochemical that creates a sense of euphoria and simultaneously gives pain relief. Ylang Ylang appears to stimulate the pituitary gland into releasing endorphins, a sexually stimulating neurochemical. While Lavender, Chamomile or Neroli appear to stimulate the release of serotonin, which has a calming effect on fear, stress, aggravation and sleeplessness. Although most of the essential oil molecules breathed in, are exhaled, some will find their way into the bloodstream via the lungs.

Scientists have realized that the skin is relatively permeable to fat-soluble substances and relatively impermeable to water soluble substances. Because their molecular structure is small enough, some of the chemical components of the essential oils applied to the skin’s surface are able to pass through the stratum corneum (the outermost layer of the skin), the hair follicles and sweat ducts. Absorption through the hair follicles and sweat ducts is faster than through the stratum corneum. From the stratum corneum the molecules pass through the epidermis to the dermis. Capillaries are first found in the dermis and it is here that the molecules are absorbed into the bloodstream.

There are a number of factors that could influence the skin’s ability to absorb essential oil molecules.

1. The area of skin used, a larger area of skin receiving the essential oil will absorb more of the molecules than a smaller area will.
2. The thickness and permeability of the skin is another factor. Easy penetration may occur on parts of the body where the skin is thinner such as behind the ears, eyelids and inside wrists. The skin regions of the legs, buttocks, trunk and abdomen are less permeable than the soles, palms, forehead, scalp and armpits.
3. The number of sweat glands and follicles will affect the rate of absorption. The more there are, the faster it will be.
4. The condition of the skin is another factor. Broken, inflamed and diseased skin is no barrier and absorption is quick through cuts, abrasions, ulcers, psoriasis, burns and so on.

5. Another factor is the rate of circulation. When there is an increase in the rate of blood flow (this could be due to massage or inflammation), there is an increased rate of absorption.

Proof that components of diluted essential oils in a base oil, applied to the skin, are absorbed into the bloodstream has been provided by Jaeger et al in 1992 by the detection of linalyl acetate and linalool in a blood sample taken five minutes after the oil was applied. The rate of distribution of essential may be increased by massage or by warmth (e.g. infrared).

External factors affecting the absorption of essential oils through the skin are hydration, degreased skin, warmth and occlusion. When the skin is hydrated it is much more permeable. Taking a hot bath or shower could stimulate the flow of blood to the dermis this would increase the absorption of essential oil molecules. Using detergents, soaps etc. increases the permeability of the skin as it clears out the pores. Warm room, warm oils, warm hands and warm body all help to speed up absorption. However one should not be too warm, such as after a steam bath or sauna. Then the body is eliminating and will not absorb anything. Occlusion of the skin can result from wearing clothes, bandages, plasters, masks and petroleum jelly. The occlusion will not only increase the temperature of the skin but will also increase the hydration of the skin.

Oil related factors include the viscosity of the oil, the molecular size and the frequency of use. All essential oils have a low viscosity. The viscosity of the carrier plays a more important role. Carriers such as olive oil or hazelnut are very viscous and will retard the rate of absorption. However carriers such as coconut and sweet almond are much less viscous and will penetrate the skin more easily. The molecular size and shape of the essential oil and carrier will also have a bearing on the speed of penetration of the skin. The smaller the molecule the faster it will penetrate. Molecules having a molecular weight over 500 will be unlikely to pass through the skin. Essential oils, because they are the product of distillation are usually limited to a maximum molecular weight of 225. There is also some evidence which shows that repeated use of the same oil makes the skin more permeable.
**BACH FLOWER REMEDIES**

Edward Bach trained and qualified at the University College Hospital and obtained the Conjoint Diploma of M.R.C.S., L.R.C.P. in 1912, the degrees of MB., B.S. in 1913, and the Diploma of Public Health (D.P.H. Camb.) in 1914. He was an unusual medical student as he soon became more interested in the patients themselves rather than their diseases. Dr Bach began to feel that treating the physical symptoms was not enough. The body was a mirror reflecting the thoughts in the mind. It was the sufferers themselves who needed treatment and help in overcoming their worries, fears, depression and hopelessness. To him the true study of disease was to be found by watching every patient observing the ways in which each was affected by their complaint and seeing how these different reactions influenced the course, severity and duration of the disease. Early on he gained the knowledge that the personality of the individual was of even more importance than their physical condition in the treatment of his disease. The personality of the patient was to Bach, the chief indication of the treatment required; their outlook on life; emotions; feelings were all points of first importance in the treatment of the physical disabilities.

Dr Bach worked for some time in the laboratories of the Royal London Homeopathic Hospital and while he was there he became interested in the relationship between intestinal toxaemia and chronic disease. He isolated seven groups of intestinal flora and homeopathically prepared nosodes from them to be given to his patients by mouth. These were very successful and it was here that he made an important discovery. All patients suffering from the same emotional difficulties needed the same nosode regardless of the specific physical disease. This confirmed his opinion that physical disease was not of physical origin, but rather: "a consolidation of a mental attitude". Dr Bach’s observations lead him to the principle of “treat the patient and not his disease”.

In 1930 he gave up all his work in London and went to live in the country to devote the rest of his life to the discovery of his new system. Throughout his years in medical practice he had been seeking scientific proof for all his findings by using his intellect. Now a change occurred and he became very sensitive in both mind and body. Before finding a particular flower, he would suffer very acutely in himself the negative state of mind for which the flower was needed as well as some of the physical symptoms. He would wander the fields and lanes until he found, or was led to find the flower that would immediately restore his serenity and peace of mind and within a few hours the physical complaint would be healed.
Dr. Bach found the first 19 remedies between 1930 and 1934. In 1934 he moved to Oxfordshire and it was there in the lanes and fields around Mount Vernon that he found the remaining 19 remedies he needed to complete his series. Dr Bach passed away peacefully on the evening of November 27th, 1936. He was only 50 years old, but he had left behind him several lifetimes’ experience and effort, and a system of medicine that is now used all over the world. The Mother Tinctures for the Bach Remedies are still produced at The Bach Centre in Mount Vernon today. There are 38 Bach Flower Remedies and one combination Remedy, **Rescue Remedy**. In this book I will only be profiling the Remedies used in The Hawkins Protocol, however, all the Bach Remedies are very valuable tools. There are many books and resources available on the market today focusing on the Bach Flower Remedies. These can be referred to in order to gain more information and insight into the individual remedies and their uses.
COLOR THERAPY

Dr Richard Gerber in his book *A Practical Guide to Vibrational Medicine* tells us that: “The use of color and light in healing is actually quite old. The priests of ancient Egypt, Babylonia and China used color or colored light in many of their healing practices. Sunlight therapy was a common medical practice in historic Greek, Chinese and Roman times for the relief of skin disorders such as psoriasis.”

Color has been found to have a profound effect on the human body. When light reaches the retina of the eye it stimulates the cells there that contain pigments that are sensitive to light. There are two types of cells to be found here: the Rods which are most light sensitive and allow one to see in dim light, however they do not record color, only shades of gray; and the less numerous Cones come in three types, each of which is sensitive to one of the three primary colors of light, red-orange, green and blue-violet. The cones that are sensitive to green light are situated directly in the middle of the retina, allowing light to fall into the center of the eye. This makes the color green the most relaxing color for the eyes and the mind. In addition to receiving the light impulses for the purpose of sight, nervous impulses from the eyes not only travel to the visual cortex of the brain but also via the hypothalamus to the pituitary and pineal glands. Thus many body functions are stimulated or retarded by light. Different colors of light have specific effects on the brain and the nervous system, as well as on our more subtle energy system.

Color can be produced by a number of different methods including colored light, colored cloths, colored lamps, colored pillows, colored baths etc. My own preference is to use Roscelene filters over a light source.

**Note:** While certain colors have been assigned traditionally to the various Sefirah, these may not be valid for the purposes of The Hawkins Protocol. In The Hawkins Protocol the colors allocated to each of the Sefirah are done so because of the vibrational harmony between the color chosen and the Sefirah it has been assigned to.
**Sound Therapy**

Sound has been seen to restructure physical matter. If you observe the effect of sound waves on the grains of sand spread across the top of a large drum you will see that when one hums into the drum, the sand will form physical patterns that coalesce across the drum according to the slight variations in pitch and amplitude.

The basic principle of Sound Healing is one of resonance. Every object is in a state of vibration and therefore creates sound. This includes the various parts of our body, such as our organs, muscles, bones, etc. If these parts of our body are vibrating at their normal, healthy frequency, we call this state "health". If a portion of our body begins to vibrate at a frequency that is not harmonious to us, we call this "disease".

By using the correct resonant frequency of the body part that is vibrating out of harmony, it is possible to help that part of the body to return to its natural frequency and therefore a state of health. Sound therapy can be produced in many ways including voice, crystal bowls, Tibetan bowls, tuning forks, keyboard, chimes, bells etc.
CRYSTAL THERAPY

Geology is the science and study of the earth and its life, especially as recorded in rocks. Rocks therefore could be said to keep a record of the passage of time and the evolution of living things.

The word rock refers to solid mineral deposits. Rocks are minerals, but not all minerals are rocks. Minerals are all substances that can't be classified as "animal" or "vegetable." Minerals are classified in several "classes" based upon common properties or characteristics. Under the right circumstances and with time, some minerals will form into solid deposits. It is these solid mineral deposits that are known as rock. Pressure, temperature, erosion, and friction are forces that will affect the formation of rocks.

The rock formation process allows geologists to classify rocks into three groups: sedimentary, igneous, and metamorphic. Sedimentary rock forms when layers of "sediment" (small particles of solid minerals like sand and pebbles) fuse together over time under the force of water or wind. Sedimentary rock is commonly found in and near riverbeds and streambeds. Igneous ("fire-formed") rock forms after minerals are heated to extremely high temperatures and then allowed to cool. Hawaii is a well-known source of igneous rock. Most igneous rock forms when hot molten lava cools to a solid state. Metamorphic rock forms when rock undergoes a transformation from one structure to another, usually caused by pressure, heat, and water. For example, a rock that is compacted to a more crystalline condition has undergone a metamorphosis.

Gemstones are rocks, or other fossilized organic materials (like amber), that are cut and polished to a brilliant state. Amber is the fossilized resin of ancient trees. Approximately thirty to ninety million years ago, sticky sap oozed from trees, catching insects, leaves, seeds, and other forest debris in a sticky trap. Over a long, long time, the sticky resin hardened into a solid fossilized deposit known as amber.

Many minerals are capable of forming solid crystalline deposits. Crystals are formed when a mineral solidifies under force in such a way that the solid forms a regular repeating arrangement on both the external surface and the molecular level. Quartz, a transparent crystal of silica (sand), is an abundant crystal used for many purposes.

Crystals have been used and revered by man for thousands of years. Crystals or gemstones are mentioned quite a number of times in the Bible, for instance: in Exodus the twelve stones in the breastplate of Aaron; in
Revelations the twelve foundation stones of the new Jerusalem; also in the Books of Ezekiel and Job. Ancient civilizations like the Egyptians, Greeks and Romans all used gemstones in adornment, amulets etc. In India it is common practice to incorporate the study of gemstones as an integral part of applied astrology. No one is certain when the use of crystals actually came into practice, some say one or two thousand years ago, while others believe that it originated five to ten thousand years ago. Lore and legend indicate that the Mayans prized Jade above gold and in ancient China the custom was for a bride to present her prospective bridegroom with a carved Jade butterfly to seal their betrothal. Every culture has its own legends around the use of crystals and gemstones highlighting the fact that these have been used by man for centuries and not only as adornments.

Today Crystal Healing is used all over the world to facilitate healing and bring back balance on all levels, physical, emotional, mental and spiritual.
THE HAWKINS PROTOCOL

TREE OF LIFE

The Tree of Life is the mystical symbol of the Kabbalah. It consists of ten Sefirot and twenty-two paths and represents the central organization system of the Jewish Kabbalistic tradition. It is considered to be a map of the universe and the psyche, the order of the creation of the cosmos, and a path to spiritual illumination.

In Hebrew Ein Sof means ‘without end’, and in the tradition of the Kabbalah this refers to God Who Is Everywhere. In the beginning before creation there was only God. The essence of divinity is found in every single thing and nothing can exist without it. According to Daniel C. Matt in The Essential Kabbalah, The Heart of Jewish Mysticism:

"Before anything emanated, there was only Ein Sof. Ein Sof was all that existed. Similarly, after it brought into being all that exists, there is nothing but it. There is nothing that is not pervaded by the power of divinity. If there were, Ein Sof would be limited, subject to duality, God forbid! Rather, God is everything that exists, though everything that exists is not God. It is present in everything, and everything comes into being from it. Nothing is devoid of its divinity. Everything is within it; it is within everything and outside of everything. There is nothing but it."

The oral tradition of Kabbalah states that the reason for all existence is that ‘God wished to behold God.’ As there was only the endless Eternal Light of God (Or Ein Sof means ‘Light of the Infinite’), there was no beginning, middle or end, nor was there time or space, so this was not possible. There was no room or place for the Creation of the material emanations of Ein Sof, the Infinite.

In order to “make room” for Creation, God withdrew, in what is known as tsiamtsum (the contraction), from a small space within the Eternal Light leaving what is called The Vacated Space. All creation needed to have an independent existence from God and it is within this Vacated Space that all creation exists, all the galaxies, the planets and everything on them. Having an independent existence from God it is here that Man has free will and it is here that he has the opportunity to both receive from God, as well as to give back to God.

So that the Vacated Space would not be totally without God and His Light, He formed a Kav, (a ‘ray’) to channel His Eternal Light into the Vacated Space. This beam of Divine Will was projected into the Vacated Space in a
specific sequence that manifested in ten distinct stages of Emanation. Ever since the Middle Ages they have been called the Sefirot. While each of the Sefirah has its own unique Divine Attributes, the relationship between each Sefirah remains fixed and unchanging. The Sefirah and their relationship to one another will always remain in this set pattern until such time as God wills them to vanish into the Void.

In his book *Kabbalah, Tradition of Hidden Knowledge*, Zev ben Shimon Halevi says:

"The relationships between the Sefirot are governed by three unmanifest Divine principles, the 'Hidden Splendors' of Primordial Will, Mercy and Rigor (or Justice). Will holds the balance, while Mercy expands and Rigor constrains the flow of Emanation, and so they organize the ten Divine Attributes into a specific archetypal pattern. The pattern thus called forth is the model on which everything that is to come into manifestation is based. It has been named the Image of God, but it is more generally known as the Tree of Life. Each Sefirah manifests under the influence of one of the 'Hidden Splendors' in particular and for this reason the flow which manifests the ten Sefirot can be visualized as zigzagging in a 'Lightening Flash' from a Central position (Balance) to the right (Expansion) and across to the left (Constraint). This gives rise to the three vertical alignments in the Tree of Life diagram, known as the Pillars; that of Equilibrium (Grace, Will) in the centre, that of Mercy (active Force, Expansion) on the right and that of Severity (passive Form, Constraint) on the left. The relationships set for in the Tree underlie the whole of existence, and so the properties of the Sefirot may be seen in terms of any branch of knowledge. Thus while their basic definition is as Attributes of God, they can be defined in terms of human experience because we too are cast in the Image of God."

Within the Tree of Life, the ten Sefirot are arranged in three columns. Three Sefirot on the active right-hand column called the Pillar of Mercy, three Sefirot on the passive left-hand column called the Pillar of Severity, and four Sefirot (plus Daat) on the central column called the Pillar of Equilibrium or Grace. Their relationships to one another is first established by the Lightning Flash of the Kav that brought them into being and then by the twenty two paths which link the columns together in a system of triangular configurations (triads).

The Kabbalah teaches that moral evil occurs when good becomes separated from its proper place, or when something enters into a relationship for which it was not intended. This causes a withdrawal from, or a self-banishment from, God’s Essence, and while this facilitates Creation, it also becomes the template for all forms of separation and exile that underlie the existence of harsh judgment and evil. This complex Kabbalistic association of evil with
separation, can be better understood, when one understands the concept of Shevirath Ha-Kelim, or The Breaking of the Vessels.

The power of judgment while occurring within God’s Essence was perfect and infinite however after the tsimtsum, (the contraction) which created the Vacated Space, this power of judgment separated from its state of harmony and became concentrated in the Vacated Space. The Kabbalah views evil as the excessive growth of the powers of judgment. In the Vacated Space, the distilled ‘roots of judgment’ blend with the residue of Or Ein Sof (Infinite Light) that remains in the Vacated Space. After the tsimtsum, the Kav of the Or Ein Sof is infused into the Vacated Space. It is this interaction between the roots of judgment; the residue of Or Ein Sof and the Kav, which determines the character of the forms of Creation that come into being in the Vacated Space.

According to Kabbalah, the very first creation projected into this Vacated Space, is known as Adam Kadmon or Primordial Man. Then beams of Light were emitted from the mouth, nose and ears of Adam Kadmon, which in turn produced the next stage of Creation. These deeply, hidden states of being and inner worlds are beyond our comprehension and can neither be perceived by our rational minds nor during states of deep meditation. From Adam Kadmon’s Skull came the Sefirah of Keter and the Soul Level of Yechidah; from his Eye (vision) came the Sefirah of Chokma and the soul level of Neshamah or Neshamah; from his Ear (hearing) came the Sefirah of Binah and the soul level of Neshamah; from his Nose (smell) came the Sefirot of Tiferet, Netzach, Hod and Yesod and the soul level of Ruach; from his Mouth (Speech) came the Sefirah of Malkhut and the soul level of Nefesh.

As the Sefirot consist of lower potencies of Or Ein Sof (the Eternal Light) they were designed to receive this powerful Light from Adam Kadmon and be the blueprint for Creation. However, when the Light went through the Sefirot only the upper three vessels of Keter, Chokma and Binah were strong enough to contain this Light. The next six Sefirot did not have the tensile strength to hold the Light and so were broken and shattered into the Vacated Space. The last Sefirah of Malkhut, although not completely shattered, was structurally damaged. God re-created the broken Sefirot, however the shards from the broken vessels were now adrift in the Vacated Space.
Through the breaking of the vessels, the most insoluble aspects of the powers of judgment mixed in with the multitude of shards of the broken vessels then descended down through the **Vacated Space** toward the corporeal world. As these shards had been cut off from their spiritual source, they began an estranged existence as the powers of evil. However, within each of these shards there is a “holy spark” of Divine Light.

Kabbalah teaches that the ultimate purpose of our lives is to actively help restore unity and harmony to Creation. By living a spiritually aware life, one’s spiritual actions help to free the ‘holy sparks’ from their imprisonment in this world. The returning of these ‘holy sparks’ back to the higher worlds contributes to the repair and reconstruction of the cosmos. Kabbalah calls this process **Tikkun** or Restoration. Depending on the Author the names of the Sefirot are spelled differently, nevertheless the spelling is very similar.
**Keter**

The first and most exalted of the Sefirot is Keter (Crown). On *Adam Kadmon*, it is visualized as being just above the head. It can be thought of as the Sefirah through which the light of all creation continuously flows. It is unapproachable, unknowable, impossible to grasp, it is the emanation that enables the Tree of Life, and therefore the world, to exist.

We can only know Keter by what it represents, which is constant creation. It relates to God’s description of Himself in the Hebrew Bible as an ever-present creative force of continuous becoming, expressed in the words “I Will Be That Which I Will Be”. Keter demands from each of us that we be fully alive in order to be ready to receive God’s teaching with wisdom (Chokma) and to act with understanding (Binah).

Keter is the primeval root of all reality, the highest spiritual core. At times Keter is referred to as the ‘will of all wills’. It is frequently called *Ratzon* (Will) by Kabbalists themselves.

Keter is associated with the planet of Neptune and the astrological sign of Pieces (Feb 20 – March 20), as well as Metatron, often considered the King of Angels.

**Cedarwood**

Three types of cedar trees produce essential oils for aromatherapy use. Virginia Cedarwood (*Juniperus virginiana*) oil is steam distilled from the red cedar, which grows in North America east of the Rocky Mountains and reaches a height of about 33 meters. There are many cultivated varieties of this tree. Cedarwood Texas (*Juniperus mexicana*) oil is steam distilled from a small tree that grows to about 6 meters high, found in the mountains of the southwestern United States, Mexico and Central American. Both of these belong to the Cupressaceae family and their odors are similar. Cedarwood Atlas (*Cedrus atlantica*) oil is steam distilled from the wood of a pyramidal tree closely related to the pines. It belongs to the Pinaceae family and grows to a height of about 40 meters. Found in the Atlas Mountains of Algeria, this oil is produced primarily in Morocco and has different odor characteristics to the other two. The chemical composition of these oils are also somewhat different. *C. virginiana* contains mainly *a* and *b*-cedrene (around 80%), cedrol (3-24%) and cedrenol. *J. mexicana* has a similar chemical breakdown while *C. atlantica* contains as its major odoriferous components *a* – and *γ*-atlantone. Other constituents include acetone, *a*-ionone and *a*-caryophyllene.
All three types of cedarwood oils are primarily used as fragrance components or fixatives in cosmetic and household products, particularly soaps and detergents; others include creams, lotions and perfumes. *C. virginiana* has traditionally been used as an insect repellent. Decoctions of the leaves, bark, twigs and seeds are used to treat various illnesses including coughs, bronchitis, rheumatism, venereal warts and skin rashes. It is also used in microscopy as a clearing agent and together with resins as an immersion oil. It can serve as a source of cedrene, a starting material for fragrance chemicals. It has a yield of around 3.2% and a distinct pencil-sharpenings note. It is considered by many perfumers to have a smoother and finer (but less powerful) odor than Texas oil. *J. mexicana* has a yield of 1 – 5% and is described as having an odor that is like intense pencil sharpenings, smoky, woody notes but drier than other cedarwood oils. *C. atlantica* is considered to have a dirty-woody, resinous, ruinous odor. Cedarwood blends well with bergamot, clary sage, cypress, juniper, frankincense, neroli, petitgrain, rose, jasmine, oakmoss, rosemary, sandalwood, vetiver, ylang ylang, patchouli and benzoin.

**Psychologically,** cedarwood’s calming, sedative properties have been found to be helpful for stress, tension, nervous disorders, fear and anger. On a physiological level, cedarwood is used for many conditions including bronchitis, cough, arthritis and cystitis. It is often used as an insect repellent. On a subtle level, Cedarwood helps us to get back in touch with our true reality by affirming and clarifying our focus. It is grounding. Cedarwood can be used to clear and cleanse a room of negativity and bring in positive energy. It clears and steadies the mind and promotes a calm meditative state to better receive healing energy. It strengthens the connection with the Divine. It helps one to maintain a sense of balance and control in life. Cedarwood enhances spirituality. Cedarwood enhances stability, integrity and solidarity in all things.

**The themes of faith, will, strength and security run strongly through Cedarwood.**

**Cautions:** Avoid during pregnancy.

**Coriander**

*Coriandrum sativum,* is a member of the Umbelliferae family. This is a highly odoriferous herb with a hollow erect stem that grows to a height of about 1 meter. It is native to Europe and Western Asia but has been naturalized in North America and is now widely cultivated. The fruits contain around 0.4 – 1% volatile oil, the major component is *d*-linalool (*coriandrol*) (55 – 74%). This content depends on the ripeness of the fruits, geographical locations and other factors. The name ‘*coriandrum*’ is derived from the Latin ‘*koros*’ which means ‘bed-bug’, because the fresh leaves have an odor, which apparently resembles the insect’s smell. Coriander is also known as Chinese parsley or
cilantro and it takes approximately forty-five pounds of seeds to produce one pound of essential oil. A clear to pale yellow essential oil is steam distilled from the seeds of the plant and it has a spicy, sweet odor. Coriander blends well with other spices, all citrus, clary sage, cypress, Jasmine, juniper berry, neroli, petitgrain, pine, frankincense and sandalwood.

The oil is used mainly as a flavoring agent in pharmaceutical preparations. In cosmetics the oil is used as a fragrance component in soaps, creams, lotions and perfumes. The young leaves are widely used as a garnish in cooking. They are known as Chinese parsley in Chinese cuisine and cilantro in Spanish cooking. The seeds and oil are used extensively as flavor ingredients in all types of food products. In traditional medicine the fruits are used an aromatic carminative, stomachic and antispasmodic.

Psychologically, it is helpful for migraine, neuralgia, nervous exhaustion and insomnia, while on a physiological level it has been used for colds and flu, digestive complaints, muscular aches and pains and arthritis. On a subtle level, Coriander can help promote feelings of security. It may increase creativity, spontaneity and passion, as well as promote confidence and motivation. It is considered to be an aid to improving memory. It is useful to use coriander to assist recovery from illness, both physical and emotional. It may be helpful at times when one is depressed or unsure of one’s ability to heal. Coriander is used for healing and love potions. Coriander is a gentle and compassionate oil.

The major theme found in coriander is the strengthening of spiritual faith in those who have experienced a great deal of stress and travail.

Caution: Generally considered non-toxic, non-irritant and non-sensitizing

Rosemary

*Rosmarinus officinalis* belonging to the Family Labiatae (Lamiaceae), is a small evergreen shrub with thick aromatic leaves. It can grow up to around 2 meters in height. Although it is native to the Mediterranean region it is cultivated worldwide. A clear to pale yellow essential oil is steam distilled from the flowering herb. The essential oil yield is around 0.5%. There are three major chemotypes of Rosemary available on the market today and each one has a different chemical breakdown. *Rosmarinus officinalis* ct. *cineole* is the rosemary most commonly available it contains around 30% oxides (1,8-cineole), 30% monoterpenes (pinene, camphene, myrcene, limonene, cymene), 25% ketones (campher, carvone, thujone, octanone), as well as some alcohols, esters and sesquiterpenes. *Rosmarinus officinalis* ct. *camphor* contains a much higher percentage of camphor and a lower percentage cineole. *Rosmarinus officinalis* ct. verbenone’s main chemical constituents are bornyl acetate (esters), alpha-pinene 15-34%, beta-pinene, camphene, myrcene, limonene, alpha-terpinene, terpanolene (monoterpenes), borneol
The Hawkins Protocol

from a trace to 7% (alcohol), verbenone 15 – 37%, camphor 1 – 19% (ketones), 1,8-cineole from a trace – 20% (oxide). Because of their different chemical make-up there are some differences as to how the oils would be used and where they might be more effective. For example Rosmarinus officinalis ct. camphor has neuromuscular and tension relieving properties and make it most effective for muscular cramps and spasms as well as rheumatism and arthritis. Rosmarinus officinalis ct. cineole is especially suited for catarrhal conditions, while Rosmarinus officinalis ct. verbenone is especially effective at the beginning mucolytic treatment of bronchial and cold conditions. Rosemary oil is used extensively in cosmetics as a fragrance component and/or a masking agent. It is used in soaps, detergents, creams, lotions, and perfumes – especially colognes and toilet waters. The oil is also used extensively in the flavoring of many different foods and beverages. Rosemary has a long history of traditional use. In Europe it has been used as a tonic, stimulant and carminative and in treating indigestion, stomach pains, headaches,head colds and nervous tension. In China, the leaves and branches of the herb have been used for similar conditions particularly headaches. It also has a tradition of being associated with memory and remembrance. It blends well with basil, cedarwood, citrus, frankincense, lemongrass, lavender, peppermint, petitgrain, pine, citronella, oregano, thyme, cinnamon and other spices. The different chemotypes smell different too.

Psychologically, Rosemary has stimulating properties. It is an excellent oil to consider when there is physical exhaustion, feeling rundown, headaches, migraines, mental fatigue and nervous exhaustion. It is excellent to use in the mornings when one needs a bit of help in getting going. Probably best to avoid its use at night, as it might prove too stimulating and make it difficult to sleep. It is also excellent for memory. On the physiological level Rosemary has analgesic, anti-inflammatory, antispasmodic, antiviral, expectorant and mucolytic properties. It is said to strengthen and promote hair growth. It can be useful for many respiratory conditions as well as muscular aches and pains, cramps and spasms. It is also considered to be helpful in cases of gout. As an oil from a culinary herb it is useful when suffering from upset stomachs, flatulence and constipation. On a subtle level, Rosemary can be used for loyalty and love. It can comfort emotional heartbreak, and may be appropriately used to help achieve closure to a relationship. It can be used in any grief blend. Rosemary clears and cleanses a room. It helps provide protection from negative influences. It aids in helping to establish healthy boundaries in relationship. It can promote self-confidence and strengthen will power. It can inspire joyful love. It clears the mind and enhances memory. It can provide psychic protection. It inspires faith and helps one to remember one’s spiritual path. Rosemary helps to promote clear thought, clear sight or vision and to develop clairvoyance. It is often used in love and healing magical blends.
The interlocking themes of oneness, memory and faithfulness are fundamental in rosemary.

Cautions: Generally considered non-toxic, non-irritating and non-sensitizing. As it is highly stimulating do not use when you need to sleep. Use with caution with epilepsy, high blood pressure and pregnancy. Both the chemotype verbonone and chemotype camphor should be avoided with small children and during pregnancy due to their high ketone content.

Bach Flower Remedy - Rock Rose

Bach's General Description: The rescue remedy. The remedy of emergency for cases where there even appears no hope. In accident or sudden illness, or when the patient is very frightened or terrified, or if the condition is serious enough to cause great fear to those around.

Category: Fear

Keywords: Terror and panic - the Flower of Liberation.

In Balance
- Great courage willing to risk life for others.
- Presence of mind – person is calm and self-forgetful in emergencies.
- Self is forgotten.
- Strength of will and character.

Soul potential: Courage & steadfastness.

Transformations:
- Heroism
- Ability to grow beyond self in emergencies and crisis situations, and to mobilize almost superhuman powers.
- Acts for the benefit of others, regardless of possible risks to own person.

Color Therapy - Violet

Violet has always been associated with the spirit in religions as well as the power of kings and royalty. It is the color of self-knowledge. Violet affects the brain and the nervous system and has a purifying and antiseptic effect. It cools the system and alleviates “hot” conditions such as a heat rash and sunburn. Violet also suppresses hunger and balances the body’s metabolism.

Complementary Color: Yellow.
**Sound Therapy – The note of High C – one octave above C**

Other sounds associated with Keter – Silence. White noise.

**Crystal Therapy - Amethyst**

Properties
Chemical Formula: SiO\(_2\) + (Al, Fe, Ca, Mg, Li, Na)
Type: Quartz Family, trigonal crystal system - hardness of 7
Color: Pale to deep purple.
Zodiac Sign: Aquarius, Pisces, Virgo and Capricorn
Planet: Jupiter
Keywords: Protection, purification, Divine connection, release of addictions

Amethyst belongs to the group of crystal quartz that forms large, visible crystals. Its color is largely due to the traces of iron it contains lodged in the crystal lattice.

**Spiritually** amethyst encourages a sense of spirituality and insight into the reality of the spirit. It imparts a sense of justice and the ability to judge while provoking honesty and uprightness. Emotionally it can be helpful in times of sadness and grief. A stone to consider for those who need support when they are coming to terms with loss of any kind. Amethyst can enhance visualization and dreaming. It can enhance inspiration and intuition while also being helpful in dispelling anger, rage, fear and anxiety. By promoting emotional centering it helps to balance out highs and lows.

**Mentally** amethyst encourages sobriety and awareness. It helps one to face up to all experiences both pleasant and unpleasant. It can be helpful in the overcoming of blocks, habits and addictive behavior. Amethyst is beneficial to the mind and depending on what is required can be calming or stimulating. It can be helpful to have around when having to make decisions. For those who suffer from insomnia because of an overactive mind, it helps calm the mind thereby helping to combat the insomnia. It is very useful in protecting against recurrent nightmares and helpful in promoting intuitive dreaming. Amethyst can enhance memory and help one to set realistic goals.

**Physically** amethyst has analgesic properties making it helpful in getting rid of headaches and in releasing tension. It can also be helpful in cases of injuries, bruises and swellings. Nervous complaints, diseases of the lungs and respiratory tract, skin blemishes and intestinal complaints can all be calmed by the use of amethyst. It is also believed to be very helpful in strengthening the immune system. Amethyst can be considered for the relief of any pain or stress, whether this has an emotional, physical or psychological root. It can ease headaches, releases tension help with hearing disorders, diseases of the
lungs and respiratory tract, skin conditions, cellular disorders and diseases of the digestive tract. Amethyst can be beneficial for everyone.

**Folk Lore, Myths, Traditions**
- Neolithic people in Europe used it as early as 25,000 BC.
- The early Greeks and Romans prized the stone. The name amethyst is derived from the Greek and means ‘non-inebriated’. The Greeks believed that it would prevent intoxication, calm anger and relieve frustrated passion.
- Hildegard von Bingen knew its healing effects on skin disease and swellings.
- In Arabic countries it was put under the pillow to prevent nightmares.
- Also considered by some to be the stone of St. Valentine and faithful lovers.
- Egyptian soldiers wore amethyst into battle so that they wouldn’t lose their courage in dangerous situations.
- Amethyst is the stone of Buddha and is popular for Buddhist prayer beads.
- In Northern Africa it is a rainmaking stone and is dropped into water by medicine men and women.
- Said to be one of the stones in the breastplate of the High Priest.
CHOKMA

The next Sefirah created by the ray of light is Chokma. This is visualized on the right side of the head of Adam Kadmon, also the right brain. Chokma can be thought of as an enlightened state of mind, a place of clear knowing, or knowing without knowing how you know. Its attributes are Wisdom, the Source of Intuition and Father. Chokma is pure and direct seeing, and it is closest to the crown of Keter. Chokma is often referred to as the first creative act of Ein Sof and as such is frequently referred to as reishit (beginning).

The wisdom of Chokma is non-verbal and non-conceptual. It has no form of its own and cannot be used unless it is contained by something other than itself. In Chokma’s case it is contained by the Sefirah of Binah. Thought is conceived in Chokma and perceived in Binah. It is impossible for a human being to remain in a state of Chokma consciousness for very long. Even the most spiritually advanced must return to ordinary consciousness in what the Kabbalah refers to as the act of ‘running and returning’.

Chokmah is the beginning of being but not being itself. It requires Binah to reveal its existence. Chokmah is associated with the past and Binah is implemental in the future. These two Sefirot are respectively called man and woman, or father and mother. The lower Sefirot are continuously revitalized by this union.

The color traditionally associated with this Sefirah is blue. It is associated with the planet Uranus and the astrological sign of Aquarius (Jan 21 – Feb 19), as well as the Archangel Ratziel, Angel of Hidden Knowledge and Concealment.

Clary Sage

Salvia sclarea belonging to the Family Labiatae (Lamiaceae), is an erect biennial or perennial herb with large hairy leaves and a stout hairy stem. It grows up to about 1 meter in height. While native to southern Europe it is now cultivated worldwide. A colorless to pale yellow essential oil is obtained through steam distillation of the flowering tops and leaves. Clary Sage should be distilled fresh otherwise a considerable amount of volatile oil is lost through evaporation. The essential oil yield is approximately 0.1 – 0.15% and contains 70 - 75% esters mainly linalyl acetate. After the essential oil is removed by distillation, the crude material is used as a source of sclareol, which can be solvent extracted from the plant and converted to sclareolide; both of which are used in the flavoring of tobaccos. R.J. Reynolds, the
tobacco company, is one of the largest growers of Clary Sage in the U.S and produces essential oil as a by-product of its *sclareol* production.

Clary Sage oil is used as a fragrance component in soaps, detergents, creams, lotions and perfumes. Maximum use level reported for the oil in perfumes is 0.8%. Clary sage is also used in the food industry to flavor wines and liqueurs with a muscatel flavor. It is used in major food products such as alcoholic (vermouths, etc) and nonalcoholic beverages, frozen dairy desserts, candy, baked goods, gelatins and puddings, and condiments and relishes. Highest average maximum use level reported is about 0.016% (155ppm) for the oil in alcoholic beverages. Clary Sage has, according to Guenther, a delightful odor, somewhat wine-like and reminiscent of ambergris. It blends well with most oils especially, bergamot, jasmine, juniper, lavender, neroli, petitgrain, pine, frankincense, vetiver, geranium, sandalwood, cedarwood and citrus. Tony Burfield gives the odor profile of the USA oil as being sweet herbaceous and linalyl acetate-like with a tobacco-like complexion. The dry-out is softer, sweeter than the top, with a more pronounced ambery-dried leaf note.

**Psychologically**, Clary Sage has calming and sedative properties and can be effective for depression, nervous tension, fatigue and stress. It can be mildly intoxicating and euphoric. It is thought to enhance dreaming. On the **physiological** level Clary Sage has calming, anti-fungal, anti-inflammatory and deodorant properties and is very useful for skin conditions and gastric complaints. It is considered to be a uterine tonic and thought to be effective in many of the problems affecting this organ. It is thought to be very helpful controlling menstrual spasms and labor pains. On a **subtle** level, Clary Sage helps clear the clutter from the mind and calms constant mind chatter. It is both calming and uplifting and can help develop intuition. It can bring inspiration. It can assist one to remember one’s dreams and to see clearly.

**Clary Sage enhances spiritual inspiration and the intuitive thought processes. It helps one attain spiritual heights and strengthens the ability to act in alignment with Divine purpose.**

**Caution:** Generally considered non-toxic, non-irritating and non-sensitizing. Do not use during pregnancy. Do not use while drinking or driving.

**Cypress**

*Cupressus sempervirens* belonging to the Family Cupressaceae, is an evergreen conifer, which grows to a height of 25 to 45 meters (62 to 142 feet). This well-known columnar, sometimes called “Italian” cypress has been known in Mediterranean countries since antiquity. Both the Greeks and the Romans planted these trees on temple and burial grounds, and even today, in temperate countries this tree is associated with parks and cemeteries. Guenther describes Cypress as "...a tree of serene beauty, blending well into
the Mediterranean landscape; its dark foliage contrasts with the lucid sky, and etches delicate silhouettes against the blue sea.” A colorless to pale yellow green essential oil is obtained through steam distillation of the cones, twigs and needles. The yield, quality and chemical components of the oil will depend upon the condition of the plant material and the method and length of the distillation. Only young branches and adherent leaves should be used. The yield from fresh terminal branches and leaves averages 0.2%. This may be higher if dried material is used.

Cypress essential oil is a valuable constituent in perfumery particularly perfumes of the chypre type. Guenther also tells us that “For years the oil has been employed to alleviate the temporary distressing effects of whooping cough on children” (Soltmann, “Keuchhusten and Cypressenoel,” Therapie der Gegenwart, March (1904) Cf. Winterseel, “Das Cypressenoel,” Inaug.-Dissert. Med. Fakultaet., Bonn (1908). For this purpose a 25 per cent alcoholic solution of the oil should be dropped four times daily on the bed linen, pillowcases, and underwear of children afflicted with this disease. The number, length, and intensity of the cough paroxysms are thereby greatly diminished.” Cypress essential oil has a woody, nutty and slight smoky odor. It blends well with bergamot and other citrus, clary sage, frankincense, petitgrain, pine, juniper, lavender sandalwood, cedarwood, marjoram and chamomile.

Psychologically, Cypress is thought to balance the sympathetic nervous system and can be helpful in relieving nervous tension and stress related conditions. It is also considered to be useful as a spiritual aid for transitions, particularly death. It can help to ease the pain of losses of all kinds, particularly when one is experiencing the loss of someone close. On the physiological level Cypress has antiseptic, antispasmodic, astringent and bactericidal properties and is useful as a tonic for mature skin conditions. It also helps to constrict blood vessels making it helpful for hemorrhoids. When used regularly its balancing properties can be helpful for menopausal hot flashes and tension, as well as PMS. Its bactericidal properties are helpful for respiratory complaints including asthma, bronchitis, pleurisy, whooping cough and spasmodic cough. On a subtle level, Cypress helps one to maintain balance, to stay centered and aligned with Spirit regardless of the emotions raging around one. Cypress brings strength and comfort. It eases the pain of losses of all kinds particularly when one is experiencing the loss of someone close. It is very helpful in times of transition. It also supports a willingness to change and transform. It can promote confidence, patience and wisdom. It can be used for blessing, consecration and protection. Cypress can be used to help one move on.
The themes of the search for values, as well as the theme of father and issues with father are very strong in Cypress.

*Caution: Generally considered non-toxic, non-irritant and non-sensitizing. Avoid during pregnancy.*

**Frankincense**

Frankincense also known as *Olibanum* belongs to the Burseraceae family. Apparently over 25 different species of Frankincense have been recorded, however the variety most often used in Aromatherapy appears to be *Boswellia carterii*. This variety is native to the Red Sea region of North-East Africa and the major production areas are Ethiopia, Somalia and Oman.

The main source of the essential oil is the bark exudate. A milky white liquid slowly oozes out of the bark and forms beads. This occurs either naturally or more often through cutting the bark with a deep horizontal incision. When the tears dry in the sun they form a yellowish tear. These are then scraped off the bark and collected into baskets. The frankincense tears consist of 60 - 70% resin, 27-35% gum and 5 - 7% essential oil. The pale yellow essential oil is obtained through steam distillation and Guenther tells us that the yield can vary between 5 - 9%. Frankincense has a woody, spicy and slightly sweet aroma and blends well with all citrus and spice oils.

One can find many instances in literature where Frankincense gum has been used, not only in incense but also for treating skin complaints and other physical complaints. In some countries the bark has been boiled to make a wash for treating fever. It has a long traditional use as incense and is used in many religious ceremonies even today.

**Psychologically,** Frankincense has calming and relaxing properties. It can be helpful with stress, anxiety, depression, irritability and panic. It is said that it can bring peace and is very useful in meditation. On the **physiological** level it has expectorant and mucolytic properties and can be helpful when dealing with coughs, bronchitis, colds and flu. It deepens the breathing. Its calming properties can also be used on skin complaints and it is thought to be helpful with dry and mature skins. On a **subtle** level, Frankincense can be used to awaken one’s spiritual purpose. Using this oil can guide and reconnect one to the Divine presence. Frankincense calms, comforts and centers. It also stabilizes emotions. It is very grounding and quiets and clarifies the mind. When used in meditation it promotes a state in which one is better able to receive and integrate healing energies. It has long been considered a sacred oil which helps to heal the spirit and comfort the heart.
Frankincense helps to break obsessive attachments to the past. Frankincense has long been considered to be sacred and is helpful in healing the spirit and comforting the heart. Frankincense slows down breathing and deepens the breath.

Caution: Generally considered non-toxic, non-irritating and non-sensitizing. Avoid during the first trimester of pregnancy.

Sandalwood

*Santalum album* a member of the Santalaceae family is a parasitic, evergreen tree and can grow to a height of about nine meters or 29 feet. It has leathery leaves and small purple flowers. It is native to southern Asia with most of the world’s production being in the Mysore region of eastern India. The Indian government now only permits the harvesting of mature trees that are approaching the end of their long lives (thirty to sixty-four years). Sandalwood is another oil that is becoming increasingly difficult to obtain or at least the genuine article. Sandalwood has a long history in the spiritual and cultural life of Asia. Sandalwood incense is burned in Buddhist and Hindu temples and it has been used as a meditative aid for thousands of years. It quietens the mental chatter that can so often distract the meditator. It also has an important place in Ayurvedic, Tibetan and traditional Chinese medicines.

A yellow brown essential oil is steam distilled from the coarsely powdered dried heartwood by steam or water distillation with a yield of 3 – 5%. Its major components are alcohols (80 - 90%) *santalols, tricycloekasantalol, borneol*. It has a sweet, spicy, woody aroma and blends well with bergamot, cedarwood, cypress, frankincense, juniper, jasmine, lavender, patchouli, pine, rose, ylang ylang, vetiver, clove, black pepper, rosewood, geranium oakmoss, benzoin and myrrh.

Sandalwood is reported to have diuretic and urinary antiseptic properties. It is extensively used as a fragrance ingredient in soaps, detergents, creams, lotions and perfumes, also commonly used in incenses. It is used as a flavor component in major categories of food products including alcoholic and nonalcoholic beverages, frozen dairy desserts, candy, baked goods, and gelatins and puddings. In Chinese medicine, sandalwood is reportedly used to treat stomachache, vomiting and gonorrhea. It was formerly used in Europe for pains, fevers and ‘strengthening the heart’.

Psychologically, sandalwood has calming, sedative and tonic properties and is useful for depression, insomnia, nervous tension, neuralgia and stress problems. It helps feelings of isolation, aggression, grief and irritation. On the physiological level sandalwood has calming, diuretic, anti-inflammatory and antiseptic properties and has been used for urinary bladder infections, cystitis, any inflammation or congestion of kidney and bladder; digestive
problems; muscle spasm, sciatica, lumbago and neuralgia. On a subtle level, it is used often in meditation blends. Sandalwood supports all healing work. It helps clam and comfort. It is grounding and helps reconnect one with one’s sense of being. It helps to open the heart to trust and to receive healing energy. It quiets the mind and promotes deep meditation and wisdom. It can also promote positive self-esteem. It can help to promote spiritual sensuality and teach one to delight in one’s senses and sexuality and to appreciate the beauty of life. Sandalwood is used in spirituality, meditation, sex and healing blends.

The major theme to be found in Sandalwood is the one of hidden wisdom. Sandalwood is said to reduce self-centered behavior and worldly "over-attachment."

Caution: Generally considered non-toxic, non-irritating, non-sensitizing and non-phototoxic.

Bach Remedy – Water Violet

Bach's General Description: For those who in health or illness like to be alone. Very quiet people, who move about without noise, speak little, and then gently. These are very independent, capable and self-reliant individuals. They are almost free of the opinions of others. They are aloof, leave people alone and go their own way. They are often clever and talented.

Category: Loneliness

Keywords: Proud and aloof - the Flower of Communication.

In Balance:
- Positive potential is a warmer relationship with others, while maintaining one’s wisdom and dignity. Water Violet people are happy to help others with the benefit of their own knowledge and wisdom. Calm, serene, dignified, they are able to understand and empathise with others. They often put their talents to the service of others, as counsellors or teachers for example.
- Like to be alone and are independent, self-reliant.
- Quiet, gentle, tranquil, sympathetic and wise people who have poise and dignity.
- Bears grief and sorrows in silence.

Soul potential: Humility and wisdom.
Transformations:
- Charming, gentle, showing tactful reserve.
- Independent attitude, equable, on the calm side.
- Capable, competent, often superior to others.
- Self-confidence, knows who she is.
- Comfortable with oneself, likes to be on one’s own.
- Generally has life well in hand.
- Moves quietly, beautifully and unobtrusively.
- Often speaks in a low, polite and insistent voice.
- Tolerant attitude – live and let live.
- Would never interfere, even if one sees things quite differently.
- Usually on top of things, ‘rock in the foaming waves’.
- Works in sovereign fashion, conscientiously, prefers to stay in the background.
- For others the image of a well-balanced, independent-minded person.
- Acts in humility, love and wisdom.
- Able to create an atmosphere of calm, confidence and tranquility.
- Goes through life with elegance and inner dignity.

Color Therapy – Magenta
Magenta is a mixture of violet and red. It is a cardiac energizer, especially useful for stimulating movement of arterial and venous blood where there is swelling, inflammation or heat in the body. It also stimulates the adrenals and supra-renals. On an emotional level magenta promotes a mature attitude to life, service to others and spirituality while being practical and well grounded.

Complimentary color: Green.

Sound Therapy – The note of C
Other sounds associated with Chokma – OM.
Classical music in the key of C.

Crystal Therapy – Fluorite

Properties
Chemical Formula: CaF₂ + (C, Cl, Fe, Ce,Y)
Type: Calcium fluoride crystal with a hardness of 4
Color: wide variety of colors including green, purple, white, yellow, red, pink and black.
Zodiac Sign: Pisces
Planet: Neptune
Keywords: Mental enhancement and clarity, improved decision-making, clearing the energy fields.
Fluorite can be formed in primary, secondary or even tertiary processes. The largest occurrences are of magmatic origin, in which fluorite arises as a component of acid magmatic rocks or in passages and in clefts.

Fluorite can be helpful in instilling impartiality and unbiased, detached reasoning. It is also grounding while integrating spiritual energies. It can overcome chaos and reorganize the physical, emotional and mental bodies and teaches the importance of balance.

**Spiritually** When outside influences seem to take control fluorite is helpful both for becoming aware of the situation and to rapidly dissolve the undesirable influences. When faced with injustice or oppressive situation fluorite can make one radical and uncompromising. In our own existence it helps us to find systems that are both stable and dynamic. Generally it helps us to be creative and inventive allowing one freedom in decision-making.

**Emotionally** fluorite brings awareness of any suppressed feelings. It gently opens the way to the subconscious. It imparts self-confidence, helps to clear up any confusion and generally has an emotionally stabilizing effect.

**Mentally** fluorite is used to dissolve blocks. These can be fixed ideas, narrow-mindedness, constricting thought and behavioral patterns. Very helpful when one is learning as it helps with the organization and rapid processing of information. It can help one to make cross-references to existing knowledge thereby enhancing the learning process. Fluorite stimulates rapid absorption of information and quick thinking.

**Physically** fluorite is helpful for the regeneration of the skin and mucous membranes. It is particularly helpful with conditions of the respiratory tract as well as with the treatment of ulcers and suppurating wounds. It is also considered to be helpful for the skeletal system strengthening bones and teeth and helpful for any posture problems. This makes it helpful for any stiffness or joint problems, such as arthritis, as well as for spinal problems or injuries. It is also considered to be helpful for balance and coordination. Used as a powerful antiviral agent it can also provide pain relief. Fluorite is considered particularly helpful for shingles and other nerve-related pain. It is also thought to be helpful in removing wrinkles and skin blemishes.

**Folk Lore, Myths, Tradition**
- Fluorite has been known as fluorspar since the eighteenth century, before that it was not recognized as a separate mineral but simply belonged among the ‘spars’, a general term for minerals that break into ‘leaves’.
- Fluorite, like glass and colored quartzes can be used for the production of imitation gems.
Binah

Binah is visualized on the left side of the head of Adam Kadmon, also the left brain. It can be thought of as the Sefirah of human beliefs and ideas expressed through speech and action. Its attribute is Understanding and it is associated with Mother. In its simplest form it constitutes our understanding of the 'ways of the world' developed from ordinary everyday experiences. Binah is also referred to as the place where the Throne of God is located, the place from which God expresses concern for His creation. All understanding comes from God and it is within Binah that God 'lowers' Himself so that He can be accessible to us.

Psychologically Binah is said to perform a reconciliation between the 'desire' of Keter and the 'intellect' of Chokma. In Binah we see that it is the dialectical blending of will and wisdom, as well as emotion and intellect that brings understanding. Binah has also been associated with repentance and is thought of as a source of restraint.

Binah is the full expression of the creative power of femininity. Binah receives the stream of Supernal Light from above and continually gives birth to the externalization of the Divine Energy that sustains the seven lower Sefirot, therefore, Binah is viewed as the mother of the seven Sefirot below her. Binah is also viewed as the Mother of the Universe. Binah is the prototype of the wise mother, seat of understanding, judicious restriction and objective judgment. Binah is also known as the 'Source of Life' because it is the Sefirah, which, in the process of emanation, elucidates the inner world and expresses it as a coherent, active force. Binah is also called 'Return' (in Hebrew Teshuvah) because everything that began in the 'Source of Life' returns to it in the end.

Teshuvah also refers to redemption and Binah is considered the sphere of redemption and atonement. It is said to sweeten all powers of judgment, neutralizing the bitterness. Chokma is linked to running and Binah to returning. Repentance or teshuvah is seen as a way of returning to God and to the more noble vision of oneself. Teshuvah exists outside of time and it is said that it was created before the world itself. It is outside and unbound by time. The concept of teshuvah is most commonly related, by Jewish theologians, to the undoing of that which comes through knowledge of the sin. Through Binah, Understanding is transformed into a longing for righteousness. In the physical world one cannot go back and undo what was
once done, the existence outside the realm of time of teshuvah make it possible to undo a past sin on a spiritual level. Rooting oneself in Returning enables one to ascend, do the goodness rooted in that process, and so transform bad deeds into good.

Shekhinah, the female aspect of God, is the presence of the divine in the material world, the animation of the concealed divine. Upper Shekhinah is identified with Binah.

The color traditionally associated with Binah is green. Also the planet Saturn, the astrological sign of Capricorn (Dec 22 - Jan 20) and the Archangel Tzaphkiel, Angel of Spiritual Strife against Evil.

Grapefruit
Grapefruit, Citrus x paradise, is the only citrus species native to the New World and is thought to have originated on Barbados sometime in the seventeenth century. It belongs to the Rutaceae family and is considered to be a stabilized hybrid of Citrus maxima and Citrus sinensis. Numerous cultivars are grown commercially with ‘Duncan’ being the standard grown in Florida. Grapefruit is cultivated in the United States, the West Indies, Nigeria, Brazil, Israel and Portugal. Grapefruit is a large tree, which can grow to a height of 30 meters. It has a single trunk, many branches and if left unpruned can grow into a round or blunt conical shape. Like the orange tree, three different essential oils can be obtained from Grapefruit, however the oil used in The Hawkins Protocol is the oil extracted from the rind of the fruit.

A yellow, or pale orange yellow, which might have a greenish tinge essential oil is obtained from the rind of the fruit through cold expression. The oil content of the fruit diminishes significantly as the fruit matures and can be five times higher in early picked fruit than in fruit that is fully mature and held on the trees. The odor of the essential oil is characteristic of the fruit, sweet and fresh. Like all citrus oils correct storage is particularly important for this oil to prevent oxidization. Grapefruit consists mostly of the monoterpene hydrocarbon limonene (around 90 – 98%), but it is the presence of the sesquiterpene ketone nootkatone (in very small amounts 0.06% – 0.8%) which is believed to give the oil its very characteristic odor.

Psychologically, grapefruit has been found to have wonderfully uplifting but calming properties. It can be helpful in cases of depression, nervous exhaustion, performance stress, jet lag, PMS, alcohol and drug withdrawal. It can give one a feeling of euphoria. On the physiological level it has antiseptic, calming, diuretic and stimulating properties. Used in a mister or diffuser it can be an excellent air antiseptic while used topically or in the bath it can help ease muscle stiffness as well as increase the circulation and stimulate the lymph system. It has also been found helpful as a digestive aid and has been used by sufferers of anorexia and bulimia as well as people
wanting to lose weight. On a subtle level, Grapefruit helps to calm mental chatter. It dissolves emotional energy blocks especially frustration and self-blame. It promotes confidence, as well as increasing intuition and mental clarity. It brings inspiration. It can be used when the ego gets in one's way. It can assist in the digestion of new concepts or ideas. It can be used for clearing and to remove negativity. It is a powerful purifier.

**Grapefruit has a strong theme of the desire for redemption.**

*Cautions: According to Leung and Foster, dermatological studies have indicated grapefruit oil to be nonirritating, non-sensitizing and non-phototoxic to humans based on a report by DLJ Opdyke, in Food Cosmetics Toxicology. However, some sources classify grapefruit as a mild photosensitizer.*

**Frankincense**

Frankincense also known as *Olibanum* belongs to the Burseraceae family. Apparently over 25 different species of Frankincense have been recorded, however the variety most often used in Aromatherapy appears to be *Boswellia carterii*. This variety is native to the Red Sea region of North-East Africa and the major production areas are Ethiopia, Somalia and Oman.

The main source of the essential oil is the bark exudate. A milky white liquid slowly oozes out of the bark and forms beads. This occurs either naturally or more often through cutting the bark with a deep horizontal incision. When the tears dry in the sun they form a yellowish tear. These are then scrapped off the bark and collected into baskets. The frankincense tears consist of 60 - 70% resin, 27 - 35% gum and 5 - 7% essential oil. The pale yellow essential oil is obtained through steam distillation and Guenther tells us that the yield can vary between 5 - 9%. Frankincense has a woody, spicy and slightly sweet aroma and blends well with all citrus and spice oils.

One can find many instances in literature where Frankincense gum has been used, not only in incense but also for treating skin complaints and other physical complaints. In some countries the bark has been boiled to make a wash for treating fever. It has a long traditional use as incense and is used in many religious ceremonies even today.

**Psychologically**, Frankincense has calming and relaxing properties. It can be helpful with stress, anxiety, depression, irritability and panic. It is said that it can bring peace and is very useful in meditation. On the physiological level it has expectorant and mucolytic properties and can be helpful when dealing with coughs, bronchitis, colds and flu. It deepens the breathing. Its calming properties can also be used on skin complaints and it is thought to be helpful with dry and mature skins. On a subtle level, Frankincense can be used to awaken one's spiritual purpose. Using this oil can guide and reconnect one to the Divine presence. Frankincense calms,
comforts and centers. It also stabilizes emotions. It is very grounding and quiets and clarifies the mind. When used in meditation it promotes a state in which one is better able to receive and integrate healing energies. It has long been considered a sacred oil which helps to heal the spirit and comfort the heart.

**Frankincense helps to break obsessive attachments to the past. Frankincense has long been considered to be sacred and is helpful in healing the spirit and comforting the heart. Frankincense slows down breathing and deepens the breath.**

Caution: Generally considered non-toxic, non-irritating and non-sensitizing. Avoid during the first trimester of pregnancy.

**Rose**

The rose originates from Asia and there are about 250 different species of roses and over 10,000 different hybrid varieties. Although about 30 of these are described as 'odorata' only three are commonly distilled for their perfume. These are Damask Rose (*Rosa damascena*), Cabbage Rose (*Rosa centifolia*) and French Rose (*Rosa gallica*). Damask rose mainly comes from Bulgaria, Turkey, Morocco, India and China and Cabbage rose mainly comes from Morocco, Egypt, Tunisia, China and Yugoslavia. While it is generally thought that the Bulgarian damask rose produces the finest quality distilled essence, or 'otto', most of the rose oil produced in France is extracted by solvents from cabbage rose to produce an absolute. It requires a lot of roses to make just a little oil (about 57kg/120lbs to make 28g/1oz) this explains why rose is one of the most expensive essential oils available.

**Psychologically** rose has aphrodisiac, relaxing and anti-depressant properties. It soothes the emotions and is often used in cases of anxiety, depression, nervous tension and stress-related disorders. It can be helpful in dealing with anger, anxiety, sadness, disappointment and heartache. While on the **physiological** level rose has analgesic, astringent and tonic properties; it can fight infection, reduce inflammation and relieve muscle spasms. Its use could be considered for: all skin types especially acne, dry sensitive skin and mature skin; poor circulation; menstrual problems, menopause and PMS; to aid digestion and regulate bowel movements. On a **subtle** level, Rose is associated with unconditional love, as well as Divine Love. Rose brings in positive energy. It can gently fill in auric holes and seal the auric field after healing work. It promotes a sense of well being. Rose is very healing for emotional wounds, especially grief. It promotes love, compassion, hope and patience. It also promotes a sense of spiritual connection. It can be helpful in healing work as it is thought to energetically connect the hand chakras to the heart. Rose can help one to forgive others as well as one’s self. Rose enhances one’s connection to all creativity, the
arts, and beauty. Rose is used in blends designed to attract love, confer peace, stimulate sexual desires and enhance beauty.

*Rose is specific for the heart and helps one to listen to one’s own wise counsel. Love is a strong theme in Rose.*

Generally considered non-toxic, non-irritating, non-sensitizing and non-phototoxic.

**Spruce, Black**

*Picea mariana,* a member of the Pinaceae family, grows to a height of around 9 meters and is native to Canada and the northeast of the United States. The timber of the tree, although used, is not greatly valued and the leaves are traditionally used to make spruce beer. A colorless to pale yellow oil is produced by steam distillation from the needles and twigs of the tree. Its major chemical components are monoterpenes 55% (*tricyclene, α-pinene, delta3-carene, camphene*) and esters 35% (*bornyl acetate*). It has a piney, woody aroma and blends well with pine, oakmoss, cedarwood, benzoin, lavender, lavandin and rosemary. It is used in perfumery to impart fresh notes to men’s fragrances and in piney-herbaceous bath products. Traditionally it has been said to restore depleted adrenal glands.

Psychologically, black spruce has been used for anxiety, debility, stress, tension and extreme exhaustion. On the *physiological* level black spruce has been used as an expectorant and a respiratory antiseptic; for muscle aches & pains, poor circulation; muscular rheumatism; arthritis; aching joints; solar plexus spasms and depressed immune systems. On a *subtle* level, Spruce can be used to clear and cleanse. It can help to ground intuition so that it is clear and practical. It can infuse intuition with compassion. It can also promote communication of inner feelings. It may help in bringing objectivity and clarity to the intuitive mind and help develop intuition.

*Black Spruce addresses the feeling that ‘one is coming apart at the seams’, it also has the theme of oppression and the need to break free in order to avoid dying.*

Generally considered non-toxic, non-irritating and non-sensitizing.

**Bach Flower Remedy – Mimulus**

*Bach’s General Description:* For fear of worldly things, illness, pain, accidents, poverty, of dark, of being alone, of misfortune. For the fears of everyday life. These people quietly and secretly bear their dread they do not freely speak of it to others.
Category: Fear

Keywords: Fear of known things - the Bravery Flower

In Balance
- Positive potential - Quiet courage to face trials and difficulties with equanimity and humour.
- Emotions completely under control – ability to enjoy life once more without irrational fears.

Soul potentials: Courage and confidence

Transformations
- Fine character, sensitive.
- Has grown beyond anxieties, able to face the world with cheerful equanimity.
- Personal courage and understanding for others in a similar situation.

Color Therapy - Pink
Pink a mixture of red and white is, more gentle in its stimulation than red and helps to relax muscles. Pink is often considered to be the color of unconditional love. Pink is particularly good for emotional problems. Pink gently warms and aids circulation without raising blood pressure and is helpful when treating the old or weak.

Complimentary Color: Green

Sound Therapy – The note of B
Other sounds associated with Binah – OM.
Classical Music in the key of B.

Crystal Therapy - Rose Quartz

Properties
Chemical Formula: SiO₂ + Na,Al,Fe,Ti +(Ca, Mg, Mn)
Type: Quartz family, a silicon dioxide crystal - hardness of 7.
Color: Pink
Zodiac Sign: Taurus & Libra
Planet: Venus
Keywords: Love, gentleness, emotional healing, release of stress, uniting with the Divine.

Rose quartz is formed magmatically in young pegmatites and forms chunky masses.
**Spiritually** Rose quartz supports one in being gentle but firm. There is an awareness of gently overcoming opposing forces and prevents one from being pliable and giving in to other’s demands. At the same time it encourages openness, the desire to help and assists in creating a pleasant atmosphere around one.

**Emotionally** it instills the qualities of empathy and sensitivity. It helps one to have a strong heart and proper self-love. It is helpful for romance and the ability to love.

**Mentally** it gives one the ability to discriminate and helps release one from worry. It will draw attention to needs that need to be met. Rose quartz is the stone of unconditional love and infinite peace. It gently draws off negative energy replacing it with loving vibes. While it strengthens sensitivity and empathy it also helps one to accept change when necessary.

**Physically** rose quartz is helpful for stimulating blood circulation and strengthening the heart. It is helpful for any sexual problems and is used to encourage fertility. It can be helpful for chest and lung problems as well as being healing for the kidneys and adrenals. It is also thought to be helpful in cases of vertigo. It is soothing for burns and blistering of the skin. It has been found to be helpful in cases Alzheimer’s, Parkinson’s and senile dementia.

**Folk Lore, Myths, Traditions**
- For centuries rose quartz has been considered to be a fertility crystal. It has been used for healing heart problems and female disorders as well as for love magic, therefore in ‘matters of the heart’.
- Adonis, lover of Greek goddess Aphrodite was attacked by Ares, god of war, in the form of a boar. Aphrodite rushed to save him and caught herself on a briar bush. Their mingled blood stained the white quartz pink. Zeus took pity on them and restored Adonis to Aphrodite for six months of the year. Because of this myth, rose quartz has become a symbol of reconciliation in love.
DAAT

Daat is not a true Sefirah, it is hidden and is the result of the interaction between Chokma and Binah. Its attribute is Knowledge. It is located at the neck of Adam Kadmon. In her book, Kabbalah of Prayer, Shulamit Elson tells us: "The word Daat derives from the same Biblical verse as the Sefirot Keter, Chokma and Binah: “I have filled him with the spirit of God, with wisdom, with understanding and with knowledge (Daat)...” In Hebrew, the word Daat is also related to the word yadah, which means 'he knew', as in the Biblical phrase 'Adam knew Havah his wife.' Here the word 'knew' refers to a knowing that arises not out of the intellect but rather out of intimacy and relatedness. In the case of Daat its intimacy and relatedness to Keter allows Daat to perform its crucial function as the 'exteriorization' of this exalted Sefirah."

Throughout the Talmud and Kabbalah there are references to the triangulation of Chokmah (Wisdom), Binah (Understanding and Logic) and Daat (Knowledge). Together they are referred to as the mochin or 'intellectual powers'.

Daat is the product of the intercourse between Chokma and Binah. Chokma is pure mind-force that transcends time. Even the past, present and future have not yet been differentiated. Hence, on this level, one can see the future with as much clarity as the past and present (i.e. clairvoyance). Binah follows Chokma. Binah is the manifestation of Chokma's undifferentiated wisdom. Whereas on the level of Chokmah, wisdom exists only as essence or potential, Binah is the source of the ability to analyze this undifferentiated database and elaborate it into logical components. Chokmah is primal wisdom that cannot be known consciously. It is the seed, which must be implanted and differentiated in the womb of Binah. Chokma, the source of intuition, emanates from the non-verbal right hemisphere of the brain and penetrates the left hemisphere of the brain where it impregnates Binah. The offspring of this union is the Sefirah of Daat or knowledge, which consciously communicates this 'understood wisdom'.

Daat is not only the product of the union of Chokmah and Binah but also exerts a balancing influence upon the dynamics of this union, helping to ensure that neither Chokma nor Binah dominates and distorts the elements of Divine intellect which emanate from Ein Sof. Its attribute is Knowledge.
There is no color associated with this hidden Sefirah, however it is associated with the planet Pluto and the Archangels of Four Directions, Raphael, Michael, Gabriel and Auriel.

**Cardamom**

Cardamom, *Elettaria cardomomm* is a member of the Zingiberaceae Family. Cardamom is a perennial herb that grows to heights of up to 4 meters. It is native to tropical Asia and is now cultivated extensively in tropical regions particularly India, on the Malabar Coast, Sri Lanka, Laos, Guatemala and El Salvador. A colorless to golden yellow essential oil is steam distilled from the dried ripe fruits and seeds. Cardamom is used in some carminative, stomachic and laxative pharmaceutical properties. It is also used more often as a flavor ingredient for pharmaceuticals. In the cosmetic industry Cardamom is used as a fragrance component in soaps, detergents, creams, lotions and perfumes. It is also used extensively as a domestic spice in curry, coffee, cakes and bread especially in India, Europe, the Middle East and Latin America. Cardamom is used in the food industry as a flavor component of many food products including alcoholic and nonalcoholic beverages, frozen desserts, candy, baked goods and others. Whole or ground Cardamom is used as a flavoring ingredient in Chai, a tea made popular in India.

The essential oil is composed mainly of *a-terpinyl acetate* (an ester) and *1,8-cineole* (an oxide) each of which may be present in up to 50% or more. Minor constituents include *limonene, sabine, linalool, linalyl acetate, a-pinene, a-terpineol, camphene, myrcene, 1,4-cineole, boreol* and others. Cardamom is highly odiferous and can overshadow other essential oils so one should blend carefully with it. It blends well with orange, anise, rose, bergamot, caraway, cinnamon, cloves, ginger, frankincense, ylang ylang, neroli, cedarwood and coriander. Cardamom has anti-spasmodic, anti-septic, carminative, digestive and expectorant properties. It belongs to the same family as Ginger and shares a number of the same warming qualities.

**Psychologically**, Cardamom has stimulating and tonic properties. It can be helpful with tension, frigidity and impotence. It can help to stir the creative energies. On the **physiological** level Cardamom has good anti-inflammatory and anti-spasmodic properties and has been found to be helpful with coughs, bronchitis, muscular aches and pains, anorexia, colic, cramp, digestion, indigestion, nausea and diarrhea. Cardamom allows new energies to assimilate gently into the physical body. Cardamom is also considered to be an antidote to sugar cravings. On a **subtle** level, Cardamom can stir the creative energies. It also helps one to overcome blockages that could be preventing the opening of creative or sexual expression. Cardamom can be used during visualizations for drawing love or intimate relationships closer to you. Consider using Cardamom when one is overburdened with responsibilities or when one needs to allow one’s heart to open to others so we can be more gracious in our dealings with them.
Cardamom has the themes of raising the spirit and spiritual purification. It inspires feelings of contentment, appreciation of life, uplifts, clarifies and reduces confusion.

Caution: Generally considered non-toxic, non-irritating and non-sensitizing, however use in small doses as aromatically a little goes a long way.

Rosemary

*Rosmarinus officinalis* belonging to the Family Labiatae (Lamiaceae), is a small evergreen shrub with thick aromatic leaves. It can grow up to around 2 meters in height. Although it is native to the Mediterranean region it is cultivated worldwide. A clear to pale yellow essential oil is steam distilled from the flowering herb. The essential oil yield is around 0.5%. There are three major chemotypes of Rosemary available on the market today and each one has a different chemical breakdown. *Rosmarinus officinalis* ct. *cineole* is the rosemary most commonly available it contains around 30% oxides (1,8-cineole), 30% monoterpenes (pinene, camphene, myrcene, limonene, cymene), 25% ketones (campher, carvone, thujone, octanone), as well as some alcohols, esters and sesquiterpenes. *Rosmarinus officinalis* ct. *camphor* contains a much higher percentage of camphor and a lower percentage cineole. *Rosmarinus officinalis* ct. *verbenone*’s main chemical constituents are bornyl acetate (esters), alpha-pinene 15-34%, beta-pinene, camphene, myrcene, limonene, alpha-terpinene, terpanolene (monoterpenes), borneol from a trace to 7% (alcohol), *verbenone* 15 – 37%, *camphor* 1 – 19% (ketones), 1,8-cineole from a trace – 20% (oxide). Because of their different chemical make up there are some differences as to how the oils would be used and where they might be more effective. For example *Rosmarinus officinalis* ct. *camphor* has neuromuscular and tension relieving properties and make it most effective for muscular cramps and spasms as well as rheumatism and arthritis. *Rosmarinus officinalis* ct. *cineole* is especially suited for catarrhal conditions, while *Rosmarinus officinalis* ct. *verbenone* is especially effective at the beginning mucolytic treatment of bronchial and cold conditions. Rosemary oil is used extensively in cosmetics as a fragrance component and/or a masking agent. It is used in soaps, detergents, creams, lotions, and perfumes – especially colognes and toilet waters. The oil is also used extensively in the flavoring of many different foods and beverages. Rosemary has a long history of traditional use. In Europe it has been used as a tonic, stimulant and carminative and in treating indigestion, stomach pains, headaches, head colds and nervous tension. In China, the leaves and branches of the herb have been used for similar conditions particularly headaches. It also has a tradition of being associated with memory and remembrance. It blends well with basil, cedarwood, citrus, frankincense, lemongrass, lavender, peppermint, petitgrain, pine, citronella, oregano, thyme, cinnamon and other spices. The different chemotypes smell different too.
Psychologically, Rosemary has stimulating properties. It is an excellent oil to consider when there is physical exhaustion, feeling rundown, headaches, migraines, mental fatigue and nervous exhaustion. It is excellent to use in the mornings when one needs a bit of help in getting going. Probably best to avoid its use at night, as it might prove too stimulating and make it difficult to sleep. It is also excellent for memory. On the **physiological** level Rosemary has analgesic, anti-inflammatory, antispasmodic, antiviral, expectorant and mucolytic properties. It is said to strengthen and promote hair growth. It can be useful for many respiratory conditions as well as muscular aches and pains, cramps and spasms. It is also considered to be helpful in cases of gout. As an oil from a culinary herb it is useful when suffering from upset stomachs, flatulence and constipation. On a **subtle** level, Rosemary can be used for loyalty and love. It can comfort emotional heartbreak, and may be appropriately used to help achieve closure to a relationship. It can be used in any grief blend. Rosemary clears and cleanses a room. It helps provide protection from negative influences. It aids in helping to establish healthy boundaries in relationship. It can promote self-confidence and strengthen will power. It can inspire joyful love. It clears the mind and enhances memory. It can provide psychic protection. It inspires faith and helps one to remember one’s spiritual path. Rosemary helps to promote clear thought, clear sight or vision and to develop clairvoyance. It is often used in love and healing magical blends.

*The interlocking themes of oneness, memory and faithfulness are fundamental in rosemary.*

**Cautions:** Generally considered non-toxic, non-irritating and non-sensitizing. As it is highly stimulating do not use when you need to sleep. Use with caution with epilepsy, high blood pressure and pregnancy. Both the chemotype verbonone and chemotype camphor should be avoided with small children and during pregnancy due to their high ketone content.

**Sage**

*Salvia officinalis* belongs to the Labiatae family and is a small, evergreen shrubby perennial with woody stems near the base and herbaceous ones above. It grows to a height of around 0.8 meters. It is native to the Mediterranean region and cultivated worldwide in Albania, Turkey, Greece, Italy and the United States among others. Its medicinal properties have been valued since ancient times and the Latin name is derived from the same root as ‘salvation’ since sage was considered to be able to save people from illness and death. It was called ‘herba sacra’ sacred herb by the Romans. A pale yellow essential oil is steam distilled from the dried leaves. The yield is around 1 – 2.8%. Its major chemical components are ketones 35% (alpha-thujone, beta-thujone, camphor, fenchone and monoterpenes 20% (alpha-pinene, beta-pinene, phellandrene, camphene, myrcene, limonene, para-cymene). It has a fresh, herby, camphor-like aroma and blends well with
bergamot, cajeput, clary sage, eucalyptus, geranium, ginger, lavender, myrtle, niaouli, orange, peppermint, pine, rose, rosemary and tea tree.

Sage has been used in European phytomedicine for dyspeptic symptoms and diaphoretic effects. It has also been used in gargles and rinses for inflamed mucous membranes of the oral mucosa and throat. Sage is used as a fragrance component in soaps, detergents, creams, lotions and perfumes. It is also widely used as a flavor ingredient in baked goods, meat and meat products, condiments and relishes, processed vegetables, soups, gravies, fats and oils and others. The dried leaves are used as a tea ingredient. In Traditional Medicine, sage has been used as a tonic, digestive, antiseptic, astringent and antispasmodic. It is used to reduce perspiration (e.g. night sweats), to stop the flow of milk, to treat nervous conditions (e.g. trembling, depression and vertigo, dysmenorrheal, diarrhea, gastritis, sore throat, insect bites, usually in the form of a tea or infusion.

**Psychologically,** Sage has analgesic, antispasmodic and tonic properties and can be helpful for depression, mental strain & exhaustion. On the physiological level sage has antifungal, antiseptic properties and has been used for skin ulcers, cold sores, radiation burns, herpes and shingles. It can aid in the formation of scar tissue and in the regulation of excessive perspiration. On a subtle level, Sage helps one to surrender to Spirit. Native Americans traditionally use sage during purification rituals. Sage is also thought to connect one to Ancestral memories. Sage cleanses and purifies.

**Sage has the theme of protection. It has also been associated with longevity and even immortality.**

Cautions: Avoid during pregnancy. Avoid its use for people with epilepsy or high blood pressure. Use with care and only for short periods of time.

**Fir**

*Abies alba* is native to the north European mountainous regions. It is now cultivated in Switzerland, Poland, Germany, France, Russia and Canada. Oils that are distilled from the twigs and needles of various members of the coniferous families, Abies, Larix, Picea, Pinus and Tsuga are all commonly called fir needle oil. *Abies alba* belongs to the Pinaceae (Coniferae) family. The essential oil is steam distilled from the needles and cones. The major chemical constituents are the monoterpenes, *pinene, camphene, limonene* around 90%. Fir has a fresh, clean aroma, softer than pine and blends well with basil, birch, black pepper, cajeput, cedarwood, eucalyptus, frankincense, ginger, lavender, lemon, myrtle, niaouli, patchouli, peppermint, pine, rosemary, rosewood, tea tree and thyme.

**Psychologically,** fir has analgesic and stimulating properties and may be helpful for anxiety and stress. On the physiological level, its analgesic and
stimulant properties make it useful for conditions such as chest conditions, chronic bronchitis, muscular aches and pains and pain due to rheumatic or arthritic conditions. It can be used as an immune stimulant. On a **subtle** level, Fir helps one to gain insight into childhood behavior. This in turn can help to release negative emotions such as insecurity, fear, jealousy and anger. Fir is grounding and increases intuition. It releases energy blocks and balances emotions. It can act as a gentle sedative that allows the conscious mind to take a vacation. This in turn allows new guidance to come to the forefront with a renewed conscious awareness.

*Silver Fir is specific for intellectual exhaustion. It encourages the propensity for thoughtful and objective consideration. Silver Fir has a theme of communication, not just on a physical level but also on higher level of communication.*

Cautions: Generally considered non-toxic, non-irritant and non-sensitizing. Although some varieties of Fir may cause some skin irritation.

*Bach Flower Remedy – Water Violet and Mimulus*

**Water Violet**

*Bach's General Description:* For those who in health or illness like to be alone. Very quiet people, who move about without noise, speak little, and then gently. Very independent, capable and self-reliant. Almost free of the opinions of others. They are aloof, leave people alone and go their own way. Often clever and talented.

**Category:** Loneliness

**Keywords:** Proud and aloof - the Flower of Communication.

**In Balance:**
- Positive potential is a warmer relationship with others, while maintaining one’s wisdom and dignity. Water Violet people are happy to help others with the benefit of their own knowledge and wisdom. Calm, serene, dignified, they are able to understand and empathise with others. They often put their talents to the service of others, as counsellors or teachers for example.
- Like to be alone and are independent, self-reliant.
- Quiet, gentle, tranquil, sympathetic and wise people who have poise and dignity.
- Bears grief and sorrows in silence.

**Soul potential:** Humility and wisdom.
Transformations:
- Charming, gentle, showing tactful reserve.
- Independent attitude, equable, on the calm side.
- Capable, competent, often superior to others.
- Self-confidence, knows who she is.
- Comfortable with oneself, likes to be on one’s own.
- Generally has life well in hand.
- Moves quietly, beautifully and unobtrusively.
- Often speaks in a low, polite and insistent voice.
- Tolerant attitude – live and let live.
- Would never interfere, even if one sees things quite differently.
- Usually on top of things, ‘rock in the foaming waves’.
- Works in sovereign fashion, conscientiously, prefers to stay in the background.
- For others the image of a well-balanced, independent-minded person.
- Acts in humility, love and wisdom.
- Able to create an atmosphere of calm, confidence and tranquility.
- Goes through life with elegance and inner dignity.

Mimulus

Bach’s General Description: For fear of worldly things, illness, pain, accidents, poverty, of dark, of being alone, of misfortune. The fears of everyday life. These people quietly and secretly bear their dread, they do not freely speak of it to others.

Category: Fear

Keywords: Fear of known things - the Bravery Flower

In Balance
- Positive potential - Quite courage to face trials and difficulties with equanimity and humour.
- Emotions completely under control – ability to enjoy life once more without irrational fears.

Soul potentials: Courage and confidence

Transformations
- Fine character, sensitive.
- Has grown beyond anxieties, able to face the world with cheerful equanimity.
- Personal courage and understanding for others in a similar situation.

Color Therapy – Indigo
The midnight blue of Indigo helps raise one’s sensitivity to the sacredness of all things. It can be used for deep pain, healing and purification. Indigo has...
been found to have narcotic qualities, and some doctors in Texas have used indigo light to induce anesthesia for minor operations.

**Complementary color:** Orange

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**Sound Therapy – The note of A#**

Other sounds associated with Daat – OM. Classical music in the key of A#.

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**Crystal Therapy - Sodalite**

**Properties**

**Chemical Formula:** Na₈[Cl₂/(AlSiO₄)₆] + Be, K, Mg

- **Type:** A chloric sodium aluminum silicate - hardness 5.5 to 6
- **Color:** Dark Blue
- **Zodiac Sign:** Sagittarius
- **Planet:** Moon
- **Keywords:** Access to subconscious and intuitive abilities, enhanced insight and mental performance, deepened intuition.

Sodalite is formed in the primary manner in pegmatites that are poor in silicic acid, or in vulcanites such as trachyte.

**Spiritually**, idealism and searching for the truth are supported by sodalite. Sodalite allows us to objectively recognize parts of ourselves that we have suppressed and then accept them unjudgmentally. It helps one to remain true to one’s true nature and supports one in living the life that has been chosen freely and consciously.

**Emotionally** It helps us discover who we truly are and prevents us from doing anything that goes against our true identity. It helps one to recognize and then avoid unconscious behavioral patterns that may be a detriment to our development. Sodalite helps dissolve any feelings of guilt. It also assists one in standing up for one’s own true feelings.

**Mentally** sodalite increases one’s awareness and helps one to express one’s true convictions both verbally and through our actions. It increases a longing for freedom and helps one to break free from any restrictive ideas, dogmas and rules. It also supports one in developing the qualities of companionship and mutual dependence. It supports one in one’s development of self-esteem and self-trust, as well as our learning to trust others.

**Physically** it is healing for any complaint that could afflict the throat, larynx or vocal chords. It is considered to be particular helpful in cases where hoarseness has been a chronic condition. Sodalite has a cooling effect.
lows blood pressure and stimulates absorption of fluids in the body.
Sodalite also balances the metabolism. It is helpful where there is calcium
deficiencies. It is also thought to boost the immune system. An excellent
crystal to use for radiation damage and insomnia.

Folk Lore, Myths, Tradition
- The meaning of sodalite is ‘sodium stone’. It has been known for about
  200 years.
- In modern spirituality, sodalite has become a stone of empowerment
  for older women. It is sacred to St. Anne, the grandmother of Christ.
**CESED**

The nature of Chesed is to seek no explanation and to give without reason, uncritically and without questions or conditions. Its attributes are **Loving Kindness, Benevolence, Grace** and **Unconditional Love**. It is visualized beneath the shoulder of **Adam Kadmon** on the right side of the heart, and is related to the right arm and hand. It is sometimes called **Gedullah** (Greatness).

Chesed is the open palm of generosity that asks for nothing in return. Its energy flows directly in an endless stream from the eternal source, untouched by worldly concerns. Chesed is the pure joy of seeing beauty everywhere and in everything. In its purest form Chesed would be overwhelming to mankind therefore this divine trait is generally experienced as it is moderated by the other Sefirot particularly **Gevurah (Din) (Judgment)**.

Chesed is unconditional giving, unlimited kindness, total altruism, free, unrestrained outpouring of benevolent grace without regard to the merits of the recipient. It has the ability to feel deeply and give generously while remaining free of expectations. In its completely ungoverned state, it generates the outpouring of benevolent grace without regard to the merits of the recipient. It is the idea of giving oneself totally.

The dynamic balance between Chesed and Gevurah (Din) facilitates harmonious existence.

The inner essence of Chesed is love. When Chesed is fully operational it enables the individual to freely connect to others with unconditional love and benevolence. Ideally the qualities of Chesed are the primary ones through which one should conduct one’s life. Chesed allows one to make peace with suffering, to let go of obsessing about past mistakes thereby freeing oneself and those close to one. It is through Chesed that strength of character is developed. The quality of unconditional love emanating from Chesed enables one to discard limiting self-perceptions and to open up to new ways of receiving. Chesed is a key player in overcoming spirit-damaging self-reproach.

The color traditionally associated with Chesed is white, the planet Jupiter, the astrological sign of Sagittarius (Nov 22 – Dec 21) and the Archangel Tzadkiel, Angel of Mercy.
**Benzoin**

*Styrax benzoin* belonging to the Family Styracaceae is a balsamic resin. Benzoin producing *Styrax* species are mostly small to medium trees (up to 20 meters high) that grow in tropical Asia. Sumatra benzoin is produced from trees growing in the Malay Peninsula, Sumatra and Java; Siam benzoin is from trees growing in Laos, Vietnam, Cambodia, China and Thailand. Benzoin is a pathological product formed when the tree trunk is injured. It is produced by incising the bark. The exuded balsamic resin hardens on exposure to air and sunlight and is collected. Several varieties are known, but Siam and Sumatra Benzoins are the most important. The incisions are made when the tree is seven years old, and in Sumatra each tree yields about 3 lb. annually for ten or twelve years. A dark brown absolute is prepared from crude benzoin by extraction with solvents such as benzene and alcohol, followed by their subsequent removal.

The chief constituent of Siam Benzoin is *benzoic acid* (up to 38 per cent.), partly free and partly combined with *benzoresinol* and *siaresinotannol*; it also contains *vanillin*. When quite pure it should be entirely soluble in alcohol and yield only traces of ash. Sumatra benzoin contains 18% or more of *benzoic acid* and about 20% of *cinnamic acid* the latter partly free and partly combined with *benzoresinol* and *sumarisinotannol*; it also contains 1% of *vanillin*, *styrol*, *styracin*, *phenyl-prophyl cinnamate* and *benzaldehyde*, all of which combine to produce its characteristic odor. Benzoin has a sweet, heavy aroma and blends well with sandalwood, rose, Jasmine, frankincense, myrrh, cypress, Juniper, lemon and other spices.

Because of its antiseptic, astringent and expectorant properties benzoin has been used in vaporizer fluids for inhalation to relieve respiratory discomforts; and as an antiseptic and styptic on small cuts. The resinoid is extensively used as a fixative in perfumes, soaps, detergents, creams and lotions. It is classified as a natural flavor, used in most categories of foods, including alcoholic and nonalcoholic beverages, frozen dairy desserts, candy, baked goods, and gelatins and puddings.

**Psychologically**, benzoin has cheering, uplifting properties. It is helpful for grief, hysteria, panic and feeling rundown. On the **physiological** level benzoin has expectorant, decongestant and mucolytic properties and has been used for respiratory infections, asthma, bronchitis, chills, coughs and laryngitis. On a **subtle** level, Benzoin helps to dispel anger and negativity. It grounds and comforts. It can also provide psychic protection as well as helping to steady and focus the mind during meditation or prayer. Benzoin can help one to release painful emotions and gives one the courage to face the task of self-improvement. Benzoin is also used to increase personal power and help awaken the conscious mind. Benzoin can be used to protect your home or car.
The major themes to be found in Benzoin include: the father, relationship with the father, nurturing, self-sacrifice and forgiveness. There is also the theme of faithfulness in God to be found in Benzoin.

Cautions: Generally considered non-toxic and non-irritating however this oil can be a strong skin sensitizer so do not use on the skin.

Myrtle

*Myrtus communis* belongs to the Myrtaceae family and is an attractive evergreen shrub native to North Africa and cultivated throughout the Mediterranean. It has many tough, slender branches, a brownish red bark and small sharp pointed leaves. Once it has flowered it produces small black berries. Both the leaves and flowers are very fragrant. According to myth, when the goddess Aphrodite (or Venus) first emerged naked from the sea she sought refuge beneath a myrtle bush. Since then the myrtle has stood for chaste beauty, purity and love. According to Greek and Roman folklore, myrtle tea, drunk at least once every three days preserves love and youth. A pale yellow to orange essential oil is steam distilled from the young leaves and twigs. Its aroma is fresh and clear and it blends well with Jasmine, sandalwood, lemon, rose, eucalyptus, bergamot, lavender, rosemary, clary sage, lime, ginger, clove and other spices. Its major chemical components are the oxide 1,8-cineole (30%) and the esters myrtenyl acetate, geranyl acetate, linalyl acetate, bornyl acetate (31%).

Psychologically, Myrtle’s antispasmodic, calming and cheering properties make it useful for insomnia and to soothe anger, fear, despair, fear of illness and death. On the physiological level its anti-inflammatory, diuretic and calming properties make it helpful for arthritis, muscle knots and spasms, inflamed skin and pulmonary disorders. On a subtle level, Myrtle provides protection during major life transitions. It also promotes harmony, love and respect. It can support one’s connection to angels. Myrtle is useful in balancing opposites – enhancing gentility and strength; keeping the Ego and Will in a healthy, balanced state; balancing male and female energies. Myrtle can help one ‘go with the flow’. It can be used to increase fertility, attract love, as well as keep love alive and strong. It is also used to attract money and abundance. May irritate mucus membranes or skin with high dose or prolonged use.

The theme of revealing what is hidden is found in Myrtle, as well as the theme of the Opposing Forces of Good and Evil.

Cautions: Generally considered non-toxic, non-irritating and non-sensitizing.
**Orange, Bitter**

*Citrus aurantium var. amara* (Bitter Orange) and *Citrus sinensis* (Sweet Orange) belong to the Rutaceae family. The bitter orange tree, *Citrus aurantium*, produces three different essential oils, from the rind of its fruit - Orange, from its leaves - Petitgrain and from its fragrant white blossoms - Neroli. The bitter orange is an evergreen tree with dark green leaves, small dark fruit and white aromatic flowers. The tree is native to Southeast Asia from where it spread to India, Persia and the area around the Mediterranean more than 2,000 years ago. Today you will find it growing in these areas as well as in the United States and South America. A straw yellow to orange brown essential oil is extracted from the fruit peel by cold expression. Orange essential oil has a typical orange aroma and blends well with other citrus oils, clary sage, spices, frankincense, geranium, lavender, myrrh, neroli, patchouli and rosemary. Its major chemical components are around 90% monoterpenes *limonene, α-pinene, myrcene, terpinolene, camphene, ρ-cynene, ocimene*. Bitter orange peel is occasionally used as an ingredient in certain stomachic, carminative and laxative preparations. Like Neroli and petitgrain this oil is used extensively as a fragrance component in soaps, detergents, creams, lotions and cosmetics. It is also used in most major food products. Dried bitter orange peel and to a lesser extent sweet orange peel are used as tonic and carminative in treating dyspepsia. In Chinese medicine, dried sweet orange peel is used to reduce phlegm and in treating coughs, colds, anorexia and malignant breasts sores.

**Psychologically,** orange’s calming, cheering properties make it very useful for anxiety and stress related problems. On a **physiologically** level it can aid digestion, help mouth ulcers, indigestion and obesity. On a **subtle** level, Orange helps to dispel negativity from the aura. It also dispels negative thought patterns. Orange brings in positive energy. It nourishes the soul with joy and moves stagnated energy. It promotes self-confidence, courage and creativity. It also promotes joy in sexuality and joyful love. Orange can help one to expel any negative feelings one might be holding in one’s heart or soul. Orange can be used to attract good fortune and luck. Orange is often added to purification blends. Orange can help to conquer fears of letting go as well as obsessions.

*The themes of bitterness and romantic love are to be found in Bitter Orange. Bitter Orange is also considered to be symbolic of both innocence and fertility.*

**Cautions:** Generally considered non-toxic, non-irritating and non-sensitizing however as with most expressed oils it can be phototoxic and if used on the skin do not expose skin to sun or UV rays for 12 hours after use.
**Ylang Ylang**

Ylang Ylang (*Cananga odorata*), a member of the Anonaceae family, is a tall tropical tree that can grow up to 20 meters high. It is native to the Moluccas and the Philippines. In about 1770 the trees were introduced to Reunion Island and at the beginning of the 1900's intensive cultivation of the tree began in Madagascar and then the Comoros Islands. The name is thought to derive from a local Philippine dialect "Alang-ilang" which means "fluttering" or "hanging". This describes the large, drooping, fragrant flowers that tremble in the slightest wind. The Ylang Ylang tree thrives in a moist, tropical climate, at sea level, near the coast and in rich volcanic or fertile sandy soil.

If left to itself it can grow up to 20 meters high, however in order to make the collection of the flowers easier it is often kept to a height of only about 2 - 3 meters which is done by topping and bending down of the branches. When the flower first blooms it has a greenish white color however when the flower is fully mature (about 20 days after blossoming) it has a deep yellow color. This is the time that the oil contained in the flower is at its maximum level and highest quality.

As the ylang ylang tree bears flowers throughout the year, harvesting of the flowers continues year round, however, the principal harvest is from April to June, right after the rainy season. A moderate harvest takes place from the end of September to November (Spring Harvest). The flowers are drier and contain more essential oil than during the rainy season. During January to March (the heavy rainy season) the flowers are heavy with moisture and weigh more than they do during the rest of the year. The yield of oil at this time is much less. The essential oil content is highest during the night therefore the flowers are harvested early in the morning just after sunrise up to about 9 or 10 am. Only fully developed, yellow flowers should be gathered and great care must be taken not to crush the flowers during picking as damaged flowers will quickly fade, turn black and could cause fermentation of the whole basket.

Distillation of the flowers will take place as soon as possible after the harvest. The best quality oil is obtained by placing the flowers in hot water rather than heating the water with the flowers in it. Each tree will yield an average of 10 kg of flowers, while the yield of oil varies between 1 - 2.25%. Distillation of the ylang ylang flowers is actually a fractionation by steam with various grades being taken off at different stages of the distillation. There is a gradual lowering of the odor quality between the first fraction (mainly esters and ethers) to the last fraction (mainly sesquiterpenes). Most distillers will cut their fractions by distillation time. The first fraction is called "extra". This fraction is the one used exclusively by the high quality perfume industry and is generally taken off after 1 hour into the distillation process, followed by "first" taken after another 3 hours, "second" taken after another 5 - 6 hours and finally "third" taken after another 9 - 10 hours. Total distillation time is around 20 hours. One can occasionally find a "complete" oil which is either the result of a continuous 15 hour distillation with no fractions being removed.
(this is very rare) or a blending of fractions together. As "extra" is so much in demand by the perfume industry it is unlikely that it would be included in the blending to form the "complete". The most common blends would be "first" and "second" or "second" and "third", with the latter being cheaper. For high-grade perfumery only the "Extra" is used. "First" and Second" grades are used in cosmetics while "third" is suitable for scenting soaps. For aromatherapy purposes one would use the higher grades, as they are higher in esters they would have more relaxant and anti-depressant properties.

While some aromatherapists prefer to use the "complete" oil. The color of the oil will vary from yellow brown to almost clear. The darker the oil the more sensitive it is to light and exposure to light can cause the oil to turn brown and lose it odor rapidly. Ylang Ylang has a heavy, sweet, exotic, floral aroma and is sometimes called the "poor man's jasmine". On its own it makes an intriguing perfume. It blends well with bergamot, geranium, grapefruit, jasmine, lavender, lime, neroli, patchouli, rose, rosemary, rosewood, sandalwood, sweet orange, tangerine and vetiver. Traditionally ylang ylang has been used to create high-class perfumes. In parts of Indonesia it has been a tradition to spread the flowers on the bed of a newly-wed couple on their wedding night. It has also been used in a number of hair and scalp tonics.

**Psychologically** ylang ylang has anti-depressant, aphrodisiac and sedative properties, which is why it is often considered for use with depression, frigidity, impotence, insomnia, nervous tension and stress related problems. On the **physiological** level ylang ylang has antiseptic, antispasmodic and nerve properties. Ylang Ylang is thought to have a balancing effect on sebum therefore it is helpful on both dry and oily skins. It is also used as a scalp oil to promote healthy hair. It can be effective when dealing with PMS and palpitations. It can slow fast breathing and be relaxing to the Central Nervous System. On a **subtle** level, Ylang Ylang calms nerves and integrates emotions. It also promotes feelings of peace and dispels anger and fear. It can help to increase sensuality. It can help to unite one’s emotional and sexual natures. It can also promote self-confidence and enthusiasm. It is used in blends for promoting love, peace and sex. It can also be used to protect a tender heart.

**Ylang Ylang supports the capacity one has to reaching out to others.**
**One of the central themes of ylang ylang is low self-esteem. It also has a strong theme of nurturing.**

*Cautions: Generally considered non-toxic, non-irritating, non-sensitizing and non-phototoxic. However use in low concentrations as excess use may lead to feelings of nausea and headaches.*
**Bach Remedy – Agrimony**

**Bach’s General Description:** The jovial, cheerful, humorous people who love peace and are distressed by argument or quarrel, to avoid which they will agree to give up much. Though generally they have troubles and are tormented, restless and worried in mind or in body, they hide their Cares behind their humor and jesting and are considered very good friends to know. They often take alcohol or drugs in excess to stimulate themselves and help themselves hear their trials with cheerfulness.

**Category:** Over-sensitive to influence and ideas

**Keywords:** Hide problems behind a cheerful face - the Flower of Honesty.

**In Balance:**
- The positive potential of Agrimony is for those who are genuinely cheerful and good company, communicate their real feelings openly and can accept that life has its less pleasant side. Their cheerfulness stems from a real sense of self-acceptance and inner joy; they see problems in perspective and are diplomatic peacemakers. Aspire to higher realms.
- Cheerful, carefree, a fine sense of humour, without pretence.
- A good companion.
- Can laugh at his own worries.
- In illness, makes light of discomfort, even pain.
- A genuine optimist.

**Soul potential:** Joyfulness and an ability to confront others.

**Transformations:**
- Evenness of temper, discernment, objectivity.
- Genuine inner joyfulness.
- Trusting optimism, clever diplomacy, untiring peacemaking.
- Capable of integrating the less pleasant aspects of life.
- Sees problems in the right light.
- Able to laugh at own worries, being aware of their relative importance.
- Aware of unity in diversity.

**Color Therapy – Dark Blue**

Peace is something that is very often associated with blue. It is a very healing color. Blue is linked to the throat and thyroid gland and is very soothing, cooling and calming. Blue light has been shown to lower blood
pressure by calming the autonomic nervous system. It has a constrictive action and is anti-inflammatory. Deep blue stimulates the pituitary gland, which regulates the sleep patterns. Dark blue has wonderful pain-healing properties. It also works on the skeleton, keeping bone marrow healthy. **Complementary Color:** Orange.

**Sound Therapy – The note of A**
Other sounds associated with Chesed – Voice, wind, ocean. Classical music in the key of A.

**Crystal Therapy - Lapis Lazuli**

**Properties**
**Chemical Formula:** \((Na, Ca)_8 [(SO_4/Cl)_2/(AlSiO_4)_6]^+ Fe\)
**Type:** A sodium aluminum silicate with sulfur, chlorine and hydroxyl and various inclusions of Pyrite and White Calcite with a hardness of 5 to 6.
**Color:** Deep Blue; Royal Blue
**Zodiac Sign:** Sagittarius and Libra
**Planet:** Jupiter
**Keywords:** Inner vision, truthful communication, royal virtues.

Lapis lazuli is formed during the metamorphosis of chalk into marble. Where iron is also present, gold-colored pyrite inclusions will occur.

**Spiritually** lapis lazuli helps bring honesty and wisdom. It helps one uncover one’s own inner truth. By helping to liberate one from holding back or making compromises it supports one in being true to one’s self. Lapis lazuli allows one to be the “king of one’s own (spiritual) castle”. Lapis lazuli is also considered to be the stone of friendship.

**Emotionally** lapis lazuli helps one develop dignity, honesty, self-awareness and uprightness. It helps one to delight in the company of others. It also supports us in the expression of our emotions and feelings.

**Mentally** lapis lazuli helps one to face and accept the truth as it really is. In times of conflict it helps one to keep emotions under control.

**Physically** lapis lazuli is effective for any problems affecting the neck, larynx and vocal chords. It is considered to be particularly helpful for conditions that have arisen because of repressed anger or holding back on what one really wants to say. It is thought to lower the blood pressure as well as regulate the
functioning of the thyroid gland. It is also said to lengthen the menstrual cycle. Lapis lazuli can be very helpful for combating pain, especially in migraine headaches. It can also help to alleviate depression. Both the respiratory and nervous systems can benefit from this crystal as well. It is another crystal that is helpful in supporting the immune system. Also thought to be helpful for the bone marrow and the thymus gland. Lapis Lazuli is said to be helpful in overcoming hearing loss. It can also alleviate insomnia and vertigo.

**Folk Lore, Myths, Tradition**
- The ancient Greeks and Romans called the stone *sapphires* until the term Lapis Lazuli began to be used in the Middle Ages.
- The ancient Egyptians used Lapis in scarabs, beads, pendants and other jewelry as far back as 3100BC. It was also ground into powder for use as a medicine and as a cosmetic for eye shadow.
- The Sumerians believed that Lapis Lazuli contained the spirit of the deities. The Ancient Egyptians also regarded it as the stone of the gods.
- Buddhists recommend Lapis Lazuli as a stone to bring inner peace and freedom from negative thoughts. In Europe Lapis was also thought to cure various illnesses and to be an antidote for snakebite.
- It is said to have been one of the stones in the breastplate of the high priest.
Gevurah

Gevurah (strength), also called Din (judgment), has the attributes of Power, Strength and Judgment and is visualized on Adam Kadmon on the left side of the heart, associated with the left arm and hand. It is the place of the warrior and the judge.

Gevurah represents stern decision and unyielding verdict rendered without feeling or emotion. It is judgment based on strict principles from which no deviation is tolerated. It accepts no excuse nor offers any clemency, not allowing any explanation or interpretation. Gevurah can be a source of harshness, chaos, and evil. Yet in its proper relationship with the Sefirah of Chesed (unconditional love) it becomes a place of self-restraint and discipline. At the same time Gevurah is needed to constrain the unconditional love of Chesed, which by itself is incapable of discriminating between good and bad, and therefore needs Gevurah to balance it.

Gevurah maintains boundaries. It is the supporting structure for acts of compassion and imparts courage to overcome inertia and stagnation. Gevurah provides the strength to look within, face your deepest emotional issues and make peace with them. This Sefirah helps one transcend self-doubt and insecurity and strengthen one’s bond with God.

The color traditionally associated with this Sefirah is red, the planet Mars, the astrological sin of Scorpio (Oct 23 – Nov 21) and the Archangel Kamael, Angel of Strength and Courage.

Basil

Ocimum basilicum belonging to the Family Labiatae or Lamiaceae, is an annual herb that grows to a height of around 0.5 meters. It is thought to be native to Africa and tropical Asia and today is cultivated worldwide. There are many different varieties and the plant is also strongly affected by environmental factors such as temperature, geographic location, soil and the amount of rainfall. The essential oil is obtained by steam distillation of the dried leaves and flowering tops. There are two major types of commercial basil oil available, the true sweet basil and the exotic or Reunion basil oil. True sweet basil is distilled in Europe and the United States while exotic basil is produced in the Comoro Islands, the Seychelles and the Malagasy Republic. The two differ mainly in their contents of d-camphor, linalool and methyl carvicol (estragole). Generally sweet basil does not contain camphor and exotic basil contains little or no linalool. Basil yields around 0.08% oil with d-linalool and methyl chavicol as the major components. Sweet basil will have
a higher ratio of \textit{d-linalool} while exotic basil will have a higher ratio of \textit{methyl chavicol}. Other components include \textit{methyl cinnamate}, reported to be around 28\% in sweet basil, \textit{1,8-cineole, eugenol, borneol, ocimene, geraniol, anethrole, 10-cadinols, b-caryophyllene, a-terpineol, camphor, 3-octanone, methyleugenol and safrole}.

Basil has an aniseed, with a touch of mint, aroma and blends well with bergamot, clary sage, frankincense, geranium, neroli, lime and oakmoss. The volatile oil of sweet basil, variety unknown, was shown to have anti-wormal activities. This study was prompted by the reported use of the fresh juice of this plant to treat a maggots-infested nasal disease in India. It is used as a fragrance ingredient in perfumes, soaps, hairdressings, dental creams and mouthwashes. It is also used as a spice and in chartreuse liqueur. The oil and oleoresin are extensively used as a flavor ingredient in all major food products, usually in rather low use levels – mostly below 0.005\%.

Traditionally it has been reportedly used for head colds and a cure for worms, as an appetite stimulant, carminative and diuretic. More widely used as a medicinal herb in the Far East, especially in China and India. It was first described in a major Chinese herbal around A.D.1060 and has since been in use in China for spasms of the stomach and kidney ailments among others.

\textbf{Psychologically}, basil has antispasmodic, aphrodisiac, stimulant and tonic properties. It can be useful for anxiety, hysteria, nervous depression, mental fatigue, mild depression or general lethargy, being generally 'run down', insomnia due to nervous tension and stress. Try basil if you are suffering from a hangover. On the \textbf{physiological} level basil has anti-fungal, antispasmodic, antiviral, bactericidal and stimulant properties and has been used for colds and flu, muscle aches and pains, digestive complaints, arthritis and rheumatism. On a \textbf{subtle} level, Basil lifts the mind and clears mental fatigue. It can be helpful in enhancing creative awareness. It is also thought to help repel the "evil eye" and can also be used when you sense that someone is jealous of you. Basil helps to raise issues of low self-esteem and low self-worth. The aroma of basil stimulates a need for action and awakens long-forgotten desires. Basil can be beneficial when one is at a crossroads in life or when faced with a spiritual death. It can also inspire great enthusiasm. Basil can also be worn to avoid major clashes as its aroma causes sympathy between two people. It also encourages peace and happiness and stimulates the conscious mind. Basil has long been associated with money in folk magic. To attract increased money, inhale the aroma and visualize your bank balance increasing or any other image you associate with money.

\textbf{Basil has a strong theme of protection, particularly from evil.}

\textbf{Cautions: Use in low concentrations and avoid on sensitive skins. Do not use in pregnancy.}
**Hyssop**

*Hyssopus officinalis* belonging to the Labiatae family is a perennial aromatic sub-shrub with slender herbaceous stems rising up from a woody base. It grows up to around half a meter in height. It is native to southern Europe and temperate Asia. It has been naturalized in the United States. The essential oil is steam distilled from the flowering tops and leaves. Major producing countries include France, Hungary and Holland. The yield is around 0.3 – 2% and the major chemical constituents of the essential oils are the ketones; *pinocamphone, isopinocamphone, camphor* around 48% and the monoterpenes; *beta-pinene, camphene, limonene, myrcene, cis-ocimene* around 28%. The yellow essential oil has a strong herblike aroma and blends well with cajeput, clary sage, eucalyptus, fennel, geranium, lavender, lemon, myrtle, niaouli, orange, rosemary, tangerine, tea tree and thyme.

Hyssop is a name of Greek origin. The *Hyssopus of Dioscorides* was named from *azob* (a holy herb), because it was used for cleaning sacred places. It is alluded to in the Scriptures: ‘Purge me with Hyssop, and I shall be clean.’ Hyssop essential oil is used as a fragrance component in soaps, creams, lotions and perfumes. The oil is also used in the formation of bitters and liqueurs, as well as in pickles and meat sauces. In Traditional Medicine it is reportedly used in treating sore throats, coughs, colds, breast and lung problems, digestive disorders, intestinal ailments and menstrual complaints.

**Psychologically,** its sedative properties make it useful for anxiety, fatigue, nervous tension and stress related problems. On a **physiological** level, Hyssop has been found to be useful for bruises, cuts, wounds, dermatitis, eczema, inflammations, wounds and scars. Colds, flu and sore throats can also benefit from its use. On a **subtle** level, Hyssop helps one to purge old beliefs that do not serve one’s Spiritual growth. It can calm the internal struggle of conflicting realities. It is used to purify sacred spaces. It can purge negativity. It can help one renew one’s commitment to life, especially when one has the feeling that life is getting you down. It is a great cleansing oil.

**Purging and defensive action are two of the central themes of hyssop. It also has the themes of cleansing and protection.**

Cautions: Non-irritating, non-sensitizing but slightly toxic due to its *pinocamphene* content. It should be used sparingly.

**Lemon**

Lemon, *Citrus limon*, belongs to the Rutaceae family. Lemon is a small evergreen tree with very fragrant flowers. It can grow up to about 6 meters high and although native to Asia is now cultivated worldwide. The fruit reached Europe via Persia and the Middle East sometime in the twelfth
century. Christopher Columbus carried seeds to the West Indies in the fifteenth century and Catholic missionaries distributed lemons throughout South America. Missionaries were also responsible for introducing lemons into California in the late eighteenth century and today this State is probably the largest single producer of lemon oil. Other major producers of lemon oil include the United States, Italy, Guinea, and Cyprus. The essential oil is found in the rind of the fruit. Traditionally a pale yellow to mid green essential oil has been obtained from the fruit peel through cold expression, however a steam distilled oil is also available. According to E.A. Weiss in his book *Essential Oil Crops* steam distillation produces a higher yield. The chemical composition of the two oils will be a little different and many find the steam distilled oil inferior in aroma. Lemon oil is composed mainly of monoterpenes, approximately 90%, of which around 70% is *limonene*. A study done by F. Urbach et al in 1972 recorded that expressed lemon oil was phototoxic while the steam distilled oil was not. Some sources suggest that it is safer to only use distilled lemon oil on the skin. The expressed oil will smell very much like the fruit. Lemon blends well with lavender, neroli, ylang ylang, rose, sandalwood, chamomile, benzoin, fennel, geranium, eucalyptus, juniper, oakmoss and other citrus oils. Lemon oil is used as a flavoring agent in pharmaceuticals as well as a fragrance ingredient in soaps, detergents, creams, lotions and perfumes. Lemon oil and terpenless lemon oil are used extensively as flavor ingredients in many food products, including alcoholic and nonalcoholic beverages, frozen dairy desserts, candy, baked goods, gelatins and puddings, meat and meat products, breakfast cereals and fats and oils.

**Psychologically,** Lemon has calming and clarifying properties. It can help one to think clearly and aid concentration. It is also thought to be helpful in promoting spiritual and psychic awareness. It may be helpful when one is faced with anger, anxiety, confusion, depression or general feelings of being run down. On the **physiological** level Lemon has anti-fungal, antiseptic, antispasmodic, antiviral, bactericidal and calming properties and could be helpful for combating warts, boils and corns. It is often included in formulas for nail and hair products. Also may be helpful for fighting sore throats and sinus and respiratory infections. On a **subtle** level, Lemon helps to increase inner joy and optimism. Lemon clears and cleanses the room. It also clears emotional confusion and invigorates. It helps to alleviate fears of emotional involvement and promotes joy. It can promote objectivity and mental clarity and focuses consciousness. It helps one to receive and understand intuitive information. It can be used when the etheric energy system of the actual physical system is low. It dispels sluggishness and helps to clear negative blockages and revitalize the energy. It can be worn during the Full Moon to attune with its energies. It is used in purification and healing blends.

*Lemon’s major action is to restrain the tendency for loss and depletion and to re-establish boundaries. The central theme of Lemon is insecurity regarding money and material comfort.*
Cautions: Generally considered non-toxic, non-irritant and non-sensitizing. Phototoxic avoid exposure to sunlight or UV rays for at least 12 hours after use.

**Spikenard**

*Nardostachys jatamansi*, a member of the Valerianaceae family is a tender aromatic herb, growing to a height of one metre with large, lanceolate leaves, small greenish flowers and fragrant rhizome-rootlets. The rhizome is covered by tufts of soft, slender light-brown rootlets. Spikenard is similar in aroma and action to Indian valerian (*Valeriana wallachii*) and is sometimes referred to as ‘false Indian valerian’. It is native to the Himalayan Mountains and grows wild in Nepal, Bhutan and Sikkim at elevations of between 3,000 and 5,000 meters. It is also found in China and Japan. It is one of the most ancient of aromatics and was considered precious to the early Egyptians, Hebrews and Hindus for both ritual and medicinal purposes. It is mentioned in the Bible in ‘The Song of Solomon’ and in the Gospel according to St. John, where Mary Magdalene anointed the feet of Jesus with it. A pale yellow to amber colored essential oil is steam distilled from the dried and crushed rhizomes and roots of the plant. Its major chemical components are sesquiterpenes 55% (*aristolene, dihydroazulene, alpha-gurjunene, beta-gurjunene, alpha-patchoulene, beta-patchouline, seychellene, beta-malliene*); alcohols 10% (*calarenol, nardol, valerianol, patchouli alcohol, maaliol*) and ketones 8% (*valeranone, beta-ionone, 3,4-dihydro-beta-ionone, 1-hydroxyaristolemonone, aristolenone*). It has a sweet, warm, woody, earthy aroma and blends well with citrus, lavender, vetiver, pine, patchouli, petitgrain, rose and spices.

**Psychologically**, spikenard has analgesic, antispasmodic, calming and sedative properties and is used for insomnia, nervous indigestion, migraine, stress, tension and calms restlessness. On the physiological level spikenard has anti-inflammatory, antiseptic and cell regenerating properties and is used for allergies, rashes, psoriasis, inflammation, wound healing and mature skin. Its anticoagulant, decongestant and astringent properties make it helpful for hemorrhoids, regulating the heartbeat, harmonizing the circulation and helpful for cardiac pains of a nervous origin. On a subtle level, Spikenard embodies wholeness and promotes a sense of hope. It comforts and balances the heart, especially for people who take on the cares of the world. It may aid communication between humans and animals. It increases love and devotion for God, higher self and the Divine. Spikenard teaches one to be compassionate without depleting one’s self. It can be used when one feels overwhelmed by the suffering around one. It is helpful at times when we need to develop compassion. It can also be used to help one understand how to help others. Spikenard strengthens and calms the Heart and Soul. It helps to bring calm when feelings of being overwhelmed by life come up and it also gives one the strength needed for the tasks ahead.
**Spikenard has the themes of humility and devotion.**

Cautions: Generally considered non-toxic, non-irritating, non-sensitizing and non-phototoxic.

**Bach Remedy - Chicory**

**Bach's General Description:** For those who are very mindful of the needs of others; they tend to be over-full of care for children, relatives, friends, always finding something that should be put right. They are continually correcting what they consider wrong, and enjoy doing so. They desire that those for whom they care should be near them.

**Category:** Over care for the welfare of others

**Keywords:** Possessive, over-protective (selfishly), smother love - The Flower of Motherliness.

**In Balance**

- Positive potential is seen in people who are able to care for others unselfishly, offering genuine maternal love. They give without expecting anything back and allow their loved ones to be themselves and live their own lives. Feeling fulfilled and self-assured, they no longer need other people’s assurance that they are worthy of love. They are warm, kind, concerned for others and sensitive to other people’s needs.
- Selfless care and concern for others.
- Always giving without any thought of return.

**Soul potential** of motherliness and selfless love.

**Transformations**

- The eternal mother (archetype)
- Gives great love and devotion to the care of others.
- Gives without expecting or needing anything in return.
- Warmth, kindness, sensitivity; secure in self.
- Gives security and a sense of protection to others.

**Color Therapy - Light Blue**

Peace is something that is very often associated with blue. It is a very healing color. Blue is linked to the throat and thyroid gland and is very soothing, cooling and calming. Blue light has been shown to lower blood
pressure by calming the autonomic nervous system. It has a constrictive action and is anti-inflammatory.

Deep blue stimulates the pituitary gland, which regulates the sleep patterns. Dark blue has wonderful pain-healing properties. It also works on the skeleton, keeping bone marrow healthy.  
**Complementary Color:** Orange.

**Sound Therapy – The note of G**
Other sounds associated with Gevurah – Voice, wind, ocean. Classical music in the key of G.

**Crystal Therapy - Blue Lace Agate**

**Properties**
**Chemical Formula:** $\text{SiO}_2, + \text{Al, Ca, Fe, Mn}$  
**Type:** Agate is the name given to numerous varieties of banded chalcedony, a mineral of the Quartz group. They have a trigonal crystal structure and a hardness of 7.  
**Color:** Pale Blue with patterns of light blue and white.  
**Zodiac Sign:** Aquarius and Pisces  
**Planet:** Neptune  
**Keywords:** Communication, clarity, confidence

Agate is formed hydrothermally in silicic acid-poor volcanic rock. Hot silicic acid solutions accumulate in hollow spaces formed by gas bubbles in the cooling lava. On cooling, the solutions solidify into quartz, which is deposited layer by layer on the walls of the hollow spaces. The agate obtains its typical banded appearance through other substances being deposited in the layers. Blue Lace Agate displays a blue and white lace pattern. It can help one to reach extremely high spiritual spaces. It contains the qualities of flight, air, movement and grace.

**Spiritually** agate is helpful when one needs to retreat from the world, as well as when one wants to develop one’s spirituality. Agate encourages one to look at life calmly and contemplatively. It enables one to understand and integrate the experiences life has brought one and this leads to spiritual growth and inner stability.

**Emotionally** agate is a stone of protection. It helps to dissolve inner tensions thereby giving one a sense of security and safety. When one has an inner sense of safety, one is better able to withstand external influences.

**Mentally** agate promotes logical, rational thinking. It helps one find simple, pragmatic solutions that can be put into action calmly and promptly. Agate
helps one to avoid distractions when concentration and focus are needed. Blue Lace Agate is cooling and calming, and imparts peace of mind. It is thought to neutralize anger, infection, inflammation and fever.

**Physically** agate has a protective effect as it balances the auras. It encourages regeneration and growth and during pregnancy is considered to be the stone of choice for both for mother and baby. It can be helpful for diseases of the eyes (conjunctivitis), gastritis and stomach ulcers, bladder and intestinal inflammation, as well as diseases of the uterus. Agate is also said to stimulate digestion and elimination, strengthen blood vessels and help with skin diseases. Blue Lace Agate is a powerful throat healer. Its property of counteracting blocked self-expression releases shoulder and neck problems, thyroid deficiencies, and throat and lymph infections. It lowers fevers and removes blockages of the nervous system, and treats arthritic and bone deformity, strengthening the skeletal system and healing fractures. It also aids capillaries and the pancreas. It can be used to enhance sound healing as it focuses and directs sound to the appropriate place.

**Folk Lore, Myths, Tradition**
- Agate was considered a protective and good luck stone in the ancient world, as well as in India, Nepal and Tibet.
- Blue Lace Agate is sometimes associated with the Virgin Mary and is therefore an icon of motherhood. In Scandinavia Blue Lace Agate is sacred to Nerthus, the earth mother.
CHESED/GEVURAH INTERFACE

In addition to each of the Sefirah attention is also given to the interface and dynamic between individual Sefirah. In the Chesed/Gevurah Interface, Gevurah (restraint) counterbalances the free flowing giving of Chesed, which must be contained by the restraint of Gevurah in order for the process of creation to be functional.

Chesed is required for cellular reproduction, but the restraint of Gevurah is required to prevent cancerous growth. Neither Chesed nor Gevurah has power to act autonomously. Abundance of Chesed needs the governing influence of Gevurah. If one or other of these Sefirot dominates, the potential of both remains unrealized.

Gevurah is the dynamic energy that encompasses and supports the selfless charitable imperative of Chesed. Ideally, Gevurah acts as the supporting structure for every act of compassion.

Orange, Bitter

*Citrus aurantium* var. *amara* (Bitter Orange) and *Citrus sinensis* (Sweet Orange) belong to the Rutaceae family. The bitter orange tree, *Citrus aurantium*, produces three different essential oils, from the rind of its fruit - Orange, from its leaves - Petitgrain and from its fragrant white blossoms - Neroli. The bitter orange is an evergreen tree with dark green leaves, small dark fruit and white aromatic flowers. The tree is native to Southeast Asia from where it spread to India, Persia and the area around the Mediterranean more than 2,000 years ago. Today you will find it growing in these areas as well as in the United States and South America. A straw yellow to orange brown essential oil is extracted from the fruit peel by cold expression. Orange essential oil has a typical orange aroma and blends well with other citrus oils, clary sage, spices, frankincense, geranium, lavender, myrrh, neroli, patchouli and rosemary. Its major chemical components are around 90% monoterpenes limonene, α-pinene, myrcene, terpinolene, camphene, p-cymene, ocimene. Bitter orange peel is occasionally used as an ingredient in certain stomachic, carminative and laxative preparations. Like Neroli and petitgrain this oil is used extensively as a fragrance component in soaps, detergents, creams, lotions and cosmetics. It is also used in most major food products. Dried bitter orange peel and to a lesser extent sweet orange peel are used as tonic and carminative in treating dyspepsia. In Chinese medicine, dried sweet orange peel is used to reduce phlegm and in treating coughs, colds, anorexia and malignant breasts sores.
Psychologically, orange’s calming, cheering properties make it very useful for anxiety and stress related problems. On a physiologically level it can aid digestion, help mouth ulcers, indigestion and obesity. On a subtle level, Orange helps to dispel negativity from the aura. It also dispels negative thought patterns. Orange brings in positive energy. It nourishes the soul with joy and moves stagnated energy. It promotes self-confidence, courage and creativity. It also promotes joy in sexuality and joyful love. Orange can help one to expel any negative feelings one might be holding in one’s heart or soul. Orange can be used to attract good fortune and luck. Orange is often added to purification blends. Orange can help to conquer fears of letting go as well as obsessions.

The themes of bitterness and romantic love are to be found in Bitter Orange. Bitter Orange is also considered to be symbolic of both innocence and fertility.

Cautions: Generally considered non-toxic, non-irritating and non-sensitizing however as with most expressed oils it can be phototoxic and if used on the skin do not expose skin to sun or UV rays for 12 hours after use.

Spikenard

_Nardostachys jatamansi_, a member of the Valerianaceae family is a tender aromatic herb, growing to a height of one metre with large, lanceolate leaves, small greenish flowers and fragrant rhizome-roots. The rhizome is covered by tufts of soft, slender light-brown rootlets. Spikenard is similar in aroma and action to Indian valerian (_Valeriana wallachii_) and is sometimes referred to as ‘false Indian valerian’. It is native to the Himalayan Mountains and grows wild in Nepal, Bhutan and Sikkim at elevations of between 3,000 and 5,000 meters. It is also found in China and Japan. It is one of the most ancient of aromatics and was considered precious to the early Egyptians, Hebrews and Hindus for both ritual and medicinal purposes. It is mentioned in the Bible in ‘The Song of Solomon’ and in the Gospel according to St. John, where Mary Magdalene anointed the feet of Jesus with it. A pale yellow to amber colored essential oil is steam distilled from the dried and crushed rhizomes and roots of the plant. Its major chemical components are sesquiterpenes 55% (aristolene, dihydroazulene, alpha-gurjunene, beta-gurjunene, alpha-patchoulen, beta-patchouline, seychellene, beta-malliene); alcohols 10% (calarenol, nardol, valerianol, patchouli alcohol, maaliol) and ketones 8% (valeranone, beta-ionone, 3,4-dihydro-beta-ionone, 1-hydroxyaristolemon, aristolenone). It has a sweet, warm, woody, earthy aroma and blends well with citrus, lavender, vetiver, pine, patchouli, petitgrain, rose and spices.

Psychologically, spikenard has analgesic, antispasmodic, calming and sedative properties and is used for insomnia, nervous indigestion, migraine, stress, tension and calms restlessness. On the physiological level spikenard has anti-inflammatory, antiseptic and cell regenerating properties and is used
for allergies, rashes, psoriasis, inflammation, wound healing and mature skin. Its anticoagulant, decongestant and astringent properties make it helpful for hemorrhoids, regulating the heartbeat, harmonizing the circulation and cardiac pains of a nervous origin. On a subtle level, Spikenard embodies wholeness and promotes a sense of hope. It comforts and balances the heart, especially for people who take on the cares of the world. It may aid communication between humans and animals. It increases love and devotion for God, higher self and the Divine. Spikenard teaches one to be compassionate without depleting one’s self. It can be used when one feels overwhelmed by the suffering around one. It is helpful at times when we need to develop compassion. It can also be used to help one understand how to help others. Spikenard strengthens and calms the Heart and Soul. It helps to bring calm when feelings of being overwhelmed by life come up and also gives strength for the tasks ahead.

**Spikenard has the themes of humility and devotion.**

_Cautions: Generally considered non-toxic, non-irritating, non-sensitizing and non-phototoxic._

**Bach Remedy – Agrimony & Chicory**

**Agrimony**  
**Bach’s General Description:** The jovial, cheerful, humorous people who love peace and are distressed by argument or quarrel, to avoid which they will agree to give up much. Though generally they have troubles and are tormented, restless and worried in mind or in body, they hide their Cares behind their humor and jesting and are considered very good friends to know. They often take alcohol or drugs in excess to stimulate themselves and help themselves hear their trials with cheerfulness.

**Category:** Over-sensitive to influence and ideas  
**Keywords:** Hide Problems behind a cheerful face - the Flower of Honesty.

**In Balance:**
- The positive potential of Agrimony is for those who are genuinely cheerful and good company, communicate their real feelings openly and can accept that life has its less pleasant side. Their cheerfulness stems from a real sense of self-acceptance and inner joy; they see problems in perspective and are diplomatic peace makers. Aspire to higher realms.
- Cheerful, carefree, a fine sense of humour, without pretence.
- A good companion.
- Can laugh at his own worries.
- In illness, makes light of discomfort, even pain.
- A genuine optimist.
Soul potential: Joyfulness and an ability to confront others.

Transformations:
- Evenness of temper, discernment, objectivity.
- Genuine inner joyfulness.
- Trusting optimism, clever diplomacy, untiring peacemaking.
- Capable of integrating the less pleasant aspects of life.
- Sees problems in the right light.
- Able to laugh at own worries, being aware of their relative importance.
- Aware of unity in diversity.

Chicory

Bach's General Description: For those who are very mindful of the needs of others; they tend to be over-full of care for children, relatives, friends, always finding something that should be put right. They are continually correcting what they consider wrong, and enjoy doing so. They desire that those for whom they care should be near them.

Category: Over care for the welfare of others

Keywords: Possessive, over-protective (selfishly), smother love - The Flower of Motherliness.

In Balance
- Positive potential is seen in people who are able to care for others unselfishly, offering genuine maternal love. They give without expecting anything back and allow their loved ones to be themselves and live their own lives. Feeling fulfilled and self-assured, they no longer need other people’s assurance that they are worthy of love. They are warm, kind, concerned for others and sensitive to other people’s needs.
- Selfless care and concern for others.
- Always giving without any thought of return.

Soul potential of motherliness and selfless love.

Transformations
- The eternal mother (archetype)
- Gives great love and devotion to the care of others.
- Gives without expecting or needing anything in return.
- Warmth, kindness, sensitivity; secure in self.
- Gives security and a sense of protection to others.
**Color Therapy - Turquoise**
Turquoise is a mixture of blue and green and has a sympathetic resonance with the thymus gland; this gland performs a major role in warding off infections. Turquoise acts as a refreshing tonic for those suffering from frayed nerves and weakened immune systems. It also stimulates the thyroid gland and lungs.

**Complimentary Color:** Scarlett.

**Sound Therapy – The note of G#**
Other sounds associated with Chesed/Gevurah Interface. Voice, wind, ocean. Classical music in the key of G#.

**Crystal Therapy - Turquoise**

**Properties**
- **Chemical Formula:** CuAl₂[(OH)₂/PO₄]₄ - 4H₂O +Fe  
- **Type:** Copper aluminum phosphate mineral - hardness 5 - 6.  
- **Color:** Green to turquoise  
- **Zodiac Sign:** Sagittarius, Pisces & Scorpio  
- **Planet:** Venus/Neptune  
- **Keywords:** Wholeness, communication and spiritual expansion

Turquoise is formed in the sedimentary manner when solutions containing copper react with rock rich in aluminum phosphates.

**Spiritually** turquoise helps one recognize and identify the choices we have made that create the consequences we experience later. It can make us aware of the fact that we are able to manifest our own good fortune.

**Emotionally** turquoise is very balancing for extreme mood swings. It also helps dissipate any apathy and tendencies to be a martyr. When we are tired, downcast or exhausted it can be very refreshing. It will also protect one from being sensitive to influences outside of ourselves.

**Mentally** turquoise brings inner calm, while at the same time helping one to stay alert and ready for action. It helps foster good intuition and foresight and stimulates romantic love.

**Physically** turquoise is an excellent stone for exhaustion, depression or panic attacks. It is used to enhance the immune system and regenerates tissue. It is considered to be healing to the whole body, particularly the eyes. This is an excellent stone for people who have cataracts. It is anti-inflammatory and detoxifying and alleviates cramps and pain that make it helpful for gout, rheumatism and digestive complaints. Turquoise can also enhance growth; muscular strength; creation of warmth; the ability to regenerate; brain activity and sensory perception.
Folk Lore, Myths, Tradition

- Turquoise received its name in Turkey, where European crusaders first came into contact with the stone. In many cultures it was looked upon as a protection against harmful spells and was worn as an amulet for strength, good health and *joie de vivre*.
- As mentioned above, turquoise is considered to be a protective stone and is believed to change color to warn of danger of infidelity.
- Turquoise may be the longest used gemstone. Beads dating back to 5000 BC have been found in Iraq. The Egyptians were mining Turquoise in the Sinai in 3200 BC. It is the national gemstone of Iran and it has been the most valued gem in Tibet for many centuries. About 1000 years ago Native Americans began to mine and fashion Turquoise.
- In both Hindu and Persian beliefs, seeing a Turquoise and the new moon at the same moment would lead to good fortune, protection from evil and/or an increase of wealth. The Navajos used Turquoise to bring needed rain by throwing a stone into a river while praying to the rain god. Apaches thought Turquoise could enhance the accuracy of their weapons and the Zuni believed it could protect them from demons. In central Asia the belief that Turquoise could keep riders from falling led to the use of Turquoise in decorating horse trappings.
- It promotes spiritual attunement and is a purification stone. It dispels negative energy as well as being a strengthening stone. It instills inner calm while remaining alert and aids creative expression.
Tiferet

Tiferet (also known as Beauty, Glory and The Heavenly Gate of Harmony) is visualized in the middle of the body of Adam Kadmon. It is sometimes referred to as the sun as it occurs in the center of primordial man. It is where harmony and peace reside.

In her book, Kabbalah of Prayer, Shulamit Elson says “Tiferet in its highest manifestation, is the joining together of all opposing forces, the still-point after the ripple. In this way, it holds the truth of our essential nature within its depths.”

In his book, Symbols of the Kabbalah, Sanford L. Drob says “The dialectical relationship between Chesed and Gevurah is manifest and resolved in the Sefirah of Tiferet (Beauty) or Rachamin (Compassion). This Sefirah is a harmonizing principle that tempers both the unboundlessness of God’s love (Chesed) and the severity of His judgment (Gevurah).”

Tiferet is the spiritual root responsible for balancing opposites and recognizing beauty. It allows one to give of oneself while still maintaining boundaries. It is the junction between what is visible and invisible.

Tiferet is the perfectly symmetrical balancing center-point of the Tree of Life. While Tiferet is the balancing fulcrum for Chesed and Gevurah, it will always favor Chesed whose inner essence is love. Tiferet is linked to meaningful speech and a sense of the truth. It is the spiritual root, which ensures, when fully active, that we are being honest, with ourselves and not giving more or less than we should. It can be said that only when you live and love in accordance with Tiferet are you being true to yourself. Tiferet is the central point of growth. It is the place from which inertia can be overcome and the perception of spiritual beauty unfolds. Tiferet is a balancer.

The color traditionally associated with Tiferet is yellow, as well as the Sun, the astrological sign Libra (Sept 23 – Oct 22) and the Archangel Raphael, Angel of Brightness, Beauty, and Healing.

Laurel

Laurus nobilis, belongs to the Lauraceae family and is an evergreen upright shrub or small tree that can reach a height of twenty meters. It is native to the Mediterranean but now grows in many parts of the world including France, Spain, Italy, Morocco, former Yugoslavia, China, Israel, Turkey and Russia. ‘Laurus’ from the Latin means ‘to praise’ and ‘nobilis’ means renowned’ or
'famous'. A crown of laurel leaves was worn by victorious generals, emperors and poets and was seen to be a symbol of triumph and achievement by both Greeks and Romans. A greenish-yellow essential oil is extracted from the dried leaves by steam distillation. Essential oil yield from fresh laurel leaves is around 0.5 – 3.5% and from the dried leaves around 1.25 – 2.5%. A very small amount of essential oil is steam distilled from the berries. It has a spicy, with a camphor-like undertone aroma and blends well with cypress, eucalyptus, petitgrain, fennel, geranium, ginger, citronella, pine, juniper, clary sage, rosemary, frankincense, marjoram, lavender, ylang ylang, citrus and spice oils. It’s major chemical component is the oxide 1,8-cineole at around 40%. Traditionally both the leaves and the berries were used for a variety of problems including colic, indigestion, loss of appetite, to promote menstruation, fever and hysteria. It is used as a fragrance component in detergents, cosmetics, toiletries and perfumes, especially aftershaves. Extensively used in processed food of all types as well as alcoholic and soft drinks.

**Psychologically**, it can be helpful for sinus headache, travel fatigue, insomnia, nervousness, depression and stress-related disorders. On a physiological level it is useful for colds, sinus infections and sinus headaches, as well as digestive complaints. On a subtle level, Laurel supports the ability to honor one’s self. It can promote psychic awareness and intuition and also provide psychic protection. It can open one to new thoughts and perspectives. It can help in releasing mental blocks and outmoded ways of thinking. Laurel helps to stimulate a renewed interest in life. It will often help to calm feelings of hysteria.

**Laurel has the themes of separation and isolation; fear of failure and lack of self-confidence.**

**Cautions.** Do not use during pregnancy. May cause dermatitis in some individuals.

**Lavender**

Lavender, *Lavendula angustifolia* (also known as *Lavendula officinalis* and *Lavendula vera*) belongs to the Labiatae family. It is hardy shrub and grows to about 1 metre in height. It has narrow leaves and gray-blue flowers. There are many sub-species and varieties of Lavender, each producing a different essential oil, and they should not be confused with true Lavender as each its own unique chemical profile. Plants of *Lavendula angustifolia* grown at sea level and at high altitude will have different chemical compositions. Examples of other Lavender plants producing essential oils include *Lavendula latifolia* (Spike Lavender), *Lavendula x intermedia* (Lavandin) and *Lavandula stochas* (Maritime Lavender). Although native to the Mediterranean Lavender is now grown all over the world with the major essential oil production being in France, Tasmania, Bulgaria and England. The name lavender is thought to
be derived from the Latin word "lavare" meaning to wash or the Latin word "lividula" meaning bluish in color.

A colorless - pale yellow essential oils is steam distilled from the flowering tops. The yield of oil is often affected by the weather. Plant material cut on dry, sunny days has a better yield than plant material cut on wet, overcast days. The timing of the harvest is also critical because as the flowers approach full bloom, the percentage of the various different essential oil components changes particularly the amount of linalyl acetate. On average it appears to take about 45 minutes - 1 hour to distill lavender with an essential oil yield of 0.7 - 0.9%. Although this can vary depending on where the Lavender is grown and distilled.

**Psychologically** lavender is well known for it relaxing and more sedating properties. It has traditionally been used for a variety of nervous or psychological ailments including anger, depression, insomnia, hysteria, migraines, mood swings, nervous tension and shock. On the **physiological** level it has analgesic, anti-inflammatory, antispasmodic, balancing and calming properties and its use could be considered for burns, colds, coughs, headaches, insect bites, muscle aches and pains and skin irritations (dermatitis, eczema and psoriasis). On a **subtle** level, Lavender soothes grief and promotes peace. Lavender balances all the energy centers and subtle bodies. It is one of the most important subtle energy oils. It is useful in all energy healing techniques helping one to relax and become balanced. Lavender will clear and cleanse a room and bring in positive energy. It promotes compassion as well as calming, comforting and stabilizing emotions of the heart. It promotes spiritual growth and helps one to integrate spirituality into everyday life. It can help to increase the awareness and sensitivity in one’s hands for healing energy work. Lavender shows us the balance point in every moment as well as helping one to release whatever is interfering with the present. Lavender helps to bring the lower and higher chakras into balance and harmony. It can be included in health, love, peace and conscious mind-oriented blends. Lavender may be helpful in allowing one to let go of bitterness, malice or even jealousy.

**Lavender has the theme of balancing and overcoming stuckness.**

**Cautions:** Generally considered non-toxic, non-irritating and non-sensitizing.

**Palmarosa**

*Cymbopogon martinii* belonging to the Family Gramineae, is a fragrant grass which grows wild in India and occurs in two varieties *Cymbopogon martinii* var. *Martini*, Palmarosa, and *Cymbopogon martini* var. *sofia*, Gingergrass which is not used in Aromatherapy. Palmarosa is also grown commercially in India, however Gingergrass is not. The oil producers usually do not experience any difficulty in distinguishing between the two varieties as they...
seldom grow side by side and usually found at different altitudes and in different environments. Palmarosa is also grown commercially in Java, Madagascar and the Seychelles. Palmarosa can be either steam or hydro distilled from both fresh and dried plant material. A pale yellow to olive essential oil is produced and the oil yield is between 12 - 24 kg/ha. The essential oil has a sweet floral odor and its chemical composition can vary quite a bit depending on where it was grown, how it was distilled and the age of the oil. Palmarosa oil is used extensively in perfumery, especially in soaps. The oil contains a large amount of geraniol (60% - 85%) and it is a major source of natural geraniol. Palmarosa blends well with woods like cedarwood, sandalwood and rosewood as well as citruses like lemon, orange, mandarin, and florals like jasmine, rose and geranium as well as chamomile (roman), lavender, patchouli and petitgrain. Palmarosa is listed in Indian Material Medica as both a carminative and an analgesic useful for neuralgia and rheumatic pains. It is also reported to be a preventative for hair-loss after acute fevers. In Ayurvedic medicine it has been used for coughs and bronchitis.

Psychologically, Palmarosa has calming, cheering and tonic properties and can be thought of for all stress related conditions, as well as irritability. On the physiological level Palmarosa has strong antiviral and antibacterial properties and can be considered whenever these properties are called for. It would be useful added to a blend to boost the immune system. It is also a great choice when needing help in fighting infections, bacteria and fungi. On a subtle level, Palmarosa can help one to have greater understanding of being a mother or of the relationship dynamics with one’s mother. It helps to encourage compassionate acceptance and unconditional love. It can be used in all types of healing, physical, emotional, mental and spiritual. It can encourage feelings of security. It will also comfort the heart. In times when one has to make decisions it can help to clear the mind. It is said to help develop wisdom. Palmarosa may help one to stop feeling self-hatred and begin a new path. Used in love and healing blends.

Palmarosa softens a hard heart by infusing it with love. The imperative to restore balance is one of palmarosa’s leading properties. There is also a theme of ‘being scarred’ in palmarosa.

Cautions: Generally considered non-toxic, non-irritating and non-sensitizing, however care should be taken with anyone known to be sensitive to cosmetics.

Rosewood

Ariba roseodora is a member of the Lauraceae family. Rosewood trees grow and are harvested in the rain forests of South America. The tree with its reddish bark and yellow flowers can reach a height of 125 feet and native to the tropical areas around the Amazon River. Brazil supplies most of the
world’s supply of rosewood. In order to prevent the extinction of these trees or the deforestation of the ecologically sensitive area, Brazil has put legislation into place that require distilleries to plant a new tree for each tree cut down. There are however some people who maintain that this does not in fact happen and they have called for a ban on using this essential oil altogether. I believe that one should keep in mind that most of the trees felled, are felled for their wood and not for any essential oil production. The oil is distilled from wood chips and there are distillers who search out the off cuts from other industries to use for their steam distillation of rosewood. The essential oil yield for rosewood varies from around 0.7 – 1.2%. Rosewood contains around 90% alcohols *linalool, geraniol, nerol, a-terpineol*. The aroma is sweet, floral and woody and it blends well with most essential oils, especially citrus, florals and woods.

**Psychologically**, rosewood can be helpful for nervous depression, nervous tension, stress related disorders, low energy and overwork. While on a **physiological** level it has been found to help a hangover and jet lag. It can also be used for many skin conditions. On a **subtle** level, Rosewood is said to open the Inner Ear and promote compassion. Rosewood brings in positive energy and dissolves energy blockages. It can promote self-acceptance. It also opens us to spirituality while gently modulating the timing of the opening. Rosewood can be used when one is feeling impatient about one’s spiritual progress or when one feels blocked in one’s spiritual growth. Rosewood is said to help balance one’s Heart and Soul’s desires with one’s physical needs and desires.

*Rosewood can create a balance between fear and love. It has the theme of prestige and joy in exchanging or giving.*

**Cautions:** Generally considered **non-toxic, non-irritating, non-sensitizing and non-phototoxic.**

**Bach Remedy – Scleranthus**

**Bach’s General Description:** For those who suffer much from being unable to decide between two things, first one seeming right then the other. They are usually quiet people, and bear their difficulty alone, as they are not inclined to discuss it with others.

**Category:** Uncertainty

**Keywords:** Uncertainty, indecision - *The Flower of Balance.*

**In Balance**
- Positive potential certainty and decisiveness with poise and balance in all circumstances.
• Positive Scleranthus people are able to make quick decisions and act promptly when necessary.
• Calmness. Determination.
• Makes quick decisions.
• Takes prompt action.
• Keeps poise and balance under all occasions.

Soul Potential of poise and balance.

Transformations
• Power of concentration and determination.
• Maintains inner balance whatever the circumstances.
• Versatile and flexible; able to integrate more and more potentials in one’s life.
• Correct decisions are instantaneously made.
• Presence is soothing to others.

Color Therapy - Green
Green is nature’s healing color. It balances and harmonizes the body on all levels. It is very helpful for treatment of shock and at all times of stress. It is good for the heart on a physical and emotional level. It brings physical equilibrium and relaxation. It has a balancing quality and helps regulate our circulation. It also stimulates the pituitary gland. It works through the sympathetic nervous system, relaxing the muscles in the chest to help one breathe more deeply and slowly.
Complementary Color: Red.

Sound Therapy – The note of F#
Other sounds associated with Tiferet – Flute, Wind Instruments, bells, conch shell.
Classical music in the key of F#

Crystal Therapy - Aventurine

Properties
Chemical Formula: SiO₂ + KAl₂ [(OH,F)₂/AlSi₃O₁₀] + (Cr)
Type: Quartz family, a silicon dioxide mineral - hardness of 7
Color: Green
Zodiac Sign: Gemini, Aries
Planet: Mercury
Keywords: Vitality, growth, confidence
Aventurine is a form of quartz that obtains its green, sparkling appearance from deposits of fuchsite (chromium mica).

**Spiritually** aventurine will highlight what makes one happy or unhappy. It can strengthen one’s own self-determination and individuality. It is also thought to stimulate dreaming and help make dreams come true.

**Emotionally** it brings relaxation, regeneration and recovery. It can be helpful in cases of insomnia. It is also considered to be calming to anger and annoyance and helps one become more patient.

**Mentally** it encourages creativity, bringing enthusiastic support to many ideas, however at the same time it allows one to be tolerant and accept the suggestions of others as well.

**Physically** aventurine is thought to be helpful for the regeneration of the heart. Its anti-inflammatory effect is helpful for any skin diseases, eruptions or allergies as well as migraine headaches. It is also soothing to the eyes. It balances blood pressure and stimulates fat metabolism, lowering cholesterol and preventing arteriosclerosis and heart attacks. Aventurine heals the adrenals, lungs, sinuses, heart and muscular and uro-genital systems.

**Folk Lore, Myths, Tradition**
- Aventurine received its name around the 17th century from the Italian *a ventura* (randomly), which refers to its randomly deposited mica platelets.
- Green aventurine sometimes called Indian jade, or the stone of heaven. It is known as the gambler’s stone because it is the luckiest of all stones in games of chance. Green aventurine is often placed in charm bags to bring good fortune and money.
- It has been used in rituals of the medicine wheel to show to the spirit guides the connection with the healing light of the heart.
- Aventurine is the stone of optimism and zest for life. It helps one move forward with confidence into new situations.
- A stone of good luck and recommended for those who wish to manifest greater prosperity.
**NETZACH**

Netzach is the Sefirah of Vision and Prophecy. It has the attributes of Victory, Endurance and Eternity and is visualized on the right hip of Adam Kadmon and represents the right leg, right hip and right testes.

In her book, *Kabbalah of Prayer*, Shulamit Elson says "In the Biblical verse from which its name comes, the word Netzach can be translated as both ‘eternity’ and ‘victory’. It thus refers to both the timelessness of God’s being and the triumph of His creation. Netzach is the ability to envision and the desire to build. It is reflective of our creative vision of the future and our earthly dreams as they relate to career, family, and worldly success. At its highest human level, Netzach is the ability to articulate external truths through prophecy."

In his book, *Symbols of the Kabbalah*, Sanford L. Drob says “Netzach and Hod are referred to as the ‘kidneys that advise.’ Their role is, in effect, to provide ‘advice’ or measure to the distribution of Chesed and Gevurah, of divine benevolence and restraint. Netzach represents the “endurance” of the divine benevolence and as such, the continual outpouring of Chesed, whereas Hod represents the preservation of the Divine ‘Majesty and Splendor’ in such a manner that it is not wantonly dissipated by Chesed.”

Netzach is associated with the soul’s power to overcome those obstacles that stand in the way of realizing one’s Chesed aspiration to bestow goodness upon Creation. The word Netzach denotes both "victory" and "eternity," it can be said that the ultimate victory of Netzach is the one over death itself, the final impediment to the pursuit of Chesed. Netzach is action.

Netzach is traditionally associated with the color yellow, the faculty of Will, the Fourth Day of Creation, the Stars and Astronomical Bodies. Also associated with the planet Venus, the astrological signs Taurus (April 21 – May 21) and Leo (Jul 23 – Aug 23) and the Archangel Haniel, Angel of Love and Harmony.

**Ginger**

*Zingiber officinale* Roscoe belonging to the Family Zingiberaceae, is a perennial herb with thick tuberous rhizomes. The erect leafy aerial stem grows up to approximately 1 meter in height and has purple flowers. Ginger is native to southern Asia and is extensively cultivated in the tropics. The pungent rhizome is the part that is used and is commonly called ginger root in both its fresh and dried forms. The rhizome is firm with a skin color that
varies from buff to very dark brown almost black, while the color of the flesh of the rhizome ranges from pale yellow to deep orange red.

Three main spice products, fresh (green) ginger, dried whole or powdered ginger and preserved ginger, are obtained from the rhizome. A pale yellow to light brown essential oil is steam distilled from freshly ground, unpeeled dried ginger with a yield of 0.25% - 3.3%. The oil cells are distributed in the cortex and pith, however the oil-containing cells are especially numerous in the epidermal tissue resulting in the fact that peeled or scraped rhizomes have less oil. The essential oil contains as its major components the sesquiterpene hydrocarbons zingiberene and bisabolene. Ginger blends well with woods like cedar and sandalwood, citrus oils like orange and lime, as well as florals like neroli and ylang ylang. Ginger has a long history of use as a medicinal herb. In India, it is mentioned in the earliest Sanskrit literature while in China, the first known record is from Confucius (c. 500BC) “who apparently was never without ginger when he ate”. Its use is also documented in ancient Greek, Roman and Arabic medical literature. In Asian medical practices, dried ginger has been used to treat stomachache, diarrhea and nausea for thousands of years. While there has been quite a lot of research done on the efficacy of dried ginger for various conditions there has been less research done on the actual essential oil.

**Psychologically,** Ginger has cheering and aphrodisiac properties. It is stimulating but grounding and is believed to warm cold flat emotions, sharpen the senses and assist with nervous exhaustion and tiredness. In addition it is considered to be a memory aid and be helpful in boosting courage. On a physiological level Ginger has analgesic and antispasmodic properties and it has been used for arthritis, fatigue, muscle aches and pains, neuralgia, sprains and rheumatism. Ginger has also been found to be very useful for many digestive complaints including constipation, indigestion, travel sickness, nausea, vomiting, anorexia and hangover. On a subtle level, Ginger allows one to perceive the shadow self and befriend the inner child within by opening up the inner eye. This in turn can lead to transformations and healing. Ginger brings strength and promotes courage and confidence. It invites abundance by helping us to tap into the richness of the universe. It also helps with the belief that one deserves to experience abundant life. Ginger is used in sexuality, love, courage and money attracting blends.

**A basic theme of ginger is resignation after a long struggle to maintain control.**

*Cautions: Use in low concentrations as this oil can cause skin irritations. Its very low phototoxicity is not considered significant according to a report by D.L. J. Opdyke, Food Cosmet. Toxicol., 12 (Suppl.) 901 (1974).*
Lemongrass

Lemongrass is a fast growing aromatic grass native to tropical Asia now cultivated in India, Sri Lanka, Indonesia, the West Indies and Africa. Most of the oil is produced in Guatemala and India. The West Indian lemongrass, Cymbopogon citratus, is native to Sri Lanka and now cultivated mainly in the West Indies, Africa and tropical Asia. The East Indian lemongrass Cymbopogon flexuosus is native to eastern India now cultivated mainly in western India. A yellow essential oil is steam distilled from the fresh and partially dried grass. The yield is around 0.2 – 9.4%. The major chemical constituent of both oils is the aldehyde citral (around 80%). The aroma is strong, sweet and lemony and it blends well with bergamot, chamomile (roman), clove, eucalyptus, geranium, ginger, lavender, myrrh, palmarosa, patchouli, petitgrain and rosemary. Lemongrass oil is used extensively as a fragrance component in soaps and detergents. It is also used in creams, lotions and perfumes. Also used in most major categories of foods. The dried leaves are widely used as a ‘lemon’ flavor ingredient in herb teas and other formulations. West Indian lemongrass is used in Chinese medicine to treat colds, headaches, stomachache, abdominal pain, rheumatic pain among others. Both lemongrass oils are used as starting materials for the synthesis of ionones and vitamin A as well as the production (isolation) of natural citral. The oil possesses biological activity against storage pests and has been used as a post-harvest pesticide for some food commodities.

Psychologically, it is useful for headaches, stress related conditions, nervous exhaustion, irritability and lack of concentration. On the physiological level it can be used for acne, athlete’s foot, skin parasites, bruises, excessive perspiration, enlarged pores, oily skin and oily hair. On a subtle level, Lemongrass brings light to the conscious mind. It stimulates the left brain by tempering concrete logical thoughts with spirituality. It can repair holes in the auric field and protect the energy field from the bombardment of electromagnetic energy of radio, TV, computers, and other appliances. Lemongrass can also help with discernment. Lemongrass can be used to clear and cleanse rooms. It dispels negative energy and stimulates psychic awareness. Useful in purification blends. It can help clear regrets or shame and help one to “forgive and forget”.

Lemongrass has the theme of leadership.

Cautions: Generally considered non-toxic, possible dermal irritant so use with care with dermal applications. Avoid in pregnancy.

Yarrow

Achillea millefolium L belonging to the Family Compositae (Asteraceae), is a perennial herb which grows up to around 1 meter in height. It is native to Eurasia and naturalized in North America. Today it is found in most
temperate zones such as Canada, the US, Europe, northern China. A dark blue essential oil is steam distilled from the flowering tops with a yield that varies quite considerably from 0.1% — 1.4% depending on its source. Yarrow has been used as a medicine by many cultures for hundreds of years. Its English common name is a corruption of the Anglo-Saxon name gearwe and the Dutch yerw. The genus name Achillea may have been derived from Achilles who in Greek mythology was said to have had his wounds treated by the topical use of the herb. The ancient Europeans called it Herba Militaris, the military herb. An ointment made from it was used as a vulnerary drug on battle wounds. Yarrow is found in the pharmacopoeias of a number of countries. In China it is mainly used for menstrual problems and hemorrhoids. Steam distillation of the plant yields an essential oil that is a deeper blue than Chamomile. This dark blue color is due to the presence of azulene, which does not occur in the plant itself but is a product of the steam distillation process. Yarrow is used to treat various skin conditions and digestive disorders. It has anti-inflammatory, haemostatic and spasmolytic properties.

**Psychologically**, Yarrow has antispasmodic and tonic properties. It can be considered for nervous headaches, depression, exhaustion, insomnia and stress related conditions. It may also be helpful for anger and rage. On the **physiological** level, Yarrow has anti-inflammatory, antiseptic, antispasmodic, diuretic, and emmenagogue properties. It is very helpful for skin conditions such as acne, burns, cuts, eczema, inflammations, rashes, scars and wounds. It can also be considered for hemorrhoids and constipation, as well as for regulating periods, painful periods or scanty periods. On a **subtle** level, Yarrow provides protection and instills courage. It can help to increase a healthy love for one’s self and others. It can also increase and focus psychic awareness. Yarrow helps to heal emotional wounds that have been resistant to healing. Yarrow is used in love, courage and psychic-awareness blends.

**Yarrow has the themes of love or war; blood feuds over love; as well as the theme of blood.**

Cautions: Avoid in pregnancy and with young children.

**Bach Remedy – Vervain and Gentian**

**Vervain**

**Bach’s General Description:** For those with fixed principles and ideas, which they are confident are right, and which they very rarely change. They have a great wish to convert all around them to their own views of life. They are strong of will/ and have much courage when they are convinced of those things that they wish to teach. In illness they struggle on long after many would have given up their duties.
**Category:** Over care for the welfare of others

**Keywords:** Over-enthusiasm, the need to covert others - the Flower of Enthusiasm.

**In Balance**
- Positive potential of Vervain is the person who is calm, wise, tolerant and able to relax. Although they hold strong views, they can change them when appropriate and do not need to impose them on others. They take a broad view of life and events. Positive Vervain people understand, as Dr. Bach wrote: ‘it is by being rather than doing that great things are accomplished’.
- One who teaches that great accomplishments are by ‘Being’ rather than by ‘Doing’.
- Great courage. Faces danger willingly to defend a cause.
- Calm, wise and tolerant with ability to relax. Always ready to listen.
- Holds strong opinions which rarely change but is ready to do so if necessary.

**Soul potentials** of self-discipline and restraint.

**Transformations**
- Stands up for own ideas, but also gives others the right to have their own opinions.
- May allow self to be converted to another view by good arguments in a discussion.
- Sees things in a wider context.
- Able to use great energies effectively and with love for a worthwhile end.
- The ‘torch bearer’ effortlessly able to enthuse and inspire others, and to carry them along.

**Gentian**

*Bach’s General Description:* For those who are easily discouraged. They may be progressing well in illness, or in the affairs of their life, but any small delay or hindrance to progress causes doubt and soon disheartens them.

**Category:** Uncertainty

**Keywords:** Discouragement, despondency - the Belief Flower.

**In Balance**
- Positive potential is realisation that there is no such thing as failure when one is doing one’s best, no matter what the results. No obstacle
seems too great and no task too daunting to undertake. There is a conviction that any difficulties will be overcome in the end.

- Not affected by setbacks.

**Soul potentials** of being connected to God and faith. Gentian is related to the concept of faith, not only in the religious sense but also faith in meaning of life, in a higher order, a certain life principle, or a philosophy.

**Transformations**

- Ability to live with conflict.
- Conviction that if one has done one’s best there will be no failure.
- Certainty that problems can be overcome.
- Unshakeable confidence, despite difficult circumstances.
- Able to see ‘the light in the darkness’ and to convey this feeling to others.

**Color Therapy - Yellow**

Yellow is a happy and uplifting color. Yellow wavelengths of light stimulate the brain, making one alert, clear-headed and decisive. Yellow also strengthens the nervous system. It can create energy in the muscles by activating motor nerves. It also activates the lymph system and cleanses the digestive tract. It has a sympathetic resonance with the pancreas, the liver and the gall bladder.

**Complementary Color:** Violet

**Sound Therapy – The note of F**

Other sounds associated with Netzach – Reed.
Classical music in the key of F.

**Crystal Therapy - Citrine**

**Properties**

**Chemical Formula:** SiO$_2$ + (Al, Fe, Ca, Mg, Li, Na)

**Type:** Quartz family, a silicon dioxide mineral with a hardness of 7

**Color:** Pale to golden yellow.

**Zodiac Sign:** Gemini, Aries, Libra & Leo

**Planet:** Mercury

**Keywords:** Manifestation, personal will, mental clarity, creativity.

Citrine is a yellow crystal quartz that derives its color from minimum amounts of additional iron and from slightly ionizing radiation. By contrast to amethyst, the iron in citrine is present in its three-valent form. Citrine is formed in pegmatites or hydrothermally in druses and clefts.
Spiritually citrine encourages individuality, self-confidence and the courage to face and enjoy life. It makes us dynamic and encourages a desire for variety, new experiences and self-realization.

Emotionally citrine brings *joie de vivre*. It can be helpful in overcoming depression as well as supporting one to free oneself from oppressive influences. It raises self-esteem, self-confidence and eliminates destructive tendencies. It enhances individuality, improves motivation, activates creativity and encourages self-expression. It makes one less sensitive, especially to criticism and encourages acting on constructive criticism. It helps one develop a positive attitude and to look forward optimistically, going with the flow instead of hanging on to the past. It promotes enjoyment of new experiences and encourages exploring every possible avenue until you find the best solution.

Mentally it helps one to digest impressions we have received. It stimulates the ability to confront and help oneself, to draw conclusions rapidly and to understand them. It enhances concentration and revitalizes the mind. Wearing a Citrine overcomes difficulty in verbalizing thoughts and feelings.

Physically it stimulates the digestion. It supports and encourages the functioning of the stomach, spleen and pancreas. It may even alleviate diabetes in its early stages. Citrine is a good nerve tonic and it has a warming effect. Good to use whenever one needs to balance yin-yang energy. Citrine is excellent for energizing and recharging and is considered to be beneficial in cases of Chronic Fatigue Syndrome and reverses degenerative disease. Citrine can be very helpful for kidney and bladder infections, eye problems, as well as improving the blood circulation, detoxifying the blood, activating the thymus and balancing the thyroid. It has been used for constipation and cellulite. Citrine imparts energy and invigoration to the physical body and is useful for people who are particularly sensitive to environmental and other outside influences.

Folk Lore, Myths, Tradition
- Until the 16th century, the term ‘citrine’ was used for many different yellow colored stones (beryl, zircon, etc). It was not until 1546 that the term was first clearly assigned to yellow quartz. Modern citrine was then said to be able to strengthen the intellect and provoke a sunny disposition.
- Called the ‘sun stone’, citrine is said to hold pure sunlight and never to absorb any negativity. It is a stone of Mercury, the Roman messenger god.
- It is regarded as the merchant’s stone and said to improve communication, increase selling power and to attract money and business.
The name Citrine comes from the French word citron, meaning lemon. Citrine was used as a gem in Greece as far back as 300 BC and was worked into cabochon ring stones and intaglios in Greece and Rome through the first and second centuries AD.

- Citrine is a powerful cleanser and regenerator.
- It is also one of the stones of abundance. It teaches how to manifest and attracts wealth and prosperity, success, and all good things. It is a happy generous stone and encourages sharing what you have and yet helps you to hold on to your wealth.
- It has the power to impart joy to all who behold it.
- It is useful for smoothing group and family discord.
- Much of the commercial Citrine on the market is heat-treated Amethyst. In general, the deeper amber and orangy shades are heat-treated. Natural Citrines are mostly a pale yellow color.
- It is said to be one of the stones in the breastplate of the High Priest.
**Hod**

Hod is the Sefirah with the attributes of Majesty and Splendor. It is visualized on the left hip of *Adam Kadmon* and represents the left leg, left hip and left testes. It is associated with the concepts of Submission and Surrender; the Ability to Let Go; The Faculty of Will; The Fifth Day of Creation and Voluntary Physical Processes.

Kabbalah refers to Netzach and Hod as ‘*the kidneys that advise*’. Netzach and Hod are viewed as being receptacles for the moral values and Divine effulgence that is channeled downward from the Sefirot of Chesed and Gevurah respectively. Ostensibly, Netzach and Hod serve as mechanisms for the implementation of these values and effulgence in the material world. Netzach’s role is to provide "*advice to Chesed*" based upon intelligence data gathered in the material world, regarding the distribution of Divine benevolence. Whereas Netzach, lends "*Endurance*” to Chesed in its continual outpouring of loving kindness, Hod which channels the energy of Gevurah, helps in the preservation of the Divine “*Majesty and Splendor*” by not allowing these qualities to be heedlessly dissipated through the enduring efforts of Netzach.

On a spiritual level Hod facilitates the acknowledgment of a supreme power or intelligence which exerts authority over the finite self and the subsequent stepping aside of the rational mind in order to allow this power to permeate one’s consciousness in a creative and productive manner. By doing this, it encourages one to invite the kind of joy into one’s world that can only derive from conscious awareness of the Supernal Light. Hod’s surrender is a prerequisite to the free flow of higher consciousness between the soul and the material world. Hod is the proactive motor for free will.

Hod is associated in the soul with the power to continually advance, with the determination and perseverance born of deep inner commitment, toward the realization of one’s life goals. The acknowledgment of a supreme purpose in life, and the total submission of self which it inspires, serve to endow the source of one’s inspiration with an aura of splendor and majesty. Hence the word Hod connotes both "*acknowledgment*" (*hoda'ah*) and "*splendor*". The *hoda'ah* aspect of Hod also manifests itself as the power to express gratitude, as well as the power of "*confession*".

Netzach and Hod are referred to in the *Zohar* as "*the scales of justice*." Netzach merits while Hod concedes ("*acknowledges*" or "*confesses*”). As the two hips of the body they are responsible for the general state of equilibrium of the body.
Hod is traditionally associated with the planet Mercury, the astrological sign of Gemini (May 22 – June 21) Virgo (Aug 24 – Sep 22) and the Archangel Michael, Angel of Splendor, Balance, Protection.

**Caraway**

*Carum carvi* L. belonging to the Umbelliferae family is a biennial herb. The second-year stem growth is up to about 0.75 meters high. The plant is native to Europe and western Asia and naturalized in North America. It is widely cultivated. A colorless to pale yellow essential oil is produced through steam distillation from the dried ripe fruits, which contain between 2 – 8% volatile oil. The essential oil consists of around 50% *carvone*, about 40% *limonene* and minor amounts of *carvone, dihydrocarveol, dihydrocarvone, thujone, pinene, phellandrene, a-thujene, b-fenchene* and others. Concentration of the components will vary depending on the degree of ripeness of the fruit.

Caraway is generally considered to have carminative and stomachic properties. It has been reported to exhibit antibacterial activities in vitro as well as larvicidal properties. It also has antispasmodic and antihistaminic activities on isolated animal organs. Caraway has a spicy, celery-like odor and blends well with aniseed, basil, jasmine, cinnamon, cassia and other spices. It is very odoriferous so use sparingly.

It is used in some carminative, stomachic and laxative preparations. It is also used as a flavoring component in pharmaceuticals. It is used as a fragrance component in cosmetic preparations including toothpaste, mouthwash, soaps, creams, lotions and perfumes. Caraway is widely used as a domestic spice and used extensively in commercial food products. In traditional medicine it is reportedly used as an antispasmodic, carminative, expectorant and stomachic for dyspepsia, incontinence and indigestion.

**Psychologically,** Caraway has been used as a nerve tonic and eases mental strain and fatigue. On the physiological level caraway has been used for acne, itchy scalp problems, scabies, cellulite, cough and laryngitis colic. It is also helpful for digestive complaints. On a subtle level, Caraway helps to promote clear communication and good listening. Caraway helps to renew one’s interest in life. It helps to remove negativity, as well as strengthening memory and encouraging fidelity.

**Caraway has the themes of work and duty; performance and perfectionism practicality and pragmatism; order and rules; and control and rigidity.**

Cautions: Generally considered non-toxic, non-irritating and non-sensitizing. It is a moderate mucous membrane irritant.
Ginger

*Zingiber officinale* Roscoe belonging to the Family Zingiberaceae, is a perennial herb with thick tuberous rhizomes. The erect leafy aerial stem grows up to approximately 1 meter in height and has purple flowers. Ginger is native to southern Asia and is extensively cultivated in the tropics. The pungent rhizome is the part that is used and is commonly called ginger root in both its fresh and dried forms. The rhizome is firm with a skin color that varies from buff to very dark brown almost black, while the color of the flesh of the rhizome ranges from pale yellow to deep orange red.

Three main spice products, fresh (green) ginger, dried whole or powdered ginger and preserved ginger, are obtained from the rhizome. A pale yellow to light brown essential oil is steam distilled from freshly ground, unpeeled dried ginger with a yield of 0.25% - 3.3%. The oil cells are distributed in the cortex and pith, however the oil-containing cells are especially numerous in the epidermal tissue resulting in the fact that peeled or scraped rhizomes have less oil. The essential oil contains as its major components the sesquiterpene hydrocarbons zingiberene and bisabolene. Ginger blends well with woods like cedar and sandalwood, citrus oils like orange and lime, as well as florals like neroli and ylang ylang. Ginger has a long history of use as a medicinal herb. In India, it is mentioned in the earliest Sanskrit literature while in China, the first known record is from Confucius (c. 500BC) "who apparently was never without ginger when he ate". Its use is also documented in ancient Greek, Roman and Arabic medical literature. In Asian medical practices, dried ginger has been used to treat stomachache, diarrhea and nausea for thousands of years. While there has been quite a lot of research done on the efficacy of dried ginger for various conditions there has been less research done on the actual essential oil.

**Psychologically**, Ginger has cheering and aphrodisiac properties. It is stimulating but grounding and is believed to warm cold flat emotions, sharpen the senses and assist with nervous exhaustion and tiredness. In addition it is considered to be a memory aid and be helpful in boosting courage. On a **physiological** level Ginger has analgesic and antispasmodic properties and it has been used for arthritis, fatigue, muscle aches and pains, neuralgia, sprains and rheumatism. Ginger has also been found to be very useful for many digestive complaints including constipation, indigestion, travel sickness, nausea, vomiting, anorexia and hangover. On a **subtle** level, Ginger allows one to perceive the shadow self and befriend the inner child within by opening up the inner eye. This in turn can lead to transformations and healing. Ginger brings strength and promotes courage and confidence. It invites abundance by helping us to tap into the richness of the universe. It also helps with the belief that one deserves to experience abundant life. Ginger is used in sexuality, love, courage and money attracting blends.

*A basic theme found in ginger is resignation after a long struggle to maintain control.*
Cautions: Use in low concentrations as this oil can cause skin irritations. Its very low phototoxicity is not considered significant according to a report by D.L. J. Opdyke, Food Cosmet. Toxicol., 12 (Suppl.) 901 (1974).

Hyssop

_Hyssopus officinalis_ belonging to the Labiatae family is a perennial aromatic sub-shrub with slender herbaceous stems rising up from a woody base. It grows up to around half a meter in height. It is native to southern Europe and temperate Asia. It has been naturalized in the United States. The essential oil is steam distilled from the flowering tops and leaves. Major producing countries include France, Hungary and Holland. The yield is around 0.3 – 2% and the major chemical constituents of the essential oils are the ketones; _pinocamphone, isopinocamphone, camphor_ around 48% and the monoterpenes; _beta-pinene, camphene, limonene, myrcene, cis-oicimene_ around 28%. The yellow essential oil has a strong herblike aroma and blends well with cajeput, clary sage, eucalyptus, fennel, geranium, lavender, lemon, myrtle, niaouli, orange, rosemary, tangerine, tea tree and thyme.

Hyssop is a name of Greek origin. The _Hyssops of Dioscorides_ was named from azob (a holy herb), because it was used for cleaning sacred places. It is alluded to in the Scriptures: 'Purge me with Hyssop, and I shall be clean.' Hyssop essential oil is used as a fragrance component in soaps, creams, lotions and perfumes. The oil is also used in the formation of bitters and liqueurs, as well as in pickles and meat sauces. In Traditional Medicine it is reportedly used in treating sore throats, coughs, colds, breast and lung problems, digestive disorders, intestinal ailments and menstrual complaints.

_Psychologically_, its sedative properties make it useful for anxiety, fatigue, nervous tension and stress related problems. On a _physiological_ level, Hyssop has been found to be useful for bruises, cuts, wounds, dermatitis, eczema, inflammations, wounds and scars. Colds, flu and sore throats can also benefit from its use. On a _subtle_ level, Hyssop helps one to purge old beliefs that do not serve one’s Spiritual growth. It can calm the internal struggle of conflicting realities. It is used to purify sacred spaces. It can purge negativity. It can help one renew one’s commitment to life, especially when one has the feeling that life is getting you down. It is a great cleansing oil.

_Purging and defensive action are two of the central themes of hyssop. It also has the themes of cleansing and protection._

Cautions: Non-irritating, non-sensitizing but slightly toxic due to its _pinocamphene_ content. It should be used sparingly.
**Neroli**

The bitter orange tree, *Citrus aurantium*, produces three different essential oils, from the rind of its fruit - Orange, from its leaves - Petitgrain and from its fragrant white blossoms - Neroli. The bitter orange is an evergreen tree with dark green leaves, small dark fruit and white aromatic flowers. The tree is native to Southeast Asia from where it spread to India, Persia and the area around the Mediterranean more than 2,000 years ago. Today you will find it growing in these areas as well as in the United States and South America. The tradition of using orange blossoms in bridal wreaths or bouquets originated in the South of France. It has been said that the flowers signify love, joy and courage. On the other hand when we consider that Neroli is excellent in times of stress and anxiety we have some insight as to how this tradition evolved. Apparently this French tradition was introduced into England in the early part of the 19th Century. Neroli is thought to have been named after the seventeenth century Italian Princess of Neroli, Anna Maria de La Tremoille, who loved its aroma and used it on everything she could from gloves to stationary. In the 19th Century, particularly under the patronage of Madame de Pompadour, the perfume industry as well as the scented glove manufacture flourished. Neroli was a particular favorite at this time. A pale yellow to amber oil is steam distilled from the fresh flowers. The flowers have to be handpicked and it takes approximately 1,000 kgs of blossoms to produce 1 kg of essential oil. Taking this into consideration one can understand why Neroli is one of the more expensive essential oils on the market. Hydrolates/hydrosols are the by-product of steam distillation and a hydrolate/hydrosol of orange blossom is available usually under the name 'Orange Blossom Water'. Orange blossom water - the hydrolate has been used by pastry chefs in southern and central Europe for hundreds of years and, in the 1920s in particular, manufacturers added it to biscuits (cookies) to enhance their crispness. It has the same uplifting and calming actions found in the essential oil of Neroli, but as it is a hydrolate and much less concentrated, its action is far gentler. Neroli has long been used in perfumery. It blends well with many other essential oils in particular with other citrus oils such as orange, lime, bergamot, lemon, grapefruit etc., as well as most florals such as rose, ylang ylang, geranium and lavender. Many aromatherapists enjoy blending the three oils derived from the orange tree together as orange, petitgrain and neroli harmonize very well together.

**Psychologically** Neroli can have calming, relaxing, euphoric and uplifting actions, which is why its use is often considered in times of anxiety, fear, unrest, depression, despair, irritability, anger and nervous tension. While on the physiological level the use of Neroli could be considered for use when insomnia, nervous palpitations or high blood pressure due to stress needs to be dealt with. On a subtle level, Neroli can help one to develop the inner trust which will allow self-acceptance and produces feelings of security and protection. Neroli brings in positive energy. It helps one to relax as well as face one’s emotional fears. It can help to promote sensual comfort. It eases grief and also helps one to experience joyful love. It can reunite the
conscious and subconscious minds and can promote direct communication with the spiritual world. Neroli can help one to become aware of unresolved issues so that one can deal with them. Neroli can also help to facilitate all kinds of creative activities when they are inspired by spiritual aspirations. Neroli is often used in happiness and protection blends.

**Neroli has the themes of grief, romance, devotional love and sexuality as well as the dual themes of the virgin and the prostitute.**

_Cautions: Generally considered non-toxic, non-irritating and non-sensitizing._

**Bach Remedy – Centaury & Cerato**

**Centaury**

*Bach’s General Description:* For those who are kind, quiet, gentle, people who are over-anxious to serve others. They overtax their strength in their endeavors. Their wish so grows upon them that they become more like servants than willing helpers. Their good nature leads them to do more than their own share of work, and in so doing they may neglect their own particular mission in life.

**Category:** Oversensitive to influence and ideas

**Keywords:** Weak-willed and easily led, subservient - the Flower of Service

**In Balance**

- The positive potential of Centaury is shown in people who serve willingly and unobtrusively, but without denying their own needs. They can express and defend their own opinions and mix well in company. Above all, they are in touch with what they want and can now follow their own path with determination and energy, unhampered by the opinions of others.
- One who serves wisely and quietly.
- One who knows when to give and when to withhold.
- One who has strong individuality, is able to mix well and support their own opinions.

**Soul Potential** of self-determination and self-realization.

**Transformations**

- Knows when to say yes, but also able to say no if necessary.
- Able to integrate well in groups etc., but always preserves own identity.
• Wisely and unobtrusively gives service, following own inner objectives.
• Able to live life in accord with own true mission.

**Cerato**

*Bach's General Description:* For those who have not sufficient confidence in themselves to make their own decisions. They constantly seek advice from others, and are often misguided.

**Category:** Uncertainty.

**Keywords:** Don’t trust their own judgement. The Intuition Flower.

**In Balance**
• Positive potential of Cerato shown in those who trust their own inner wisdom and follow it.
• Quietly self-assured and decisive, they are able to find and follow their true vocation.
• Much wisdom, intuitive, holds definite opinions and will stick to a decision once arrived at.
• Admires those who have a strong mind and can decide well and quickly.

**Soul potentials** of inner certainty, ‘inner voice’, intuition.

**Transformations**
• Intuitive and capable of enthusiasm, curious, eager to learn.
• Able to gather information, organize and use it.
• Happy to pass on knowledge.
• Good co-ordination of abstract and concrete thought.
• Accepts guidance of ‘inner voice’, trusts in self, and stands by own decisions.
• Acts wisely.
• Quiet assurance.

**Color Therapy - Lemon**
Yellow is a happy and uplifting color. Yellow wavelengths of light stimulate the brain, making one alert, clear-headed and decisive. Yellow also strengthens the nervous system. It can create energy in the muscles by activating motor nerves. It also activates the lymph system and cleanses the digestive tract. It has a sympathetic resonance with the pancreas, the liver and the gall bladder.

**Complementary Color:** Violet
**Sound Therapy – The note of E**
Other sounds associated with Hod – Horn
Classical music in the key of E.

**Crystal Therapy –Calcite**

**Properties**
- **Chemical Formula:** \( \text{CaCO}_3 + \text{Fe, Mn } + (\text{Co, Pb, Sr}) \)
- **Type:** Calcium carbonate mineral with a hardness of 3
- **Color:** Available in a variety of colors, yellow, orange, pink, green and blue. For our purposes Yellow or Honey Calcite it the stone used.
- **Zodiac Sign:** Pisces, Cancer
- **Planet:** Neptune
- **Keywords:** Clarity of insight and action, confidence, persistence, intellectual power

Calcite is formed out of solutions containing calcium. It forms large crystals hydrothermally in clefts.

**Spiritually** Calcite has a strong effect in accelerating development. This is particularly noticeable in small children however it can be very useful for adults who no longer believe in the positivity in their lives.

**Emotionally** calcite helps us to trust in ourselves and be constant as it bring us emotional stability. Good to use to combat laziness. It will also support one’s ability to overcome difficulties.

**Mentally** it supports the transformation of ideas into actions. It also helps one to differentiate and discriminate more easily. It brings qualities of energy, industriousness and can enhance memory. Calcite helps foster an awareness of the macro cosmos and an appreciation of the creative forces of nature. It is an excellent stone to use when studying the arts and sciences.

**Physically** it stimulates the metabolism, strengthens the immune system and enhances small children’s growth. It is considered to be helpful for skin and intestinal complaints. Calcite cleanses the organs of elimination. It can help to stimulate blood-clotting and supports the healing of tissue and bone. It encourages calcium uptake in bones but dissolves calcifications, strengthening the skeleton and joints. It can strengthen the heart and normalize its rhythm.

**Folk Lore, Myths, Tradition**
- Calcite has been used for thousands of years as lime in folk medicine. It was used as a poultice mainly for skin diseases, ulcers, warts and suppurating wounds.
- Calcite was used in Ancient Egypt for ritual bowls, cups and ritual objects to pass gentle healing power into the food, drink and offerings.
- It was believed to amplify the power of prayer.
NETZACH/HOD INTERFACE

Once again this is not a Sefirah but the interaction between two Sefirah. Netzah and Hod need to balance one another. One never values one Sefirah over another. Netzah and Hod are both necessary to unite in Yesod, which is the foundation of generativity and productivity. Hod moments can be seen as those moments of inspiration that give one the fire to move on while Netzach moments are all the rest when one actually moves forward in the doing.

Bitachon (Confidence) is the spiritual state associated with both Netzach and Hod. Active bitachon is the confidence one possesses in his own power and ability to succeed in his life's ambitions. This is associated with Netzach. Passive bitachon is the trust in Divine providence, that "all will be good." This is associated with Hod, or more precisely with the inclusion of Hod within the Sefirah of Netzach.

Ginger

Zingiber officinale Roscoe belonging to the Family Zingiberaceae, is a perennial herb with thick tuberous rhizomes. The erect leafy aerial stem grows up to approximately 1 meter in height and has purple flowers. Ginger is native to southern Asia and is extensively cultivated in the tropics. The pungent rhizome is the part that is used and is commonly called ginger root in both its fresh and dried forms. The rhizome is firm with a skin color that varies from buff to very dark brown almost black, while the color of the flesh of the rhizome ranges from pale yellow to deep orange red.

Three main spice products, fresh (green) ginger, dried whole or powdered ginger and preserved ginger, are obtained from the rhizome. A pale yellow to light brown essential oil is steam distilled from freshly ground, unpeeled dried ginger with a yield of 0.25% - 3.3%. The oil cells are distributed in the cortex and pith, however the oil-containing cells are especially numerous in the epidermal tissue resulting in the fact that peeled or scraped rhizomes have less oil. The essential oil contains as its major components the sesquiterpene hydrocarbons zingiberene and bisabolene. Ginger blends well with woods like cedar and sandalwood, citrus oils like orange and lime, as well as florals like neroli and ylang ylang. Ginger has a long history of use as a medicinal herb. In India, it is mentioned in the earliest Sanskrit literature while in China, the first known record is from Confucius (c. 500BC) "who apparently was never without ginger when he ate". Its use is also documented in ancient Greek, Roman and Arabic medical literature. In Asian medical practices, dried ginger has been used to treat stomachache, diarrhea
and nausea for thousands of years. While there has been quite a lot of research done on the efficacy of dried ginger for various conditions there has been less research done on the actual essential oil.

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**A basic theme of ginger is resignation after a long struggle to maintain control.**

Cautions: Use in low concentrations as this oil can cause skin irritations. Its very low phototoxicity is not considered significant according to a report by D.L. J. Opdyke, *Food Cosmet. Toxicol.*, 12 (Suppl.) 901 (1974).

**Hyssop**

*Hyssopus officinalis* belonging to the Labiatae family is a perennial aromatic sub-shrub with slender herbaceous stems rising up from a woody base. It grows up to around half a meter in height. It is native to southern Europe and temperate Asia. It has been naturalized in the United States. The essential oil is steam distilled from the flowering tops and leaves. Major producing countries include France, Hungary and Holland. The yield is around 0.3 – 2% and the major chemical constituents of the essential oils are the ketones; pinocamphone, isopinocamphone, camphor around 48% and the monoterpenes; beta-pinene, camphene, limonene, myrcene, cis-ocimene around 28%. The yellow essential oil has a strong herblike aroma and blends well with cajeput, clary sage, eucalyptus, fennel, geranium, lavender, lemon, myrtle, niaouli, orange, rosemary, tangerine, tea tree and thyme.

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liqueurs, as well as in pickles and meat sauces. In Traditional Medicine it is reportedly used in treating sore throats, coughs, colds, breast and lung problems, digestive disorders, intestinal ailments and menstrual complaints.

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**Purging and defensive action are two of the central themes of hyssop. It also has the themes of cleansing and protection.**

**Cautions:** Non-irritating, non-sensitizing but slightly toxic due to its pinocamphene content. It should be used sparingly.

**Lemongrass**

Lemongrass is a fast growing aromatic grass native to tropical Asia now cultivated in India, Sri Lanka, Indonesia, the West Indies and Africa. Most of the oil is produced in Guatemala and India. The West Indian lemongrass, *Cymbopogon citratus*, is native to Sri Lanka and now cultivated mainly in the West Indies, Africa and tropical Asia. The East Indian lemongrass *Cymbopogon flexuosus* is native to eastern India now cultivated mainly in western India. A yellow essential oil is steam distilled from the fresh and partially dried grass. The yield is around 0.2 – 9.4%. The major chemical constituent of both oils is the aldehyde *citral* (around 80%). The aroma is strong, sweet and lemony and it blends well with bergamot, chamomile (roman), clove, eucalyptus, geranium, ginger, lavender, myrrh, palmarosa, patchouli, petitgrain and rosemary. Lemongrass oil is used extensively as a fragrance component in soaps and detergents. It is also used in creams, lotions and perfumes. Also used in most major categories of foods. The dried leaves are often used as a ‘lemon’ flavor ingredient in herb teas and other formulations. West Indian lemongrass is used in Chinese medicine to treat colds, headaches, stomachache, abdominal pain, rheumatic pain among others. Both lemongrass oils are used as starting materials for the synthesis of ionones and vitamin A as well as the production (isolation) of natural citral. The oil possesses biological activity against storage pests and has been used as a post-harvest pesticide for some food commodities.

**Psychologically,** it is useful for headaches, stress related conditions, nervous exhaustion, irritability and lack of concentration. On the
physiological level it can be used for acne, athlete’s foot, skin parasites, bruises, excessive perspiration, enlarged pores, oily skin and oily hair. On a subtle level, Lemongrass brings light to the conscious mind. It stimulates the left brain by tempering concrete logical thoughts with spirituality. It can repair holes in the auric field and protect the energy field from the bombardment of electromagnetic energy of radio, TV, computers, and other appliances. Lemongrass can also help with discernment. Lemongrass can be used to clear and cleanse rooms. It dispels negative energy and stimulates psychic awareness. Useful in purification blends. It can help clear regrets or shame and help one to “forgive and forget”.

Lemongrass has the theme of leadership.

Cautions: Generally considered non-toxic, possible dermal irritant so use with care with dermal applications. Avoid in pregnancy.

Bach Remedy – Vervain, Gentian, Centaury, Cerato

Vervain
Bach’s General Description: For those with fixed principles and ideas, which they are confident are right, and which they very rarely change. They have a great wish to convert all around them to their own views of life. They are strong of will/ and have much courage when they are convinced of those things that they wish to teach. In illness they struggle on long after many would have given up their duties.

Category: Over Care for the welfare of others

Keywords: Over-enthusiasm, the need to covert others - the Flower of Enthusiasm.

In Balance
- Positive potential of Vervain is the person who is calm, wise, tolerant and able to relax. Although they hold strong views, they can change them when appropriate and do not need to impose them on others. They take a broad view of life and events. Positive Vervain people understand, as Dr. Bach wrote: ‘it is by being rather than doing that great things are accomplished’.
- One who teaches that great accomplishments are by ‘Being’ rather than by ‘Doing’.
- Great courage. Faces danger willingly to defend a cause.
- Calm, wise and tolerant with ability to relax. Always ready to listen.
- Holds strong opinions which rarely change but is ready to do so if necessary.
Soul potentials of self-discipline and restraint.

Transformations
- Stands up for own ideas, but also gives others the right to have their own opinions.
- May allow self to be converted to another view by good arguments in a discussion.
- Sees things in a wider context.
- Able to use great energies effectively and with love for a worthwhile end.
- The ‘torch bearer’ effortlessly able to enthuse and inspire others, and to carry them along.

Gentian
Bach’s General Description: For those who are easily discouraged. They may be progressing well in illness, or in the affairs of their life, but any small delay or hindrance to progress causes doubt and soon disheartens them.

Category: Uncertainty
Keywords: Discouragement, despondency - the Flower of Belief.

In Balance
- Positive potential is realisation that there is no such thing as failure when one is doing one’s best, no matter what the results. No obstacle seems too great and no task too daunting to undertake. There is a conviction that any difficulties will be overcome in the end.
- Not affected by setbacks.

Soul potentials of being connected to God and faith. Gentian is related to concept of faith, not only in the religious sense but also faith in meaning of life, in a higher order, a certain life principle, or a philosophy.

Transformations
- Ability to live with conflict.
- Conviction that if one has done one’s best there will be no failure.
- Certainty that problems can be overcome.
- Unshakeable confidence, despite difficult circumstances.
- Able to see ‘the light in the darkness’ and to convey this feeling to others.

Centaury
Bach’s General Description: For those who are kind, quiet, gentle, people who are over-anxious to serve others. They overtax their strength in their endeavors. Their wish so grows upon them that they become more like servants than willing helpers. Their good nature leads them to do more than
their own share of work, and in so doing they may neglect their own particular mission in life.

**Category:** Oversensitive to influence and ideas

**Keywords:** Weak-willed and easily led, subservient - the Flower of Service

### In Balance
- The positive potential of Centaury is shown in people who serve willingly and unobtrusively, but without denying their own needs. They can express and defend their own opinions and mix well in company. Above all, they are in touch with what they want and can now follow their own path with determination and energy, unhampered by the opinions of others.
- One who serves wisely and quietly.
- One who knows when to give and when to withhold.
- One who has strong individuality, is able to mix well and support his own opinions.

**Soul Potential** of self-determination and self-realization.

### Transformations
- Knows when to say yes, but also able to say no if necessary.
- Able to integrate well in groups etc, but always preserves own identity.
- Wisely and unobtrusively gives service, following own inner objectives.
- Able to live life in accord with own true mission.

**Cerato**

**Bach’s General Description:** *For those who have not sufficient confidence in themselves to make their own decisions. They constantly seek advice from others, and are often misguided.*

**Category:** Uncertainty.

**Keywords:** Don’t trust their own judgement - the Flower of Intuition.

### In Balance
- Positive potential of Cerato shown in those who trust their own inner wisdom and follow it.
- Quietly self-assured and decisive, they are able to find and follow their true vocation.
- Much wisdom, intuitive, holds definite opinions and will stick to a decision once arrived at.
- Admires those who have a strong mind and can decide well and quickly.
Soul potentials of inner certainty, ‘inner voice’, intuition.

Transformations

- Intuitive and capable of enthusiasm, curious, eager to learn.
- Able to gather information, organize and use it.
- Happy to pass on knowledge.
- Good co-ordination of abstract and concrete thought.
- Accepts guidance of ‘inner voice’, trusts in self, and stands by own decisions.
- Acts wisely.
- Quiet assurance.

Color Therapy - Peach

Peach is a lighter variation of orange and has many of its attributes.

Complimentary Color: Blue

Sound Therapy – The note of D#

Other sounds associated with Netzach/Hod Interface. Flute
Classical music in the key of D#

Crystal Therapy - Tiger’s Eye

Properties

Chemical Formula: SiO₂ + FeOOH
Type: Quartz family, a silicon dioxide mineral - hardness of 7.
Color: Golden brown
Zodiac Sign: Capricorn, Leo
Planet: Sun
Keywords: Balance between extremes, discernment, vitality, strength, practicality, fairness.

Tiger’s eye is formed out of hawk or falcon’s eye through oxidation of the original crocidolite fibers so that they are transformed into limonite. Tiger’s eye consists of limonite fibers embedded in quartz.

Spiritually Tiger’s eye gives one courage to get through life’s difficult phases. It helps to maintain that spark of trust in God during dark times. Tiger’s eye is excellent for people who are spaced out or uncommitted. It is grounding and facilitates manifestation of will. It also helps to anchor change into the physical body.
Emotionally it protects by helping one to distance oneself from external influences. It is helpful in reducing the influence of moods and stressful situation.

Mentally in complicated and difficult situations it helps one to stay focused on ‘the big picture’. It is also helpful when one has doubts or difficulties in making decisions. Tiger’s Eye heals issues of self-worth, self-criticism, and blocked creativity. It allows one to recognize one’s abilities and faults and it supports an addictive personality in making changes.

Physically Tiger’s Eye has analgesic properties. It slows down the flow of energy in the body and dampens over-excitation of the nerves and over-stimulation of the adrenal glands. It use has been recommended in the treatment of eye disorders, throat complaints, reproductive system disorders and diverticular constrictions. It has also been used to aid night vision.

Folk Lore, Myths, Tradition

- In the Middle Ages, it was used to make amulets that protected the wearer against spells, demons and the evil eye.
- Tiger’s eye is associated with the tiger, which in Eastern myths is considered to be the king of the beasts. In Japan the tiger was believed to live for a thousand years. Roman soldiers carried tiger’s eye so that they would be brave in battle.
YESOD

In her book, *Kabbalah of Prayer*, Shulamit Elson says “Yesod (The All) is the earthly seat of sexual desire and a wellspring of vital power. Visualized in the genital area of Adam Kadmon, it is also the location through which new souls enter the world. Yesod therefore is a holy place, since the procreative power given to men and women is a direct function of God’s own creative power. Yesod is called the All because its primary function is to act as a funnel for the all-encompassing life force of creation after it cascades through the first eight Sefirot on its journey from Keter to Malkut. In this way Yesod is the connector between heaven and earth, and is therefore also called Foundation. Yesod is also associated with righteousness.”

Yesod ensures that one is grounded in reality. It has the attributes of connecting and binding and, by balancing Netzach and Hod, integrates assertion and the will to move forward with judicious caution.

Yesod is associated with Connecting and Binding, the Sixth Day of Creation, the Moon, the astrological sign of Cancer (Jun 22 – Jul 22) and the Archangel Gabriel.

Cinnamon

Cinnamon (*Cinnamomum zeylanicum*) is a tropical evergreen tree that grows up to 18 meters (60 feet) with a highly aromatic bark, shiny leaves and clusters of yellow flowers which are followed by bluish-white berries. It is native to Sri Lanka, India and Madagascar and cultivated in Jamaica and Africa. The plant originally occurred on the island of Sri Lanka in a wild state. The bulk of the bark gathered today however comes from cultivated plants. These cultivated plants are not permitted to grow into trees and are vigorously pruned to remain bushes with slender stems. A light amber oil is produced through steam distillation of the bark chips while a yellowish oil is produced through steam distillation of the leaves. Every two years the inner bark of new shoots is gathered and used in the form of sticks as a domestic spice. Both bark and leaf oils are used for their fragrance and therapeutic actions in nasal sprays, cough sprays and dental preparations. The leaf oil is used in soaps, cosmetics, toiletries and perfumes. Both are used in food flavoring, especially alcoholic and soft drinks. Cinnamon blends well with anise, black pepper, cardamom, citrus oils, clove, elemi, fennel, ginger, lavender, rosemary, thyme, tea tree and frankincense. Both oils are highly odoriferous so use sparingly. Traditionally Cinnamon has long been sought after as a culinary spice. Ground cinnamon is used in cakes and cookies and
many Christmas cookies have cinnamon as one of their ingredients. Cinnamon sticks are used to add flavor to syrups and creams. Cinnamon can also be used in mulled wine, hot chocolate or coffee.

**Psychologically** cinnamon leaf has aphrodisiac, warming and stimulating properties and can be used for mental fatigue, lack of concentration, emotional coldness and fear. It is thought that it stimulates and refreshes the mind and eases tension. On the **physiological** level cinnamon leaf has analgesic, antispasmodic, antiseptic, emmenagogue, stimulating and warming properties and can be used for the relief of respiratory infections, sore throats and bad coughs, as well as rheumatism and gout pains. Cinnamon leaf is also thought to be helpful with digestive complaints. The oil can also be diffused as a fumigant during infectious illness. On a **subtle** level, Cinnamon helps to liberate, freeing and purifying everything in its path. It supports the transformation of enslavement into abundance and freedom. It strengthens in general. It can increase psychic abilities as well as help one to recover memories. Cinnamon invites prosperity into one’s life. It can be used to increase money and awareness. Cinnamon can help transform sorrow into happiness.

*Many of the ancients believed that cinnamon was a gift from heaven, difficult to obtain and precious, which gives cinnamon the themes of being difficult to obtain and being precious.*

*Cautions: Cinnamon Bark oil should not be used at all on the skin. Cinnamon leaf oil is relatively non-toxic however great care should still be taken with regards to exposing the skin or mucous membranes to this oil.*

**Juniper Berry**

*Juniperus communis*, belonging to the Family Cupressaceae, is an evergreen shrub or tree with some of the varieties growing up to 6 meters or more. It is native to the temperate regions of the northern hemisphere. The major producers include Italy, Hungary, France, Austria, Czech Republic, Slovakia, Germany, Poland, Russia and Spain. The berries collected in northern Italy, Hungary, France, Austria and the Czech Republic are considered superior in quality to those collected in other regions. The part used is the dried, mature female cone, which is generally called “berry” because of its berrylike appearance. A colorless to pale green essential oil is obtained through steam distillation of the crushed, dried, partially dried, or fermented berries. The essential oil produced from unfermented berries is considered to be superior in flavor qualities. The essential oil yield is approximately 0.2 – 3.42% and more usually 1 – 2% but this depends on the geographic location, altitude, degree of ripeness and other factors. The major chemical components are monoterpenes at approximately 58% with *a-pinene, myrcene and sabinene* being the main ones present and a smaller amount of *limonene, r-cymene, g-terpinene, b-pinene, a-thujene, camphene* and others. Other components
found in this oil also include small amounts of the sesquiterpenes - *caryophyllene, cadinene and elemene*; the oxide - *1,4-cineole*; the alcohol - *terpinen-4-ol* and some esters

Juniper berries are famous for being used to flavor gin and alcoholic bitters however, the extracts and oils are also used in many major food categories including alcoholic and non-alcoholic beverages, frozen dairy desserts, candy, baked goods, gelatins and puddings as well as meat and meat products. Maximum use levels reported are 0.006% for the oil in alcoholic beverages and 0.01% for the extract in alcoholic and nonalcoholic beverages. The berries and extracts have also been used as components in certain diuretic and laxative preparations. In addition the oil is used as a fragrance component in soaps, detergents, creams, lotions and perfumes with the maximum use level of 0.8% in perfumes. Juniper berry is often used in men’s fragrances where it can impart a fresh resinous top note. In Traditional Medicine, Juniper Berry has been used as a carminative and diuretic, as well as, to treat flatulence, colic, snakebite, intestinal worms and gastrointestinal infections. Juniper berry blends well with bergamot, cedarwood, cypress, frankincense, geranium, lavender, neroli, petitgrain, rosemary, sandalwood, vetiver, oakmoss, clary sage, pine, benzoin, citrus.

**Psychologically,** Juniper has aphrodisiac and relaxing properties. It is useful for helping to reduce anxiety, insomnia, depression and jet lag. Juniper is also thought to strengthen and clear away negative energy. On the **physiological** level Juniper Berry has analgesic, diuretic, antispasmodic properties. It can be considered in cases of acne, dermatitis and weeping eczema. It may also be helpful when cellulite and water retention are a problem because of its diuretic properties. Its analgesic and antispasmodic properties make it useful for muscle aches and pains. On a **subtle** level, Juniper aids in strengthening spiritual will. Juniper clears and cleanses a room of negative energies. It also protects against negative influences. It clears energetic blockages. It cleanses and detoxifies the subtle bodies. It aids in strengthening will power and eases fear of failure. It restores confidence and increases self-worth. Juniper dispels mental stagnation and assists clairvoyance if used for the right reasons. It promotes inner vision and wisdom. It helps us to connect and act from our highest ideals. It can bring enlightenment. Because of its great cleansing ability it can be used to help clear away feelings of uncleanness (in particular rape) due to past actions, whether done by, or to, the individual.

*Juniper Berry is a major grief remedy for individuals who withdraw after the death of a loved one. Juniper is a purifier on both a physical and emotional level. Juniper may aid in clearing negative energy and restoring objectivity. It is helpful in overcoming the effects of emotional violence and in reducing obsessions and addictions.*
Cautions: Avoid in pregnancy. Prolonged use can damage kidneys. On skin non-toxic, non-irritant and non-sensitizing.

Vetiver

Vetiver, *Vetiveria zizanioides*, is a densely tufted perennial grass growing to a height of up to 3 meters belongs to the Gramineae family. It is native to India and is a grass of the wet tropics. In India it usually grows below 300 meters but altitude appears to be less important than climate as it is also planted in altitudes of up to 700 meters in other countries including Java and Reunion. The main rootstock is a stout, branching rhizome. This develops an extensive but not deeply penetrating fibrous mat of aromatic roots. The plant and rhizome have been prized in India for their aromatic properties and are mentioned in the Hindu *Atharvaveda*. In India it is known as ‘khas-khas’ or ‘khus-khus’. It is also known in India and Sri Lanka as the ‘oil of tranquility’. The grass has to be at least two years old before the roots can be dried in the hot sun, then they are cut up very finely and steam distilled. In India and other Asian countries aromatic fans, mats and screens are made out of the plants and rhizome. Rhizomes are used a lot to scent the air in rooms and house. The Rhizomes can be hung up in the house, sometimes bags of wet rhizomes are placed in front of electric fans to cool and scent rooms, or they can be added to sachets to perfume clothes.

The essential oil is found in the rhizomes and the oil content can vary quite considerably depending on where the plant is grown and how old the roots are. Roots less than 15 months old generally have low oil content and the oil has a harsher, grassy or earthy odor. Roots over 24 months old have a high oil content, a lower proportion of fibrous material, yield high quality oil, but the distillation time is prolonged. The average oil content of Indian material seldom exceeds 2% and the oil content collected from wild plants is below 1%, averaging around 0.15%. According to E. A. Weiss it is only the very low cost of collection and distilling that allows this system to continue. Oils collected from the wild (mainly in the north) are differentiated from oils collected from the cultivated vetiver (mainly in the south) by calling the oil from wild plants khus oil and the oil from cultivated plants vetiver. The essential oil is a dark amber viscous liquid with a strong, sweet, woody, earth odor. Its odor is very tenacious. Over-distilled oils have a poor, less persistent odor. The main component is *vetiverol*, a sesquiterpenol, normally less than 75% and often around 50%. This oil has a very complex chemical structure. The highest quality oil is often believed to come from Reunion, while Indian oil is of good quality it is seldom available owing to the strong domestic demand. Vetiver blends well with clary sage, cedarwood, citrus, jasmine, lavender, patchouli, petitgrain, neroli, oakmoss, rose, sandalwood and ylang ylang.

Psychologically, vetiver has calming, sedative and tonic properties. It can help be helpful for depression, insomnia, nervous tension, stress related
disorders, mental and physical exhaustion. It is very grounding and useful for feelings of lightheadedness. On the **physiological** level it can be used for acne, cuts, oily skin, irritated wounds, infections & inflammations as well as arthritis, muscle aches, pains, sprains & stiffness, rheumatism. It is thought to aid impotence & frigidity. On a **subtle** level, Vetiver grounds and attunes one to the earth. Vetiver helps to clear and cleanse a room. It also brings in positive energy. It can be used to protect the auric field. It grounds and centers as well as protects against over-sensitivity. It can promote strength and a deep sense of belonging. It may aid in attaining wisdom and spiritual calmness. It aids in developing positive self-esteem. It aids those who feel like they are a psychic sponge or those who feel too sensitive to outside forces. Vetiver is considered to be a money scent. It can be used to anoint cash before spending.

**The themes of estrangement and darkness are central to Vetiver. It is useful when there is an inability to share even if one wants to.**

*Cautions: Generally considered non-toxic, non-irritating non-sensitizing and non-phototoxic.*

**Bach Remedy – Clematis**

*Bach's General Description:* For those who are dreamy, drowsy, not fully awake, no great interest in life. Quiet people, not really happy in their present circumstances living more in the future than in the present; living with hopes of happier times, when their ideals may come true.

**Category:** Insufficient interest in present circumstances

**Keywords:** Dreaminess, lack of interest in present - the Flower of Reality.

**In Balance**
- Positive potential is a lively interest in the world around and enjoyment of life. Positive Clematis people are open to inspiration and fulfil their creative potential, e.g. in writing, design, fashion, or healing. Realistic and down to earth, they have a sense of purpose and recognise that the future is shaped by the present. They are well grounded and able to control their thoughts.
- Sensitive to inspiration.
- Master of own thoughts.
- Purposeful. Realistic. ‘*Down to earth.*’

**Soul Potential** of creative idealism.
Transformations

- Has control of the thought world and is daily finding new interest in the real world, because the connections between the different worlds and the deeper meaning behind them is understood and accepted.
- Purposeful in bringing creativity to physical realization, as a writer, actor, designer, etc.

Color Therapy - Orange

Orange is a mixture of red and yellow. Orange stimulates the sexual organs and has a strong and beneficial effect on the digestive system. It also strengthens the immune system, including the spleen, the lungs and pancreas. It has a releasing action on all the body fluids including blood, lymph, sexual fluids and tears. Orange's vitality is a wonderful anti-depressant and is the color of joy, good health and creativity.

Complementary Color: Blue.

Sound Therapy – The note of D

Other sounds associated with Yesod - Strings, running or flowing water, waterfall.
Classical music in the key of D.

Crystal Therapy - Carnelian

Properties
Chemical Formula: SiO$_2$ + (Fe, O, Oh)
Type: Variety of Chalcedony, the Quartz family - hardness of 7
Color: Orange
Zodiac Sign: Leo, Taurus & Cancer
Planet: Sun
Keywords: Courage, vitality, sexuality, confidence, action

Carnelian is chalcedony that contains iron and is formed, in the vicinity of alkaline and acid volcanic rock, out of magmatic silicic acid solutions containing iron. Red-brown carnelian is also called sard.

Spiritually carnelian encourages a spirit of community. It also promotes steadfastness. It makes one willing to help, be idealistic, and stand up for a good cause. Carnelian grounds and anchors one in present reality.

Emotionally carnelian bestows the steadfastness and the courage one needs to stand up to, and overcome, difficulties. It is uplifting and helps one accept the cycle of life. It is said to remove the fear of death. Carnelian can be
used in cases where there has been abuse of any kind. It is also a powerful protector against envy, rage and resentment, both one’s own and others. Carnelian helps calm anger, replacing negative emotional feelings with a love of life. Carnelian is seen as a stone that supports qualities of leadership and courage.

**Mentally** carnelian helps one to pragmatically and quickly solve problems. Whenever one is feeling confused using carnelian will help to bring a sense of reality as well as the ability to complete tasks already started.

**Physically** carnelian stimulates the absorption of vitamins, nutrients and minerals in the small intestine which in turn improves blood quality. It also encourages good circulation to all organs and tissues. It has been used to alleviate rheumatism and stimulate metabolism. Carnelian can also influence the female reproductive organs and is said to increase fertility. Carnelian is helpful in cases of frigidity and impotence; and healing for lower back problems; rheumatism; arthritis; neuralgia and depression, especially in people of a more advanced age. It regulates bodily fluids and the kidneys, accelerates healing in bones and ligaments and stops bleed.

**Folk Lore, Myths, Tradition**

- In antiquity, carnelian was generally known as *sard*. Hildegard von Bingen was the first person to make a distinction between the orange colored and brown colored varieties.
- In the Middle Ages, it was used to stop bleeding and calm anger. Hildegard von Bingen recommended it for headaches and as a birthing aid.
- In Ancient Egypt carnelians were used as a protection for both the living and the dead
- Considered to be a stone of courage, Carnelian was believed to give the wearer courage in battle and to help timid speakers become both eloquent and bold. In Roman times it was often carved with the head of a lion or a great leader.
- Carnelian is said to have been one of the stones used in the breastplate of the high priest.
MALKHUT

Malkhut is the receptacle for the gathered forces of Yesod. It is the Sefirah of the world of phenomena and earthly being, the physical palace of God. In its highest manifestation, it is the Creator’s Presence, exhibiting itself to us as the female aspect known as the Shekhinah. It has the attributes of Sovereignty and Kingdom and is associated with the female Reproductive organs, the Lower Mother, the Seventh Day of Creation, the Moon and the Desire to Receive.

In her book, Kabbalah of Prayer, Shulamit Elson says “Malkhut is the mirror of Keter, a place where the glory of the Creator, the purely spiritual and ineffable, is received and projected as the material manifestation of reality and then reflected back to Keter itself. While Keter sits above the head of Adam Kadmon, Malkhut lies just beneath the torso.”

Malkhut is the gateway through which the Or Ein Sof, originating in the Infinite and shaped by the higher Sefirot, flowers from the hidden, inner-realm of pure potential into the outer, material world. Malkhut not only sustains us in the material world but serves as the point of embarkation for ascent to the non-material realm of unitary and enlightenment.

The light which emanates from Malkhut is reflected light, which is one of the reasons why it is associated with the moon. For this reason, it is portrayed in images of privation and darkness. Malkhut is the only Sefirah that does not emanate light itself, but rather receives the light from the Sefirot above. Malkhut is the Sefirah closest to us, and it is our starting point for the return to God.

Malkhut is associated in the soul with the power of self-expression. Kabbalah identifies three basic "garments" (levushim) of the soul that enable it to achieve expression: "thought" (machshavah), by which the soul is revealed inwardly; and "speech" (dibur) and "deed" (ma'aseh), by which it is revealed outwardly.

Malkhut as a whole is also often referred to as "the world of speech". The spoken word represents the essential medium of self-expression, allowing one to not only reveal oneself to outer reality but to guide and influence that reality as well.

The soul, in its meditation of Divinity, can only perceive and ascend to the higher Sefirot through the "pane" and portal of Malkhut. "This is the gate to God, the righteous shall enter through it" (Psalms 118:20). In one’s devoted
service to God this means receiving upon oneself, in total commitment, "the yoke of the kingdom of heaven."

All colors are contained in Malkhut, it is associated with the planet Earth, the astrological sign of Aries (March 21 – April 20) and the Archangel Sandalphon, Angel of Prayer and Life.

**Bergamot**

Bergamot, *Citrus bergamia*, not to be confused with the common garden herb, bee balm (*Monarda didyma*) also called Bergamot, is a member of the Rutaceae family. In the wild the tree can grow up to 12 meters, however under cultivation it is pruned to about 4 - 5 metres. It has deep green leaves and small white fragrant flowers. The fruit is about the size of a small orange and not considered edible. The plant originated in the tropical parts of Asia and is grown in Italy and the Ivory Coast. A greenish - yellow essential oil is extracted by expression from the peel of the fruit. It has a sweet citrus floral aroma.

**Psychologically** bergamot has calming, uplifting and anti-depressant properties, which is why its use is often considered in times of depression, anxiety and nervous tension. It is also said to radiate love energy and happiness. While on the **physiological** level bergamot has antiseptic, expectorant and anti-spasmodic properties and its use could be considered for fighting colds, flu and digestive disorders. On a **subtle** level, Bergamot helps to bring in positive energy, as well as instilling feelings of joy and calm. Bergamot opens the Heart Chakra and allows love to radiate. It is uplifting and eases grief. Bergamot can help release relationship stress both with others and your self. When one has guilt over past actions, meditation with Bergamot may help give one insights into the situation and help one to learn and grow from the experience. Traditionally bergamot has been used to create perfumes and scent soaps. In the food and drink industry it has been used as a flavoring ingredient, for instance Earl Grey Tea is scented with bergamot.

**Bergamot is one of the purifying oils, it has themes of light and darkness as well as themes of impurity and physical estrangement.**

**Cautions:** Expressed bergamot is known to cause phototoxicity when applied to the skin. Exposure to sunlight and UV rays should be avoided for 12 hours after application. It may also irritate sensitive skin. Today one can purchase a F.C.F. grade of bergamot, which has been rectified and is furocoumarin free. It is the furocoumarins that are responsible for phototoxicity.
Jasmine

Jasmine belongs to the Oleacea family. Its fragrant white or yellow star shaped flowers play an important role in modern perfumery. There are two varieties of Jasmine; *Jasminum officinale*, which according to Guenther grows wild in the higher altitudes of the Maritime Alps and *Jasminum grandiflorum*, which is sometimes called Spanish jasmine. *J. grandiflorum* was first introduced into France from Spain and has been extensively grown in the Grasse region of Southern France for over two hundred years. In addition to growing in Southern France, Jasmine is also grown in Italy, Egypt and Morocco. Jasmine is native to Northern India, Persia and China and is now widely cultivated throughout the Mediterranean and North Africa.

Jasmine is a classic example of a flower, which even after having been detached from the plant, continues to develop and emit its natural perfume. The greatest challenge to extracting oil from Jasmine is to capture the full amount of perfume, which exists when the plant is picked, as well as to capture the perfume, which develops after it has been picked. For a long time the only way that Jasmine oil was extracted was by enfleurage. However as this is a very delicate procedure, involving a great deal of hand labor, it is a very expensive method. In modern times enfleurage has, for the most part, been replaced by solvent extraction. Solvent extraction results in the production of a concrete and an absolute. This is a far more economical way of producing the oil. Although there are some who do not think that absolutes have any part in true aromatherapy, when it comes to the perfume industry, Jasmine certainly has a very strong place. Jasmine flowers are picked at night when the aroma is at its strongest. The essential oil can be pale-yellow to orange-yellow and even sometimes brown in color. Jasmine blends well with all florals, citrus, clary sage, oakmoss and sandalwood.

**Psychologically,** Jasmine has aphrodisiac, calming and sedative properties and its use can be considered for dispelling fear, uplifting one's mood, emotional suffering, lightening of depression and stress related disorders. On the **physiological** level it has antispasmodic and calming properties and it is thought to regulate and deepen breathing. It is also thought to be useful both during, and after, childbirth. On a **subtle** level, Jasmine unites and harmonizes opposites to promote wholeness. It calms, soothes, relaxes and lifts the spirits. It helps one to release worry and to live in the present moment. It can promote feelings of love and sensuality. It can connect spirituality and sexuality. It also promotes creativity and artistic development. It is known to warm and open the heart. It can enhance intuition and help open the mind to deeper truths. It can heighten spiritual awareness. It balances feminine and masculine energies. Jasmine can be included in love, psychic awareness, peace and spirituality blends.

*Jasmine has the theme of feeling safe. Repression and Suppression are also core issues to be found in Jasmine.*
Cautions: Generally considered non-toxic, non-irritating and non-sensitizing. Do no use in pregnancy and use with caution on people who are hypersensitive or allergic to perfumes, cosmetics or spicy foods.

**Patchouli**

*Pogostemon cablin*, belonging to the Family Lamiacea, is a perennial herb with a sturdy, hairy stem. It grows up to approximately 1 metre in height and is native to tropical Asia (especially Indonesia and the Philippines) and is extensively cultivated in the tropics. An essential oil is steam distilled from the dried leaves which contain about 1.2 — 4% volatile oil and its major constituents are: 32 — 40% alcohols mainly patchouli alcohol; as well pogostol, bulnesol, guaiol and norpatchoulenol; 50% sesquiterpenes mainly patchoulenes, as well as alpha-guaiene, alpha-bulnesene, seychellenes, cadinene, caryophylene and aromadendrene. It is the patchouli alcohol and the norpatchoulenol that is mostly responsible for the odor of the oil.

Patchouli was used traditionally as an insect repellent. In India it was used in traditional medicine for nervous diseases, while in traditional Chinese medicine it is used to treat colds, headaches, nausea, vomiting, diarrhea and abdominal pain. Patchouli is used extensively as a fragrance component in cosmetic preparations and it is one of the most used ingredients in perfumes, especially Oriental types. It is also used widely in soaps and depilatory creams. Patchouli is an aroma that has been strongly identified with the ‘hippie culture’.

**Psychologically**, Patchouli is balancing and calming and is useful for nervous exhaustion, anxiety, nervous tension, lethargy and stress related problems. It is very grounding and strengthens the will to live. It can help to relax an overactive mind. On the physiological level it has antifungal, anti-inflammatory, anti-septic and cell regenerator properties and may be helpful for dermatitis, acne, athlete's foot, cracked & dry skin, enlarged pores and simple water retention. It aids scars, wrinkles, wounds, bedsores and abscess. It is a good skincare tonic and is also considered to be effective for oily hair & scalp, dandruff, eczema (weeping) and impetigo. It is also an insect repellent. On a subtle level, Patchouli grounds and strengthens the will to live. It is very grounding and taps into the energies of Mother Earth. Patchouli can spiritualize sexuality and facilitate the enjoyment of the senses as well as awaken creativity. It can relax an over active intellect. It allows the chakras in the feet to connect with the earth and draw energy from it.

**Patchouli can help one to define who one is and then how to express this in the world. Patchouli is used in money, sex and physical energy blends. Patchouli can help us to recognize and appreciate the sacredness of life.**

Cautions: Generally considered non-toxic, non-irritating, non-sensitizing and non-phototoxic. It may curb the appetite. Do not use on anyone allergic to
spicy foods and use cautiously on anyone with known allergies to perfumes and cosmetics.

**Bach Remedy – Impatiens**

**Bach’s General Description:** For those who are quick in thought and action and who wish all things to be done without hesitation or delay. When ill they are anxious for a hasty recovery. They find it very difficult to be patient with people who are slow, as they consider it wrong and a waste of time, and they will endeavor to make such people more efficient.

**Category:** Loneliness

**Keywords:** Impatience - the Flower of Time.

**In Balance**

- The positive potential of Impatiens is someone who is decisive and spontaneous but less hasty in thought and action. They are relaxed and good-humoured with others and sympathetic to those who are slow. They cope calmly and diplomatically with irritating problems.
- Less hasty in action and thought. More relaxed, patient, tolerant and gentle towards shortcomings of others and ‘upsetting conditions’.

**Soul potentials** of patience and gentleness.

**Transformations**

- Quick on the uptake, quick thinking and acting.
- Independent mind.
- Above average gifts.
- Patience, delicacy of feeling.
- Gentleness, empathy and understanding for others.
- Able to use gifts diplomatically for the benefit of all.

**Color Therapy - Red**

Red is the most physical of all the colors. It has the slowest vibratory rate and the longest wavelength. It is the color of blood and has a stimulating action on our heart and circulation. Red light will raise the blood pressure. The body systems are fortified by red as it helps to build up red blood cells. Red will also stimulate the adrenal glands helping one to become stronger and build up stamina. When one is tired, listless, depressed or run-down red energy can be very helpful. The lesson of red relates to motivation. It is very grounding and helps one turn ideas into action. Red can help to increase mobility where there are blocks resulting in paralysis.

**Complimentary Color:** Green.
Sound Therapy – The note of Middle C
Other sounds associated with Malkhut – Drums, motors, insects and buzzing sounds. Classical music in the key of C.

Crystal Therapy - Garnet

Properties
Chemical Formula: \( \text{Me}^{2+} \text{Me}^{3+} (\text{SiO}_4) + \text{Al}, \text{Ca}, \text{Fe}, \text{Mg}, \text{Mn}, \text{Ti} \)
Type: Magnesium aluminum silicate - hardness of 7 to 7.5
Color: Red
Zodiac Sign: Leo, Virgo, Capricorn & Aquarius
Planet: Mars
Keywords: Emotional healing, self-worth, walking the spiritual path, strength and security.

Garnet is really a mineral group consisting of a number of different representatives. They are so different in their chemical make-up that some mineralogists suggest that they should be viewed as completely different minerals. They do share the same structure and the same type by manner of formation, mainly metamorphically during the formation of crystalline slates or other metamorphic rocks.

Spiritually Garnet is helpful at times where there appears to be no solution or 'no way out'. It is the stone to be used in times of crises, regardless of what the crises is. In times of extreme stress, Garnet helps one to function normally, on a day to day basis. It supports the inner flame, the desire for self-realization and encourages the basic dynamics of shared survival, mutual help. Garnet helps one to see further than one's own narrow horizon and to be committed to the good of the community.

Emotionally garnet promotes self-confidence, strength of character and joie de vivre. It bestows courage, hope and trust; obstacles are seen as challenges that have to be dealt with. In difficult situations garnet displays an endurance that will surprise its wearer. Garnet eliminates unnecessary inhibitions and taboos, ensures active, balanced sexuality and helps with potency problems. Garnet inspires love and devotion.

Mentally garnet helps one to let go of things no longer needed, whether they are concrete items outdated ideas, views that are no longer relevant, agreements that need to be dissolved. It also helps one to then move forward and begin a new life. It helps to ride one of those behavioral patterns and habits that are holding one back. Garnet bestows a wealth of new ideas and the necessary dynamic to realize them in spite of resistance, enmity or conscious sabotage.
Physically garnet strengthens the body’s power of regeneration. It is useful in eliminating blocks. Garnet is also said to stimulate the metabolism and harmonizes the composition of body fluids, particularly the blood. Garnet it said to improve circulation and strengthen the immune system. It encourages the absorption of nutrients in the intestines and accelerates the healing of inner and external wounds. Garnet is also considered to be helpful in spinal complaints and cellular disorders. Garnet is also said to help regenerate DNA.

Folk Lore, Myths, Traditions

- Garnet is identical to the medieval carbuncle. It is the stone that was reputed to glow in the dark. Even in the Middle Ages however this was considered to be on a spiritual level. The Carbuncle that illuminates the darkened soul and brings light and hope where the path of life seems to have no end. It was the stone of heroes who had to deal with difficult tasks and trials in order to prove their courage. Warriors in the Middle Ages often had garnets set into their shields and sword hilts to protect themselves against injury in battle and garnet amulets were thought to bring luck, wealth and blessings.
- Garnet is said to have been one of the stones used in the breastplate of the high priest.
- According to myth, a garnet illuminated Noah’s Ark day and night when the skies were black with rain.
- In Eastern Europe the garnet was said to protect against vampires.
- Garnet represents the 18th wedding anniversary.
PUTTING IT ALL TOGETHER

Now that we’ve had a look at the principles underlying The Hawkins Protocol and how they all fit into the Tree of Life, let’s put it all together into a session.

In The Hawkins Protocol, through the combination of sight (color), hearing (sound), taste (Bach Remedies), smell (essential oils) and touch (crystals) we are enveloping ourselves in energetic frequencies that will assist us to return to balance. This incredible experience is different for each person and appears to be exactly what is needed at the time.

As stimulating all five senses at the same time can be very powerful it is generally recommended that one keep this experience to around a half an hour. Remove all stimuli and take a rest period of between 15 to 30 minutes to allow the energies to gently integrate into the body. Often people take the opportunity of journaling after the session as they find that their experiences come more to the forefront of their consciousness as they write them down.

Facilitating The Hawkins Protocol session for someone else allows one to actively incorporate more techniques to enhance the experience. The protocol for facilitating the experience for others is taught in a hands-on workshop environment with lots of opportunities to experience both giving and receiving The Hawkins Protocol.

Experiencing a simplified version of The Hawkins Protocol on your own is quite easy and it can be a very rewarding experience.

The Treatment

1. Start by spending a few moments looking at the color wheel. Where are your eyes drawn? Don’t worry about what your favorite color is or what color you are wearing today, just pay attention to the color your eye keeps going back to on the chart. If you find that you are drawn back and forth between several colors, close your eyes for a few moments and then when you open them pay attention to where they go automatically. This is the color for you to work with today and consequently the Sefirah that needs balancing.

2. Now look up the color you have chosen on the Chart behind the Color Wheel. Here you will find the information you need to stimulate each of the senses.
3. Prepare a glass of water with the appropriate Bach Remedy/ies. Add a drop or two of the Essential Oil synergy to a tissue or cotton ball. Have your color ready. Have your crystal ready and start to play the appropriate music.

4. Drink some of the water and Bach Remedy, saving the rest to finish at the end of the session. Lie down or sit comfortably. Apply your color in whatever method you have chosen as most appropriate for you. Put the cotton ball or tissue with the essential oils on your chest. Hold the crystal in your left hand, as this is the receiving hand. Now simply allow yourself to float into the experience.

5. At the end of a half hour or so, stop the music, remove the tissue or cotton ball with the essential oil, remove the color stimuli and put down the crystal. Now allow yourself a rest period to integrate the frequencies into your body. At the end of this time drink the rest of the water with the Bach Remedy. Some people choose to continue to hold their crystal during the rest period as well and if this method resonates with you, you can certainly choose to do this although it is not necessary to do so.

My experiences with The Hawkins Protocol, both in facilitating sessions both for myself, and others, have shown me that no two sessions are alike. So far every experience has been unique. Everyone experiences The Hawkins Protocol in their own unique way. Even those people, who have experienced The Hawkins Protocol several times, either over a longer period of time or in a series of sessions, found that each and every session was different and unique for that day. When one considers how differently one can feel from one day to the next, this does make sense. I did find that when people experienced The Hawkins Protocol in a series over a relatively short period of time, they often tended to choose the same color each time. However the interesting thing was that even though they were experiencing the same stimuli each session, their experiences were distinctly different.

I had originally thought that I would include a section in this book for Case Studies giving examples of what could be expected when working with the different Sefirah. What I found however, after reviewing all my session notes, was that one can have no expectations at all, there are no trends and each session is unique to the individual and the moment in time. Each session is unique in itself and when entered into with an open heart and open mind healing, clearing, balancing, shifting and moving forward on all levels of body, mind and spirit can be experienced.

I am still collecting information on the experiences that other people have had and if any of you would care to share your experiences with me I would love to hear from you.
COLOR WHEEL
<table>
<thead>
<tr>
<th>Color</th>
<th>Sense</th>
<th>Sight</th>
<th>Hearing</th>
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<th>Taste</th>
<th>Touch</th>
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<tbody>
<tr>
<td>Keter</td>
<td>Pisces</td>
<td>Violet</td>
<td>High C</td>
<td>Cedarwood</td>
<td>Rock Rose</td>
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<td></td>
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<td>Silence</td>
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<td>Chokma</td>
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<td>Clary Sage</td>
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<td>Cypress</td>
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<td>Binah</td>
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<td>Grapefruit</td>
<td>Mimulus</td>
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<td>Orange</td>
<td>Voice</td>
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<td>Gevurah</td>
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<td>Juniper</td>
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Through the use of Color, Sound, Essential Oil Blends, Bach Flower Remedies and Crystals within the framework of the Kabbalistic Tree of Life, The Hawkins Protocol facilitates an opportunity for one to gently come back to optimal resonance on all levels. This in turn leads to unique experiences of healing, shifting and moving forward on any or all levels of awareness be it physical, mental, emotional or spiritual.

Beverley Hawkins, R.A.®, EOT®, Di.SPE., BFRP, owns the West Coast Institute of Aromatherapy, an aromatherapy school which offers one the opportunity to take home study aromatherapy courses. Beverley has many years of experience as an alternative health care professional. She is a Registered Aromatherapist, massage therapist, reflexologist, Reiki master, Reconnective Healing Practitioner, Spiritual PhytoEssencing Diplomat and educator.

In addition to teaching she also maintains a private practice. Beverley is a member of a number of Aromatherapy Associations including the CFA and BCAOA (in Canada) and NAHA and AIA (in the United States).

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