

Oil of Patchouli strengthens the meridian system, particularly the meridian that allows the being to create space around them and feel strong within their own aura. This, for such a being will be like a breath of fresh air, to be free of a state that drains their energy so.

Mix Patchouli with Peppermint oil for children who live in a constant state of anxiety and fear about their situation. Patchouli is an oil that works karmically, particularly on blocks relating to memories of war and turmoil due to revolutionary change. Often the being will find themselves experiencing a state of wild raging energy, that is inexplicable in their present life. It simply rises from within and even surprises the being of its intensity.

Oil of Patchouli works well with the colour vibrations of Green, Red and Violet.

Placewise, oil of Patchouli calms the Earth where there have been outbursts of anger due to anxiety. These are the places that need Patchouli.

150. PENNYROYAL *Mentha puleguim*

Oil of Pennyroyal is very good for executives of this time who feel that change within is stirring them at a Soul level. In their career they may have been very focused on raising their personal profile, material status and material security, but recently have been feeling unfulfilled and a little disconcerted with the changes that they feel within. If this scenario applies to you, know that energy is on the move. You are changing, or, to be more precise, you need to reconnect with you, the real you, the very essence which lives within.

This is a great time for any being who stands at the threshold of inner self-discovery.

Burn oils of Pennyroyal, Tangerine and Grapefruit to assist a being to pursue their spiritual quest in the context of a career.

If you require oil of Pennyroyal know this,

"It is a sublime and wonderful experience that awaits you. To have just a glimpse of your inner Self is truly wondrous. Many move around their lifetime pursuing the material aspects of their life oblivious to the treasure that they carry within. This is the Universal joke. We search and yearn for the treasures of an Earth bound life and expend much energy in the process, and yet the treasure of the Self that is so vast, so vast, is just a heartbeat away. O dear one, have the courage to look within. Feel the pulsation of your eternal life and become a lover of your essence, a pursuer of the Spirit that is all life".

It would seem that the oil of Pennyroyal is a nurturer of the Spirit and the Spiritual Journeyer. So even if you are already on the path and are experiencing a temporary loss of faith, burn oils of Pennyroyal, Jasmine and Vetiver to help you reconnect with the Self.

Pennyroyal is a dear oil that will surprise many. On inhalation, it reveals energetically its compassion particularly for the being who is experiencing loss, a loss of the Self. It works primarily on the heart chakra to anoint the being into action. Action is required to seek out the Soul and its mission. So you see

Pennyroyal works particularly with the being that is procrastinating or trying to ignore that the spiritual path to the Soul, awaits their participation.

This being is experiencing great inner turmoil, but is afraid to step into the Light and so stands on the edge, thinking "Will I? Won't I?" Pennyroyal takes the being by the hand and gently helps them cross the threshold, onto their pathway to the love of the Self. It works on the heart chakra to lift the darkness left over from times past and draws the light to permeate the space.

The oil of Pennyroyal and the color vibration of Green, Red and Blue work well together.

To the energetic qualities of oil of Pennyroyal the vibration of Red provides a being with vitality and passion to take action to pursue spiritual aspects within.

The vibration of Green with oil of Pennyroyal will assist the pursuit of spiritual aspects to do with clarity, balance and opening of the heart communication rather than the ego-mind controlling matters.

Oil of Pennyroyal and Blue vibration will assist the pursuit of spiritual aspects to enhance inner peace and effective communication and great contentment.

Placewise, use Pennyroyal where psychic impressions due to indecision have depleted chi flow.

151. PEPPERMINT *Mentha piperita*

Oil of Peppermint is very good for a being that is hasty. Hasty behaviours are often ill-informed choices that do not usually serve the higher good of the being. The love vibration is a strong, sustained and powerful vibration to have within the context of a life. It is always there to serve the higher good of all life forms on this planet. So to be hasty in decisions and reactions to situations is not to tap into the undercurrents of the inner being, that will always nurture and support.

Oil of Peppermint will provide an energetic framework for beings who require a bridge, between a state of being stuck in a situation, and where hasty behaviour is merely adding to this state. It will strengthen the inner connection to relieve the situation. A situation that is like a bird flapping around that has the use of only one wing.

If you require the oil of Peppermint know this,

"You are a being that requires a great deal of love from others so that you feel worthwhile inside. What you really need to know is that there is an inexhaustible supply of love, so tender, so strong, so pure that resides deep within you. It is your very essence that will lead you through difficulties, achievements and new growth, and this is where you need to focus your attention - within. When this occurs you will begin to view your life and the other beings within it in a very different way. Your decision making and behaviours will be from an inner resolve to make choices for your higher good, not from a position of reacting to others for their approval."

Peppermint oil is a great gift to the aura in the area of thyroid and the pituitary glands.

Burn oil of Mastic with oil of Peppermint to release fear in children who reflect this energetic state. When their energy is not integrating, children will revert to a reptilian brain response of a 'fright/flight' reaction when they are feeling stressed.

Burn Mastic with Clary Sage oil to assist a being to take the step, to work through the karmic patterns lodged in their subtle bodies, that prevent the yin/yang energy integration from taking place.

Oil of Mastic has great implications for colour healing. It integrates well with all colour vibrations, particularly violet, which will release fear to do with accepting healing talents from the past

Placewise, burn oil of Mastic to reduce the level of agitation in a space's aura that has been caused by the human energetics of so called 'black and white' thinking patterns. Rigid behaviour by a human depletes the nurturing chi moving in and around a space.

126. MELALEUCA *Melaleuca quinquenervia*

Oil of Melaleuca consoles and protects those who feel lost and vulnerable. Usually this dear oil is best used when this is a temporary state. For the beings who require oil of Melaleuca, will usually respond quickly to the rejuvenating aspect of its vibration. It strengthens all circulatory pathways in the body and tones the lymphatic system to lighten the energetic load.

Oil of Melaleuca will console those who find life taxing. When life gets a little too much, a little too out of control and a little too tough, oil of Melaleuca is then a great oil to burn. For it assists the being to identify the cause of why they feel overwhelmed by their life, why they can't settle to a task. Sometimes a life can seem so vast and yet it is so small.

For if you require this dear oil, know that,

"You need to look at your life. Look at your hands, what do they do? Look into your heart, how does it feel? Are you missing that bubble of joy that was is so sweet within? Joy, ah the missing ingredient. Joy where has it gone? It's still in there you know, you just have to call to it and tend it. The demand of your outer life has overtaken the things that nurture your joy and it is time to change the priorities of your life. For without your joy there is nowhere to go. Your life will become like a whirlpool. Going around and around and being sucked down. O dear one, look within, then scan your horizons for new ways of being, and then celebrate who you are for you are great".

Oil of Melaleuca burned with Orange and Sandalwood is the perfect mix to burn on a Friday night, for those who have had a busy week and experience that 'lost and restless' feeling, that occurs when faced with no work, for the weekend.

This dear oil is also excellent to burn with Peppermint for children who feel confused energetically, after moving from one parent house to another parents house in the care of separated or divorced parents.

Oil of Melaleuca has a great affinity with Coral, Blue and Orange and will assist in any healing to do with person/place issues.

Oil of Melaleuca will assist a being to bring together a life that is spent in more than one place. As the concept of global living increases where a being may live and work in maybe two or three places across the Earth., they may at times feels a little disorientated. A spray made with Spring Water, two drops of Melaleuca, Eucalyptus water and the Bach Rescue Remedy should be carried during these transitions.

This spray is also a very good mix for any traveller who finds it difficult with a new place's energy. It will also strengthen the outer aura so that it can accommodate person / place integration more easily.

Placewise, burn oil of Melaleuca in homes where the situations already described occurs, as oil of Melaleuca is an excellent oil to help person - place integration.

127. MELISSA *Melissa officinalis*

This dear oil replenishes the wisdom within. It has the power to activate the chakra of the heart, throat and third eye to the resonance of inner wisdom. It can and will repair tears in the upper aura above the shoulders, where the damage requires a high frequency to integrate these very fine energies.

Melissa allows the being to integrate difficult situations on a physical level, so that they can learn the lessons beholden to them and transmute them to love. Melissa refines this energy in the body to meet the energetic needs of higher frequencies. Many beings after a healing feel a little out of their body, Melissa helps them to integrate their energies so that they can move on with love and wisdom.

For oil of Melissa in all its sweetness will remind the being of a time, when the wisdom shone through into difficult times and situations when they may have felt their power and wisdom emerge. For to be able to draw on the immense inner power that is within us all is a great gift indeed. Firstly, to know it is there, and secondly to use it every day will not only benefit the being but others who share his or her life. Oil of Melissa will require some care in its selection, as it is an oil that is often tampered with. Choose an oil in all its fullness not merely for its scent, and it will do very good work for you.

Oil of Melissa will assist a being to shed the state of shyness, of experiencing their own greatness. For you see many beings work diligently at clearing their old stuck energy, then see their life with new eyes, and retreat as their radiance emerges. For to be 'out there' in the world, life can often be seen as rather daunting, and the responsibility of using their emerging 'Soul Power', if you like, can be overwhelming.

Placewise, burn oil of Vanilla to maintain a harmonious chi flow throughout a space. The healing vibration of Vanilla is very much suited to place healing, particularly to Earth energy lines after they have been balanced. It will welcome the chi and bring a certain sparkle to a space. It is also valuable to burn regularly after a space has been cleared. A very nurturing mix to welcome visitors to a space would be the oil of Vanilla and Orange.

193. VETIVER *Vetiveria zizanioides*

Oil of Vetiver is a treasure amongst oils. It works to the root of the problem. It buries down through the layers, and then through more layers to reveal the way of Truth in making decisions, to heal old hurts from times past. It will always burn through these layers to reveal new ways for the being to be confronted. Vetiver can then be seen as the revealer, the presenter of painful lessons to be learned. However Vetiver, should be seen in only its positive aspect, in that it moves away the old darkness for the light to come in, and begin healing with it's nurturing and Love.

For oil of Vetiver will assist a being, if appropriate, to access cellular memory. Many beings shy away from looking at the pain they carry within, using a purely intellectual process to work through issues. By doing this, the ego-mind actually sabotages the being to physically release the pain that is stored in the subtle bodies. Until cellular memory is activated through the release of emotional and physical energy, a healing will be incomplete.

Oil of Vetiver sings to the being, sends love to the being, and will comfort the being that has decided to walk through the door to the future, to discard the pain of the past. Oil of Vetiver's special attribute is to penetrate pain at a very deep level. Many beings will be prepared to work at a surface level in their energetic clearings, but will feel uncertain to delve into old emotional energy. But this dear oil holds the hand of a being in a healing partnership, and says,

"We can do this. I will help you to feel safe and secure. Lean on me until you can walk through this pain with strength and courage. Look at the stars, anything is possible when you perceive the beauty of the night sky. For when you come out the other end of this time you will claim the Universe as your own. My dear one, have the courage to look within and spring clean the limitations your fear puts on you, then you will spread your wings and fly."

Oil of Vetiver mixed with Tangerine and Orange will assist a being to release old pain to do with torture.

Oil of Vetiver mixed with Sandalwood would be excellent to burn after a clearing has begun and the being may feel 'stuck' and very emotional.

Oil of Vetiver mixed with Sandalwood and Lemon Grass and then vaporised after a healing, will quickly dissipate any residual energy in the auric field.

Oil of Vetiver has a great affinity with Orange, Yellow and Red, and will combine well with other oils to do with Earth Healing.

Placewise, this dear oil is very valuable. Like the body, the landscape holds old negativity to its heart and finds it difficult to expel the darkness. Vetiver is an important oil for Earth Healers as it jolts the negative energy cycle.

CARRIER OILS

1. ALMOND *Prunus dulcis*

Almond is a high frequency oil. It conducts the higher cosmic energies required in the higher spiritual chakras. Its vibration can facilitate change within a being as it modulates the flow of the intensity of incoming energies, to assist the integration of the human aura and the essential oils being used.

Oils mixed in with Almond oil move faster into the subtle bodies. It's ability to hold the atoms of different oils and then to release them into the aura is what makes this oil a superior carrier oil for these times.

Almond oil is very good to use in a bath to soothe the nervous system, when conflict has registered a jarred feeling in the subtle bodies. The being in this state will often feel numb and disbelief at being involved in conflict.

On a more physical level Almond oil is a very good oil to rub on the upper trunk to increase the receptivity to heal. To use it for a massage before going to a therapist opens the body to energetic change.

Almond oil is an interesting oil for these times. New aspects of it's character will unfold as time goes on. It resonates in the turquoise to magenta colour range of the subtle bodies.

It is best not to mix Almond oil with grounding oils such as Patchouli or Vetiver. There are other carrier oils that suit their resonance.

2. APRICOT *Prunus armeniaca*

Apricot oil is a blessing to those who use oils. It is a medium resonance carrier that serves a broad spectrum of essential oils and essences. It works on the throat, heart and lung areas to integrate the yin and yang energies of the body and the oils it carries.

Apricot is a very special carrier oil because it can help to highlight the duality of an essential oil. That is, it's yin and yang aspect, according to what is required by a being at a particular time.

For example a very yin being, who requires a yang activating oil will be greatly assisted in achieving balance, by using Apricot oil to amplify the yang properties of the chosen essential oil.

Apricot oil is particularly good for those beings who are confused energetically with their role, eg. The woman who wants to be at home but has to go to work, the father who looks after children but wants to be in the work force. It is especially good for those who are in a particular role situation and don't want to be there.

Oil of Apricot, with the assistance of essential oils work vertically within the body. It balances the energy around the major meridians and tones the flow of the yin and yang energies of the body.

Apricot oil mixed with Angelica Seed [e] and Ginger [e] oils will calm the being who is totally confused about everything.

INFUSED HEALING OILS

1. ARNICA *Arnica montana*

Infuse into Almond, Apricot or Peach Kernel carrier oils. Arnica oil is a versatile oil that evolves as the person evolves. As the being increases their frequency Arnica begins to work in a more diverse manner. As the higher chakras (above the seventh) become activated, Arnica can begin to work at strengthening the spin of these chakras and the new faculties they bring.

Arnica oil soothes the aura at all levels, and will modulate the spin so that a state of centredness prevails, for the being who experiences depression or a high level of anxiety. Arnica oil will soothe the ups and the downs to a more even energy input and output.

Mix Arnica with Tangerine and Coconut (c) oils for a massage mix for beings who are in a constant state of anxiety, due to the pressures of daily life.

Mix Arnica, Almond (c), Orange (e), and Grapefruit (e) oils for those who suffer depression. For the temporary state of stress, due to work overload, mix Arnica, Hazelnut (c), Clary Sage (e) and Lavender (e).

Arnica is a great oil for the future. It will open the way for new releases of Divine energies when appropriate in the body.

2. BURDOCK *Arctium lappa*

Infuse into Hazelnut or Peach Kernel oil. The oil of Burdock as an infusion works in the region of the upper trunk. Its vibratory pattern deserves mention. It works in a cyclic pattern that surrounds a negative energy pattern, encircles it, and gradually works to the centre of the blocked energy filling it, and encasing it with the love and light of the Divine.

Burdock healing oil is very good to use after people have had a shock. Do not use it immediately after a shock as you would use Rescue Remedy, but perhaps several days after.

Mixed with Walnut [c], and essential oils of Spearmint, Orange and Menthol, it is the perfect massage oil for the after effect of shock. It will leave the aura feeling refreshed and revitalised.

Burdock oil works well for the being that always delay decisions. Such a being does not listen to the inner voice and suffers much inner frustration. Burdock oil, mixed with Clary Sage [e] and Mandarin [e], and Almond as a carrier oil, will lighten the load of the heavy energy around the heart, illuminating the way for the being to connect with the inner wisdom.

GUMS AND RESINS

1. ACACIA
2. BENZOIN
3. COPAL
4. ELEMI
5. FRANKINCENSE
6. MYRRH
7. TRAGACANTH
8. XANTHAN

1. ACACIA *Acacia senegal*

Acacia gum used in the form of a tincture will assist the being to discard the mask and the disguises that they employ to hide away from their inner radiance. For the being who never feels themselves, who never knows who they are, life feels empty and dry. The healing vibrations of Acacia gum, strengthens the heart and third eye chakras, to open the being to receive the Divine energies with love and humility. In a balm, Acacia tincture works well with Rosemary [e] oil and Almond [c] oil to provide a basis to which other plant oil energies can be added. Made to suit the individual energetics of the being that seeks to heal this state, that prevents them from being in touch with who they really are.

2. BENZOIN *Styrax benzoin*

The gum of Benzoin reacts energetically to polarities in the body. It is a very balanced vibrational frequency and, as a tincture, it can create a space for a person "to be". The state of being is very important to strive for as it is in this state that real healing takes place. In this state, the endocrine system is soothed, allowing all functions to balance. The respiratory and circulatory systems function is soothed and comes into balance.

So when the tincture of Benzoin gum is in a balm, this is what its purpose is - to bring a being to a point where they can just "be", and energetically adjust into a state of healing.

The gum of Benzoin reacts differently with adults and children. When used with children, it will require Apricot [c] oil in a balm of Benzoin tincture, as it can disrupt hemispheric integration in the brain of children.

Benzoin gum is a wonderful healing frequency for these times, as it will optimise a being's energetic clearing, and thus the healing of their physical conditions. This dear gum helps with children's phobias which prevent their moving on to new states of knowing.

BOTANICAL WATERS

1. ANGELICA SEED *Angelica archangelica*

Angelica Seed as a botanical water healing vibration will assist a being to feel 'whole'. For the being who requires this botanical water will often feel fragmented. It seems that no matter how hard they try they always lag behind in their actions, decisions and social behaviour within a group, and simply feel that they just aren't 'up there' so to speak.

Create a healing spray with two drops of Tangerine [e] oil, Mustard Bach flower essence, Petitgrain essential oil and Angelica Seed botanical water. Spray around a bedroom before sleep, as this mix will do its work when the being is at rest.

Put Angelica Seed botanical water into a balm when the being is working through feelings of guilt and desolation, with close family members or friends, caused by dishonest or manipulative behaviours towards them.

2. ARTEMISIA *Artemisia absinthium*

The botanical water of Artemisia is very great indeed. It is very good to use in a 'wash', as a being is experiencing energetic change. It will nourish the being so that on a mental level the 'mind chatter' decreases, and the body can get on with the job of clearing past traumas from the body. It relieves the tight and congested feelings from the head and heart that result in feelings of confusion and feeling 'stuck'.

Artemisia botanical water works well for the being that knows the process of energetic clearing, but temporarily has lost that perspective on a particular issue. For this botanical water above all others is about clearing the way, clearing the way for new ventures and attitudes, particularly of a spiritual nature.

It must be said, that this dear botanical water also has a lot to give the being who has just started a spiritual journey. It works with the outer aura, to strengthen the subtle bodies to allow them to receive a stronger incoming vibration.

3. CALENDULA *Calendula officinalis*

The Calendula flower as a botanical water is an excellent vibration to add to all healing balms, concerned with a traumatised state on all levels, physical, mental, emotional and spiritual. It is a facilitator of energetic change, not only of the physical body but also of attitude.

It will also assist in completing a cycle of change. Some energetic clearings are long in an Earthbound sense, and can become tiresome to the being who has been chipping away, eroding the negative energy, that blocks their way to spiritual advancement. If you are feeling weary of the search, weary of the struggle, spray a mix of Calendula flower botanical water, flower essences such as Red Chestnut and Olive, the essential oil of Lime and the colour tinctures Green and Blue. Then spray them into the aura, above and behind the head in particular.