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## WHAT ARE ESSENTIAL OILS?

Humanity has known the healing powers of plants for over 3,000 years. The earliest records of using plants are found from the Sumerian civilisation, where hundreds of medicinal plants are listed on clay tablets. Evidence has been found of Ancient Egyptians using Myrrh as a salve as far back as 1550 BC. Around the same time, peoples of the East were exploring herbs and aromatic plants too, which would become an integral part of the Indian Ayurvedic medical system. Years later, the Greeks and Romans gathered extensive collections of plant medicines to heal their armies, as well as their citizens. Today, up to 70,000 types of plants are traded around the world for their medicinal properties.

Early essential oil extraction also occurred in many of these ancient civilisations so that the oils could be used for healing as well as for the cosmetics and perfume industries. The term 'aromatherapy' as it is known today was first coined in 1937 by the French chemist and perfumer René-Maurice Gattefossé. He was not a believer in the natural health movement but was interested in the properties essential oils exhibited. In 1910, he burnt himself badly in his laboratory and plunged his hands into pure undiluted Lavender oil. This not only immediately eased the pain but helped heal the injuries without any sign of infection or scarring. His scientific curiosity was piqued, and he delved into this area of study, discovering that minute amounts of essential oils are absorbed by the body and interact with its chemistry. Around the world, studies commenced through the 1900s exploring the potential benefits of each essential oil. Today, essential oils are stepping into the spotlight as a major healing tool. Many have been found to have potent effects on the body and they also offer a solution for replacing harmful chemicals in the home. However, their power in deeper realms has also come to light. A history exists on the use of plants in magical practices, and in recent decades, as potent healers on the emotional, mental and spiritual planes.

Essential oils are an integral part of a plant's physiology, used to protect them against destructive pathogens, insects, animals and even other plants. Conversely, plants will use these aromatic compounds to entice certain insects allowing them to pollinate more easily. The oils may be found in many parts of a plant, from the tips of their leaves to their roots deep in the ground. Humans now use a range of techniques such as steam distillation, cold-pressing and solvent extraction to remove these oils for our own benefit. When you hold an essential oil in your hand, it is the concentrate of that plant's essence, allowing you to harness that plant's medicine for yourself. Using an essential oil is 50-70 times more potent than using the complete plant. For example, research has found that one drop of pure Peppermint essential oil can have the same impact on the body as 28 cups of peppermint tea. Remember, when using pure essential oils, they pack a punch!

In times when new pathogens are finding ways to evolve beyond the capacities of pharmacology, essential oils are standing up to show they are here to help. They are also here as guardians and allies to guide you through times that challenge you emotionally, mentally or spiritually. Essential oils are a potent gift from Mother Earth, bestowed upon us to guide us home to love, to reclaim our birthright of health, vitality, joy, emotional and mental harmony, and spiritual awakening, just as the universe and our soul intended.

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## WAYS TO WORK WITH YOUR ESSENTIAL OILS

The remarkable thing about essential oils is that they can be used in such diverse ways. When choosing which method is best, follow the safety guidelines of the essential oil company and listen to your inner guidance. As the chemistry and energy of the oil is able to dance with your own, then healing will occur. Healing happens because your body is highly intelligent. Mother Earth and her plant medicine give you gentle nudges and reminders to return back to your optimum potential.

The following pages offer techniques for you to experience and access the power of essential oils.

### BREATH CONNECTION

When you delve deeper into the simple act of breathing, inhaling and exhaling, it is more than just bringing oxygen into your body. Each time we inhale, we breathe in the oxygen and life force gifted to us from the surrounding plants and trees. As we exhale, we gift in return carbon dioxide, which the plants and trees need for their survival. It becomes a symbiotic relationship between you and the plant kingdom. As you inhale and exhale with mindfulness, your awareness expands. You recall and deepen your connection with nature.

Inhaling essential oils can have an amazing and rapid impact on the body. The essential oil molecules absorb into your lungs, entering the bloodstream. They also communicate through your olfactory system, influencing parts of your brain and altering the physiological function throughout your body. In essence, the oil's chemistry dances with the physical makeup and energy of your body. Although it may seem like you are just smelling an essential oil from a bottle, a diffuser, a spritzer, or pure-fume (our word for perfume used on the body), it is a highly potent and powerful way of using your essential oils.

Nothing takes you down memory lane faster than your sense of smell. As you inhale an essential oil, it will impact your mind and emotions. These beautiful aromatic compounds drift up your olfactory bulbs, enter the brain, and go straight to the limbic system. This is the brain's emotional control centre, as well as where memories are created. Here, you can create powerful 'aromatic anchors' so that every time you inhale an essential oil, it takes you back to a particular moment in time. For instance, when you breathe in Wild Orange, you can feel joy and upliftment. Every time you need a dose of this feeling, turn to this oil to create that response. In another example, when you breathe in Lavender, you connect with her as a comforter, the duvet of the aromatherapy kingdom. You can look to her when seeking stillness, calm and security.

Using the essential oils in this way is transformational. It will help you to transmute whatever you feel you need to move beyond. The oils work quickly and help to engage your courageous and brave spirit, elevating your emotions within moments, and transforming your mood, breath by sacred breath. Inhalation and aromatic use of essential oils are extremely beneficial, powerful and effective modes of using these gifts of the Earth.

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## ANOINTING AND AROMATIC DRESSING

Essential oils can be applied to the skin where they are easily absorbed into the bloodstream and travel around the body. When using this technique, it is always wise to dilute an essential oil in what is known as a carrier oil, such as coconut, jojoba, pomegranate or almond oil. These are generally unscented and perform two main roles. Firstly, a carrier oil will 'carry' the essential oils safely through the skin and into the body, ensuring absorption. Essential oils are highly volatile when used neat, without a carrier oil, and 50-70% can 'flash off' or evaporate if used this way, wasting precious oils and resources. Secondly, many essential oils contain potent chemical constituents that when placed directly on the skin may cause a reaction. For example, oils like Oregano, Cassia and Cinnamon Bark are considered 'hot' oils and can cause irritation if placed neat or undiluted on the skin. Diluting essential oils in a carrier will avoid this reaction in most cases. If you are concerned, start with just one drop of essential oil in about 5ml of carrier oil and try a 'patch test', placing the blend on a small part of your body such as the inner forearm. If there is no reaction after a couple of hours, you can feel comfortable applying your essential oils elsewhere on your body. Avoid placing oils near your eyes, in your ears or near your genitals. Remember that essential oils are a gift from Mother Earth and your body too is a divine gift. Avoid simply slapping on the oils haphazardly. Rather, give yourself time to honour both yourself and the oils.

You can anoint parts of your body, based on your intentions. You may choose to anoint your feet when you are looking for grounding, stability, connecting back to the earth, or becoming more present. Anointing the knees, the body's place of bowing and lowering yourself down to the earth, is a point of reverence and honouring. You may anoint the belly, the centre of creation where you birth new ideas into life and expand your creativity. Anoint over the solar plexus, found at the base of the sternum, for empowerment, strength, and magnifying focus on your sociability, dealing with other people, or allowing your inner light to shine. Anoint the heart or chest area when focusing on love. If you would like to focus on greater love, greater compassion, move to the upper chest. Anointing over the throat will help with self-expression, communication and openness, as well as speaking your truth. Anointing the forehead will help with concentration of the mind, as well as opening the intuitive or psychic abilities such as clairvoyance, clairaudience, and so on. Anointing the crown of the head, the point closest to the heavens, helps you to focus on your spirituality. Anoint the hands that you use to caress, nurture and love on others. When anointing the hands, consider using the essential oils that correspond with whatever you would like to bring to another person or to yourself with each caress.

Aromatically dressing is another beautiful practice, a self-love ritual, anointing and massaging the entire body in essential oils. Start your aromatic dressing practice by taking a small bowl that brings you joy and pour in 10ml of your chosen carrier oil. Then add a total of five drops of essential oil for an adult, two for a child or one for a baby. Once you have stepped out of the shower or bath, and you are in your Goddess or God-given gift of nakedness, dip your hands into the oil and then rub them together. Starting at the feet, rub the oils into your skin in sweeping circular motions moving up the body towards the heart. Continue aromatically dressing your back, arms and neck. Give yourself loving messages and affirmations, telling each body part how much you love it, nourishing and nurturing as you rub. Ensure you aromatically dress every part of your body, covering your body with love. Finally, massage the last drops into the ends of your hair. *Et voilà!* You are aromatically dressed!

# Exploring the Chakras

The chakras are energy centres located around the body. They govern different organs, glands and systems of your body and each chakra regulates various aspects of your life. As centres of energy, they can be underactive and require stimulating, overactive and require soothing, or balanced and simply need nurturing. The state of each chakra can be measured intuitively, with kinesiology or a pendulum, or through special photographic techniques. Each essential oil corresponds to and affects certain chakras in different ways. Some oils soothe while others stimulate. When combined with other techniques such as visualisation and deliberate conscious energy movement, you can balance each chakra so that they are all equally vibrant and flowing.

## **INCARNATOR**

The incarnator chakra is located 40 centimetres below your feet. This energy centre is associated with your past lives' connection to the Earth as well as your spiritual clans, tribes or ancestral roots. It is best visualised as a black sphere of light, glittering with a rainbow of colours.

## **EARTH STAR**

The Earth star chakra is located 30 centimetres below your feet, resonating to a red-brown glowing colour. Whereas the base chakra governs your wellbeing and survival on the planet, the Earth star connects you to the collective consciousness and knowledge of every animal, plant and mineral being; the entirety of Mother Earth. As your Earth star gets stronger, you will become more conscious of the needs of the planet and involve yourself in the Earth healing itself.

## **BASE**

This energy centre is located at the base of the spinal column and resonates with the colour red. This chakra governs your connections with your physical body, your environment and with the Earth. It is the most instinctual, primal and animalistic of your chakras. This is your survival centre, and the fight-or-flight response is initiated from here. Thus, the centre governs the nervous systems and adrenals. Its key focus is to make sure your basic physiological needs of shelter, food and water, as well as your need for safety, are all met.

## **SACRAL**

Your sacral chakra is located just below the navel. You sense its activation when you become sexually aroused. It resonates with the colour orange. Associated with the reproductive system, it has two key purposes: creativity and pleasure. Balancing this chakra helps you overcome guilt, enjoy your passions, connect with others more intimately and feel comfortable expressing your creativity.

## **SOLAR PLEXUS**

You sense your solar plexus chakra shift when you get a sudden fright. Its location is at the base of your sternum. It resonates with the colour yellow and governs your digestive system. Imagine a ball of sunshine radiating from this area when it is balanced. This chakra rules personal empowerment. It helps you remain confident, friendly, cooperative and fair when dealing with others.

## **SPLEEN**

This is a lesser-known chakra located at the centre of the bottom rib on your left side by your spleen. It resonates with a peridot yellow-green colour. This is an entry point for Prana or life energy into the body. An unhealthy spleen chakra results in the depletion of life energy and makes you susceptible to energy vampires – those who leave you drained after interacting with them.

## HEART

Located in the centre of your chest and governing the cardiovascular and lymphatic systems is the heart chakra. It resonates with the colours green and pink, symbolising the dual flow of love: both give and take. A balanced heart chakra allows your relationships to be mutually beneficial for yourself and others.

## HIGHER HEART

Whereas the heart chakra regulates one-on-one interactions, the higher heart, or the thymus chakra, explores the area of unconditional love for all of life. It opens you to have compassion for everyone. Use the colour pink or turquoise with this chakra.

## THROAT

Located in the centre of your throat is the blue energy centre that controls self-expression. A balanced throat chakra ensures you clearly express your thoughts and feelings truthfully to others, as well as understand what others are communicating back. This energy centre is also associated with the health of your respiratory system.

## ZEAL

The zeal chakra is located at the back of the neck at the base of the skull. This occipital area is referred to as the 'Mouth of God'. It governs inspired expression and divine truth through the voice. When balanced, it enhances clairvoyance, astral travel, improved dream recall, and telepathy. Magenta is the colour to focus on with this chakra.

## THIRD EYE

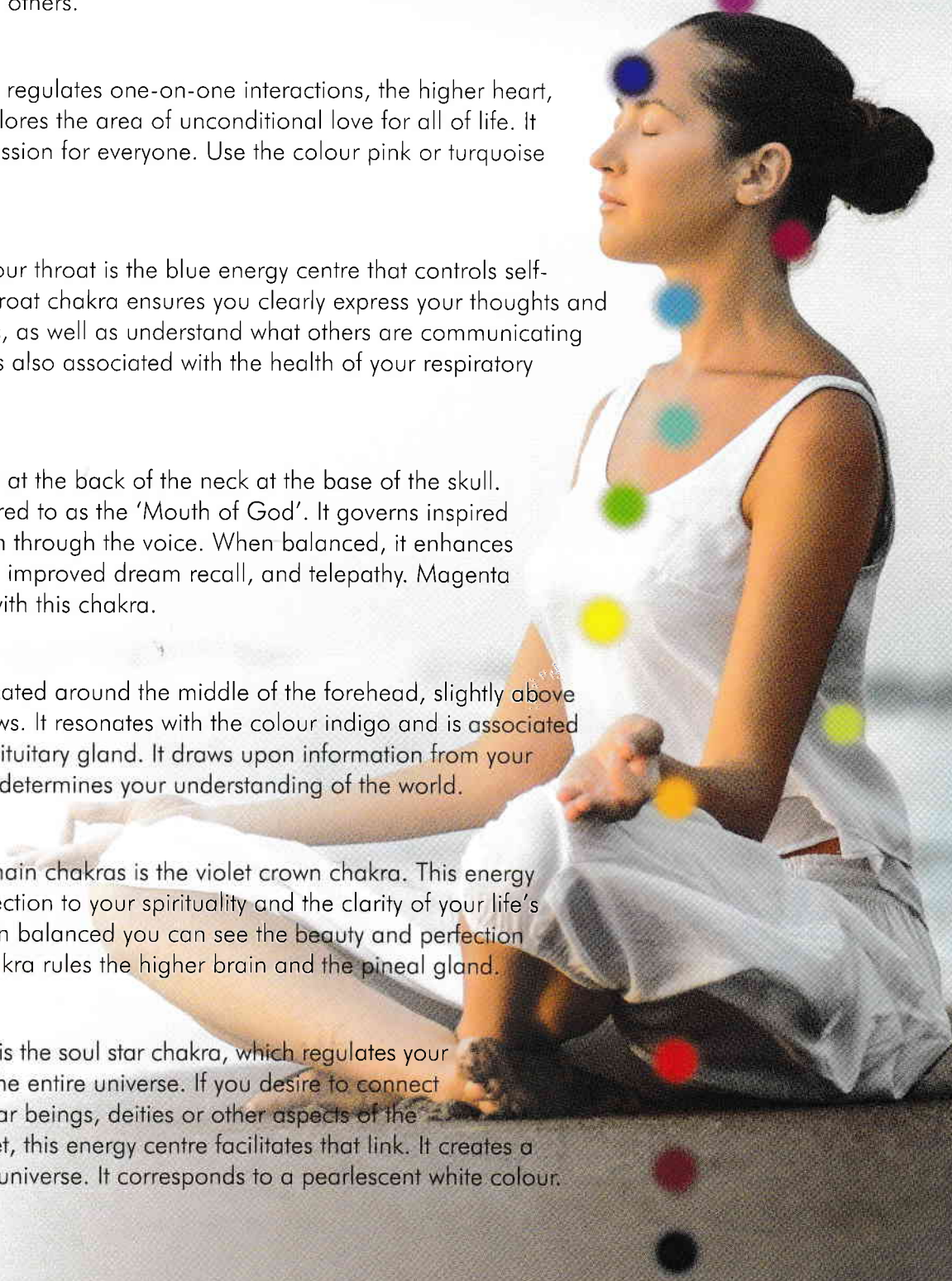
The third eye chakra is located around the middle of the forehead, slightly above the junction of the eyebrows. It resonates with the colour indigo and is associated with the lower brain and pituitary gland. It draws upon information from your intellect and intuition and determines your understanding of the world.

## CROWN

The highest of the seven main chakras is the violet crown chakra. This energy centre governs your connection to your spirituality and the clarity of your life's spiritual mission. and when balanced you can see the beauty and perfection in every situation. This chakra rules the higher brain and the pineal gland.

## SOUL STAR

Moving beyond the crown is the soul star chakra, which regulates your sense of connection with the entire universe. If you desire to connect with the angelic realms, star beings, deities or other aspects of the universe beyond our planet, this energy centre facilitates that link. It creates a sense of oneness with the universe. It corresponds to a pearlescent white colour.



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## FOOD MAGIC

Did you know you are already using plant magic each day with every meal? The vegetables, fruits, legumes and nuts, all gifted to you by plants, each contain different energies. Some foods possess the energy of abundance and invite that into your life. Others will gift love, wisdom or protection. Why not enhance meals or drinks by incorporating essential oils as an extra flavouring? Add essential oils to any dish, soup, sauce, raw food or baked good. You can flavour your water or other drinks, such as teas or juices, to bring in that extra magical element, which will help benefit you physically, mentally, emotionally, and spiritually.

A note on taking essential oils internally: not all essential oils are suitable to ingest. Refer to the guidance provided by each essential oil company and your health professional on what is right for you.

Food magic is an extraordinary area to dive into allowing you to layer and blend different essential oils together in food and drink. For instance, in raw chocolates and cacao elixirs, you can combine some of the spice oils with the citruses and maybe a resin. A soup or pasta dish can be enhanced with a melody of herb and seed oils. These layers heighten and magnify one another's effects.

Mother Nature is full of superfood treasures such as cacao, ashwagandha, cordyceps, and other medicinal mushrooms. Superfoods delight to commune with essential oils. Add both essential oils and superfoods to your meals. For example, consider creating a smoothie with both the superfood wheatgrass and Lime essential oil.

When adding essential oils to your dishes, maximise the effect by including good fats such as avocados, coconut, nuts, chia seeds or extra virgin olive oil. This will increase bioavailability of the essential oils and create ease with digestion.

There are many ways to dance and play with these essential oils in the kitchen. Once you are traversing the skies on this magical oily carpet ride, you will find there are myriad ways to introduce them into your daily meals.

On the following pages are some of our favourite cacao creations for you to experience.

## SACRED HEART ELIXIR

Use this in sacred circle, ceremony, self-love ritual or make small amounts to nurture you daily.

### STOVE TOP METHOD

Place all the ingredients in a medium saucepan over low heat. Heat to a slow simmer for 10 minutes, stirring regularly. Using a hand-held blender, blend until smooth. Pour into small heat-proof glasses or mugs to serve.

### THERMAL APPLIANCE METHOD

Place all the ingredients in your thermal appliance bowl. Heat for 8–10 minutes (heat 50°C, speed 4). Pour into small heat-proof glasses or mugs to serve.

Then drink with joy, peace and love in your own magical, ceremonial way. Breathe into your grateful heart and relish the bliss of this sacred elixir.

### INGREDIENTS

1 litre of your preferred nut/seed milk or a combination (500ml almond milk and 500ml coconut milk is lovely!)

250ml damiana tea, brewed from 1 tsp of damiana tea leaf in 250ml of boiling water then strained

$\frac{3}{4}$  cup organic, Peruvian cacao powder

$\frac{1}{4}$  cup maple syrup or honey (or to taste)

2 tbsp cacao butter

1 tsp vanilla powder or 1 vanilla bean, split

1 tsp maca powder

1 dried fig or 2 medjool dates, pitted; cut in quarters

1 pinch cayenne pepper

1 pinch Himalayan salt

2 drops Turmeric essential oil

2 drops Black Pepper essential oil

1 drop Copaiba essential oil

2 drops Cinnamon Bark essential oil

1 drop Cassia essential oil

2 drops Cardamom essential oil

6 drops Wild Orange essential oil



## ALCHEMY RAW CHOCOLATE RECIPE

### METHOD

To liquify coconut oil, place the coconut oil jar (lid on) in a bowl of hot, but not boiling water. Allow the jar to warm for a few minutes. To a new bowl, combine 1 cup of the liquidified coconut oil with remaining ingredients. Mix well to form a glossy mixture. Spoon or pour into chocolate moulds and refrigerate until set, approximately one hour.

Alternatively, line a baking tray with greaseproof paper. Pour the mixture onto the tray, smooth out evenly and refrigerate for approximately one hour. Chunk into pieces or cut into portions for serving.

Store raw chocolates in refrigerator or freezer.

### INGREDIENTS

1 cup organic coconut oil, liquified

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1/4–1/2 cup maple syrup or coconut syrup – you can adjust the sweetness to your taste

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1 cup organic, Peruvian cacao powder

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Pinch Celtic sea salt or Himalayan salt

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Choose one of the essential oil options from below

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### ESSENTIAL OIL OPTIONS

**ENLIVENING** – 4 drops of Peppermint essential oil

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**FORTITUDE** – 4 drops Lime essential oil, 2 drops Black Pepper essential oil and 2 drops Ginger essential oil

---

**JOIE DE VIVRE** – 2 drops Spearmint essential oil

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**JOY BUBBLES** – 6 drops Wild Orange essential oil

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**RESTFULNESS** – 6 drops Vetiver essential oil and 5 drops Lemon essential oil

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**SONG OF THE HEART** – 1 drop Frankincense essential oil and 1 drop Geranium essential oil

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**WARM HUG** – 2 drops Cardamom essential oil and 3 drops Tangerine essential oil

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## DIVINE UNION RAW CHOCOLATE

### METHOD

To liquify coconut oil, place the coconut oil jar (lid on) in a bowl of hot, but not boiling water. Allow the jar to warm for a few minutes. To a new bowl, combine 1 cup of the liquidified coconut oil with remaining ingredients. Mix well to form a glossy mixture. Spoon or pour into chocolate moulds and refrigerate until set, approximately one hour.

Alternatively, line a baking tray with greaseproof paper. Pour the mixture onto tray, smooth out evenly and refrigerate for approximately one hour. Chunk into pieces or cut into portions for serving.

Store raw chocolates in refrigerator or freezer.

### INGREDIENTS

1 cup organic coconut oil, liquified

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1/3 cup honey or coconut syrup, if vegan

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1/3 cup maple syrup

---

1 cup organic, Peruvian cacao powder

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Pinch Celtic sea salt

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2 drops Rose essential oil

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1 drop Hawaiian Sandalwood essential oil

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