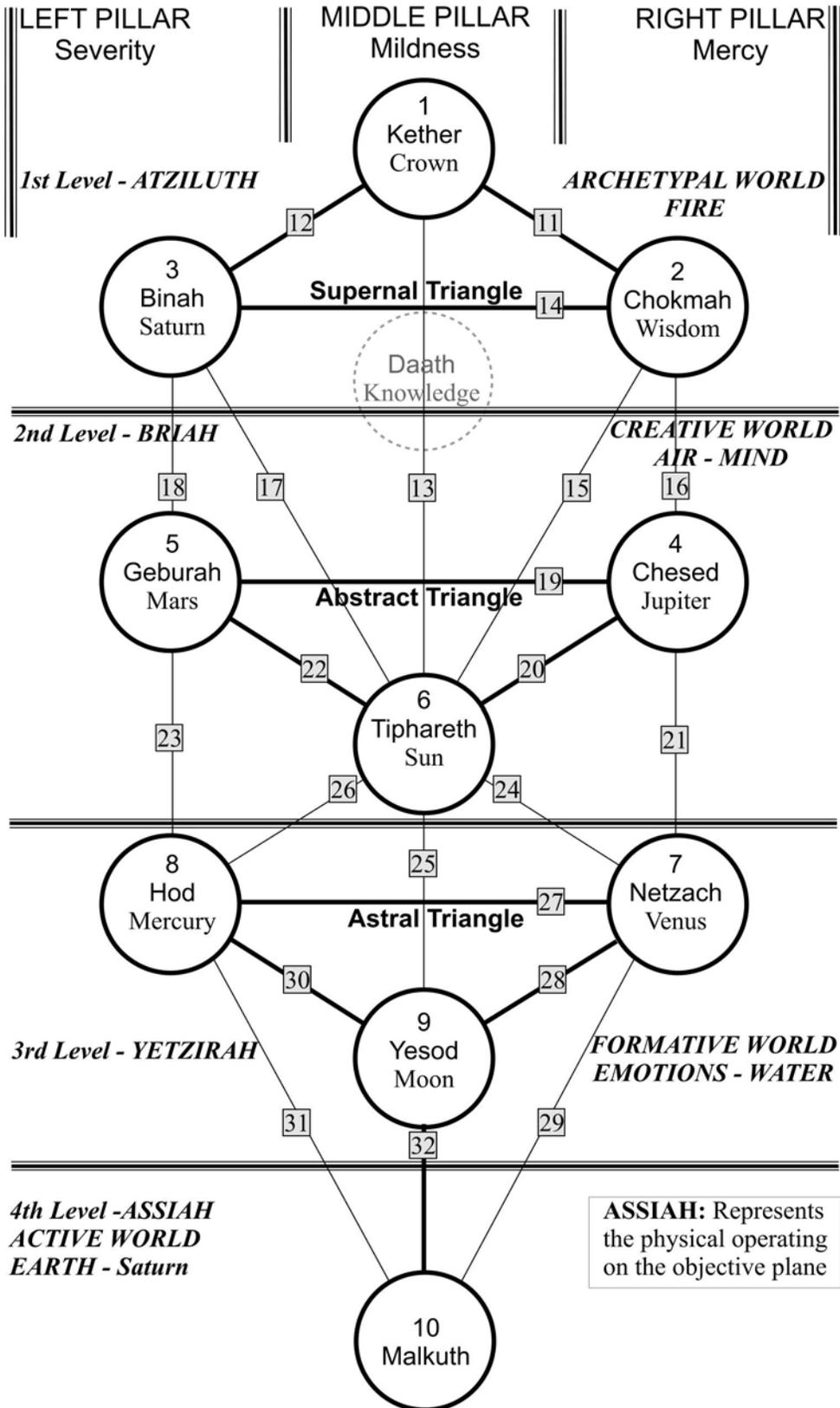


# TREE OF LIFE



## SCENTS

In “How Sound Can Change the World”, I related the four planes on the Tree of Life to consciousness, the four elements, and Archetypes. So far we have covered the affects of sound, which basically is from the Creative plane. However, in the discipline of color, which is represented by stones or crystals, the frequency of light is used. It is Atziluth or the Archetypal Plane as the most etheric or spiritual plane that equates to the highest frequency of light or color.

Nonetheless, I must emphasize that the most important thing to remember is that the four planes and Sephirot are both multileveled and dynamic. This is never so apparent as in the differences between the planetary assignments in respect to the disciplines of color and scent. To understand the reason for the differences, I think it may help to equate the four planes or levels to the five senses. Starting with the highest, as I said the Archetypal plane equates to light, and naturally represents the sense of sight. Obviously, the Creative plane as the representative of sound, equates to the sense of hearing. Two senses are equated with the third level, Yetzirah or the Formative plane, taste and smell.

At first, I wondered at assigning two senses to this plane, but when I remembered that scientists tell us that when we smell we actually taste the particles in the air, I could see how taste and smell were connected. Moreover, as it is believed that the strongest sense tied to memory is smell, then it made sense (no pun intended). This is because the formative plane is also known as the astral plane, which the Ancient Wisdom taught was the repository of all thoughts, feelings and acts.

Not surprisingly Assiah or the active plane represents the sense of touch. However, what did surprise me was learning that the sense of touch is linked to Atziluth or the Archetypal plane. In the discipline of color, which is manifested through crystals, I said the use of crystals for healing isn't receptive, but symbiotic, and that placing crystals on certain points of the body is for the intention of helping the individual to re-access the knowledge of how to heal themselves at the molecular level. The use of Essential Oils is the same, only at a different level. Essential Oils work through the Formative plane, which is also the emotional plane. The use of Essential Oils is designed to help the individual remember at a deeply subconscious level, any emotional trauma that might be causing their physical symptoms.

To sum up then: which planetary frequency assigned to a Sephirot is dependant on what level of consciousness is needed. Ultimately the Tree of Life needs to be seen in its entirety. To use an analogy, just as a house and its respective rooms structurally remain the same, despite how many times we redecorate and move or change the furniture; likewise, no matter which planets are assigned to the Sephirot, both the Tree of Life (house) and the Sephirot (rooms) remain the same

Essential oils are excess sunlight energy stored by plants, whose climate generally has a lot of sun but not much water, so the plants can't grow but instead saves this extra sunlight in the form of essential oils. Aromatic plants, catchers of light, unite with the heavenly night archetypes of the planets to create a blueprint to enhance the ancient wisdom. These planetary archetypes are seen in every culture around the world and many folks are ruled by these beliefs even though they don't realize it. By linking the light energy of the plants to the planetary frequencies of the heavens we create a blending of heaven and earth, uniting these polar energies, day/night, light /sound, yin/yang, active/passive. We can then use the essential oils to activate, harmonize, and revitalize our deep knowing with in our bodies of what our destiny is. The olfactory system is one of our primary senses and one that in recent years we have lost touch with due to over exposure of man-made chemicals. Many individuals have actually shutdown this sense to protect their physical being, but in doing so have also shut down a vibratory pathway that is needed to stay in harmony and balance. Essential oils are a way to reconnect with this lost sense and balance our whole being.



The planetary assignments come from a few resources:

The Art of Aromatherapy by Robert Tisserand

The complete Book of Incense, Oils and Brews by Scott Cunningham

Harmonic Essentials™ Planetary Oils Created by Donna Carey, co-founder of the **Acutonics® System of Healing**.

As you will notice many essential oils are found in a few categories and that is because each essential oil has a complex sacred signature that can be accessed under a variety of planets. As we work more with these oils I believe we will discover even more information on their sacred signatures.

Each Sephirot has an affinity with several different Astrological energies. Like the tuning forks, and stones or crystals, the Essential Oils has many levels, and the same oil can be used more than once, on different planes, and with different Sephirot. In respect to the Essential Oils, each Sephirot has what I refer to as Primary, meaning they have the greatest affinity with that particular Sephirot. The Secondary Oils will be covered the first time they appear.

The information below on the essential oils is from AnandaApothecary.com, *The Illustrated Encyclopedia of Essential Oils* by Julia Lawless on Aroma web, Essential 7.com, contributors on Wikipedia, and Mrs. M Grieve on Botanical.com.

The first Sephirot Kether has one Astrological element, the planet Uranus. The essential oils I use the most for Kether and Uranus are **Cedar-wood Virginiana** and **Maychang**. I also use **Melissa** or **Lemon Balm**, **Benzoin**, which is known as **Styrax**, **Sandalwood**, and **Palma Rosa**.

## KETHER – URANUS

### CEDARWOOD VIRGINIANA - Uranus



Cedar-wood, Virginia's Botanical Name according to Aroma web is *Juniperus virginiana*

The entry says this essential oil can be used for “Acne, arthritis, bronchitis, coughs, cystitis, dandruff, dermatitis; insect-repellant, (and) stress.”

**Red Cedar wood Virginia or Juniper (GNU) Quadell**

### MAYCHANG - Uranus



**May Chang's** Botanical Name according to Aroma web is *Litsea cubeba* The entry says this essential oil can be used for “Acne, and indigestion.”

**Maychang**

### MELISSA – Uranus



**Melissa** otherwise known as Lemon balm's Botanical name according to the entry on Wikipedia is (*Melissa officinalis*). The author warns us not to confuse Melissa “bee balm, *Monarda* species, is a perennial herb in the mint family Lamiaceae...Lemon Balm is also used medicinally as a herbal tea, or in extract form. It is claimed to have antibacterial, antiviral properties, and it is also used as a mild sedative or calming agent.

**Melissa or Lemon Balm**

The entry continues, “At least one study has found it to be effective at reducing stress, although the study's authors call for further research. Its antibacterial properties have also been demonstrated scientifically, although they are markedly weaker than those from a number of other plants studied.”

According to the web site AnandaApothecary.com, “The word ‘Melissa’ is Greek for ‘Honey Bee’, Melissa having been planted near bee hives to produce the most delicious honey. Melissa oil is considered one of the most powerfully medicinal essential oils in all of aromatherapy... Melissa was called the ‘elixir of life’ by Avicenna, the ancient Roman physician. The herb was associated particularly with nervous disorders, the heart, and emotions. Melissa was used for anxiety, melancholy, and to strengthen and revive the vital spirit.

To quote Kurt Schnaubelt in *Advanced Aromatherapy*, ‘The way in which melissa oil combines an excellent antiviral component with a soothing but pervasive sedative power is difficult to imagine; it has to be experienced. In its complexity, power, and gentleness, melissa oil perfectly illustrates how nature time after time works better than one-dimensional synthetic medicines.’”

### Benzoin - Uranus



Benzoin's botanical Name according to Aroma web is *Litsea cubeba*. The entry says this essential oil can be used for "Arthritis, bronchitis, chapped skin, coughing, laryngitis, (and) stress."

### Benzoin or Styrax

### Sandalwood - Uranus



Sandalwood's botanical Name according to Aroma web is *Santalum album*. The entry says this essential oil can be used for "Bronchitis, chapped skin, depression, dry skin, laryngitis, leucorrhoea, oily skin, scars, sensitive skin, stress, and stretch marks."

### Sandalwood (GNU) Kowloonese



### Palma Rosa (See Chesed and Jupiter) - Palmarosa

## CHOKMAH – CHIRON & PALLAS ATHENE

The second Sephirot, Chokmah has two Astrological elements assigned to it, the planetoid Chiron and the Asteroid Pallas Athene. Dealing with Chiron first, the essential oils I use the most for this Sephirot in respect to Chiron is **Lavandin**, **Myrrh** and **Thuja**. I also use **Geranium**, **Helichrysum** and **Lavender**. As for the Asteroid Pallas Athene, all the Asteroids are assigned seven Essential Oils, which I will cover later, but the one most appropriate for Pallas Athene is **Cedarwood Atlas**.

### Lavandin - Chiron



Lavandin's botanical Name according to Aroma web is *Lavandula hybrida*. The entry says this essential oil can be used for "Abscesses, asthma, blisters, boils, burns, cuts, cystitis, dry skin, dull skin, eczema, fatigue, insect bites, irritated skin, lice, muscle aches, scabies, shock, sores, sprains, strains, vertigo, (and) wounds."

### Lavandula Angustifolia

Lavandin as its botanical name implies is a hybrid. Apparently, *Lavandula hybrida* are a hybrid of Angustifolia and Spike lavender.

## Myrrh - Chiron



Myrrh's botanical Name according to Aroma web is *Commiphora myrrha*. The entry says this essential oil can be used for "Amenorrhea, athlete's foot, bronchitis, chapped skin, dysmenorrhea, gums, halitosis, hemorrhoids, itching, mouth, ringworm, and toothache."

According to AnandaApothecary.com, "Myrrh's first medicinal use was documented some 3700 years ago."

### Myrrh

The entry continues "Myrrh essential oil is highly prized for its healing and spiritual powers; the oil has one of the highest sesquiterpene contents - a compound which can directly affect the hypothalamus, pituitary and amygdaline. Myrrh oil alone, or in combination with Sandalwood and Frankincense can be used to anoint the 'third eye' as a meditation or yoga aid. The aroma of Myrrh essential can be uplifting and assist in spiritual opening - like Frankincense oil, Myrrh's effect on the central nervous system is a gentle and calming one, able to instill a deep tranquility of the mind.

As an ancient 'esoteric' magical herb, Myrrh is said to bridge Heaven and Earth, strengthening the connection between our crown and base chakras...As a 'Funeral' herb, Myrrh is said to ease grief and heal emotional wounds, bringing peace and calm. It's extraction from the solitary tree in the desert represents strength in harsh conditions.

Myrrh oil is found today in many oral hygiene products, being anti-infectious, anti-viral, and anti-inflammatory. It has been said to be one of the best treatments for mouth ulcers. Myrrh Oil may also have hormone like properties, and could be helpful in treating the absence of menstrual periods outside of pregnancy."

## Thuja - Chiron



*Thuja* according to an entry on Wikipedia "...is a genus of coniferous trees in the Cupressaceae (cypress family). There are five species in the genus, two native to North America and three from Eastern Asia.

### Thuja (GNU) MPF

They are commonly known as arborvitae (from Latin for *tree of life*), and some are colloquially known as cedars...The wood has been used for many applications from making chests that repel moths to shingles. Thuja poles are also often used to make fence posts and rails. The wood of *Thuja plicata* is commonly used for guitar soundboards.

The foliage of thujas is rich in Vitamin C, and was used by Native Americans and early European explorers as a cure for scurvy.

Oil of thuja can be used topically to aid in the treatment of HPV, genital or common warts. Thuja is a popular homeopathic remedy used to treat a variety of psychological and physiological conditions.

## Cedarwood Atlas – Pallas Athene



Cedarwood, Atlas's botanical Name according to Aroma web is *Cedrus atlantica*. The entry says this essential oil can be used for “Acne, arthritis, bronchitis, coughing, cystitis, dandruff; dermatitis, (and) stress.

According to AnandaApothecary.com, Cedarwood oil “...is recognized for its calming, purifying effects, and its benefits to the skin and underlying tissue.

### **Cedarwood Atlas**

The author of the entry adds, “Possibly related to its use as a spiritually grounding scent, the oil may stimulate the pineal gland, which releases melatonin (a regulator of sleep and dreams) as well as growth hormone. The limbic system (center of emotions) is also stimulated by the high sesquiterpene content. Cedarwood is used as temple incense by Tibetan Buddhists.

Cedar oil is considered fortifying and strengthening, being noted as a tonifier of the kidneys, spleen and pancreas. It is included in blends to enhance one's overall energy and to support adrenal function. Cedar can be blended in equal parts with Black Spruce and Pine oils to a 10% total concentration in Hazelnut oil - the blend should be applied on the lower back where it will be absorbed into the adrenal/kidney region. The cedar oil acts as a mild stimulant; the other oils are tonifying to the system, and can be used without the cedar for a purely regenerative effect. In ‘Aromatherapy Anointing Oils’ by Joni Keim and Ruah Bull, Cedar is noted as ‘One of the most powerful essential oils for subtle energy work, Cedarwood is grounding, clears away negativity and brings in positive energy. It promotes clarity of mind and invokes the presence and teachings of the Divine.’”

**Pallas Athene** as one of the **Asteroids** also has **Bergamot, Chamomile, Elemi, Lavender, Maychang** and **Neroli** assigned to it, but as none of these are primary to Pallas Athene, they are covered elsewhere. For now, I will return to Chiron and its secondary Essential oils.

### **Geranium - Chiron**



Geranium's botanical name according to Aroma web is: *Pelargonium graveolens*. The entry says this essential oil can be used for “Acne, cellulites, dull skin, lice, menopause, and oily skin.

### **Geranium (GNU) Stan Shebs**

### **Helichrysum – Chiron (See Tiphareth and the Sun) - Helichrysum**



### **Lavender – Chiron (See Chesed and the Asteroid Juno) - Lavender (GNU) Heron**



## **BINAH – SATURN, NEPTUNE & CERES**

The third Sephirot, Binah has three Astrological elements assigned to it, the planets Saturn and Neptune, and the Asteroid Ceres. Dealing with Saturn first, the essential oils I use the most for this Sephirot in respect to Saturn is Cypress, and Patchouli. I also use **Eucalyptus Globulus**, **Camphor** and **Myrrh**. As for the Planet Neptune, the primary oils are Angelica, Clary Sage and

**Petitgrain**, with the additional oils, **Lemon**, **Marjoram** and **Tangerine**. Finally the primary Essential oil for the Asteroid Ceres is **Elemi**.

### **Cypress - Saturn**



Cypress's botanical name according to Aroma web is *Cupressus sempervirens*. The entry says this essential oil can be used for "Excessive perspiration, hemorrhoids, menorrhagia, oily skin, rheumatism, and varicose veins."

**Cypress**

According to AnandaApothecary.com "In terms of Oriental medicine, the principal action of Cypress oil is to enliven and regulate the flow of blood. Part of this action depends upon its restorative, toning effect on the veins, a by-product of its overall astringent quality. The ability of Cypress oil to harmonize the blood makes it important oil for menstrual difficulties. It is one of the primary essential oils for both dysmenorrhea (menstrual pain) and menorrhagia (Excessive menstrual bleeding). Cypress may be combined with Clary Sage, Lemon, and Geranium and applied as a salve or ointment to varicose veins.

In addition to assisting the movement of blood, Cypress helps to circulate Qi-energy. A general detoxifying, decongesting essential oil, with wide-ranging actions Cypress supports the circulatory system, the nervous system and the inner ecology. It is anti-infectious, anti-bacterial, and antimicrobial. Cypress may also be useful for lymphatic congestion, rheumatic pain, asthma, strengthening the circulatory system, reducing cellulite, improving energy, reducing nervous tension, and decreasing benign cysts. In addition, Cypress is thought to lessen scar tissue including acne scars and is a wonderful addition to skin care products..."

### **Patchouli - Saturn**



Patchouli's botanical name according to Aroma web is *Pogostemon cablin*. The entry says this essential oil can be used for "Acne, athlete's foot, chapped skin, dermatitis, eczema, fatigue, frigidity, hair care, insect repellent, mature skin, oily skin, stress."

**Patchouli (GNU) Kurt Stueber**

### **Angelica - Neptune**



Angelica botanical name according to Aroma web is *Angelica archangelica*. The entry says this essential oil can be used for "Dull skin, exhaustion, gout, psoriasis, toxin build-up, and water retention."

**Angelica (GNU) Den Haag**

According to AnandaApothecary.com "There are over 30 different types of Angelica, but *Angelica archangelica* is the most commonly used medicinally. Known as the 'holy spirit root' or 'oil of angels', Angelica oil's healing powers were considered so strong as to be thought of

Divine origin by Europeans. Stems of the plant were chewed during the plague of 1660 to prevent infection; when burned, the seeds and roots were thought to purify the air...The Chinese use at least 10 types of Angelica, well known in Chinese medicine for promoting fertility, fortifying spirit and for treating female disorders in general – Angelica’s reputation for support is second only to Ginseng...Currently, Angelica is listed in the British Herbal Pharmacopoeia as a specific for bronchitis associated with vascular insufficiency.”



### **Angelica**

Evidently, Angelica is also “A circulatory stimulant,” and it may be useful in some cases for poor circulation in the lower extremities. Angelica has a long history of use in supporting respiratory conditions such as colds, coughs, and sinus problems. The fragrance of Angelica essential oil may help release negative feelings from traumatic events; it is emotionally calming...”

### **Clary Sage - Neptune**



Clary Sage’s botanical name according to Aroma web is *Salvia sclarea*. The entry says this essential oil can be used for “Amenorrhea, asthma, coughing, dysmenorrhea, exhaustion, gas, labor pains, sore throat and stress.”

**Clary Sage**

### **Petitgrain - Neptune**



Petitgrain or Myrtle leaved orange’s botanical name according to Aroma web is *Citrus aurantium*. The entry says this essential oil can be used for “Acne, fatigue, oily skin and stress.”

**Petitgrain or Myrtle leaved orange (GNU) Raul 654**

According to AnandaApothecary.com; “Petitgrain essential oil has been traditionally used in aromatherapy for acne, excessive perspiration, greasy skin and hair, and general toning of the skin. It is non-photosensitizing like other citrus oils can be. Petitgrain essential oil may also help dyspepsia and flatulence; further, it may support the nervous system in cases of insomnia, nervous exhaustion and other stress-related conditions...”

### **Elemi - Ceres**



Elemi’s botanical name according to Aroma web is *Canarium luzonicum*. The entry says this essential oil can be used for “Bronchitis, catarrh, extreme coughing, mature skin, scars, stress, and wounds.”

**Elemi**

Like **Pallas Athene**, **Ceres** as one of the **Asteroids** also has **Bergamot**, **Chamomile**, **Cedarwood Atlas**, **Lavender**, **Maychang** and **Neroli** assigned to it, but as none of these are primary to Ceres, as I said they are covered elsewhere. For now, I will return to Saturn and Neptune and their secondary Essential oils.

### **Eucalyptus Globulus - Saturn**



Eucalyptus Globulus's botanical name according to Aroma web is appropriately *Eucalyptus globulus*. The entry says this essential oil can be used for "Arthritis, bronchitis, catarrh, cold sores, colds, coughing, fever, flu, poor circulation, and sinusitis."

### **Eucalyptus (GNU) Fir0002**

According to AnandaApothecary.com "Of the 500 types of Eucalyptus tree species which yield an Essential Oil *Eucalyptus Globulus* is the most common for medicinal purposes due to it's high cineol (or eucalyptol) content...A traditional household remedy in Australia, the primary use of Eucalyptus essential oil is in support of respiration. It opens the bronchials and encourages oxygen uptake. Eucalyptus oil, when diffused, can kill much of the staphylococcus bacteria in a room, assisting in bacterial-mediated bronchial illness.

The oil of Eucalyptus can help expel mucus, and may be a supportive remedy for sinusitis, coughs, colds, sore throat, and all bronchial conditions. This essential oil has traditionally been used to treat infectious conditions accompanied by fever, including cholera, malaria, and typhoid...Beyond the respiratory system, Eucalyptus Oil may be helpful with sore joints, rheumatism, sore muscles and sprains..."

### **Camphor - Saturn**



Camphor's botanical according to the entry on Wikipedia is *Cinnamomum camphora*. Mrs. Grieve on Botanical.com says that "Camphor is used in medicine internally for its calming influence in hysteria, nervousness and neuralgia, and for serious diarrhea, and externally as a counter-irritant in rheumatism, sprains bronchitis, and in inflammatory conditions, and sometimes in conjunction with menthol and phenol for heart failure...Its great value is in colds, chills, and in all inflammatory complaints; it relieves irritation of the sexual organs."

### **Camphor**

### **Myrrh – Saturn (See Chokmah or Chiron) - Myrrh**



### **Lemon – Neptune (See Netzach or Venus) - Lemon**



### Marjoram - Neptune



Marjoram's botanical name according to Aroma web is *Origanum majorana*. The entry says this essential oil can be used for "Aching muscles, Amenorrhea, bronchitis, chilblains, colic, coughing, excessive sex drive, flatulence, hypertension, muscle cramps, neuralgia, rheumatism, sprains, strains, stress and ticks."

Marjoram (GNU) Raul 654

### Tangerine or Mandarin Orange - Neptune



Tangerine or Mandarin Orange's botanical name according to Aroma web is *Citrus reticulata*. The entry does not give any medicinal information as to the use of Tangerine oil, however, the web site Essential 7 says, "Tangerine essential oil is uplifting and refreshing and may help to soothe troubling emotions. Its scent often has a calming and sedating effect and may help to ease nervous tension."

Tangerine of Mandarin Orange tree (GNU) Allen Timothy Chang

According to AnandaApothecary.com "Tangerine essential oil is also thought to help the digestive system, reducing flatulence - possibly related to its anti-anxiety effects...In addition, tangerine can be beneficial to the skin, thought to help stretch marks and have a positive effect on cellulite...Like other citrus oils, tangerine may be photosensitizing, and should not be applied to skin that will be exposed to direct sunlight."



Tangerine

### DAATH – SEDNA

This non-Sephirot, Daath has only one Astrological element assigned to it, the recently discovered planet Sedna. Because of its newness, I know of only two essential oils associated with it, and they are both primary oils. The primary oils for Sedna and this non-Sephirot are Rosemary, and Elemi. The first, Rosemary is exclusive to Sedna, but Elemi is also the primary oil for the Asteroid Ceres.

### Rosemary – Sedna



Rosemary (GNU) Fir0002

Rosemary's botanical name according to Aroma web is *Rosmarinus officinalis*. The entry says this essential oil can be used for "Aching muscles, arthritis, dandruff, dull skin, exhaustion, gout, hair care, muscle cramping, neuralgia, poor circulation, and rheumatism."



Elemi – Sedna (See Binah and Ceres) – Elemi

## CHESED – JUPITER & JUNO

The fourth Sephirot, Chesed has two Astrological elements assigned to it, the planet Jupiter and the Asteroid Juno. Dealing with Jupiter first, the essential oils I use the most for this Sephirot in respect to Jupiter is Star Anise, and Palmarosa or Rose Geranium. I also use **Clove Bud**, **Nutmeg**, **Juniper Berry**, **Jasmine**, **Vetiver** and **Hyssop**. As for the Asteroid Juno, the primary oil is Lavender.

### Star Anise - Jupiter



According to the entry on Wikipedia, the Chinese name for Star Anise is “(...pinyin: *bājiǎo*, lit. “eight-horn”)...Star anise has been used in a tea as a remedy for colic and rheumatism, and the seeds are sometimes chewed after meals to aid digestion.”

Star Anise (GNU) Brian Arthur

Shikimic acid, a primary feedstock used to create the anti-flu drug Tamiflu, is produced by most autotrophic organisms, but star anise is the industrial source. Tamiflu is regarded as the most promising drug to mitigate the severity of bird flu (H5N1); however, reports indicate that some forms of the virus have already adapted to Tamiflu.”

### Palmarosa - Jupiter



Palmarosa’s botanical name according to Aroma web is *Cymbopogon martini*. The entry does not include any medicinal use for the oil, however on essential oils.com I learned that “Palmarosa oil calms the mind, yet has an uplifting effect, while clearing muddled thinking. It is used to counter physical and nervous exhaustion, stress-related problems and nervousness.”

Palmarosa

The entry continues, “It is most useful during convalescence and cools the body of fever, while aiding the digestive system, helping to clear intestinal infection, digestive atonia and anorexia nervosa. It is effective in relieving sore, stiff muscles.”

Evenso, I found the most comprehensive entry on Palmarosa on AnandaApothecary.com “Palmarosa essential oil and the dried herb are both used in Ayurvedic medicine. Palmarosa essential oil is recommended for neuralgia, lumbago, sciatica, and rheumatic pains. The herb is used to (treat) fevers, dyspepsia, and colitis.

In terms of traditional oriental medicine, Palmarosa oil is *cool* and *moist* in energy. Like both Rose and Geranium, Palmarosa clears *heat* and strengthens *yin-energy* (the body’s calming, moistening functions). It is thought beneficial to the skin because of its moisture balancing effects.

Palmarosa essential oil may be beneficial for candida, the cardiovascular system, circulation, digestion, infection,, nervous system, and rashes. It is valuable for all types of skin problems because it stimulates new cell growth, regulates oil production, moisturizes and speeds healing. Palmarosa’s most common application is in the treatment of skin challenges as well as in general skin care. Its ability to tonify the *yin* gives it a superb hydrating property. Palmarosa is helpful for dry, undernourished skin conditions. Palmarosa is cooling and anti-inflammatory making it applicable for wrinkles, dermatitis, eczema, and psoriasis. The oils anti-bacterial, anti-fungal,

and anti-viral properties make it indicated for a wide variety of skin infections, including acne, boils, shingles, and mycosis (fungal infections).

In addition “Palmarosa oil moisturizes the skin, while balancing the hydration levels and stimulating cell regeneration. It balances production of sebum, to keep the skin supple and elastic and is valuable for use with acne, dermatitis, preventing scarring, rejuvenating and regenerating the skin, as well as fighting minor skin infections, sore tired feet and athlete’s foot.” The entry summarizes the oil thus: “Palmarosa oil could be used with good effect on the skin, for nervous and stress-related problems and for the digestive system.”

### **Lavender - Juno**



Lavender (GNU) Fir0002

Lavender’s botanical name according to Aroma web is *Lavendula officinalis*. The entry says this essential oil can be used for “Acne, allergies, anxiety, asthma, athlete's foot, bruises, burns, chicken pox, colic, cuts, cystitis, depression, dermatitis, dysmenorrhea, earache, flatulence, headache, hypertension, insect bites, insect repellent, itching, labor pains, migraine, oily skin, rheumatism, scabies, scars, sores, sprains, strains, stress, stretch marks, vertigo and whooping cough.”

Like **Pallas Athene** and **Ceres, Juno** as one of the **Asteroids** also has **Bergamot, Chamomile, Cedarwood Atlas, Elemi, Maychang** and **Neroli** assigned to it, but as none of these are primary to Ceres, as I said they are covered elsewhere. For now, I will return to Jupiter’s secondary Essential oils.

### **Clove Bud – Jupiter (See Geburah and Pluto) -Clove (GNU) El Denis Conrado**



### **Nutmeg – Jupiter**



Nutmeg’s botanical name according to Aroma web is *Myristica fragrans*. The entry says this essential oil can be used for “Arthritis, constipation, fatigue, muscle aches, nausea, neuralgia, poor circulation, rheumatism, and slow digestion.”

Nutmeg

### Juniper Berry - Jupiter



Juniper Berry's botanical name according to Aroma web is *Juniperus communis*. The entry says this essential oil can be used for "Cellulitis, gout, hemorrhoids, obesity, rheumatism, toxin build-up."

Juniper Berry (GNU) Fir0002

### Hyssop - Jupiter



Hyssop's botanical name according to Aroma web is *Hyssopus officinalis*. The entry says this essential oil can be used for "Bruises, coughing, and sore throat."

Hyssop (GNU) Armin Jagel

Jasmine – Jupiter (See Yesod and the Moon) -Jasmine (GNU) Kurt Stueber



Vetiver or Vetiveria– Jupiter (See Malkuth or the Earth) -Vetiveria



## GEBURAH – MARS & PLUTO

The fifth Sephirot, Geburah has two Astrological elements assigned to it, the planets Mars and Pluto. Dealing with Mars first, the essential oils I use the most for this Sephirot in respect to Mars is **Ginger**, and **Black Pepper**. I also use **Clove Bud**, **Cinnamon**, **Coriander**, and **Basil**. As for Pluto, the primary oils are **Clove Bud** and **Ravensara**. I also use **Black Pepper**, **Cypress**, **Cumin**, and **Rosewood**.

### Ginger - Mars



Ginger's botanical name according to Aroma web is *Zingiber officinale*. The entry says this essential oil can be used for "Aching muscles, arthritis, nausea, and poor circulation."

Ginger (GNU) Sanjay Acharya

According to AnandaApothecary.com "Ginger has a long history of healing for its warming, digestion stimulating properties. In Chinese medicine, it is specified as a warming herb with affinity for the lungs and the intestines. In Ayurvedic cooking, it is added to dishes to enhance a meal's digestibility. Interestingly, ginger essential oil has been noted to assist other essential oils in reaching their target organs.

Ginger oil is traditionally used to alleviate motion sickness, and can be used as a general digestive tonic for upset stomachs. In the British Herbal Pharmacopoeia, is specifically indicated for flatulent intestinal colic. In aromatherapy literature, ginger oil is also noted as a carminative,

stimulant, rubefacient, aperative, stomachic, antiseptic, general tonic, febrifuge and analgesic. Ginger essential oil has also been indicated for improvement of circulation in the joints and muscles, possibly helping arthritis, rheumatism and general aches and pains...Ginger is also noted as a sexual tonic - Women in Senegal weave ginger root in the belts of their mates to increase sexual potency.



**Ginger**

### **Black Pepper - Mars**



Black Pepper's botanical name according to an entry on Wikipedia is *Piper nigrum*. The entry says "Black peppercorns figure in remedies in Ayurveda, Siddha and Unani medicine in India. The 5th century *Syriac Book of Medicines* prescribes pepper (or perhaps long pepper) for such illnesses as constipation, diarrhea, earache, gangrene, heart disease, hernia, hoarseness, indigestion, insect bites, insomnia, joint pain, liver problems, lung disease, oral abscesses, sunburn, tooth decay, and toothaches...Pepper has long been believed to cause sneezing; this is still believed true today..."

**Black Pepper**

According to AnandaApothecary.com "Black pepper has been used since antiquity in the culinary and healing arts. Indian monks had been prescribed seven to nine peppercorns a day in times of distant traveling - apparently it is a great energizer! In Chinese medicine, white pepper, from the fully ripened fruit, is used to treat malaria, cholera, dysentery, diarrhea and other digestive problems. In Greece it is used for fever and to support the stomach. The essential oil is noted specifically for its action for digestive complaints - it is a powerful digestive stimulant and remedy for dyspepsia, flatulence, and nausea and appetite loss.

Black pepper essential oil is good in warming liniment formulas - for aches and pains, along with poor circulation in muscles and joints; it is thought to combine well with Basil oil for this application. It is included in many massage blends to increase blood flow, and may also actually stimulate blood production as a tonic for the spleen.



**Black Pepper**

### **Clove - Pluto**



Clove's botanical name according to Aroma web is *Eugenia caryophyllata*. The entry says this essential oil can be used for "Arthritis, asthma, bronchitis, rheumatism, sprains, strains, and toothache."

**Clove Eugenia (GNU) El Denis Conrado**

According to AnandaApothecary.com, "Clove essential oil is strongly antimicrobial, antiseptic, haemostatic and anti-inflammatory. Because of its strong anti-parasitic action, Clove is also included in Dr. Hulda Clark's protocol for elimination of parasites from one's own digestive system...eugenol (clove oil's primary component) was sufficient to kill the tuberculosis bacillus.



Clove oil is also commonly used for numbing tooth pain, and may be effective in speeding the healing of mouth and gum sores. Clove oil can also be used to assist breaking of tobacco addiction by placing a drop on the tongue with one's finger."

**Clove Bud**

**Ravensara - Pluto**



According to an entry on the website Essential 7.com Ravensara's botanical name is *Ravensara aromatica*. The website says Ravensara can be "...used for respiratory problems, cuts, wounds, liver and lung infections, rhinopharyngitis, flu, sinusitis, viral hepatitis, cholera, herpes, mononucleosis, insomnia, muscle fatigue, frigidity, headaches, nausea, nervous tension, colds, coughs, fever, cold sores, shingles and burns."

**Ravensara (GNU) Sten Porse**

The entry continues "Ravensara has been used in Madagascar for generations for its tonic and anti-viral properties, its essential oil, have moreover proved to be a great anti-stress. It is well known as an active virus and retrovirus fighter and for recovering healthy breathing..."

**Cinnamon - Mars**



Cinnamon's botanical name according to Aroma web is *Cinnamomum zeylanicum*. The entry says this essential oil can be used for "Constipation, exhaustion, flatulence, lice, low blood pressure, rheumatism, scabies, and stress."

**Cinnamon**

**Coriander - Mars**



Coriander's botanical name according to Aroma web is *Coriandrum sativum*. The entry says this essential oil can be used for "Aches, arthritis, colic, fatigue, grout, indigestion, nausea, and rheumatism."

**Coriander**

According to AnandaApothecary.com, "Coriander is mentioned in all the medieval medical texts, by the Greeks, in the Bible, and by early Sanskrit writers. Indigenous to the Holy land, Coriander was compared by the Ancient Hebrews to the manna provided by God to the Children of Israel and was one of the bitter herbs eaten during Passover. The Ancient Egyptians believed it to be the 'secret to happiness' and combined it with fresh garlic in wine to be drunk as an aphrodisiac. In fact, Coriander seeds were found in the tomb of Ramses II.

The seeds and leaves are widely used in Ayurvedic medicine. A featured herb used in Traditional Chinese Medicine as a tonic of the Stomach and Heart, the herb in Ancient China was thought to

promote longevity and ease pain. Traditionally classified as an herb of protection, Coriander oil imbues a feeling of peace, security, and steadfastness all of which are related to the earth element.

Energetically, Coriander oil is warm and dry in nature sharing many of the same digestive, carminative properties as other essential oils distilled from Umbelliferae plants; caraway and fennel included...Similar to Cardamom, Coriander seed oil strengthens the function of the Spleen-pancreas and Stomach, and therefore invigorates the intellect. Coriander essential oil may help with respiratory infections, gout, measles, and skin conditions (acne, psoriasis, and dermatitis).

Coriander assists in circulating Qi-energy in the Stomach and inner ecology making it an excellent digestive antispasmodic that is useful in instances of poor appetite, indigestion, nausea, and flatulence. It can also assist in circulating the Qi and dispersing of cold in cases of painful obstruction-the energetic condition now described as osteoarthritis, neuralgia, and rheumatic pain as well as muscle aches and pains.



**Coriander**

Due to its estrogen content, Coriander oil may regulate and help control pain related to menstruation. Fortifying both the Qi and the nerves, the oil is indicated for general debility, mental fatigue, and nervous exhaustion as well as headaches and various other generalized stress patterns.”

### **Basil - Mars**



**Basil**

Basil’s botanical name according to Aroma web is *Ocimum basilicum*. The entry says this essential oil can be used for “Bronchitis, colds, coughs, exhaustion, flatulence, flu, gout, insect bites, insect repellent, muscle aches, rheumatism, and sinusitis.”

According to AnandaApothecary.com “The oil’s capability to improve memory and sharpen the mind has been praised in India since old. Basil’s possible neuro-regulating properties make it an excellent choice for support of mild nervous disorders, stress and anxieties. It is noted as a natural nerve tonic, with the ability to be stimulant and/or restorative depending on the body’s needs. In ‘Aromatherapy - Scent and Psyche’, Peter Damian states: ‘the nervine properties effectually stimulate the sympathetic nerves and strengthen the adrenal cortex. Basil has cerebrospinal effects as well. It is therefore frequently recommended for numerous nervous afflictions, including epilepsy and paralysis...Its versatility as a psychotherapeutic agent having homeostatic effects makes basil particularly valuable as a remedy for assorted psychological or psychosomatic complaints.’ The sweet and herbaceous uplifting aroma can both lift one from melancholic depression and bring clarity to a confused mental state.

Basil is also noted as an emmenagogue (induces menstruation) and antispasmodic; this combination may make it useful in a compress or bath for reducing menstrual pain. It’s anti-spasmodic and stimulating properties make it an excellent addition to massage blends for relieving fatigue, particularly in combination with Black Pepper oil.



In the 16th century, powdered leaves of Basil were inhaled to treat migraines and chest infections. It is used in Ayurveda for respiratory conditions like bronchitis, coughs and colds - and also as an antidote to venomous bites

This oil can be a muscle relaxant, provides relief from insect bites, and is stimulating to the olfactory system..."

**Basil**

**Black Pepper – Pluto (See Geburah and Mars) - Black Pepper**



**Cypress – Pluto (See Binah and Saturn) -Cypress**



**Cumin - Pluto**



Cumin’s botanical name according to its entry on Wikipedia is *Cuminum cyminum*. The entry on Botanical.com provided the most information about this essential oil. According to Mrs. Grieve Cumin can be used as a “Stimulant”, an “antispasmodic”, and a “carminative.” She adds, “...Formerly Cumin had considerable repute as a corrective for the flatulency of languid digestion and as a remedy for colic and dyspeptic headache. Bruised and applied externally in the form of a plaster, it was recommended as a cure for stitches and pains in the side caused by the sluggish congestion of indolent parts, and it has been compounded with other drugs to form a stimulating liniment.”

**Cumin**

**Rosewood - Pluto**



Rosewood’s botanical name according to Aroma web is *Aniba rosaeodora*. The entry says this essential oil can be used for “Acne, colds, dry skin, dull skin, fever, flu, frigidity, headache, oily skin, scars, sensitive skin, stress, and stretch marks.”

**Rosewood**

## TIPHARETH – SUN & VESTA/HESTIA

The sixth Sephirot, Tiphareth has two Astrological elements assigned to it, the Sun and the Asteroid Vesta or Hestia. Dealing with the Sun first, the essential oils I use the most for this Sephirot in respect to the Sun is **Helichrysum**, **Sweet Orange** and **Neroli**. I also use **Cedarwood Atlas**, **Frankincense**, **Grapefruit**, **Lime** and **Myrrh**. As for the Asteroid Vesta or Hestia, the primary oil is **Bergamot**.

### **Helichrysum – the Sun**



Helichrysum's botanical name according to Aroma web is *Helichrysum Angustifolia*. The entry says this essential oil can be used for "Abscesses,acne, boils, burns, cuts, dermatitis, eczema, irritated skin, wounds, and wounds."

**Helichrysum**

### **Sweet Orange – The Sun**



Sweet Orange's botanical name according to Aroma web is *Citrus sinensis*. The entry says this essential oil can be used for "Colds, constipation, dull skin, flatulence, flatulence, flu, gums, mouth, slow digestion, and stress."

**Sweet Orange (GNU) Ellen Levy Finch**

According to AnandaApothecary.com "Sweet Orange Essential Oil is the oil produced from the fruit of the Orange tree -

Traditional uses of Orange Oil include calming palpitations, using in a steam inhaler for bronchitis, and has been reported as helpful for the skin if used in the smallest quantities. It has also been touted as anti-tumoral, anti-inflammatory and as an anti-coagulant that may improve circulation. In Chinese medicine the dried sweet orange peel is used to treat coughs, colds, anorexia and malignant breast sores. Other traditionally indicated actions include anti-inflammatory, antiseptic, bactericidal, carminative, choleric, digestive, fungicidal, hypotensive, nervous sedative, stomachic, and overall tonic.



**Sweet Orange**

### **Neroli or Orange Blossom – The Sun**



Neroli's botanical name according to Aroma web is *Citrus aurantium*. The entry says this essential oil can be used for "Depression, frigidity, insomnia, mature skin, scars, shock, stress, and stretch marks."

**Neroli (GNU) Utilisateur Foe Nyx**

According to AnandaApothecary.com "The essential oil is both a sedative and overall tonic to the nervous system, and can be beneficial for most disorders of an emotional origin. The oil has been said to treat heart palpitations, relieve insomnia and reduce nervousness...Neroli Essential Oil can be tried as a tonic for the female reproductive system, for relief of menstrual cramps...The anti-bacterial, anti-parasitic and anti-spasmodic properties of Neroli oil make it possibly supportive for intestinal disorders. Again, use in a bath or dilute and massage into the abdomen. The oil has also been



reported to support skin regeneration; it can be particularly beneficial for mature and sensitive skin.

The aroma of Neroli has been reported to successfully treat nervous depression and shock; it is relaxing to the body and spirit, and may bring relief in seemingly hopeless situations...”

**Neroli**

**Bergamot – Vesta or Hestia**



Bergamot’s botanical name according to Aroma web is *Citrus bergamia*. The entry says this essential oil can be used for “Acne, abscesses, anxiety, boils, cold sores, cystitis, depression, halitosis, itching, and loss of appetite, oily skin, psoriasis, and stress.”

**Bergamot**

According to AnandaApothecary.com “Bergamot stimulates the pancreas and the liver in some people, has shown anti-microbial effects in some studies, especially on the bronchies, and may offer support in cases of slow digestion and hypertension. As a natural skin toner and detoxifier it may prevent premature aging of skin and may have excellent effects on oily skin conditions and acne for some individuals. Because of its phototoxicity, care should be taken to apply to skin areas, which will not be exposed significantly to sunlight in the following 72 hours...”

Bergamot oil is foremost traditionally considered a miraculous neuro-tonic and a powerful helper against depression caused by fatigue or unreleased tensions and frustrations. Bergamot is added to many essential oil blends, which have been created to bring mental clarity. As noted by Gabriel Mojay in ‘Aromatherapy for Healing the Spirit’, ‘Bergamot oil’s psychological action depends on its ability to disperse stagnant Chi. This condition can manifest as tension, irritability, and frustration, and if never released or processed, can eventually lead to depression...Bergamot helps us to relax and let go.’”

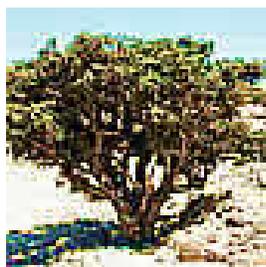


**Bergamot**

**Cedarwood Atlas – The Sun (See Chokmah and Pallas Athene) -Cedarwood Atlas.**



**Frankincense – The Sun**



Frankincense’s botanical name according to Aroma web is *Boswellia carterii*. The entry says this essential oil can be used for “Anxiety, asthma, bronchitis, extreme coughing, scars, stress, and stretch marks.”

Mrs. Grieve also has some interesting thing to say about Frankincense. She says, “It is stimulant, but seldom used now internally, though formerly was in great repute. Pliny mentions it as an antidote to hemlock. Avicenna (tenth century) recommends it for tumors, ulcers, vomiting, dysentery and fevers. In China it is used for leprosy.”

**Frankincense**

According to AnandaApothecary.com “The spirit of the sacred and of meditation has surrounded Frankincense essential oil for ages; its special mindset is ‘vertical’, like smoke rise to the heavens. Resins and their oils have always been associated with fumigation and purification. Frankincense oil has the power to uplift human awareness to that ‘other’ level by freeing the nerves from excessive tension, allowing us to focus on the underlying transcendental unity of our inner Self.

Frankincense oil is linked to the psyche, which in Greek also means ‘breathing’. It deepens and revitalizes the breath and adds to these effects its excellent immunostimulant properties. In skin care, frankincense oil reveals its balsamic nature through its miraculous wound healing properties. Astringent and anti-inflammatory, it is traditionally used to treat scar tissue and skin ulcers, and nourishes dry and prematurely aging skin. Its anti-depressant, euphoric qualities are used in psycho-aromatherapy to treat anxiety & nervous tension. “



**Frankincense**

**Grapefruit – The Sun**



Grapefruit’s botanical name according to Aroma web is *Citrus paradisi*. The entry says this essential oil can be used for “Cellulitis, dull skin, toxin build-up, and water retention.”

**Grapefruit**

According to AnandaApothecary.com “Grapefruit essential oil is cold-pressed from the rind of ripe grapefruit...Like essential oil of Lemon, grapefruit is cooling, cleansing, and decongestive, and can be beneficial for an overheated liver and sluggish lymph system.

Like many of the citrus oils, it has a unique 'fat dissolving' characteristic. This is the essential oil most noted for use in reducing cellulite...It is also very useful for cleansing oily skin and helping with acne due to its astringent nature...

Grapefruit oil may also be helpful with rheumatic conditions where the joints feel warm and swollen, and a burning sensation accompanies the pain.

On psychological and emotional levels, grapefruit is noted to assist in cases of depression where one may tend to overindulge in food or chemicals to pacify their pain. The oil may clear the psychological ‘heat’ and congestion that result from self-criticism and blame, promoting a lightness of spirit...Grapefruit essential oil is a ‘releasing’ oil -- so personalities that tend to harbor resentment or keep emotions bottled up can benefit from inhaling this oil.”

**Lime – The Sun**



Lime’s botanical name according to Aroma web is *Citrus aurantifolia*. The entry says this essential oil can be used for “Acne, asthma, chilblains, colds, dull skin, flu, and varicose veins.”

**Lime**



**Myrrh – The Sun (See Chokmah and Chiron) - Myrrh**

## NETZACH – VENUS

The seventh Sephirot Netzach has only one Astrological element, the planet Venus. The essential oils I use the most for this Sephirot is **Rose Damask or Rose Otto**, **Lemon** and **Ylang Ylang**. I also use **Chamomile - Roman** or **German**, **Geranium**, **Myrtle**, **Rose Geranium**, **Rose Otto** and **Vetiver**.

### **Rose Damask or Rose Otto – Venus**



Rose Damask or Rose Otto's botanical name according to Aroma web is *Rosa damascena*. The entry says this essential oil can be used for "Depression, eczema, frigidity, mature skin, menopause, and stress."

**Rose Damask**

According to AnandaApothecary.com "... It is the Bulgarian 'damask' Rose, cultivated since the 16th century, which is considered to produce the finest quality essence..."

Rose oil is a gentle tonic for the heart, with the key to Rose's psychological properties being its effect on the center of emotional being. Rose calms and supports the heart, helping to nourish 'heart-yin' and restore a sense of well-being. The flower has been considered great in its ability to heal emotional wounds by bringing warmth to the soul...

Rose essential oil - or Rose Otto: Steam distilled essential oil of rose petals is a great luxury. Otto is the term used to differentiate the steam-distilled variety from the 'Absolute'. This otto is bright, alive, and richly floral. It is from the Bulgarian 'damask' Rose, cultivated since the 16th century, which is considered to produce the finest quality essence. The Rose Absolute is deeper - more middle note than high - both are intriguing... There is perhaps no better essential oil for women and men than Rose oil for use in treating conditions of the reproductive system. It is highly valued in formulas for mature, dry and sensitive skin, and its tonic action on the heart appears to help relieve cardiac congestion, improve sluggish circulation, and tone the capillaries."



**Rose Otto**

### **Lemon – Venus**



**Lemon**

Lemon's botanical name according to Aroma web is *Citrus limon*. The entry says this essential oil can be used for "Athlete's foot, chilblains, colds, corns, dull skin, flu, oily skin, spots, varicose veins, and warts."



**Lemon**

According to AnandaApothecary.com "In addition to its uplifting and clarifying nature, emotionally, lemon is considered an opener of the heart. It is said to alleviate fears of losing oneself, bringing trust and security."

Lemon essential oil has been shown to eliminate many types of bacteria... In many European countries, the oil is considered somewhat of a 'cure all', particularly with infectious illness. Lemon also serves well as an insect repellent, alone or in blends.

### **Ylang Ylang – Venus**



Ylang Ylang's botanical name according to Aroma web is *Cananga odorata*. The entry says this essential oil can be used for "Anxiety, depression, frigidity, hypertension, palpitations, and stress."

**Ylang Ylang**

### **Chamomile – Venus (See Yesod and the Moon) - Chamomile**



### **Cypress – Venus (See Binah and Saturn) Cypress**



### **Geranium – Venus (See Chokmah and Chiron) -Geranium (GNU) Teemu Maki**

### **Myrtle - Venus**



Myrtle's botanical name according to Aroma web is *Myrtus communis*. The entry says this essential oil can be used for "Asthma, coughs, and sore throat."

**Myrtle**

### **Rose Geranium - VENUS**



Rose Geranium's botanical name according to Aroma web is *Pelargonium roseum*. The entry says this essential oil can be used for "Acne, cellulites, dull skin, lice, menopause, and oily skin."

**Rose Geranium**

According to AnandaApothecary.com "Rose Geranium Oil is a toner of great amplitude and strength...A spicy rose that alleviates fears and gives back life force and joy, Geranium may be particularly capable of revitalizing female energies, especially during menopause. A special noteworthy property of Geranium is to help in cases of edema for some individuals. Warming and purifying, Geranium (according to some aromatherapists) has excellent regenerative properties for the liver and spleen and enhances circulation.

Therapeutic grade Rose Geranium essential oil's touted ability to interfere positively with fat metabolism makes it a good possible choice against cellulite. Known as astringent, detoxifying and regenerative, Geranium oil may be one of the best oils for diverse skin problems, such as oily or congested skin, inflammations, eczema, broken capillaries, varicose veins, dermatitis and is possibly effective to prevent premature aging skin. It may, when applied topically, soothe pain in the breasts before and during menstruation. It is also thought highly active against *Candida albicans* without affecting bacterial flora. Further, it is noted to stop bleeding, and stimulate functions of both the liver and pancreas.



Geranium oil may act to balance hormone levels and as a mild, refreshing stimulant. It is noted by Valerie Worwood many times as a great traveler’s companion oil, used upon arrival in a new local in a bath to refresh after a long journey.

**Rose Geranium**

**Vetiver – Venus (See Malkuth and the Earth) - Vetiver**



## HOD – MERCURY

The eighth Sephirot Hod, like Netzach has only one Astrological element, the planet Mercury. The essential oils I use the most for this Sephirot is **Cardamom** and **Clary Sage**. I also use **Basil - Clove, Eucalyptus, and Peppermint.**

### **Cardamom - Mercury**



Cardamom’s botanical name according to Aroma web is *Elettaria cardamomum*. The entry says this essential oil can be used for “Appetite (loss of), colic, fatigue, halitosis, and stress.”

**Cardamom**

According to AnandaApothecary.com, “Gabriel Mojay in ‘Aromatherapy for Healing the Spirit’ says, ‘Psychologically...cardamom is indicated for problems associated with the Earth Element: for poor concentration, overthinking, and worry - especially where there is a degree of nervous exhaustion.’

It is listed in the British Herbal Pharmacopoeia as a ‘specific’ for flatulence and dyspepsia. Cardamom oil may relieve spasm, making it possibly beneficial for colitis, irritable bowel syndrome, indigestion and cramps. Cardamom oil may be of benefit where the digestive system is affected by nervous tension. It is noted, like black pepper essential oil, to be a powerful digestive stimulant. In addition, Cardamom oil can relieve nausea and may be useful for morning sickness in pregnancy for some mothers-to-be.

Cardamom oil is also noted for its antiseptic properties, and may stimulate phagocytic action of the immune system. It is also thought to be supportive of the nervous system and could be useful in massage blends addressing sciatica.”



**Clary Sage – Mercury (See Binah and Neptune) – Clary Sage (GNU) Kurt Stueber**

**Basil – Mercury (See Geburah and Mars) - Basil**



**Clove (See Geburah and Pluto) - Clove**



### **Eucalyptus – Mercury**



Eucalyptus's botanical name according to AnandaApothecary.com is *Eucalyptus radiata*. The entry says, "The 'Narrow Leaf' or *Radiata* Eucalyptus Oil...may be highly effective in treating coughing, sniffles, and a horse or scratchy throat for some people."

#### **Eucalyptus**

The entry continues, "This therapeutic grade Eucalyptus oil is also known as gray Eucalyptus or gray peppermint Eucalyptus. Dr. Kurt Schnaubelt, in *Advanced Aromatherapy*, calls Eucalyptus radiata the number 1, all purpose Eucalyptus oil. The oil is cooling, camphoraceous, stimulating and fresh, with a bright top note. The oil and leaves of Eucalyptus are a traditional folk remedy of Australia, with the leaves of the tree being smoked like tobacco to improve asthmatic conditions. Eucalyptus essential oil is even effective as an insect repellent.

As one of the best remedies for the respiratory system, it is antiseptic, expectorant and antispasmodic. One of its main components, Eucalyptol, is found in many over-the-counter cold remedies...Eucalyptus oil is also noted in the aromatherapy literature as having anti-viral properties, in addition to it's action as an anti-microbial..."

### **Peppermint - Mercury**



Peppermint's botanical name according to Aroma web is *Mentha piperita*. The entry says this essential oil can be used for "Asthma, colic, exhaustion, fever, flatulence, headache, nausea, scabies, sinusitis, vertigo."

#### **Peppermint (GNU) Sten Porse**

## **YESOD – MOON**

The ninth Sephirot Yesod, like Netzach and Hod has only one Astrological element, the Moon. There is only one main essential oil for this Sephirot, **Jasmine**. However, there are several others I use, **Pine Needle, Geranium, Lavender, Lemon, and Sandalwood**. In addition, Yesod is where I will deal with **Chamomile**, both **German** and **Roman**.

### **Jasmine – Moon**



Jasmine also has two subspecies, but first Jasmine's botanical name according to Aroma web is *Jasminum officinalis*. The entry says this essential oil can be used for "Depression, dry skin, exhaustion, and labor pains, and sensitive skin..."

#### **Jasmine (GNU) Kurt Stueber**

One of the subspecies for Jasmine is also known as Jasmine Absolute. AnandaApothecary.com says, "...Jasmine has been nicknamed 'Queen of the Night' and 'Moonlight of the Grove'; for centuries, women have treasured it for its seductive, beautiful fragrance. Jasmine oil is uplifting

and stimulating for times of hopelessness and nervous exhaustion. It helps reduce anxiety and apathy, and can increase excitability when worn as a perfume.

Jasmine oil may be beneficial for dry, greasy, or oily skin. It may help with eczema when caused by stress, frigidity, labor pains, laryngitis, lethargy, menstrual pain and problems.”



The other Jasmine’ botanical name is *Jasminum sambac* AnandaApothecary.com adds, “It is most highly valued in aromatherapy for its euphoric, sensual qualities. Long considered an aphrodisiac oil, Jasmine is indicated when fear, vulnerability, or anxiety could be preventing an open heart and mind...”

**Jasmine**

### **Pine Needle – The Moon**



Pine Needle’s botanical name according to Aroma web is *Pinus sylvestris*. The entry says this essential oil can be used for “Colds, coughing, flu, rheumatism, and sinusitis.”

**Pine Needle**

Pine Needle essential oil, according to AnandaApothecary.com “...was investigated by Hippocrates, considered the father of Western medicine, for its beneficial effects on the respiratory system. The oil has been noted for its anti-septic properties - Native Americans stuffed bedding with pine needles to repel lice and fleas.

Pine oil has been used for sore joints and muscles, and shares many of the same properties of Eucalyptus Globulus...The influence is thought to ease mental stress and anxiety, remove unwanted odors, and revitalize the mind and body. This species of pine is noted by Dr. Kurt Schnaubelt as an important addition to blends for rejuvenating the adrenal glands...”

### **Chamomile – The Moon**



The Genus Chamomile’s botanical name according to Aroma web is *Matricaria chamomilla*. The entry says this essential oil can be used for “Abscesses, allergies, arthritis, boils, colic, cuts, cystitis, dermatitis, dysmenorrhea, earache, flatulence, hair, headache, inflamed skin, insect bites, insomnia, nausea, neuralgia, PMS, rheumatism, sores, sprains, strains, stress, wounds.”

**Chamomile**

As I said, there are two subspecies of Chamomile, German and Roman. Dealing with the Roman first, AnandaApothecary.com says German Chamomile “The cooling, harmonizing effects of German Chamomile make it a first choice oil against nervous tensions, migraine and all kinds of stress related disturbances. The herb has a long-standing medicinal tradition, particularly in Europe, for ‘all states of tension and the visceral symptoms that can arise therefrom, such as nervous dyspepsia and nervous bowel, tension headaches, and sleeplessness; especially useful for all children’s conditions, calming without depressing...’ (from Mills, S.Y. - *The A-Z of Modern Herbalism*).

German or ‘Blue’ Chamomile can be of good help in cases of headaches caused by gall bladder deficiency and general digestive problems and nausea. Similar to Helichrysum, it has been used to dissolve congestions of the blood. It has excellent properties to ease neuralgic pain and inflammatory processes, esp. of the eyes and the stomach (ulcer), but also helps with cystitis, arthritis, inflamed joints and rheumatism in some individuals.”



**German Chamomile**

The author of the entry adds, “Another area where German Chamomile can be of great help is the skin...The list is extensive: skin inflammations, acne, allergies, boils, burns, cuts, eczema, dermatitis, problems of the scalp, rashes, insect bites, infected wounds, skin impurities and more.”



Moving on, Roman Chamomile’s botanical name according to Aroma web is *Anthemis nobilis*. The entry says this essential oil can be used for “Abscesses, allergies, arthritis, boils, colic, cuts, cystitis, dermatitis, dysmenorrhea, earache, flatulence, hair, headache, inflamed skin, insect bites, insomnia, nausea, neuralgia, PMS, rheumatism, sores, sprains, strains, stress, and wounds.”

**Roman Chamomile**

AnandaApothecary.com says Roman Chamomile “...has had a medicinal reputation in the Mediterranean region for over 2000 years, and is still in widespread use. It is current in the British Herbal Pharmacopoeia for the treatment of dyspepsia, nausea, anorexia, vomiting in pregnancy, dysmenorrhea and specifically flatulent dyspepsia associated with mental stress...It helps relieve cramps, spasms, and can assist in mild shock.

Chamomile Oil can effectively minimize irritability and nervousness in some children...It has been used for centuries to calm crying children, soothe stomachaches and relieve teething pain. Chamomile Oil can also help combat depression, insomnia and stress. The oil is also noted to neutralize allergies, cleanse the blood and support the liver in releasing toxins. Further, the aromatic influence may help release emotions linked to the past.

Roman Chamomile Oil is used extensively in Europe for the skin, increasing the ability of the skin to regenerate...”



**Geranium – The Moon (See Chokmah and Chiron) –**

**Geranium (GNU) Stan Shebs**

**Lavender – The Moon (See Chesed and Juno)**



**Lavender (GNU) Fir0002**

**Lemon – The Moon (See Netzach and Venus) - Lemon**



## Sandalwood – The Moon ( See Kether and Uranus)



Sandalwood (GNU) Kowloonese

## MALKUTH – EARTH & NIBIRU

The tenth Sephirot, Malkuth has two Astrological elements assigned to it, the Earth and the planet Nibiru. Dealing with the Earth first, the essential oils I use the most for this Sephirot in respect to the Earth is **Vetiver** and **Oakmoss**. I also use **Cedarwood Atlas**, or **Virginiana Cypress**, and **Sage**. The main oils I use for Nibiru are **Amber** and **Thyme**. The secondary oils for Nibiru are **Frankincense**, **Geranium**, **Clary Sage** and **Myrrh**.

### **Vetiver - Earth**



Vetiver

Vetiver's botanical name according to Aroma web is *Vetiveria zizanoides*. The entry says this essential oil can be used for "Acne, arthritis, cuts, depression, exhaustion, insomnia, muscular aches, oily skin, rheumatism, sores, and stress.."

### **Oakmoss - Earth**



Oakmoss

Oakmoss's botanical name according to Aroma web is *Evernia prunastri*. The entry does not give any use for Oakmoss. In the only comment of its use I could find is that North American Indians used it for respiratory complains and for wounds, asthma, bronchitis and coughs.

### **Amber - Nibiru**



Amber

Amber's botanical name according to the entry for it on Essential 7.com is *Pinus succinefera fossil*. The entry relates, "...Amber Essential Oil is estimated to be between 40 and 60 million years old, its' use as a trading commodity dates back to 8000 BC...Amber essential oil...has been credited with numerous beneficial properties both physical and spiritual.

The entry continues, "The Ancient Romans and Greeks used Amber essential oil to cure ailments such as asthma, rheumatism and internal problems. Its purported healing powers have extended to epilepsy, jaundice, kidney and bladder complaints and even the plague. It has also been used as an aphrodisiac and to guard against witchcraft. It is now believed to be a good source of beneficial negative ions when worn close to or on the skin

## **Thyme - Nibiru**



Thyme's botanical name according to Aroma web is *Thymus vulgaris*. The entry says this essential oil can be used for "Arthritis, colds, cuts, dermatitis, flu, insect bites, laryngitis, lice, muscle aches, oily skin, poor circulation, scabies, and sore throat."

Thyme (GNU) MPF



**Cedarwood Atlas – Earth (See Chokmah and Pallas Athene) – Cedarwood Atlas**

**Cedarwood Virginiana – Earth (See Kether and Uranus) – Cedarwood Virginiana**



Red Cedar wood Virginiana or Juniper (GNU) Quadell

**Cypress – Earth (See Binah and Saturn) - Cypress**



## **Sage – Earth**



According to AnandaApothecar.com the botanical name for the common sage is *Salvia officinalis*. The entry explains, "Sage was known at the 'sacred herb' by the ancient Romans; 'Salvia' being derived from the word 'salvation'. Sage herb is commonly used to 'smudge' rooms, buildings and other areas to move out old, negative, or stagnant energy."

Sage

Aromatically, the essential oil can be mentally stimulating, helping one cope with despair and mental fatigue. The oil may support balancing of hormones for women; bringing positive energy to the pelvic chakra where negative emotions from denial and abuse can be stored...It may assist in detoxifying the body, regulating circulation and supporting metabolism.

Sage oil is included in Dr. Kurt Schnaubelt's recipes (in *Advanced Aromatherapy*) for cellulite, healing stretch marks, healing old and keloid scars, and is included in some hair growth stimulating formulas..."

**Frankincense – Nibiru (See Tiphareth and the Sun) - Frankincense**



**Geranium – Nibiru (See Chokmah and Chiron)**



Geranium (GNU) Teemu Maki

**Clary Sage – Nibiru (See Binah and Neptune) – Clary Sage**



**Myrrh – Nibiru (See Chokmah and Chiron) - Myrrh**

