

Comments about Chromatographic Analysis

Excerpts from Mikaël Zayat's lecture, Columbus - October '04

..."Many aromatherapists just go by the chromatographic analysis of Essential oils. Chromatography does not give us the whole picture about the quality of essential oils. If you take **a love letter for example**, and put it into the machine to analyze its chemical components, you will not find any love in the data sheet, because it's just fiber, ink and other chemical molecules. If you want to read a love letter, that is not the way to connect with the love. You have to identify the letters, the words, the phrases, and the sentences and then get the feeling of the love letter. If it's a poem, by just analyzing the paper, we cannot see its beauty.

One day I visited a large machine factory that manufactured chromatographic apparatus, which allows you to analyze an essential oil to find out exactly what's in it. I asked if they had a smaller machine for me so that I could analyze my oils. After an hour talk, I really understood that these chromatographic machines are mainly sold to the industry in order to standardize the oils. Let's take for example, the **peppermint oil**, which must have around 48% menthol. I can add or subtract pure menthol to match the standard established by the industry. But if you distill it after three wonderful days of sunshine, the oil is not going to be the same as the standard. So, this **machine will correct the essential oil to standardize it but by doing so you will destroy the subtle uniqueness of the oils.**

Why? Because the industry needs standard oils, so that when they make a shampoo or other substance, the oils will be exactly the same from one batch to another, because they need the approval from a chemist at work. **It's like having a wonderful unique wine and you say, oh, it is not exactly the same amount of alcohol, so I have to add pure alcohol. But in doing so, you destroy its unique qualities.** Of course, when you want standard wine for a chain restaurant, it's ok, because you want everyone to like it. But you would not go to a connoisseur and expect that.

And I see people doing it here a lot. **They don't accept how they are.** They remodel their body to look a certain way like adding silicone here, silicone there. To look like a model. Which model? It depends on the fashion; maybe ten years from now it will be another shape. So they will reshape their bodies again and again. **This is artificial.** If you have a beautiful person, whether a man or woman, the attraction is the true substance, not just the shape of the body or the makeup. You are attracted by the truth. You are **attracted by the authenticity.** The same is true for essential oils. **People are attracted by the good smell,** like we are attracted to our food by our noses."

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Therapeutic Blends & Singles

12/12/2009

How to Use Therapeutic Essential Oil Blends

- **First, smell** the oil. It should be pleasing to your senses. If not, the oil may not be the right one for you now. Try a different oil. Your intuition is always the best guide!
- If the oil is not dermocaustic (skin sensitive), test on the skin for any reactions. Dermocaustic oils are Thyme, Oregano, Cinnamon, Clove, Savory, Ajowan, etc. In the sun, avoid use of Cinnamon, Bergamot and citrus oils.
- **Use only 1 or 2 drops at a time. Mikaël's oils are therapeutic grade (100% concentrated) and very potent.**
- Rub a drop on the inside of your wrist, elbow/ankle, sides of neck or behind ears. The oil immediately enters the bloodstream through veins at the pulse point.
- Apply to **the soles of your feet** to spread throughout the body immediately via the bloodstream. Apply directly on reflex points. A good book of reference is Feet First by Laura Norman.
- Essential Oil blends are a combination of Essential Oils mixed to produce a specific effect or feeling. When using a blend, **use no more than 3 at one time.** But you may repeat or take 3 different ones throughout the day. Always use in moderation.
- The **full effect** of the oil in the blood lasts 21 minutes. Use them throughout the day in moderation. Wait one hour before reapplying.
- If you are pregnant, suffer from epilepsy or heart problems, consult your health practitioner before using essential oils. Keep them away from children, your eyes and tender mucus membranes.

CONTENTS

How to Use Essential Oils	1
Guarantee.....	1
Therapeutic Blends.....	2
Archangels	20
Diffusers.....	23
Single and Precious Oils	24
Oils & Blends list..center pages	

GUARANTEE

This is to certify that our essential oils are free of pesticides, insecticides and any other synthetic products. They are steam distilled at low pressure (except for the citrus peel oils that are cold expressed), without solvents. They have not been tested on animals. We guarantee they are 100% pure, natural and genuine. If you are not satisfied, just return your oil within 2 months and we will exchange it for another. — *Mikaël Zayat*, President, *Canadian Essential Oils Research Center*, & Founder President, *Quebec Essential Oils Distillers Alliance*, President, *Académie Jardin de Vie*.

****All our products are completely hand bottled with care in order to maintain their subtle energies. We offer you the natural aromas as nature produces them! We put all of our expertise, our love and our joy in our blends. Actually, love, joy and compassion are the main ingredients we put in our blends! We are proud of our oils and we hope you will also love and respect them!

THERAPEUTIC BLENDS

2012 Shift: Howood, C Tsuga, White Spruce & Pine, White Angelica, Cinnamon

Get ready for the transformation and let trust overcome fear. Help center and send love to the world. ---

The debate of doom/gloom versus the new Dimensional Shift to endless possibilities. The time is NOW! "2012-Shift" was created to ease the way for this transformation; and be g r a t e f u l .

Rosewood/Howood brings spiritual flow to the body, filling your hearts with strength and courage.

Canadian Tsuga dispels fear, opens the heart and releases stress and n e g a t i v i t y .

White Spruce releases anxiety and emotional block, allowing happiness to manifest in your life. It also encourages better communication.

White Pine brings nurturing, joy and friendship.

Rosemary helps men be more balanced with their feminine aspect and break the bonds of co-dependence..

White Angelica opens to angelic energies and being more in tune with our higher selves.

Cinnamon helps us shift to self love, attracts love, compassion (and wealth) into the heart center and radiate to all sentient beings.

Rub 2 drops in palm of hands together and send love to you and in all directions.

5Dshift: Laurel, Lavandin abrial, Balsam Fir, White Angelica

Helps raise consciousness to reach our highest potential. Assists with the ascending flow of energy and brings joy. --- Rub 3 drops under the feet, and 2 drops touching chakra 3, 4, 6 and 7.

Abundance: Orange, Rosewood, Mandarin, Frankincense, Cinnamon

Most popular blends. Attracts prosperity and joy. --- Apply 1 drop to palms, rub together and then touch what you want to prosper: money, bills, check book, a contract etc. Good to diffuse.

Personal Experience: "I have been using the Abundance oil primarily and have tripled my income in the last 3 months without increasing the amount of work I do. Just amazing." *Cal Garrison*

"I add abundance to my lottery ticket and multiply by 10 the \$\$\$ I put in. It works!" *DT*

Adrenals: Blue Spruce, Can. Tsuga, Larch

Overworked adrenals can cause poor digestion, stress, dizziness, water retention, hand and foot swelling, and difficulty walking upstairs without getting out of breath. This blend feeds the adrenal glands, helps raise energy level and can even decrease an overactive appetite. --- Apply 2 - 3 drops to adrenal glands (on the back just above the waist) and the soles of the feet.

Personal Experiences: "I have been pregnant or nursing for the last 5 years and **Adrenals** is the one that got me out of depression." *WT* - "Good Stuff." *AH*

Agape: White Pine, Canadian Tsuga, Rosemary, Basil, Frankincense, Bulgarian Rose, Angelica, Tuberose

Transcends physical attraction into Universal Love..--- Apply 3 drops on your heart.

Allergy: Rosemary, Peppermint, Balsam Fir, Goldenrod

Helps you breathe better and when used in combination with Immune Up, it will strengthen your resistance. --- Inhale the blend deeply; apply 3 drops to wrists, and/or diffuse in home or office.

Amaterasu: -Let the Sun Shine-Lemongrass, Rosewood, Rosemary Eucalyptus, Goldenrod, Jasmine

joints and adrenals. Apply 3-5 drops on skin.

Common Tansy, *Tanacetum vulgare*, Canada

Native American used it to regulate menstruation and to support child birth. Because of high ketones (up to 80% thujone) this oil is considered hazardous.

Used for congestion, repels insects and flies, and intestinal worms. This oil will purge the system of any energy that is negative or holding you back from taking on your life mission. It allows you to clear any issue getting in the way of your inner power. Especially good for chakras #6 and 7 as it allows spirit to enter more fully. **Clear negative energy form, especially parasitic ones**, from the energy field. Not to be confused with Blue Tansy, described on the web.

Application: Best to use in a blend like Fungus or to clear molds in a house.

Common Thyme, *Thymus vulgaris*, France

The name, Thyme, comes from a Greek word meaning "to fumigate" or "to sacrifice", which reflects the practice of burning this aromatic little woody plant on the altar in purification ceremonies. A common kitchen herb, it is also one of the **oldest medicinal herbs**. This tough ground cover thrives in rocks and crevices. You may even find it growing between bricks.

Thyme and its derivatives have been used extensively in the **treatment of coughs, lung irritations, bronchitis** and even as a suppressant for **whooping cough**. It was one of the key ingredients in a commercial cough syrup called Pertussin. Thyme strengthens the link between a person and the earth. It is an antiseptic and makes an **excellent gargle or mouthwash** when diluted. It is excellent for treating **swollen gums and sore throats**. As a tea, thyme provides relief for a **stressed digestive system**. Thyme can be used to relieve general fatigue and **exhaustion during convalescence**. It is an anti-oxidant and has powerful anti-microbial abilities when the body's **immune system** is under attack. We carry the Thymol, Linalol (less strong) and Borneol (internal fungus) types.

Application: *Undiluted thyme oil should never be placed directly onto the skin. You can however, take ONE drop of our "Immune Up" blend (with 20% thyme) under the tongue before or during a cold to strengthen your immune system.* Good companion: Lavender, Lavandin, Marjoram, Rosemary, Lemon, Bergamot and Pine.

Ylang-Ylang, *Cananga odorata*, Madagascar

It is distilled from its flowers that have an **exotic sweet floral scent**. Ylang-Ylang is heralded by many as an aphrodisiac. Traditionally used to uplift and bring out feelings, relieve anger and anxiety, **relax tense muscles**, to calm and promote restful sleep. **It reduces the blood pressure. Good for the skin and strengthens hair** to prevent hair loss. Ylang-Ylang will help you find the courage to reach out and claim the love that is yours.

Application: *3 - 5 drops in massage, full strength or in a vegetable oil.*

tea infusion, it has been known to be effective in breaking up and assisting in the removal of **stones**. It is also used to relieve menstrual cramps and modulates the symptoms of **menopause**. It assists in rebalancing the **hormonal system** and can be used to stop lactation in nursing mothers. **It also helps clear radiation from energy field.**

Application: *Topically through the skin; in a blend with Red Pine, it can reduce the discomfort of swollen feet. Sage should never be used by pregnant women, people with high blood pressure or anyone subject to seizures or convulsions.*

St. John's Wort, *Hypericum perforat, Canada*

SJW exists as an oil on the market but the most commonly use is in a maceration. In June, let the fresh buds macerate in olive oil and put them in the sun for two lunar months. It is totally natural and can be easily ingested or used for massage as it makes a wonderful carrier oil. **A few drops mixed with honey or on a piece of bread will help you fight depression and give you an energy boost.** It also helps with burns, cuts and bruises etc. If it hurts somewhere, go get your bottle of SJW. I recommend everyone to have some at home for emergencies, along with some Lavender and Canadian Tsuga.

Since SJW allows the blends to penetrate into the skin, I use it a lot in our healing oils.

Sandalwood, *Santalum album, India*

Sandalwood oil is distilled from the heartwood. It has a **woody, balsamic aroma**. It brings calmness, serenity and is associated with incense and meditation. Traditionally it is used as a tonic cardiac, lymphatic & vein decongestant, and disinfectant, to lift melancholy, enhance meditation, heal the skin, reduce stress.

Black Spruce, *Picea mariana, Canada*

The Native Americans used Spruce to strengthen their ability to communicate with the Great Spirit. The tree has the stamina to grow up to 50 feet high in cold weather and can live more than 1,000 years! The wood from the spruce is soft and has gentle energy.

Black Spruce, steam distilled from needles, **is used** when there is an imbalance in the hormonal system. It is a **general tonic**, releasing tense muscles and ligaments and is also beneficial for arthritis, bone pain, and sciatica. It helps support the nervous system. It helps people through periods of mourning and sadness.

Good for arthritis, candida, hyperthyroidism and to boost your **immune system**, especially if you mix it with other oils. It stimulates the **endocrine system**, especially the **thymus** gland. It is used to **calm, reduce stress**, open **sinus** and breathing passages, therefore good for **coughing, a good disinfectant**. It frees up emotional block, uplifts your mood, makes you and others **happier, improves mental clarity** and encourages communication. It helps balance your intuition and your rational mind. On the spiritual level, it helps you become your own person. It balances the 2nd and 3rd chakra, allowing for more light to enter the body. Good when you meditate.

Application: *The best use of Black Spruce oil is through diffusers and the massage of the*

Amaterasu Omi-kami is a gentle harmonizing presence and symbol of the myriads of kami. **She blesses everybody indiscriminately with serene light but does not have the character of the absolute God of Christianity.** She is described as a symbol for the myriads of kami and as the one who brought great harmony to heaven and earth.

Our ancestors lived with awe and respect towards the kami. Shinto, the indigenous religion of Japan, is based on these concepts of kami. The ancient Japanese believed in numerous kami. Their multitude is expressed by the number eight million. The basis of Shinto faith is the consciousness that nature and human beings are united firmly through the kami. This consciousness is expressed in the ritual forms of worshipping the kami.

Brings joy, grounds you and helps stay in trust because even after harsh times, Divine light and Sun always come back. Helps breathing and sun absorption. — *Apply 1 or 2 drops to the hands, rub your them together and feel the heat, clap them twice and take this energy to your heart to feel the connection with the universal light.*

Personal Experiences: "It is working on my oily skin. Amaterasu shifted the quality of my own being." Elena, Zira Yoga
"My favorite—I use it as a perfume!" Mba

Angels of Light: Star Anise, Fennel, Angelica, Jasmine, Arborvitae
Connects with the angels of Light.

"A wonderful high vibration oil of the Highest Angelic Realm which connects the user to the pure energy of light and love as they are always being beamed to the Earth in hopes that this blend will reconnect the user to these angelic vibrations and brings them remembrance and knowledge of their own divine plan and purpose as well as their own high Angelic Frequencies which they carry at their soul level" DJWhal Khul.— *Put a few drops in the palms of your hands, rub them and brush your body from top of head to your feet and touch the ground.*

Anger Out: Virginia Cedar, Lavendin, Clary Sage, Balsam Fir

Soothes your emotional body, and releases negative emotions (conscious or unconscious!) If anger arises, let it flow out.—
Apply 2 drops to 3rd chakra (two inches above the navel).

Personal Experiences: "It is excellent for all the mistreated children who come to school."
- *Dominica*

"One of most potent oils around energetically speaking. It has shifted my household in a very positive direction." Elena, Zira Yoga

Anxiety Out: St John's Wort, Rosewood, Tsuga, Clary Sage

Helps release fears, nervousness, and feelings of apprehension by promoting relaxation and balancing the body. — *Apply 2 drops to 3rd chakra (2" above the navel).*

Personal Experience: "I was on anti-anxiety meds for quite some time, until I tried the **Anxiety Out** and Fearless oil. Thanks to them, I was able to go off the meds and the attacks are down to a minimum." *Teresa*

"I have experienced for 15 years a knot in my solar plexus causing a very frightening feeling that won't go away. I took tranquilizers and had no results. But by applying 1 drop of **Anxiety Out** in that area, within minutes this feeling is gone. It is absolutely wonderful. Thanks." *SK*

Appreciation: Bergamot, Geranium, Rosewood, Bulgarian Rose, Jasmine

The key to open the door to higher dimensions. Without it, you may continue to struggle in the 3rd Dimension. Brings love and joy into your life by understanding and practicing appreciation. This **golden key** brings you to the wisdom of your higher self and open you to the highest potential. — *Apply 2 - 3 drops to your heart chakra.*

Personal Experience: "I applied this oil and initially felt nothing that was apparent, until I realized later in the day that every time I caught a whiff of this scent I said a prayer of appreciation. There were many different things I was in appreciation of that day." *Pk*

Archangel Chamuel: (Archangel of Consciousness) Orange, Petitgrain, Laurel, Bulgarian Rose and Neroli

We are in the day of opportunity, not only to make things right, but to spread the Cause of Freedom and its glorious effects across the face of the planet into the consciousness of mankind. --- *Rub 2 - 3 drops into palms, inhale deeply, then brush your aura with it.*

Archangel Gabriel: Lavender, Rosemary, Geranium, Orange, Black Spruce, Bulgarian Rose

Messenger of Love, He is the archangel who announced to Mary the Good News! --- *Rub 2 drops into palms and apply to your forehead to receive the message of love from the Divine.* (For more information, see page 20)

Archangel Metatron: Red Pine, White Pine, Basil, White Angelica, Cinnamon, Clove

Greatest of the archangels, he gives vision and courage, sacred guidance and inspiration. --- *Put 3 drops into palms, rub together firmly for 30 seconds, then inhale the aroma and brush your aura, or someone else to get rid of any negative influence. To purify a space, or after a death, put 5 drops in each corner of the room starting from the East. Can also rub 3-4 drops on lower back for strength, self confidence and trust as the angel watches over you.* (See pg. 21 for more information)

Personal Experience: "Love the blend and he is my favorite angel for manifestation!" *ND*

"At the Mary Magdalen workshop in Seattle, Tom experienced his tremendous energy and saw thousands of land mines, but when stepped upon, instead of exploding, they offered a pathway to the Light!" *Wow! Mb*

Archangel Michael: Petitgrain, Balsam Fir, Neroli, Jasmine, White Angelica

Archangel of love, justice and balance, he uses the energy of the dragon to reach the heart and help shift from 3rd dimension "I love you if". to 4th dimension "I love you even if". --- *Take a few minutes to center daily and apply 1 drop to your heart chakra and think of all the beautiful things for which*

you are grateful. Also good for nervous system: put a drop on the line at base of foot, just below 2nd to 4th toes. (See pg. 21 for more information)

Personal Experience: (from the master himself!) "I got a positive answer on Archangel Michael liking the oil, it was his idea anyway, he said. These products are to enhance our connections with him." *channeled through Mathias*

Archangel Raphael: Rosemary, Laurel, Clary Sage, White Angelica, Hyssop

Absolute healer he is the shining light, the one who heals. This oil is to support the healing process. --- *Apply a few drops to your heart chakra. Take a few minutes to absorb the healing energy of Raphael.* (See pg. 22 for more information)

Archangel Zadkiel: Petitgrain, Orange, Laurel, Mandarin, Tangerine, Lavender, Rosewood, Canadian Tsuga, Neroli, Frankincense, Peppermint

Archangel Zadkiel is the lord of freedom, mercy, benevolence and transmutation. In Hebrew, the name means "Righteousness of God". He is the Patron Angel of all those who forgive. Also known as Sachiël, Zedekiel, Zadakiel and Tzadkiel, Zadkiel is associated with the 7th Ray (violet) which encompasses the highest vibration in the energy spectrum and acts quickly. **To overcome hard times and get through difficulties.**

Petitgrain for openness and faith; **Orange** for joy and light; **Laurel** for success and determination; **Mandarin** for softness and gratitude; **Tangerine** for abundance in every aspect of life; **Lavender** for clarity and healing; **Rosewood** for strength and courage; **Canadian Tsuga** for opening of the heart and letting go; **Neroli** for inner beauty and purity; **Frankincense** for spirituality and trust; and **Peppermint** for opening the channel to Spirit.

--- *Rub 3 drops into palms and massage your feet and solar plexus while repeating this mantra: "Zadkiel please fill the air around me with your violet flame.*

Personal Experiences: "Zadkiel is the serpent energy. During Tom Kenyon's workshop on M

Rosemary, *Rosmarinus officinalis*, Morocco

This silvery green plant with its needle shaped leaves was found growing extensively in the limestone cliffs along the shores of the Mediterranean Sea, thus the Latin name "ros" meaning dew or spray and "mare" which means sea. Rosemary plants may be grown in an herb garden, but the plants that grow in the light sandy soil of walls are smaller and the fragrance is more concentrated. Rosemary was one of the earliest plants to be used for food, healing and fumigation.

Crushed into the reeds on the floors of medieval castles to **ward off vermin and keep evil spirits at bay**, it is also **burnt in sacred** ceremonies to invoke the Goddess. Rosemary has always been treated with a certain reverence and is frequently seen at weddings and funerals. Its vibration **supports loyalty towards others and oneself**. Rosemary is also liberating. It can be used by those individuals **breaking the bonds of co-dependence** and is useful in liberating oneself from incest memories and emotions, as well as the **pain of heartbreak**.

It was the habitat of the plant that suggested that it would be useful for treating ailments of the **kidney**. It's use soon extended to **liver** and **respiratory complaints** (strong antifungal properties), **muscular pain, circulatory ailments**, aiding in **digestion** and for the treatment of **hair and skin problems**. The flower essence helped to **bring about clearer thinking**. It **improves mental clarity, alertness, and memory**. It can **open sinuses, uplift moods**, especially in those with slow metabolisms. It has become a frequent ingredient in shampoos and soap products. Rosemary clears drugs (medical or recreational) from the energy field.

There are several types of Rosemary oils, the most common of these being the cineol type. Rosemary verbenone is used to regulate the hypothalamic, pituitary and sexual glands. Camphor, the second type, is the most popular. These are usually used for **bronchial colds** but can also be used to combat **candida**.

Application: *Use in diffuser or in a blend for massage of up to 20% in a carrier oil. Topically, 4 - 10 drops. Avoid using on traumatized skin, pregnant women, or people with high blood pressure.* It blends with Lavender, Lavandin, Peppermint, Eucalyptus, Cedar.

Common Sage, *Salvia officinalis*, France

Originally found in Asia Minor, Sage is a plant well known throughout Europe and North America. The early Chinese frequently traded their best tea with the Dutch for Sage. The Latin root is derived from the word, *salvare*, which means "to save." The Romans called it herba sacra and they believed it could heal everything. It was carried around the world by the traveling monks who cultivated Sage in their gardens. White Sage is used by the American Indians for **purification**. It clears the negative field around the body's energetic field. Although Sage is a well known spice in the kitchen, it has a long standing reputation for its effectiveness in **treating ailments of the mouth, teeth, throat and tonsils**. It's antibacterial quality is strong enough to stand up to *Staphylococcus aureus* or reduce perspiration. If the plant is gathered after it has flowered, Sage contains a large amount of ketone and **it should be used carefully in aromatherapy**.

Clary Sage, which is not as strong as common Sage, is acceptable as a safer substitute. Sage is a typical feminine oil. It **can be used to treat the liver, kidneys and gallbladder**. In a

White Pine, *Pinus strobes*, Canada

is recommended for bronchitis and respiratory ailments, is a stimulant and is good for relieving fatigue, has a long history of success as a disinfectant and as an insect repellent. It helps people come together in joy and friendship and facilitates group nurturing. *Excellent to diffuse, or apply a few drops to wrists.*

Ravintsara, *Cinnamomum camphora*, Madagascar

Ravintsara, often referred as Ravensara, is an evergreen tree native to Madagascar and belongs to the same families as the cinnamon, laurel and camphor. In its home country, it is known as "the oil that heals." Ravina means leaf or tree and Tsara means good health. This oil is of cineol type, like Eucalyptus, which is distilled from the leaves. Not to be confused with the Ravensara aromatica in which both leaves and bark are distilled.

Ravintsara is a strong **anti-viral** oil and excellent for **respiratory problems**. It can be used for **liver and lung infections, flu, sinusitis, as well as colds, coughs, fever and burns**. It is an anti-bacterial, anti-fungal, anti-infectious and antiseptic.

Application: *Rub 8 - 15 drops on the chest for fast relief. Can also be diffused to disinfect a room. It can blend with conifers, citrus, Eucalyptus, Clary Sage, Rosemary and Clove.*

Rose, *Rosa damascene*, Bulgaria

The **Rose** has traditionally been associated with Venus, goddess of love and beauty. To the Christian mystics, it was the flower of the Virgin Mary. There are thousands of different varieties of roses. **Rosa damascena** is normally used to produce Rose essential oil and the main production comes from Bulgaria and Turkey. The rose petals are hand-picked before the dew evaporates. They are then steam distilled to produce the essential oil. It is almost clear in color and will solidify if placed in a cool place (a sign you have a distilled oil). The **Rosa centifolia** or cabbage rose normally used to produce rose Tunisia using "solvent reddish color. Both Rose oils equivalent to 25 hand-picked regularly adulterated by profit- and buy only from a reliable



oil). The rose is another variety which is absolute in Morocco and extraction." Its oil has a very costly, each drop is roses. Therefore, they are hungry companies, so be wary aromatherapy source.

Of all the essential oils, **Rose oil has the highest vibration**. It radiates love, whether physical or unconditional. If you experience grief, this oil helps in **opening the heart chakra** again resulting in a faster recovery. It also **strengthens the heart energy** and helps radiate unconditional love. It helps with healing birth traumas. It is a gentle aphrodisiac, facilitates creativity, and spiritualizes sexual encounters. It is a **PRECIOUS** oil.

Application: *Place a drop on the heart or dilute with a good massage oil and spread it all over your body.*

Magdalen in Seattle, Tom saw thousands of serpents, but when you stepped on them, they were sending out light!! And it is by far my favorite of the archangels. It shot up my entire head and connected Chakra's 6 and 7." *Lana*

"It shifted the energy resonance in my home, aside from its very cleansing scent, it had the effect of calming and clarifying." *Elena*

Arthritis: Eucalyptus citriodora, Balsam Fir, Black Spruce, Wintergreen, Arborvitae, St. John's Wort

Use to ease joint pain. Eucalyptus citriodora is known to reduce inflammation. --- *Apply 2 - 3 drops where needed and massage into areas.*

Personal Experience: "I have chronic joint pain, especially the feet and this oil helps me a lot. Even my dog gets relief!" *RT*

"Wow. That was fast. Last night I put some **Arthritis** oil on my wrist and it felt much better. I was able to do reflexology with no problem." *Annet*

Balance: Black Spruce, Rosewood, Canadian Tsuga, Blue Tansy, Frankincense

Balance our energy to flow with ease and power through us. Promotes confidence, energy and well being. --- *Apply 4 - 8 drops to base of spine and massage in.*

"Good for people facing many challenges and needs. Allows one to focus." RT

Beam of Light: Rosewood, Laurel, Lemongrass, Lime, Camphor + stones Calcite & Herkimer.

It brings clarity in all types of mental processes and assist in reducing the veil between dimensions.

Rosewood facilitates spiritual flow to the body, gives strength and courage to our hearts, heals pain and reconnects to life. Heals the wounded heart and rejuvenates the heart chakra.

Laurel helps raise consciousness and liberates us from old trauma.

Lemongrass purges blocked emotional

energy and leads to more positive thoughts and feelings. Helps release grief and sorrow. **Lime** brings more spiritual energy or a better connection to your higher self. You will feel *i n s p i r e d*. Camphor is good for protection as it heals the etheric body and helps to remove energy blocks from the field.

HERKIMER Diamond is a vision and dream crystal and a manifestation of pure, solidified spiritual Light. It stimulates visual capacities to deepen meditation and dream work, clears subtle bodies and emanates very high energies and pure vibrational frequencies. Helps purify the energy field and attunement to the white Light of the Divine essence.

CALCITE awakens vibrational frequencies, opens 3RD eye and crown chakras. *Take 6-8 drops in your hands and apply on spots of body where such presence is felt. Re-apply every 15 minutes till it leaves Or apply on the lower back of the skull in the occiput area.*

Personal Experiences: "It is a tsunami of Divine Love that permeates all the body." *R e g i s*
"This blend provides the frequency which facilitates a process to release earthbound spirits and send them to the light." *Lana*

Blue Ray: Lavenders, Blue Spruce, White Angelica, Blue Chamomile

It goes from light blue to dark blue. Smell it as it radiates everywhere. It also sweeps out unwanted energy; calms and protects.

Breathing: Eucalyptus, Balsam Fir, White Pine, Ravintsara, Rosemary

Relaxes bronchial airways and stimulates breathing. Great for improving air quality in airplanes, cars, house, etc. --- *Inhale the blend and apply 2 - 3 drops to chest, or diffuse it 10 minutes twice a day.*

Buddha: Mandarin, Verbena, Jasmine, Cinnamon

Connecting and honoring the inner Buddha. It is very helpful to remind us who we are and our true nature. It helps anchor the Beam of Oneness and Compassion. Buddha comes in different ways as love, forgiveness, peace, harmony, tranquility and serenity. It helps us embody these qualities and experience them in our everyday life. **Mandarin** (*citrus reticulata*) promotes happiness and releases nervous tension. Its oil is fresh and joyful and the inner child loves its smell, so does our inner Buddha.

Verbena (*litsea cubeba*) has a long medicinal history in China. It is spiritually used to uplift the level of intimacy and connection to the heart center. Life becomes child-like and light hearted.

Jasmine: In Europe, it was favored as an aphrodisiac to uplift the body, soul and spirit. It brings euphoria and wisdom; it unites apparent opposites. It is a potent aid for spiritual development.

Cinnamon bark: Egyptians used it in their embalming procedures. It is known to help shift from self hate to love of self. It will attract love, compassion and wealth into your heart and radiate it to all sentient beings. --- *Apply 2 drops to palms & inhale, or use as a perfume.*

"I use 1-2 drops under my arms to help with burdens." RT

C-Free: Tamarak, C. Tsuga, Balsam Fir, Ravintsara, Arborvitae, Lavandin, Frankincense, Clove & SJW

Restores a state of freedom from disease.--- *Apply generously on the needed area.*

Calming: Lavendula Vera, Rosemary, Clary Sage, Basil

Encourages calmness, quietude and peace. Good for purifying the house and eliminating odors.. Helps insomnia and hyperactivity. --- *Apply 2 - 3 drops to wrists or 3rd eye or add 2 drops to a sheet or towel before putting in the dryer, it will smell like a lavender field!*

Recommended for diffusing especially in special education classrooms.

Personal Experience: "Using 2 drops on my solar plexus, I rub it in clockwise and see tension leave, I breathe more consciously, and feel deeply relaxed." *Carey*

Chakra 1 (base): Red Pine, Clove, Cinnamon

Grounds the body and allow you to operate easily on the physical plane. --- *Apply 2 - 3 drops to the chakra or your wrists.*

Chakra 2 (sex/creativity): Black Spruce, Ylang-Ylang, Geranium, Goldenrod, Clary Sage

Encourages use of creative forces into all aspects of our being. Procreation. --- *Apply 1-2 drops to 2nd chakra.*

Personal Experience: "I recently received your two bottles of the **Chakra 2** and **4** oil. Splendid! I am happy to tell you that I connected with them immediately and our company will be buying and selling your oils. They are wonderful. It's nice to know there are others who care about the quality and integrity of the products they work with. Keep up the awesome work." *Patti H*

Chakra 3 (solar plexus): Rosemary, Virginia Cedar, Marjoram, Basil

As the center of our emotions, you can apply any of our oils that are in the Emotion set. --- *Apply 2-3 drops to 3rd chakra (2" above navel).*

Chakra 4 (heart): Lavendula Vera, Geranium, Bulgarian Rose

Releases emotionally suppressed trauma. To express love in action with the help of the Bulgarian rose. A BIG FAVORITE. --- *Apply 1 - 2 drops to 4th chakra.*

Personal Experience: "I used the **Chakra 4** with one of my clients when she was stuck in an emotion. It helped to move her through the space quickly. I am a very happy, satisfied customer." *Ellen* (see Chakra #2)

Chakra 5 (throat): Canadian Tsuga, Petitgrain, Clary Sage, Balsam Fir

Orange, *Citrus sinensis*, Brazil

As with all citrus, Orange has cheerful, uplifting qualities, so use or diffuse it when you need to be joyous. It is antiseptic, quiets the nerves, reduces stress and harmonizes the physical and mental bodies. Helpful in cases of radiation exposure.

Personal Experience: "Diagnosed with a 6 cm long endometrial tumor, I was on watch by my doctor who talked about surgery. She gave me hormone therapy and the tumor reduced. But I added **Orange** oil to my diet everyday for its anti-tumoral quality. It got smaller and now, two years later, it is GONE." *LB*

Peppermint, *Mentha piperita*, USA

This hardy perennial herb is easily propagated and has been found in existence throughout the world back to ancient times in China, Japan and Egypt. Best known for its capacity to **relieve stomach upsets**, it continues its use as a popular tea today. The best time to pick Peppermint for distillation is when it starts flowering, thus producing a highest percentage of menthol, otherwise the oil contains a higher percentage of menthone and menthofurane that is an excellent insect repellent but is not recommended for the body.

American Indians used Peppermint for **headaches** and neuralgia and to help **relieve skin rashes**. Peppermint oil is a key ingredient in many **toothpastes** and hygiene products. It is a popular **flavor in food, gum and candy** products. Peppermint **energizes and helps to refocus** so that one can concentrate. It can relax emotional tension caused from exhaustion. **It raises the intuition and allows communication with the whole.** It inspires the soul. Energetically, it helps digest new thoughts and beliefs and new situations of rapid change. Beneficial **for digestive problems**, it also helps relieve pain and stimulate mental ability. Can heighten/restore one's sense of taste. Peppermint **stimulates the liver and pancreas**. It is helpful for **sciatica** and works as a local anesthetic (toothache). Good in cases of food poisoning or fainting and nausea.

Application: *When using our Peppermint oil, PLEASE be mindful that an overdose can produce a shock reaction similar to the body's initial reaction when stung by a bee or bitten by a snake. It should not be used close to the throat or neck, OR be used on small children (under 2 years). Massage 1 - 2 drops on stomach; for headache, rub on temples; to improve mental ability, rub 2 - 3 drops on top of head.* It blends with other mints, & Lavender.

Red Pine, *Pinus resinosa*, Canada

Red Pine grows in Northern America. It's oil is very similar to the Cypress that grows in the Mediterranean region. It is traditionally used to avert negative influences. In Europe, the cemeteries were surrounded with these trees. This particular pine provides an essential oil that has similar characteristics to the essential oil distilled from the Cypress tree. **It harmonizes the energy field, especially between couples, as it allows love to flow between all living beings.** It **stimulates the adrenals glands** and the **circulatory system** and is beneficial for the respiratory system as well.

Application: *Use in massage to help heal circulatory problems, such as varicose veins.* Its companion oils are all the conifers, Rosemary, Eucalyptus, Angelica and Citronella.

glands. It can also help relieve the symptoms of whooping cough. It may contain up to 75% cineol which is also the main ingredient in Eucalyptus and Rosemary.

Application: *A few drops on the chest or under the feet.*

Origanum Marjorana (Egypt) has a soft energy and blends well with Lavender and Basil. Thymus mastichina blends well with Eucalyptus and Rosemary.

Nard, *Nardostachys jatamansi*

Nard, sometimes known as SpikeNard, is native to northern India and Nepal and has been highly prized in the Middle East and Mediterranean regions since antiquity. It is mentioned in the Bible in the song of Solomon and in three gospels, we find the story of Mary Magdalena anointing Christ's feet with Nard. Physically, the oil **has an effect on the person as a whole.** It is helpful for allergic skin reactions and all kinds of rashes. It rejuvenates and balances the skin's physiology. Nard is wonderful when dealing with tension and anxiety. It stimulates and supports the immune and nervous systems. Like Frankincense, Nard assists in letting go of fear and old emotional wounds. It is very good for chakra energy or auric massage and helps persons nearing death in transition. Nard acts on the brain and helps regenerate mental functions whenever you lack concentration.

Spiritually, Nard helps us realize that our life on earth is not separate from the true purpose of creation. It helps strengthen the alchemy between matter and spirit, symbolized by the cosmic serpent that links the beginning and the end by biting its tail. Nard reveals the secret path to the one who seeks intently with an open heart. The exceptional quality of its spiritual forces is expressed in this flower which comes directly from its roots. It is a **PRECIOUS** oil.

Application: *Put 2 - 3 drops on your heart chakra in the morning to connect you to your inner self or on each foot to ground you or your clients.*

Neroli, *Citrus aurantium*, Morocco

From the Mediterranean regions of Tunisia, Spain, Egypt or Israel, these fragrant white flowers (orange blossoms) have a long history of use in perfumes, oils and eaux de Cologne. The name is associated with an Italian princess who lived in 1680. She used this essence to perfume her gloves, clothes and stationary. The scent became known as Nerole's scent or later as Neroli. The symbolism of these flowers has long indicated **purity.** It has been traditionally used in wedding bouquets and as a decoration on wedding cakes. In years past, a tradition of crowning a new bride with a wreath of these flowers was an acknowledgment of her virginity and also helped **her to relax and regain her confidence.** Inhaling the bitter-sweet aroma can calm and connect us to our higher selves and/or the ones of our partners.

Neroli is versatile. It is recognized for its properties as an analgesic, antibacterial. It is known to promote sleep but also helps excited children to relax. The aroma of Neroli makes it excellent for use as a stimulant and helps to uplift your moods. As a topical, it can be used for scars, stretch marks and wrinkles and also helps to stimulate the pancreas. Neroli soothes the heart. It enhances our ability to de-stress at the end of a long day. It is an aphrodisiac and can bring **emotional harmony** and **joy**, therefore an excellent antidepressant in cases of grief or abuse.

Helps express oneself freely. Works well with Thyro Balance. — *Apply 1 - 2 drops to 5th chakra.*

Chakra 6 (third eye): Balsam Fir, Peppermint, German Chamomile

Opens the door to intuition. Clear may also work well here. — *Apply 1 - 2 drops to 3rd eye and visualize what you desire to manifest.*

Personal Experience: "I used this blend on a brain injured patient whose 6th chakra dramatically increases in energy and then opened up after inhaling the blend. And a lower body accident patient with blocked 6th chakra experienced her chakra opening and slept for several nights for first time in a year." Dr. John MD

Chakra 7 (crown): White Pine, Laurel, Frankincense

Open to the infinite. Oneness with God. — *Massage 1 - 2 drops on top of the head.*

Childhood Trauma: Canadian Tsuga, Balsam Fir, Mandarin, St. John's Wort

Removes old trauma that you might not even be aware of. It helps remove them from your DNA. A BIG FAVORITE. — *Apply 3 to 5 drops to wrists, back, feet or 3rd chakra and massage in. Repeat 2 - 3 times a day for 10 days.*

Personal Experiences: "My first 5 months of life, I was in foster care and was not held or fed and almost died. That was just the beginning of a tough childhood. **Childhood Trauma** is helping me clear "stuff" I have never been able to access without having to relive it. I use it on my 3rd chakra and top and base of spine." *MS*

"Licette, 41, has been retarded all of her life. She could not go to the bathroom or wash by herself, or read etc. So I immediately started applying a few drops of **Childhood Trauma** under her feet, back, wrists etc. Within a week, she was able to become independent again and started to read. And now a month later, she is helping the children get dressed etc. Wow! Bravo Mikaël. The oil was then used on the other 5 retarded children who

were always fighting and had to be kept apart from the other children. No more, they now are much calmer." *Dominica, director of an orphanage in Santo Domingo*

"I had a child with **cerebral palsy** and tried everything to no avail. But I discovered these oils and had a positive reaction for the first time in years. Bravo." Dr. Betty C in California

Citrus Drink: Orange, Lemon, Tangerine, Mandarin, Grapefruit, Lime, Combava

Combination of citrus is good for relaxation or slim down! Refreshing flavor, an excellent replacement for sodas. — *Add 2 - 3 drops to an 8 oz glass and enjoy!*

Clear: Eucalyptus, Balsam Fir, Lemon Verbena

Removes any issue, vibration or odors. Allows you to function with all your power. It can clear anything from your mind, your house etc. Plus verbena is delicious. The favorite by far to diffuse at shows/exhibit. — *Apply a drop to 6th chakra; put 1 - 3 drops in palms, rub together, inhale the oil deeply, brush all of aura, then touch the ground with your hands. If you want to clean your house energetically, use a spray bottle. Good for Feng Shui.*

Personal Experiences: "I can't live without my bottle of **Clear** from Mikaël. It vibrationally alters the etheric field of any debris to bring it into balance and harmony." *Donna Smith*

"I must tell you that I personally, really love **Clear.** It takes me to levels in the morning that remain with me all day." *Janis*

"This oil snaps my 8 year old out of nasty moods." *Debra P.*

"Add some drops to your paint and your lungs will love it!" *JP*

"**Clear in a spray bottle** is excellent to cleanse a hotel room or a work space between clients." *RT*

Conifer: Balsam Fir, Red Pine, White Spruce, Canadian Tsuga, Arborvitae

Excellent to purify the air, bring a forest into your home by diffusing it. Helps rid mold in a basement, if you add some Arborvitae. You

can also put a drop in your dryer. A favorite of Mikael's. --- *Inhale the blend.*

Delete: Lavender, Havozo, Spearmint

Removes old programming that no longer serves you. --- *Apply 2 - 3 drops to solar plexus.*

Personal Experiences: "Excellent, it really works and helps release issues from the past. I can feel the clients releasing them though they are not aware of it. But they feel great coming out of their session. This blend releases patterns, emotional attachments. Bravo!" *Lana, MT*

"I found I had been carrying around my families' expectations for far too long. **Delete** is helping me detach from their energies and bring forth my own dreams and ambitions." *KS*

"**Delete** works wonderfully in releasing people deep seated emotional issues." *RT*

Deodorant: Cypress, Lavender, Rosewood, Petitgrain, Balsam Fir, Peppermint, Clary Sage

Helps neutralize bacteria. The cypress has a cooling effect and a wonderful scent. A popular oil, among breast cancer survivors. - *Apply 2 - 3 drops under arms or use a spray.*

Personal Experience: "And as a bonus, our research shows a cleansing of the lymph nodes." *AD*

Digestive: Aniseed, Fennel, Peppermint, Tarragon, Basil, Cardamom

Helps the digestive system by purifying and improving digestion. It also helps with an upset stomach or bloating. --- *Take 1 - 2 drops under the tongue. Or use 2 - 4 drops in a quart of water or an herbal tea on a regular basis. Put a drop in your soup or juice.*

Personal Experience: "After 3 weeks of liver attacks, I took 3 drops of **Digestive** twice a day and within a week I had completely recovered and started eating again." *Glenda*

Divine Feminine: Bergamot, Geranium, Tsuga, Red Pine, Goldenrod, St. John's Wort, Ylang-Ylang, Bulgarian Rose, Jasmine, Nard

The Goddess principle is designed to heal the deep inner split of the inner masculine and feminine within each Soul. Softens the resistance and comes to a new level of love and appreciation towards yourself and others. Gives you protection and guidance.

Bergamot, is known to uplift, calm and bring joy. It assists in healing, reopening the heart after grief and radiating joy.

Geranium brings courage. It calms the mind so you can move through changes easily with joy and divine happiness.

Tsuga will dissipate fear and facilitate change and transformation.

Goldenrod brings love of life.

St. John's Wort helps healing and facilitates the penetration of the oil in the body.

Ylang-Ylang to create a feeling of peace and dispels anger.

Bulgarian Rose to come to terms with your divine self. You are an incredible being of light and wisdom. It will soothe the heart.

Jasmine brings euphoria and wisdom. It unites apparent opposites & is a potent aid for spiritual development.

Nard brings deep inner peace and the realization that humans are a bridge between the earth and the heavens. It helps attain a sacred space within. --- *Apply 1 - 2 drops to wrists and heart as often as you wish.*

Personal Experiences: "What a fabulous blend, opening vistas I did not know were there, the precious oils are truly divine." *Arle*
"An oil to open our heart center, trust our intuition and walk firmly grounded to the earth." *KL*

"**Divine Feminine** is incredible - complex, simple and hitting different notes depending on the time of day and my moods. Very beautiful, even profound. Thank you." *Karen*

Dragon: Cinnamon, Clove, Oregano, Thyme
Helps with chronic challenges. A Big favorite!
--- *Apply 1 drop to solar plexus or under tongue or in a teaspoon of honey, or in warm*

Labrador tea, *Ledum groenlandicum, Canada*

Ledum is a strong aromatic herb found throughout the cold areas of North America. As suggested in its common name, it was used as a tea infusion, as a general tonic, and to treat kidney-related problems.

It grows about 1 – 2 feet high. It likes areas where there is a lot of peat moss and is frequently found near the Black Spruce. Leaves on the top are dark green and shiny and the bottom of the leaf is furry. It attracts the sun from the top, but the bottom is covered and protected from the coldness of the soil. Ledum is a very hardy plant, yet able to flower very early, in early June.

Although it was originally used by the Cree Indians for **fevers and colds**, its common use today is for the treatment of **prostate** infections, **liver** dysfunctions, **thyroid** regulation and all types of **skin problems**. It is anti-inflammatory, anti-tumoral, antibacterial and a decongestant. In an herbal infusion the plant has a mild narcotic effect therefore it is also very good for **insomnia and nervous disorders**.

Application: 1 drop where needed: liver, thyroid etc. It is quite expensive to diffuse.

Lemon, *Citrus limonum, Italy*

Lemon is cold pressed from the lemon peel. It is said that lemon was used to prevent scurvy by our ancestors who traveled the seas. It is known to **refresh and uplift, to cleanse the body** or to disinfect. It balances the nervous system but may cause skin sensitivity to the sun or irritate sensitive skin. It can relieve bitter resentment, distrust, irrational thinking.

Application: *1 - 2 drops in water, as it is so refreshing.*

Marjoram, *Oreganum majorama, Egypt*

Marjoram was used by the ancient Greeks as a remedy for narcotic poisons, convulsions and dropsy. According to Greek myth, if Marjoram grew on a grave, the deceased was happy. It was also a custom of the Greeks and Romans to use wreaths of marjoram for marriages. It was believed that Aphrodite, the goddess of love, created sweet marjoram as a **gentle symbol of happiness**. Crushed leaves of fresh sweet marjoram are used to make **potpourri**, to freshen linen drawers and closets. They can also be included in **sleep pillows**.

Many books referencing Marjoram, talk about *Oreganum majorama* which is the Egyptian Marjoram (Sweet Marjoram). It is very useful for **hyperactive thyroid** and is helpful in cases of **hypertension**. Just one drop in a teaspoon of honey can give wonderful results. It is associated with **celibacy** as it diminishes the desire for sexual contact, especially if used in a bath. It is very good for relieving **solar plexus spasms** and muscular spasms. It has been known to help an **irregular heartbeat** and can help reduce **snoring**. It promotes **creativity** as it balances and clears the mental body.

Spanish Marjoram, thymus mastichina, is a **decongestant for the chest** and is good for treating **bronchitis and other respiratory ailments**. It's a strong, supportive oil, but **less toxic than other thymus species**. It is an antiseptic and a warming oil that **stimulates the**

Spike Lavender, *Lavendula latifolia*, France

Comes from the hills of France and Spain and contains more cineol and camphor. It increases the ability to give and receive love, when there are **issues with Mother or feminine side, with being a woman, also with food issues, especially cravings for sugar.** Spike Lavender balances the male and female, the left and right side of the body.

Application: *The best way to use Lavender is through massage, or apply 4 - 5 drops wherever needed.* It blends well with most oils, especially Lavandin and Petitgrain.

Lavandin, *Lavandula hybrida*, France

Mother nature created Lavandin as a hybrid plant when true lavender was cross pollinated with Spike Lavender. This enabled greater production of plants that had healing and therapeutic properties of lavender plants, but were tolerant of warmer climates. The traditional lavender prefers the cold (i.e. the Yardley company is located in England) and Lavender plants have been known to grow at high mountain elevations.

There are many types of Lavandin plants which have retained the healing qualities of its parent plant. Some are closer to the lavender (*Lavandula vera*) and are soft to the touch. Some plants are closer to the Spanish lavender and have spiky leaves (*Lavandula spika*). Other varieties are Lavandin Abrialis, and Lavandin Super which each represents 10% of the lavender production. The L. grosso represents the rest, i.e. 80%. There is no noticeable difference in the quality of oil that is produced from these varieties. Most of these come from France where I go twice a year to choose my "vintage"!

Lavender **was used** during the 16th century to heal wounds and to rid the body of worms. Like its parent plant, Lavandin is probably the most versatile oil. It is soft and calming enough to be used around small children, but is a strong and effective antiseptic. Mikaël

recommends using **Lavandin reydivan** for baths or if you like stronger fragrances. The *Lavandula vera* is more for subtle uses, but it's a matter of personal preference.

Lavandin abrial is grown at a lower elevation than lavender and yields more than the *Lavandula vera*. This hybrid results from natural fertilization by insects thanks to the low altitude and is therefore not GMO. The plant is a hybrid between L vera and latifolia. As a lavender it is a tonic, anti-inflammatory and muscle relaxant. And for Dr. Kurt Schnaubelt, its main use is for metabolic detoxification.

Lavandin super is closer to the true lavender and Mikaël chooses it according to his nose! It helps you get good sleep and also in removing anxiety. It helps support the heart and is good for skin problems. Lavandin's work on the crown chakra and helps relieve past memories.

Application: *The best way to use Lavandin is through massage, or apply 4-5 drops wherever needed or add to your bathwater.* It's companion oils are Laurel, Rosemary, Clary Sage, Geranium, Lemon, Orange and Petitgrain.

water. Also diffuse Breathing and massage your back with Spinal Cleanse. For faster results use up to 10 times a day and for 10 days.

Personal Experience: "I used 1 drop on my client who has MS, on the feet and wrists. The spinal column chalk was being cleaned and the dust blown off to fire better. It was neurologically warming. She felt warm for the first time in ages!" *Vicki*

"I have CFIDS - Chronic Fatigue. I have just started using Mikaël's oils - mainly **Dragon**. One of my biggest issues is a completely hyperactive nervous system, and when I use **Dragon** I feel like my whole body calms down and it can get to the business of healing. I use it everywhere - on my feet, wrists, a couple of drops on a damp face cloth and rubbed all over my body in the bath or the shower. I can feel myself protected and am able to manage the day (or night), it is as if I have a powerful guardian by my side. Mornings are the worst time for me, so I have my bath, and use the oils (and a little Liver and Archangel Raphael), and I am totally restored. Thank you so very much for this blessing." *Sandra*

"My son had a throat infection for 3 weeks, with white mucus and he is about to be a father. Mikaël gave him **Dragon** (2 drops every hour) and 10 ml of Immune Up to massage all over his chest, throat and back. Next day, it was all gone. Alleluia!" *Jane*

"Dona Tina, 65, with cerebral palsy, was sent home to die. I gave her **Dragon** and she is now walking around." *Dominica*

Endocrine: Balsam Fir, Ravintsara, Cinnamon

The endocrine system is a series of glands that secrete chemical messages called hormones. This oil supports a healthy gland function and maintains a delicate balance. It may also help with weight management. (See separate flyer) --- *Massage 1 - 2 drops only on 3rd eye, thyroid, or pulse points.*

Personal Experience: "It was love at first sniff when I opened the **Endocrine** bottle!" *Joan H*
"I love using **Endocrine** in the morning. It awakens all my senses; they come alive. My

response time is faster; I am surer of myself. **Endocrine** is better for my body than a major tune-up is for a car; it's even better than orange juice in the morning." *Jan Z*

Energy: Rosemary, Lemon, Black Spruce, Peppermint

Raises your energy level and may give you an instant boost of energy. --- *Apply 2 - 3 drops to adrenals (in the back, just above the waist) around the ears or on back of neck.*

Personal Experience: "After a long trip, this is my favorite." *Drunvalo*

"I was sick and your oils **Energy** and Immune Up made a world of difference. I could clear my body, so that I could function again. I did not realize how potent your oils are." *Jeremiah*

Fearless II: Canadian Tsuga and Nard

Helps get through difficult times due to the Shift: It is like a Spiritual 911. Perfect to remove fear from your life. Good for cases of grief and sadness. --- *Massage the feet with 4 drops and raise this energy up to the crown chakra.*

Flu: Ravintsara, Black Spruce, Eucalyptus

Another favorite of Dominica's and the orphans. Tiger may also help with flu like symptoms.--- *Rub 5 - 8 drops on the chest, front and back.*

Personal Experience: "I put this oil on my chest - 10 drops front and back, along with Immune Up and the symptoms ceased within 2 hours!" *MB*

Fungus Out: Arborvitae, Balsam Fir, Tansy, Geranium, Black Spruce

Excellent for getting rid of the nail fungus. A big favorite. --- *If it is old fungus, apply 2 drops 3 times a day under the nail for 2 - 3 months, otherwise twice a day. For athlete's foot, put a few drops in a basin of warm water and soak your feet for a few minutes. If it is internal fungus, then try Thyme Borneol, 1 drop in the morning and evening.*

Personal Experiences: "I have several friends who had mild to severe fungus on their finger

nails or toenails and nothing would get rid of it completely. They applied a little on the nail or nails every day and all have been amazed how quickly their fungus has disappeared. It really works." *AD, Reflexologist*

"I am 76 years old and have had fungus on my toe nail, all my life. I used 2 drops of **Fungus Out** every night for 5 weeks. I now have gorgeous toenails!" "My 80 year old father had fungus for years on his toenails. He was amazed that in 2 months it was completely gone!" *Mikaël Z*

Gaia II (Mother Earth Goddess): Laurel, Rosewood; Lavender, Juniper, Balsam Fir, ArborVitae

GAIA was the primeval divinity of earth, one of the primal elements who first emerged at the dawn of creation, along with air, sea and sky. She was the great mother of all the heavenly gods that were descended from her union with Ouranos, the sky. In the ancient Greek cosmology, earth was conceived as a flat disk encircled by the river Okeanos, and topped above by the solid dome of heaven and below by the great pit of Tartaros. She herself supported the sea and mountains upon her breast.

Gaia: "land" or "earth", from the Ancient Greek Γαία; also Gaea or Ge is the primal Greek goddess personifying the Earth. She is considered a *Great Goddess*. Her equivalent in the Roman pantheon was Terra.

Spiritually protect and love the earth with this blend, ; meditate for Mother Earth .— Put 1-2 drops on base of skull and 3rd eye, NO more.

Personal Experiences: "A very potent blend, sooo powerful. It went right in the center of my brain. I released the sexual shame of being a woman and abused. Then, a brownish, reddish fog like came to be released for humanity. So I would say good to release shame. Try it!" *S.T.*

"Gave me the strong sense of being grounded and balanced. Helped me to focus so I could move through a writer's block. I will use it every time I work on this book about our animal relations." Pk

Gold Ray, Reiki: Basil, Balsam Fir, ArborVitae, Laurel, Marigold, Goldenrod, Bulgarian Rose

Facilitates the connection with universal energy. "The fine frequency of the Reiki Golden Ray brings to one the clarity of energy. It illuminates one to be able to touch and connect in the highest order to one of the most predominate energy in this creation. Assists one with opening your receptive channels in a broader and more harmonious connection to the great and beautiful energy from "All That Is" in the form of the Reiki Golden Ray", Lord Maitreya — *Put a few drops in your hands, rub them and clear your aura, then do your Reiki ritual.*

Gratitude: Grapefruit, Rosemary, Cinnamon, Frankincense

Acknowledges blessings that are beyond measure and present at every moment within creation. Embellishes perceptions about the way you see your own life. Be blessed and enjoy what you have. A big favorite of children. — *Inhale the oil; rub 2 - 3 drops on 4th chakra or sternum.*

Gum Tonic: Lemon, St. John's Wort, Aniseed, Cinnamon—

Helps with gum challenges. *Rub 2 - 3 drops on your gums. It tastes delicious!*

Personal Experiences: "Gum Tonic was part of a program that rescued my gums from severe dental disease." *Jan Z*

"It took care of the infection in my gums and saved me many \$\$\$." *Deb, along with many other similar experiences*

"It has been a great help with gum infections, and as a preventative. Great taste." R Tomita

"My husband reluctantly used GT after his first gum graft with measurable improvements in remaining gum pockets. He was sold. No more surgery. Thank You." *JS*

Hathor (Egyptian Cow Goddess): Geranium, Marjoram, Patchouli, Frankincense, Bulgarian Rose & Nard **Honors the divine mother in us. Hathor personified the**

this oil, we may understand that there is no division between the physical and divine love. It helps to **reduce anxiety, nervous exhaustion and stress** and helps one gain a new outlook on life. It lifts melancholy and is good for impotence. It could help relieve repressed feelings, bitter jealousy, **low self-esteem, guilt, and emotional abuse.**

Application: *1 drop on the heart or mix with a blend or a vegetable oil.*

Laurel, *Lauris nobilis*, France

This strongly aromatic evergreen tree is native to the Mediterranean region where it can grow as high as 60 feet. It was associated with the god Apollo and its leaves were used to make the crowns of victory during the early Pythian Olympic games. The word "baccalaureate" actually means laurel berries. The importance of the role of the bay leaf was also acknowledged by the Romans who named this noble plant Lauris (from the root word *laudere*, to praise). The word "laurels" has carried over into our modern English language. The word "bay" was added by the Anglo-Saxons (also a word for "crown"). Culpepper felt strongly about the curative powers of bay, "neither witch nor devil, thunder nor lightning will hurt a man where a bay tree is."

It is an expectorant, therefore good for all respiratory difficulties, virus infections, mouth ulcers (aphtes), muscular aches and pains and arthritis. A good quality hydrosol cleanses the lymph nodes.

Application: *1 drop on the wrist or blend with massage oil. Also can be used as a spray with distilled water.*

Lavender, *Lavandula angustifolia or vera*, France

The plant name comes from the Latin word, lavare "to wash." It was Lavender that first led Rene - Maurice Gattefosse to pioneer the concept of aromatherapy as a scientific discipline. Rene was working in his laboratory when there was a small explosion and he burned his hand. Looking quickly for something to soothe the burn, he reached for a bottle of Lavender oil and was amazed at how quickly it acted on the burn. This prompted his life's work of research into the practice of aromatherapy. He published the first book on the subject in 1937.

There is a favorite story about Maggie Tisserand who was a passenger on a plane with a young child who was distressed and crying. Maggie offered the mother of the child some Lavender but her offer was rejected. When the child continued fussing, Maggie placed some lavender oil on her own clothing and then offered to hold the child to give the mother some relief. The child quickly settled down and slept for the remainder of the trip.

One drop of Lavender reveals that it is composed of over 300 different molecules making it a very versatile oil. These molecules are very **calming and soothing**. Lavender is wonderful for **scars** and helps the skin quickly reproduce new cell tissue making it an effective treatment for **wounds and burns**. It also helps to **reduce fever** and the gentleness of this oil makes it an **excellent oil to use with children**.

It helps to facilitate **birth**. It is interesting to note that, although it is very calming and soothing, it **can quickly become a stimulant when used in a large quantity**. Lavender **Hydrosol** is also good for eye cleansing, especially soothing to the cornea if dry or scratched.

Teas were brewed from the plant to treat stomach ailments, fevers and snakebites. The herbal tea can increase the production of urine without disturbing the levels of electrolytes. The tea may also help **rheumatoid arthritis and the roots were used to treat burns**. Following the Boston Tea Party, the English changed to drinking Goldenrod tea which resulted in the nickname, Liberty Tea. We are referring to the ones that grow about 7 feet tall.

Goldenrod is **useful in treating cardiac diseases** (pericarditis, endocarditis), and hypertension. It is an **anti-inflammatory**. Although there is a high frequency of allergic reactions to the plant, it is actually excellent for the **treatment of hay fever**. The oil is very effective in **treating heart conditions**, acting on the muscles of the heart as well as **the arteries**. It has a positive effect on the solar plexus. It helps people, especially men, who are experiencing sexual problems. Goldenrod is also effective in cleansing the **kidneys**.

Application: 3 - 5 drops applied topically through the skin. It blends well with Ledum, Red Pine, Lavender and Rosemary.

Grapefruit, *Citrus paradisi*, Israel

Grapefruit oil is cold pressed from the peel of the grapefruit. It has a **fresh, sweet, citrus scent that purifies**. Traditional uses are to lift melancholy, relieve muscle fatigue, as an astringent for oily skin, to refresh and energize the body, stimulate detoxification, as an airborne disinfectant. Good also in cases of self-doubt and criticism, dependency, frustration and grief. It can calm mental chatter.

Application: Put 1 - 2 drops in water as it is so refreshing. It can mix with other citrus.

Helichrysum, *Helicrysum italicum*, Immortelle, France

Traditionally used for infection and skin inflammation as it helps the skin to repair bruising, nerve damage, circulation and lymph nodes. It also helps singers voice. It is a **PRECIOUS** oil.

Application: Apply 1 - 2 drops only where needed.

Jasmine, *Jasminum grandiflorum*, India

This "Queen of the Night," *Jasminum grandiflorum*, is originally from China and Asia where it has a rich history. The tiny star shaped Jasmine petals are usually collected at night, when the scent is at its strongest. This essence has a long history of use in oils and perfumes. It is a **precious oil**. The price for pure oil costs a lot since large quantities of flower petals are necessary for the "solvent extraction" absolute. Most commonly associated with tea, the Jasmine flowers were excellent for treating **liver problems and dysentery**.

Jasmine is **uplifting** and supports **self-confidence and optimism**, and the voice of singers. It is antidepressant, anti-inflammatory, excellent for the skin and for female problems and tends to strengthen contractions during labor. It is good for eczema when associated with emotional problems. It relieves pain and helps to establish a balance of the Yin and Yang.

According to many renowned aromatherapists, it is a powerful **aphrodisiac**. Jasmine is also a potent aid to **spiritual development**. It could help in the spiritualization of sexuality. With

principles of femininity, love, motherhood and joy. She is the mistress of the West welcoming the Dead in the next life. She was also Goddess of music, dance, foreign lands and fertility who helped women at childbirth. She is depicted as the "Cow Goddess" with head horns and a sundisk.

— *Rub your hands. Clear your etheric body. Open your hands to the sky and call for the spirit of the Divine Mother.*

Head Relief: Rosemary, Peppermint, Spearmint, Aniseed, Clary Sage, Basil

Removes the pressure of a busy day or stressful moment. — *Apply 2 drops to the back of the head or directly to the area of pain at onset or on temples.*

Personal Experiences: "I suffered terrible headaches for years and my head would spin because of a fall when I was young. Dominica gave me some **Head Relief**. I put 2 drops on the center of my head. In 10 minutes, the headache was gone for the first time in years. Wow! When I went back to see my doctor, the test results showed no more irregularities in the brain. The doctor was amazed." *María P* "Please send another large bottle of **Head Relief**, it is great at removing the tension in the back of my neck." *PA*

Healing: Lavandin, Black Spruce, Spearmint, St. John's Wort

Re-establishes the body's power to be whole. Assists in the recovery from or prevention of illness. — *Apply 2 drops to 3rd chakra (2" above the navel).*

Personal Experiences: "It is one oil every healer should have." *Rev Gardner*

"Best oil I use for my class of karate, as Japanese love this one." *MT*

"Thank you Mikaël for the magnificent oil. Two drops and I feel like my old self again. I have no pain...it is a miracle." *Idaherma*

"**Healing** is very good. When I deeply inhale it, I feel its healing energies permeating my body and getting rid of the aches and pains I occasionally experience." *PS*

Herpex: Blue Spruce, Ravintsara, Clove, Blue Tansy, St. John's Wort

Helps with STD symptoms and others. Very little goes a long way! — *Put olive oil on a Q-tip, add 1 - 2 drops and apply where needed.*

Personal Experience: "I had VD warts on the vagina and my lips. After one week of **Herpex**, they was totally gone!" *Monalisa*

Hilarion, Master = GREEN RAY: Man darin, White Pine, White Spruce, Balsam Fir, Goldenrod
He is the master of the fifth ray, the emerald green ray of truth, vision, healing and prosperity. He is a guide of the mastery of the third eye and leads us to accessing our Higher Self. He was one of the masters originally contacted by Helena Blavatsky, cofounder of the Theosophical Society. **He helps through cleansing and healing the physical, mental and emotional selves. GREEN RAY focus on the concentration and projects go to the end.**

Immune Up: Black Spruce, Ravintsara, Thyme Thymol, Linalol, Rosemary, Niaouli

Helps support and restore the immune system. Good to combine with Allergy, Asthma, Sinus, Virus, Flu. Super successful oil. Could be a preventive for many childhood diseases. — *Apply 2 - 3 drops on the wrists and rub together twice daily or more if quicker results are desired. Or rub on the soles of your feet.*

Personal Experiences: "I can't live without my bottle of **Immune Up**. I recommend it to everyone feeling under the weather. It is magical." *Elizabeth*

"You took several kids to the beach who had runny noses, coughs and flu symptoms. Thanks to **Immune Up**, in two days they are back in perfect health. One drop under the tongue and on the wrists twice a day does miracles. Bless you." *Dominica*

"I have used it during the past week on my 23 month old granddaughter who has had a really bad cold with a high fever. It seemed to help her recover from the worst part of the cold. She would come to me and ask me for the 'breathe' and 'mune'. Thank you so much." *Catherine*

"I love **Immune Up** too. I use it more or less everywhere. I put drops on a damp cloth and rub it all over my body. It tingles a little, but this feels very good. I also take it under the tongue, a drop or two once or twice a day when I am acutely ill. During the day, I put it on my wrists and in the crook of my elbow, and the soles of my feet. I feel supported and uplifted and protected from virus and bacteria that I seem to be so susceptible to. I have been taking so many herbal remedies and supplements for my dysfunctional immune system, but nothing really seems to work. I feel the oils are reaching places that supplements do not." *Sandra*

"I use it 2x daily and whenever cold-like symptoms appear. Clears it within minutes." R Tomita

Innocence: Canadian Tsuga, Rosewood, Balsam Fir, Lemongrass, Nard

Returns us to the purity and simplicity of an infant. It reflects a sense of cleanliness, clarity, freshness, newness and healthiness enhancing vitality, integrity, and honor. It brings us closer to the perfection of being **One with the Universe**. Innocence is being in the universal flow with nature and fosters direct experience with the freshness and beauty of creation. This blend has **Canadian Tsuga** helping to dissipate fear and promote transformation. It peacefully opens the heart, letting one go of stress and negative thoughts. **Rosewood** brings strength and courage and facilitates the flow of the spirit to the body. **Balsam Fir** brings enlightenment and joy. **Nard** brings deep inner peace and realization that we serve as a bridge between heaven and earth. It helps attain our sacred space within.

Lemongrass A sedative for the central nervous system—

Helps with release of fear of judgment and restores a state of clarity, trust and love. For confidence in expression and gentleness. To open and know your uniqueness. — Inhale and *rub 1-2 drops between your heart and*

solar plexus, (left on the bra line)

Personal Experiences: "This blend is needed by all people at this time of change. My clients have experienced a state of clarity, trust and love." Ralph

"I am joyful and smile a lot when I wear this one. I feel I can conquer the world" mba

Isis (the Sun Goddess): Cypress, Geranium, Black Spruce, Marigold, Goldenrod, Bulgarian Rose, Jasmine

Isis is the most famous Egyptian goddess . Awakens our spirituality, deploy our golden wings and raise our spirit which allows us to see things from a higher perspective giving us a different comprehension of what happens to us.

Geranium helps balance feminine mood swings while **Cypress** helps with balance when there is turmoil. **Black Spruce** is like a mast of a ship which holds the sails up and gives vital force to the spine. It also links us to our ancestors. **Marigold**, a sunny Egyptian flower, adds a very deep and warm fragrance to the blend and shines the sun in the brain. The **Goldenrod, Bulgarian Rose and Jasmine** all work on the heart chakra balancing the emotions and helping the user to open the heart without fear. ---

Put 3 drops in palms, rub together and open your arms like wings to receive and give love energy.

Personal Experience: "I charge up some crystals and they become much more potent.

Joy: Balsam Fir, Lemongrass, Rosewood

Promotes joy and a sense of well being. Children love this oil, so simple and so wonderful. It smells Soo good. —

Apply 1 - 2 drops over the heart.

Personal Experience: "Joy is delightful and refreshing! Helps cheer me up when I'm feeling grumpy or gloomy." *WS*

Karosa: Shea Butter, Bulgarian Rose, Geranium, Rosewood, Palmarosa

Helps support or restore the natural function of the skin. Karite Butter comes from the nuts of a Madagascar tree. It has natural vitamins A, D and E which rejuvenate, protect and

but it makes the oil much more expensive. In ancient Egypt, it was used in face masks, cosmetics and perfumes. It has been used for syphilis, rheumatism, respiratory and urinary tract infections, digestive and nervous tensions. This resin has healing powers, cures wounds, and stimulates the immune system. In the past, it was burned to drive out evil spirits. It also covers a wide range of uses from antibacterial, anti-inflammatory to revitalizing, uplifting but is also used to calm, relax, promote sleep, soothes and heals inflamed skin, bruises and burns.

Frankincense helps break ties with the past, especially where these block personal growth. When you feel inadequate or need to let go, take a bath to wash away any old ties, or put it in burners so you get to know who you are and gain self confidence. Good for release and forgiveness, so you can pursue your journey of power.

Application: *Put 1 drop on your heart chakra or 1 on each ankle before going to bed.* It blends well with Myrrh, Cinnamon, Orange and Nard.

Geranium, *Pelargonium graveolens*, Egypt

The unique shape of the fruit on this plant resulted in its name Geranium, which is the Greek word for a crane's bill (*Geranium maculatum*). The wild geranium is common in North America and can be found on the side of the road or in wooded areas. Native Americans knew of and respected the healing properties of this plant. The root, when boiled, would help in the treatment of sore throats and mouth ulcers, but when powdered, it would help coagulate their open wounds. A tea infusion made from the leaves was an effective treatment for dysentery.

Geranium oil has a strong rose scent and is sometimes substituted when rose oil is not available. The geranium stands for constancy and availability. **Geranium helps to reduce inner conflict and is recommended for mending a broken heart.** It helps reunify the person, (body, soul and spirit) and gets the body into harmony again. It is **good for the solar plexus, the hands and the sole of the feet.** Geranium stimulates the adrenals, circulatory and lymph nodes and is an effective astringent with **good antifungal** qualities. It can be used for skin problems, reduce stretch marks and wrinkles, relieve **cellulite** and is a good **mosquito repellent.** It aids in the relief of **poor circulation.** It continues to be effective in the treatment of **sore throats and tonsillitis** and is anti-depressive.

Application: *It can be used in massage in a 2 to 3% dilution in a good carrier oil. Also topically through the skin.* It can blend with Lavender, Rose, Bergamot, and citrus oils.

Goldenrod, *Solidago Canadensis*, Canada

Goldenrod, a member of the Daisy family, is found in many varieties throughout North America. The names of the plants, Hairy goldenrod, Blue-stemmed goldenrod, Tall goldenrod and Stiff goldenrod describe the physical characteristics of the plant and the names Seaside goldenrod and Canada goldenrod refer to where the plants grow. Sweet goldenrod is named for the fragrance, which results from crushing the leaves. It is picked in the wild and you need a large amount as the yield is very small.

The plant is the state flower of Alabama, Kentucky and Nebraska. American Indians used Goldenrod as part of an herbal steam bath in the belief that the evil spirits that are making the person ill would leave the patient's body. **The Zuni chewed goldenrod blossoms and slowly swallowed the juice to cure the throat. Ground flowers were used on bee stings.**

effective **expectorant**. At the 1888 World's Fair in Melbourne, it was used as an inhalant to treat 26 diphtheria patients. All but two recovered.

Eucalyptus has a strong, fresh odor and is frequently used to deodorize closets and dresser drawers. It is an effective **insect repellent**, good for discouraging mosquitoes and driving away silverfish and **cockroaches**. Eucalyptus oil is good for respiratory ailments and is a **key ingredient in Vaporub, cough drops and cough syrups**. It is also a **natural disinfectant** and has been used as a spray in sick rooms. It has anti-fungal and anti-microbial characteristics. Its **anti-viral** properties make it appropriate to use for relief of **flu and cold** symptoms. To relieve an **earache**, place one drop on a cotton ball, place it on the entrance of the ear canal and massage around the ear.

Application: *It can be used in massage of the upper back to stop coughing. It works well in diffusers.* It blends well with Balsam Fir, Rosemary and Oregano.

Eucalyptus citriodora, *Lemon Eucalyptus, Brazil*

When seen from a distance in its native Australia, *E. citriodora* is a large tree with an almost white trunk. Upon closer inspection you will notice its dappled grey, pink and cream coloring. Standing tall and straight, the Eucalyptus appears to be able to withstand anything. Slightly different from the standard Eucalyptus, the Lemon scented Eucalyptus is true to its name, with the extracted oil having a slight lemon scent. This is due to the different chemical structure between the two oils. *E. citriodora* contains a large quantity of citronellol. Nowadays, the main producer is Brazil. It has extensively been used as an **aromatic in closets** and dresser drawers. It is also excellent as an **insect repellent for mosquitoes, silverfish and cockroaches**.

E. citriodora has been shown to be effective in combating the bacteria resulting from *Staphylococcus aureus*. *E. citriodora* is anti-viral and supports individuals who experience a **breakdown in their immune system**. It is **anti-fungal** and can be used to treat skin infections, like **chicken pox**. Lemon scented Eucalyptus is an **anti-inflammatory**.

Eucalyptus helps people in their growing stages, assisting in accepting change and reducing the pain connected and attached to shedding the old ideas. It is now grown where malaria is a problem. It helps the sufferer and protects the caregiver.

Application: *Good to diffuse or apply topically. As a massage, it is good therapy for rheumatoid arthritis, like in Pain Ease.* Blends with Palmarosa, Lemon, Hyssop and Marjoram.

Frankincense, *Boswellia carteri, Somalia*

Associated with the highest spiritual aspirations, Frankincense, (in French, the real incense) is used to uplift and create a meditative state; it has the ability to deepen and slow the breath which helps bring body and mind into meditative state. It was offered to the infant Christ by the Magi in recognition of His divinity and it helps each of us to connect to that part of our selves which is eternal and divine.

Much of what is on the market is synthetically enhanced. The pure oil from the gum resin is called Frankincense, *Boswellia carteri*, while the standard is called Olibanum. There are many Olibanums labeled as Frankincense and your nose cannot always tell you the truth, but the resin sticking to your fingers will. There is also a new way to extract it using CO₂,

smooth your skin. It also fights wrinkles and dry skin without leaving your skin oily. Shea Butter is also known to help eczema. Good for all skin types. Excellent for chapped lips, sunburns, cracked skin, stretched marks, diaper rash. — *Take very little and warm it in the palms, then apply to your face, lips etc.*

Personal Experience: "It is the best NATURAL cream there is. I use it everyday and carry it in my emergency kit." *Eve*

"One client has seen dramatic improvement in her psoriasis like symptoms on her hands and elbow." RT

Kidney: Balsam Fir, Virginia Cedar, White Spruce, Aniseed, Tarragon, Geranium, Peppermint, Basil, Clary Sage, Labrador Tea, Laurel, Carrot Seed, Texas Cedar

The kidney is basically a filtering system and help balance the chemicals in the blood and produce hormones which control blood pressure and maintain healthy blood cells and bones. — *To balance, apply 3 - 4 drops on the kidney area and massage in.*

Kwan Yin: Lavendula Vera, Petitgrain, Laurel, Clary Sage, Sandalwood

Opens you to compassion first, and then enables you to reach out to others. In Buddhism, Kwan Yin is one of the most respected deities. Also known as Quan Yin, Kannon (Japan), and Kanin (Bali), **she is the embodiment of compassionate, loving kindness. As the sublime Goddess of Mercy whose beauty, grace and compassion have come to represent the ideal of womanhood in the East, she is often shown pouring a stream of healing water. With this water, devotees and all living things are blessed with physical and spiritual peace. She holds a sheaf of ripe rice or a bowl of rice seed as a metaphor for fertility and sustenance. The dragon, an ancient symbol for high spirituality, wisdom, strength, and divine powers of transformation, is a common motif found in combination with this Goddess. As a true Enlightened One, or Bodhisattva, Kwan Yin vowed to remain in the earthly realms and not enter the heavenly worlds until all other living things had completed their own**

enlightenment and thus become liberated. Kwan Yin counsels us by her actions to **cultivate within ourselves those particular refined qualities that all beings are said to naturally possess in some vestigial form.** — *Rub 1 - 3 drops into palms and put them on your chest, heart chakra and thymus.*

Let Go: St. John's Wort, Petitgrain, Canadian Tsuga, Chamomile

Emotional release of negative feelings brings us back into balance. From balance we can reclaim a healthy body, mind and spirit. — *Inhale the blend, apply 1 - 3 drops to solar plexus or wrists, or any place/thing from which you wish to clear negativity.*

Personal Experiences "The most sold oil in New York City after 9-11!" mba

"In combination with **Spinal Cleanse, Liberation and Pain Ease, Let Go** is the foundation of my work with pain and trauma challenges. Ralph

Liberation: Laurel, Canadian Tsuga, Lavender, St. John's Wort, Nard

Frees you from ancient trauma, including family trauma. — *Apply a few drops to the back of your head, just above the neck.*

Personal Experience: "It is excellent to release long term and recent traumas. Great to use with Let Go, Spinal Cleanse & Trauma." Ralph

Love: Rosewood, Palmarosa, Geranium, Bulgarian Rose

Makes the world go round. In ancient times it was known that rose would protect and bring a sense of love and well being. Rosewater was ingested, bathed in and rose oil was applied to the skin. Definitely a favorite. — *Inhale the oil, then massage 1 - 2 drops over the heart.*

Personal Experiences "True to its name, it opens my heart and repaired my heart broken after many years." Mba

Lymph Nodes: Red Pine, Niaouli, Italian Helichrysum, Sandalwood—**Located throughout the body, lymphs are ductless**

glands so it is important to support the removal of toxins collected in the lymph nodes. They encourage normal circulation and help overcome fluid retention. Use of a trampoline is also very good. --- *Apply 3 - 4 drops to lymph nodes around neck, on top of feet or in the groin area.*

Mary (Divine Mother Goddess): Lavender, Rosemary, Laurel, Marjoram, Bulgarian Rose, Lemongrass

She was the bearer of the energy of the Divine Mother Goddess, and in serving her, the Male would find his path to Divinity by embracing, through her Purity and Beauty, the Divine Feminine within himself.

She is the Beloved Mother who guides us on the Divine Path to Spiritual Oneness with Source.

As a Divine Mother element of Source, she shows a path of spiritual service to the Light of God within our hearts. As a collective, you will learn to serve Beauty and Truth and Love, and through this service to integrate the gentle, loving and supportive energies of the Mother aspect of Source into our society once again. This will enable us to create support and abundance for all.

Part of the process of Ascension has been to once again empower the Feminine so that the Creative Power of the Mother God can once again be felt by all. And to empower the Masculine, so that men can once again claim their gentleness and beauty, and to be not only warriors but also poets and troubadours of the Beloved. (Inspired from Archangel Michael channel in April 08.)

Being the Mother of love and protection, this blend will help us receive protective love and surround us with a shield of it. ---

Apply 5 drops on the heart and then wipe your hands and give yourself a mother hug.

Personal Experience: "As soon as I applied it, I desired close contact with Mother Mary. I felt the warmth of a mother's love wrap around me and keep me emotionally safe for the entire day." *Pk*

Mary Magdalen: Canadian Tsuga, White Spruce, Nard, White Angelica, Frankincense,

Neroli, Hyssop

Opens the heart and helps strengthen the alchemy between matter and spirit. It can assist you through difficult times with courage and serenity. NARD reveals the secret path to the seeker who is focused and sets an intention to live and serve with an open heart. (see pg. 22) --- *Inhale the oil deeply, put a drop on your sternum as it will spread throughout your body and soul.*

Merkaba: White Pine, Lavendin Reydovan, Lavendula Vera, Jack Pine, Red Pine, Goldenrod, Labrador Tea, Petitgrain

Good balance with 3 pines, electro magnetic (charges) ions and Lavender to ground. It will restore, energize and balance the fields around the human body. --- *Put 1 - 3 drops in palms, rub together, inhale the oil, brush all of aura and then touch the ground with your hands.*

Personal Experience: "I'm very satisfied with the oils I ordered a while ago, **Merkaba** and White Light." *Sampo, Finland*

Mold Out: Conifer, Arborvitae, Cedarwood
Removes molds from your surroundings, basement, closets, hotel rooms etc. --- *Spray lightly into room.* You will feel like walking into a forest afterwards.

Moskito Out: Citronella, Eucalyptus, Lavender, Peppermint, Spearmint, Arborvitae
Helps with flying insects. Before you go outside, massage 3 - 4 drops unto arms, legs, neck. If already bitten, rub a drop and itching will go away.

Personal Experiences: "The **Moskito Out** was wonderful!!! Take it from a "body" that attracts mosquitoes like honey to the hive. I used it all weekend in the mountains, and came away with no bites." *Shari*

"I have been using Mikaël's oils for several years now. I use **Moskito Out** to keep mosquitoes and annoying insects away. Put a few drops in your palms which you rub on your arms and neck. Ticks Out is also effective." *Bernadette*

Nausea Out: Star Anise, Peppermint, Spearmint

Roman is the oil of choice for most purposes. German or blue chamomile is that the Blue chamomile contains more azulene, known to be a very good anti-inflammatory agent and also gives it the blue color. You need only a few drops to have an effect.

Cinnammon Bark, *Cinnamomum zeylanicum*, Madagascar

Often adulterated with cassia bark (C. cassia) which is less expensive and has a coarser bark, Madagascar cinnamon is considered superior. According to Gritman, it is used for tooth and **gum care**, warts, poor circulation, arthritis, anorexia, diarrhea, intestinal infection, repelling insects, **sluggish digestion**, lice, **childbirth (to stimulate contractions)**, frigidity, colds, flu, **infections**, **nervous exhaustion**, **stress conditions**. It helps in cases of poison or spasm. Cinnamon will release rage from the energy field.

Application: *Put 1 drop only on center of the tongue. This oil is very strong and is a skin irritant. Use with CAUTION.*

Citronella, *Cymbopogon winterianus*, Indonesia

It is wonderful as a **mosquito repellent** and can relieve colds, flu and neuralgia, pain of **rheumatism and arthritis**, melancholy. It **eases nervous depression**. Avoid using on sensitive or damaged skin. Can blend with Citrus, Geranium, Lavender, Neroli, Clary Sage.

Clove Bud, *Eugenia caryophyllata*, Madagascar

It has a **spicy, fruity, warm and sweet aroma**. It is used for toothache, colds, flu and fungus infections, as a mosquito repellent, to relieve fatigue and melancholy. Clove bud oil should not be used on damaged or sensitive skin. Use in moderation. Can blend with Bergamot, Laurel, Rose, Clary Sage and Ylang-Ylang.

Eucalyptus *radiata*, *Eucalyptus officinalis*, Australia

When we hear the name "Australia" many of us immediately think of koala bears and eucalyptus trees. In the wild, they can be found in Tasmania, New South Wales, and Australia, where they began 35 - 50 million years ago. "Eucalyptus", the name which was assigned to this tree in the 1790's, is a concoction of two Greek words: "eu" which means "well" and "kalypto" which means "I cover", and refers to a covering, which is over the flower until it is ready to bloom. .

The Eucalyptus, which grows very quickly and can reach a height of 60 - 70 feet, protects itself against insects and pests by exuding a gummy substance on its trunk which drowns the bugs. The spread of these trees to other parts of the world is due to its association with **halting the spread of malaria** in areas where they grew. The trees' root system absorbs a large quantity of water, drying out the swampy marshes and eliminating the breeding ground for mosquitoes.

There are over 600 varieties of Eucalyptus and they come in all shapes and sizes but are all strong and resistant to drought and disease. Eucalyptus was used as a poultice by the Aborigines to cure sores and open wounds. The main varieties, which are used for essential oils, are E. radiata and E. globulus. The oil extracted from its leaves is an

Our Bergamot is bergapten-free, which means that sun exposure is no problem.

Borage, *Borago officinalis*, France

The French used Borage to control fevers and treat pulmonary disorders, Greeks to uplift spirit. It is cold pressed from the seeds and helps with digestive problems, tingling fingers and boost size of breasts.

Personal Experience: "The **Borage** increased circulation to my breast tissue after 15 days of 3 drops/day x 3 times, they went from an A cup to a B with no other lifestyle changes. That was 8 months ago and they remain firmer and larger with one daily application." *Gaia*

Canadian Tsuga, *Tsuga Canadensis*, Canada

This is Canada's most graceful conifer, which is abundant in Quebec and the North-Eastern region of the U.S. Eastern Hemlock can be distinguished from all other eastern conifers for its summit branch bending toward the East. Jean Dessureault, aromatherapist and distiller of essential oils in Quebec since 1986, recommends this oil for its quality as a **breathing tonic**. It is useful for people suffering from asthma and respiratory weakness. Anne Meurois-Givaudan

found in her work, that it helps to calm and prepare both terminally ill patients and individuals who are moving to the final stage of their life on earth as it helps you get in the "here and now," so you can reduce fears and anguish for those that find it difficult to let go. It also alleviates anxiety and stimulates mental grounding.

"Yes, I love Tsuga," Mikaël said, "and I use it a lot as it helps people **breathe better, sleep, adjust to new surroundings (including jet lags), avoid fear, bring harmony, fight disease**. Many good results have been reported when used to help dying persons make their transitions in peace as it opens subtle doors." It is good for **mental fixation** and it helps with circulation and the production of adrenaline. You will feel more energized and uplifted.

Application: Use full strength (4 to 8 drops) in slow and delicate massage on feet and upper chest. Breathe it consciously, put a few drops on your solar plexus, 5th chakra or your hands. If you are too tense to meditate, put a few drops of Tsuga on palms and apply it to the adrenals, in the middle of your back.

If you travel, make sure to carry a bottle of Canadian Tsuga with you, as it promotes a smooth transition and prepares you for the energies of the countries you are visiting. For Europe, add Lavender and Sage; for Asia, Palmarosa; for the South, some Citrus (lemon, orange); for Africa, add Basil. Apply the oils 2-3 days before departure, on your hands and feet. Do the same while you are on the plane and for 2-3 days afterwards.

It blends well with conifers...

Chamomile, *Chamaemelum nobile*, France

Chamomile was a sacred herb to the Saxon. It has a **sweet and fruity aroma**. As a sedative, it eases anxiety and nervous tension, and helps with sleeplessness or to calm children. It helps relieve muscular pain, and release anger, hysteria, fear, grief, worry, and spirit disconnection. It blends well with firs and lavenders.

We offer two types: the Roman, and the 'blue' or 'German'. If a type is not specified, then

Assists your body to restore balance. A candy without sugar — Take 1 - 2 drops on the tongue when you experience it.

Nefertiti (the symbol of Beauty for Egypt): Basil, Mandarin, Geranium Egypt, Ylang-Ylang, Bulgarian Rose

Nefertiti was Queen of Egypt, wife of King Akhenaton who reigned c. 1353–36 BC), and mother-in-law of the Pharaoh Tutankhamun. Her name roughly translates to "the beautiful one has come". She also shares her name with a type of elongated gold bead that she was often portrayed as wearing, known as "nefer" beads.

She was made famous by her painted limestone bust, now in Berlin's Egyptian Museum, seen from two different angles. Everything is sculpted to perfection: flesh tones on the face give the bust life. Her full lips are enhanced by a bold red. Her graceful elongated neck balances the tall, flat-top crown which adorns her sleek head. The vibrant colors of her necklace and crown contrast the yellow-brown of her smooth skin. Because this remarkable sculpture is still in existence, it is no wonder why Nefertiti remains 'The Most Beautiful Woman in the World'.

This blend is to honor the beauty in us, to accept our beauty at each step of our life. Beauty belongs to life, so does change. It is not fixed. — Inhale, then apply as a perfume.

Om: Canadian Tsuga, Sandalwood, Nard, Jasmine

Excellent for meditation, transforming, or reaching a higher state of mind. — Apply 2 drops to heart chakra.

Pachamama (The Inca Goddess of the Earth): White Spruce, White Pine, White Angelica, Frankincense, Nard

To the pre-Incan people of Peru and Bolivia, Pachamama or Mamapacha, is the Earth, worshiped in her many forms: the tilled fields, her mountains seen as breasts, the flowing rivers as her milk. To ensure good harvests, corn meal is sprinkled at planting. When

people fail to honor her, this dragon Goddess sends earthquakes as a reminder.

A literal translation would be "Mother Universe. Pachamama and Inti (her husband) are the most benevolent deities and are worshiped in parts of the Andean mountain ranges. After conquest by Catholic Spain her image was masked by the Virgin Mary, behind whom she is invoked and worshiped in the Indian ritual.

Pachamama waits for you with open arms. It is time to open to her embrace. Now is the time to heal and remember your holiness, remember yourself as a sacred being. Do you feel a connection with Earth Mother as a living entity? Are you in the middle of some emotional pain that nothing seems to ease? Do you eat food and drink water without giving thanks to the earth? Do you spend time in nature opening to the earth and her vital energies? Opening to Pachamama can occur anywhere. **You can commune with her in a city park, your own backyard, some remote forest, jungle, or desert. The Goddess says that healing is nurtured when you open to her.** — Put 3 drops in your hands, rub them and touch your heart and then the 2 minor heart chakras, below shoulders, those points you touch when one makes the sign of the cross. Excellent for healing sessions.

Personal Experiences: "It is very calming. It feels like I am making a dow – for the Earth. I have a sense that I can do anything I need effortlessly. I am at one with greatness. I feel being embraced by a mother's hug!!" *S.T.*

"I used **Pachamama** in healing sessions and received profound healing." *MBA*

"Excellent for personal foot soaks. Helps in grounding and foot pains" *Ralph*

"I was called to immediately meditate and I felt that I was able to touch the Universal Source. I felt total peace and calm." *PK*

Pain Ease: Balsam Fir, St. John's Wort, Lemon Eucalyptus, Wintergreen, Black Spruce, Arborvitae

Promotes a feeling of well being by easing away various pains quickly. A FAVORITE. — Apply 5 - 7 drops anywhere it hurts. For a

large area use *Pain Relief massage oil*.

Personal Experiences: “**Pain Ease** is instant relief and one of my favorites. Thanks for such great products.” *Jody D*

“I have fibromyalgia, and my friend used the **Pain Ease** blend on me. She put a drop on my shoulder, then mixed some with a carrier oil and massaged in. Immediate results and 10 days later, still no pain!” *Karen*

“We all drove back to Louisville, using **Pain Ease**, Joy and Abundance. We all were pain free & laughing our heads off in abundant joy!! Thanks for the best laugh I've had in years! Your oils are truly a gift from God.” *AMM*

“At 55, I fell from a ladder and broke 2 ribs four months ago. I applied 5 drops of P Ease and felt no pain for the first time in months.” *Milagros*

“It helped ease a lot of travelers discomfort and deep tissue work on my Egyptian trip, as well as my regular clients.” *RT*

Peace: Tangerine, Orange, Marjoram, Goldenrod, Canadian Tsuga

Soothes away tension, brings calm. — *Rub 1 to 2 drops over the heart. Or diffuse it to spread peace around you and the world.*

Protection: Camphor, Canadian Tsuga, Coriander, Tarragon

Good to protect you or your car, etc. — *Rub 2 drops into palms and touch the car, etc. or 3 drops under your feet and rub them. Spray the hotel room!*

Personal Experience: “It was a big help with the latest hurricane. I put a drop on each window. A giant oak tree fell on the lake instead of my house.” *AD*

“We experienced many times a true protection while driving.” *Pine*

Rejuvenate: St John's Wort, Calendula, Thuya, Calophyllum, Argania, Borage

Rejuvenates your cells and glow. — *Apply 3 - 5 drops to face, neck and upper torso 3 times a week.*

Personal Experience: “I said goodbye to my expensive facial creams since I discovered

this powerful blend. It is so nourishing that I can't use it more than three times a week. My skin radiates and so do I.” *JB*

Saint Germain II: Rosemary, Lavender, Bergamot, Goldenrod, Juniper, Myrtle, Sage, Helicrysum, Sandalwood, Camphor
St Germain II embodies the forceful strength of the Violet Flame and provides for direct, immediate transformations. This blend creates powerful dimensional change on all chakras. Its effect is subtle but immediate, opening the door to ascension. The Master's presence (not his guidance) does it all, if you are ready.

Application: *Rub 2-3 drops on the heart and crown chakra.*

Personal Experiences “It opens a window one may be afraid to walk through, but the shift will make you feel lifted up.

This oil does feel magical, precise and gentle, not forceful. This blend is slow to be recognized as the smell is subtle. It gave me a full range of my choices. It was so easy.” *Svitlana*

“With 10 drops on the spine, St. Germain II immediately added strength and rejuvenated points that have weakened. Wonderful for immediate results.” *JHancy*

Saint Germain III: same + Jasmine

A beautiful, simple blend that reflects all the inner strength of the Violet Flame. The addition of Jasmine, however, transmutes it, like flowers that offer you the intensity of their gentleness. The combination of subtle power and intense gentleness brings a whole new dimension to this blend. It swaps out the cobwebs from your life and soul. Adding Jasmine removes mountains and opens a window as you enter. You may remove any obstruction from your freedom. Go forward and leave fears behind. *Rub 2 drops on the Chakra # 1, 2, 3 & heart, or more drops directly to a symptom area.*

“This blend is even more magic than St Germain II, it allowed me to remove any obstruction from Chakra 1 level to heart

whole family was gathered around the tree. Circles of the branches (wreathes) would be hung on the doors to keep out evil and eventually it became a symbol of welcome for the holidays.

Although current beliefs denote that cutting down a fresh tree is wasteful, if done in the right mindset, with love and intuition, we would probably choose the tree that is the weakest in a stand of trees – one that would love to accompany us, and be honored, for the holidays. The trunk of the Balsam Fir produces a very sticky resin that was used to glue optical lenses because it has a very similar refraction degree as the glass. The resin was also used by the Native Americans in their **cleansing and purification rituals**. The resin has also been used as an ingredient in cough expectorants. It is a good household solvent and helps unglue.

Balsam Fir is a **stimulant, antifungal, fights respiratory ailments**, helps to break up congestion in diffusers. Due to its antiseptic quality, for many people, it offers relief for fatigue and muscular aches.

Application: *Put a few drops on a handkerchief and put it in your pocket, or apply it to your feet. It can also be diffused in therapy rooms, massage rooms, waiting rooms, retail stores, your living room, instead of using the synthetic fragrances found in most candles and “aromatherapy” products.* Balsam Fir is commonly accompanied by White or Black Spruce, Canadian Tsuga, thus making these the perfect companion oils.

Sweet Basil, *Ocimum basilicum*, France

Hindus have used it for centuries in medicine; it is considered sacred, and was found planted around temples and graves. It has been used to treat poisonous snake and insect bites. This member of the mint family has a slightly licorice aroma. Sweet basil is an antidepressant, is antiseptic and antispasmodic. Good for the skin, it can be used topically for **insect bites** (in association with Spike Lavender), and for **relief of muscular aches and pains**. It also helps relieve indecision and doubts, lack of direction. **It brightens moods, strengthens the nervous system, improves mental clarity and memory, also relieves headache and sinusitis.**

Application: *1 drop under the tongue. Or 5 - 10 drops in one ounce of sesame oil.*

Bergamot, *Citrus bergamia*, Italy

Tradition has it that these citrus trees were first brought to Berga, Italy by Christopher Columbus...thus the name Bergamot. The oil, which has a **sweet, spicy lemony scent**, is extracted from the peel of a small fruit that resembles an orange. Bergamot was historically used in Italy to treat malaria and as an antiseptic. Used during the 18th and early 19th centuries to flavor gin, today, Bergamot is well known as the distinctive flavor in Earl Grey tea.

This citrus draws the sunshine's positive energies and **stimulates digestion and is an anti-spasmodic**. It has been shown to have antibacterial and antifungal properties. It is uplifting, and makes an excellent room freshener in a diffuser. Traditional uses include: balancing nervous system, relieving anxiety and stress, hopelessness, emptiness and grief, lifting melancholy, and very calming. It is excellent for the skin in treating cold sores, psoriasis, eczema and as an insect repellent.

SINGLE OILS

Mikaël carries about 400 single oils. While we have a very large range of oils on our price list, if you can't find a specific one, please call or e-mail us as we most likely have it.

Arborvitae, *Thuja occidentalis*, Canada

It is called arborvitae or "tree of life" by Native Americans because of its purifying and healing properties. Some people also call it White Cedar. *Thuja occidentalis* is a conifer that belongs to the same botanical group as the cypresses. They both have scale-like leaves. In many Canadian and French villages, this tree is used to make hedges. When they are trimmed in the Spring, the clippings are collected and steam distilled to produce the essential oil. This E.O. is wrongly referred to as Cedar Leaf oil, which causes great confusion between this *Thuja* oil and the cedar oils like the Virginia cedar (*Juniperus virginiana*), the Texas cedar (*Juniperus mexicana*) the Atlantic or Atlas cedar (*Cedrus atlantica*), the Himalayan cedar (*Cedrus deodora*).

According to Dr Daniel Pénoel, MD, this essential oil should be called Arborvitae because of its life supporting actions. He recommends it to fight **arthritis**, heal the body in **mending cuts and wounds** - for this use, it can replace *Helicrysum*, thus helping save this scarce and expensive oil.

Dr Wirtanen, MA. DC., uses it to **eliminate nail fungus and warts**, to fight skin parasites, virus and to help soothe **muscle aches and body joints**.

This oil also helps harmonize the energy field and **expel negativity**. It is also good in case of accidents, severe **trauma, drug and alcohol abuse, exposure to radiation and emotional abuse**.

Before using Arborvitae, create a sacred space by purifying your heart, putting yourself in a positive state of mind and thanking the universe for this wonderful gift.

Application: *Massage 5-10 drops as needed for a short period of time (2-3 weeks). Because of its high content of thujone, Arborvitae must be used wisely and never internally.* It blends well with other conifers, Common tanzany and Sage.

Personal Experience: "Poison ivy is doing much better, the *Arborvitae* is helping dry it up very quickly, even though it is acting homeopathically and itching more for the first 20 minutes or so... then I get relief!" *Gabriele*

Balsam Fir, *Abies balsamea*, Canada

The Balsam Fir is best known for its association with the Christmas Tree. It is always symmetrical in appearance with leaves that diminish in size until it comes to a point. It is frequently referred to as the "Church Steeple Tree". During the holidays, people gather in large groups and spend more time indoors. Traditionally people would choose the tree, cut it and put it into a bucket filled with water. The tree would drink about 4 - 5 pints of water daily to stay alive.

The needles when **steam distilled** produce a large amount of essential oil. The tiny molecules of the airborne oils are effective in fighting bronchial ailments, especially **Tuberculosis**. In order to produce more oil, the people would heat the needles by hanging small candles from the branches. The greatest health benefit would be gained when the

chakra. Long held blockages simply disappear. Amazing " Svetlana

Scar Tissue: St. John Wort Arborvitae, B Fir, Tsuga

Don't hesitate to use on your old scars. St. John's Wort and Arborvitae will attack the infection often stuck behind scars. --- Apply 3 - 5 drops directly on the scar or wound.

Personal Experiences: "Your **Scar Tissue** oil makes a big difference in a scar I've carried since childhood." *Marg*

"When I cut 2 fingers with a hedge trimmer, Lavender saved me. Three weeks later I had clean scars but lots of pain and weird nerve feelings. I then used **Scar Tissue** and within 24 hours, the pain was gone and no weird feelings." *JD*

Self Esteem: White Pine, Balsam Fir, Grapefruit, Jasmine

Promotes confidence, acceptance and encourages self esteem. Excellent if you have to perform. Actors love it.

Personal Experience: "I was frightened to speak in public. I used 2 - 3 drops on my 3rd chakra and the wrists. It went so smoothly. Thank you." *BA*

Sinus: Eucalyptus, Ravintsara, Balsam Fir, Red Pine, Niaouli, White Spruce

Gives instant relief to clogged heads and sinuses. BIG favorite as it clears your sinuses immediately and allows you to start breathing again! It can also stop a runny nose within minutes. --- Inhale the oil deeply; apply 1 - 3 drops to sinuses. If it is too strong to apply directly, rub on top of fingers and toes (sinus reflex points).

Personal Experiences: "I used to have sinusitis every winter for years until I came across **Sinus** from MZ 4 years ago. My French doctor can't believe how fast it works. Now I can't live without my bottle." *Francoise*

"I have been suffering from sore-throats since I was a little girl, as have my daughter and 12 of the children from our orphanage/school. They were receiving monthly shots which became too expensive for our budget.

For the past four years let me tell you that our throats no longer bother us. One or two drops of **Sinus** applied to the back of the ears is enough, but do it every night." *Dominica*

"**Sinus** is a testimonial for the whole orphanage and community. Many people suffered with bad breath. and sinusitis here. We put **Sinus** on top of the head for 2 - 3 weeks. The odor and sinus sickness is gone." *Dominica*

"I have used **Sinus** and Immune Up during the past week on my 23 month old granddaughter with a bad cold and high fever. It helped her recover from the worst part of the cold. She would come ask me for the 'breathe' and 'mune'. Thank you very much." *Catherine*

Sleep Well: Mandarin, Orange, Canadian Tsuga, Lavender, Petitgrain, Chamomile

Helps those experiencing difficulty sleeping. - -- Inhale the oil deeply; put 1-2 drops on your pillowcase, handkerchief or piece of cotton. If you still can't sleep, or awake early morning, try using Stress Out at night and Sleep Well when you wake up too early.

Personal Experiences: "I had not slept in 3 weeks. With this oil, I slept like a log." *John R*
"Am really liking the **Sleep Well**." *Nancy B*

"Two drops on my pillow and I sleep peacefully throughout the night." *Ralph*

Snoring: Marjoram, Aniseed, Rosemary, Peppermint, Petitgrain

And it works! --- Put 2 - 3 drops on the culprit's pillow, pajamas or on a tissue.

Personal Experience: "The oil worked like magic. I had to touch my husband to make sure his body was warm because his breathing was so silent!!!" *Babs*

Spells Out: Rosemary, Lemon, Clove, Cinnamon, Eucalyptus

Protects, purifies and secures surroundings. Apply 2 - 4 drops to wrists and palms before giving a massage or a session.

Personal Experiences: "It not only protects me from unwanted vibrations, but also

protects my space. Can't live without it!"
Lana, Russian healer

'Spells Out is great to use before and after work with clients for practitioners to clear negativity in the aura field." Ralph

Spinal Cleanse: Black Spruce, St John's Wort, Arborvitae, Peppermint, Ravintsara, Eucalyptus, Clove, Tanzy, Geranium

Gives back pain relief quickly. The Black Spruce warms up and relaxes the spine. Known for its deep anti-inflammatory action and ability to clear the spine of its fungus and viruses. By far the FAVORITE of massage therapists. — *Apply 10 drops to the spine and massage into skin.*

Personal Experiences: "The Spinal Cleanse is fantastic!!! I have spinal discs that have been deteriorating for more than six years. I have used so many things to stop the pain, and different things have worked at different times. But the pain would return. Not with the Spinal Cleanse. I have yet to have any pain. I have been waiting for the pain to come back, but thanks to Mikaël, it hasn't. Thank you, thank you, thank you." JK

"Spinal Cleanse and Balance removed the pain from my lower back." Jan Z

"Spinal Cleanse felt so good that I was overjoyed. I released many things I had stored in my spinal column. I am still working to heal it all but am much better." Michelle

"A wonderful help with trauma related blends to help clear vertebrae-associated challenges." Ralph Tomita

Stress Out: Lavandin, Rosewood, White Spruce, Balsam Fir, Ylang-Ylang, Chamomile

Releases stress related tension. Helps remove the stress we all carry from living on Earth at this time. When you experience mental fatigue, it helps remove the root causes, including the stresses experienced around food! — *Inhale the oil deeply; apply 2 - 3 drops to wrists or temples.*

Personal Experience: "When I went to France, they asked me if I had gallons available!" It really works, even on me, especially at shows." Marie

Tara (Goddess of Peace and Abundance): Eucalyptus, Palmarosa, Hyssop, Goldenrod, Myrrh, Frankincense

Tara is probably the oldest goddess who is still worshipped extensively in modern times. Tara originated as a Hindu goddess, the Mother Creator, representing the eternal life force that fuels all life. There are many embodiments of Tara, but the best known are the White Tara and the Green Tara. The peaceful, compassionate White Tara embodies inner peace and spiritual acceptance. gently protects and brings long life and peace. The more dynamic Green Tara is the "Mother Earth", and a fierce goddess who overcomes obstacles, and saves us from physical and spiritual danger.

Adopted by Buddhism, she became the most widely revered deity in the Tibetan pantheon.

In Buddhist tradition, Tara is actually much greater than a goddess -- she is a female Buddha, an enlightened one who has attained the highest wisdom and compassion, one who can take human form and who remains in oneness with every living thing.

Goddess Tara in her many incarnations has many gifts to share with contemporary women. Tara embodies the feminine strengths of great caring and compassion, the ability to endure stressful and even terrifying moments, the acts of creation, and the source of sustenance and protection. Refugees fleeing the horrors of the occupation of Tibet by the Chinese armies recounted numerous stories of the Green Tara that protected them during their torture and guided their flight to freedom. She symbolizes purity and is thought to be part of every good and virtuous woman.

Brings peace and harmony in relationships: couples and family members.— *Apply 2 to 3 drops under the feet around toes.*

Personal Experience: "The oil goes to stomach meridian (dealing with inner chatting and excessive thinking). It helps you go through life with opened eyes. It works as a pair with MARY. It will guide you. Apply drops on forehead, either side of 3rd eye and the tip of the brow." LT

Aromatherapy Diffusers *by Mikaël Zayat, M.Ed*

Negative ions are abundant in wooded areas, beaches or near flowing cascades. These ions lift our spirits and increase our sense of well-being. Unfortunately, they are depleted by air conditioning and heating systems, but you can bring them back by diffusing essential oils with a nebulizer. It will purify the air we breathe. Several types of diffusers are available.



Heat The first type uses heat. Among them we find: candles, light bulb rings, lanterns, incense sticks, etc. Unfortunately, **heat destroys the subtle aromas of natural essential oils.** That is why harmful synthetic fragrances are sold with these diffusers.

Evaporation through pottery, car air fresheners, potpourri is good for tiny spaces but it doesn't create therapeutic concentrations of fine particles in larger spaces.

Ventilation by desk fans that blow air through a filter soaked with essential oils, air fans in your car or home, and heat or air-conditioned systems is another type. This method is better than the first two but many particles remain in the filter itself.

Mist The last method involves an **electric air pump.** The air is blown into a glass nebulizer that produces a mist of very tiny droplets (micro particles) of essential oil. The fineness of the mist gives the droplets the ability to remain suspended in the air and benefits the aromas diffused. It allows everybody to freely inhale them. The mist is revitalizing, deodorizing, and fights bacteria/fungus.

Glass diffusers can help in reducing respiratory difficulties in a natural way **if you use the appropriate essential oils.** The quality of the glass is crucial and must produce a very fine mist. Our glass diffusers are useful at home, office, shop, or salon and are highly recommended for medical offices, hospitals and massage rooms. They are beneficial to the patient and the therapist.

Always be aware of the quality of the oils you diffuse, as you can breathe harmful chemicals from the synthetic ones. To avoid becoming intoxicated, **never use pure oils like Cinnamon, Arborvitae, Sage or Tansy.** Instead, **diffuse** pure Lavender or Rosemary or use our blends like Appreciation, Beam of Light, Breathing, Calming, Clear, Conifer, Amaterasu, Archangel Michael/Metatron, Energy, Gratitude, Joy, Innocence, Love, Mold out, Pachamama, Protection, Sleep Well, Spells Out, Stress Out, White Pine and Violet Flame.

But DO NOT use blends with St. John's Wort or pure Frankincense, Nard, Patchouli or Ylang-Ylang as it will clog your diffuser. It comes with a control button (\$99 for the white). The wooden type has an internal timer: \$129. Please **DO NOT WASH the nebulizer**, as it is very fragile, instead, diffuse some Balsam Fir, or rubbing alcohol.

HOW TO USE - They are TUBELESS, so it's easy. No water please, it'll ruin it. Gently insert the glass nebulizer into the rubber ring. Simply take out the glass cap, pour 15 - 20 drops into the glass cylinder and turn on & no more than 10ml. With the white ones, chose the diffusion speed according to your room size. On the triangular, timer is automatic and will shut off after 2 hours.



Personal Exp: "Arch Zadkiel shifted the entire resonance in my home. It calmed and clarified everywhere. " Elena — " Got the diffuser figured out. I really like it. It's **quiet, beautiful.** I love **Clear, Conifer, Joy, Stress,** and **White Light** as they change the vibration of a room within minutes." Mary "I set it up in my 10x10 office

and, WOW, it doesn't take much to fill the air. Great product." J Neely MD

at its strongest. This essence has a long history of use in oils and perfumes. It is a precious oil. **Neroli**, Citrus aurantium, comes from the orange blossom and is associated with purity. It soothes the heart and inhaling it can calm and connect us to our higher selves and/or the ones of our partner. It is also a precious oil. **Petitgrain**, from the leaves of wild orange trees, helps stimulate clarity and consciousness. **Balsam Fir** brings enlightenment and joy. With his power of love, justice and balance, Archangel Michael uses the energy of the dragon to arrive to the heart and help shift from 3rd dimension "I love you if" to 4th dimension "I love you even if".

UNDER ARCHANGEL RAPHAEL'S WINGS

In Hebrew, Raphael means "God has healed" or "Shining Being who heals". Archangel Raphael is credited with healing the earth and its inhabitants, but he is also associated with the Egyptian Hermes who brought Sacred Geometry and Alchemy to mankind.

Our challenging lives need more healing movement than ever. The alchemy of transformation takes place inside us at the moment when we can bring the light of God in our soul, when we can bring more of pure love into matter. That is Alchemy in its most spiritual sense. If you are going through a difficult period of change, invoke the name of Raphael without hesitation. If beauty, health and fitness are your concerns, you can be supported by the force of Raphael. Under his loving wings, you will powerfully feel how much your body is holy. If your body is in pain, call upon Raphael's wisdom to help you create the alchemical bridge between your mind, body and spirit.

In the old days, singles used to invoke him to meet their spiritual companion.. I just created a blend with Rosemary, Laurel, Clary Sage, White Angelica, and Hyssop that calls forth the healing light of Archangel Raphael. May his shining light assist you in the alchemy of transformation and help you achieve the sacred union of male and

female energies, of spirit into matter, of heaven on earth.

MARY MAGDALEN BLEND OPENS THE HEART

The root of the name "Magdalene" is the Hebrew word "migdal," which means "tower," "fortress", or "stronghold". Mary Magdalen appears in the four canonical Christian gospels. She is the one who anointed Jesus with a very precious aromatic essence of spikeNARD. She is also important to the Gnostics but remains a subject of ongoing debate.

According to Tom Kenyon, who channeled The Magdalen Manuscript and Daniel Meurois who wrote a book on her life from the Akashic Records, she was a High Initiate of the Temple of Isis. Her relationship with Yeshua represented the union of the Divine Feminine and Masculine through which all creation transpires. On an emotional level, this sacred marriage means the union of the male and female aspects of our psyche bringing a harmonious manifestation where our true intelligence and creativity become expressed.

It was important then to use aromatic essences like Nard to heal body and spirit.

Oils: Tsuga, Nard, Whi Spruce, Angelica, Frankincense, Neroli, Hyssop

NOTE: The information contained in this catalogue is for educational purposes only. It is not provided to diagnose, prescribe or treat any condition of the body. This information should not be used as a substitute to consult a health professional. These products are to support your comfort and pleasure. They are meant to be inhaled or diffused. Do not apply directly on the skin or take internally. We do not accept responsibility for such use.

Thyro Balance: Myrtle, Canadian Tsuga, Petitgrain, Labrador Tea, Sweet Marjoram
Helps symptoms of a low thyroid (fatigue, cold hands and feet, weight gain, constipation, hair loss, moving slowly, depression, irregular menses etc). Your body may be making adequate thyroid hormones but may be full of synthetic hormones and toxins that your real hormones cannot get to their target to deliver their messages. --- Apply 1 or 2 drops on the throat once a day for 3 weeks. Stop for two weeks and start again if needed.

Personal Experience: "I noticed more energy available for my daily tasks." mba

Ticks Out: Geraniums, Tansy

Reports say that it helps in prevention and bites. If bitten, they are on the surface and easily removed. --- Apply the oil to a Q tip and you will see the tick die in front of you!

Personal Experience: "I work outside in gardens all day, at least 3 days a week. I love **Ticks Out**. I put a drop on my perfume points and a drop on my boots. If a tick gets on me at all (which is much less frequent than it used to be) they hardly bite and it's very easy to get it out." *Wendi*

Tiger: Wintergreen, Spike Lavender, Lemon Eucalyptus, Peppermint

Strengthens and supports lungs and breathing. In case of prolonged cold or flu it will calm deep coughing. Very strong.--- Massage vigorously 4ml front and back.

Personal Experiences: "I'm moving through bronchitis again, releasing lots of old stuff around familial heartbreak. A round of antibiotic took the edge off but did not stop the infection. **Tiger** (and Immune Up) helped me breathe easier." *JL*

"I used very successfully with clients with severe bronchial challenges." *RT*

TMJ: Rosewood, C. Tsuga, White Spruce, White Pine, Rosemary, Cinnamon

Helps to loosen the jaw so you can speak up for yourself. Works well with 2012 Shift. It

brings wellness and warmth.
Rub 1 drop on the 2 minor chakra around the headache points

Trauma (PTSD): Balsam Fir, Canadian Tsuga, ArborVitae, Nard
Removes old deep (and recent) traumas. Apply on spine and solar plexus, or 5 to 10 drops to the trauma area.
Personal Experience: "This is the top trauma oil, no matter how old the injury. Delete and Liberation are good helpers too. The 3 of them works wonders." Ralph T

Venus (the Goddess of love and beauty): Ylang-Ylang, Orange, Mandarin, Grapefruit, Jasmine, Cinnamon

A major Roman Goddess, (equivalent of Greek Goddess Aphrodite), who played a key role in many Roman religious festivals and myths. Venus is also a nature goddess, associated with the arrival of spring. She is the bringer of joy to gods and humans.

During the Renaissance in Europe, Venus served as inspiration to many great works of art, including the statue of Venus De Milo now in the Louvre and The Birth of Venus, by Botticelli. As a "classical" figure for whom nudity was her natural state, it was socially acceptable to depict her unclothed. As the goddess of sexual healing, a degree of erotic beauty in her presentation was justified.

The Goddess Venus inspires people to love one another and to celebrate the rites of marriage. Though there are many other great Goddesses associated with Love, Venus reigns as the supreme one.

Venus rules your social attitudes and behavior, and your aesthetic tastes and inclinations. Venus indicates your values. It describes romance, marriage and other partnerships, and the pursuit of pleasure. Ylang-Ylang, rose and cardamom are associated with her and archaeologists have found the world's oldest essential oils factory in Cyprus, her island! --- *A natural perfume, 1 drop behind ears.*

Comment: "I received Venus and Self Esteem and I am like a little kid They're absolutely

wonderful. There's nothing like them that I have ever experienced." LC

Violet Flame: Balsam Fir, Red Pine, Rosemary, Eucalyptus, Lemongrass, Peppermint

Helps express consciousness of I AM in this life. It goes to 2nd chakra, then opens and harmonizes the 7th. — *Rub 2 drops in your hands, then place the palm of your right hand on the forehead.*

Virus Out: Ravintsara, Eucalyptus, Black Spruce, Clove, Tea Tree

Great to protect against viruses. Use as support against all types of infections. — *Apply 5 - 10 drops to wrists, stomach, lower back and solar plexus. A drop rubbed around the outside of nose.*

Personal Experiences: "Kids and adults suffer from flu, colds, coughs ALL THE TIME in D.R.

Virus Out works very quickly. My aunt Elena had a hole on top of her foot that was very infected and carried a bad odor. **Virus Out** helped a lot and she comes often to the orphanage to get that "miracle oil", as she calls it." *Dominica, director*

"Most of the women teachers and myself are absolutely SURE that **Virus Out** cleanses the uterus/ovaries. We apply the oil to the lower abdomen before going to bed and the next day, we expel an unusual odor and wetness. We continue using **Virus Out** until we feel clean." *Dominica*

"During the Dengue epidemic, **Virus Out** protected the children and saved Antonio Rivas, 6, and Raphael, 9, who were sent home from the hospital to die. I used 4 drops of **Virus** on his wrists, ankles and behind his knees. Within 30 minutes, he started sweating and then moving around. I was so relieved. He recovered completely." *Dominica*

"Used with Immune Up, **Virus Out** helped my Egypt tour group members well on our recent trip." RT

White Light: Canadian Tsuga, White Spruce, White Pine, Angelica

Only those things of the highest vibration can communicate or come into your energy field

when two drops are anointed upon the crown chakra. — *Apply to 6th chakra; put 1 - 3 drops in palms, rub together, inhale the oil, brush entire aura.*

Personal Experiences: The favorite in Japan.

"I must tell you, how satisfied with **White Light** I am." *Sampo, Finland*

"Using **White Light** produces the most active and consistently vivid meditations I have ever had." *Michelle*

White Ray: Lavandin; White Pine, Can Tsuga, Balsam Fir, White Spruce, Angelica, Neroli, Jasmine

Works well for people already on their path. But Lana does not advise this blend for people depressed as beams of light may hit black hidden spots. — *Just smell/sniff it. It is enough.*

Yeast Out: Laurel, Ravintsara, Arbor Vitae, Balsam Fir, St John's Wort

— *Apply 3-4 drops on throat & sides of neck, works well for people with candida and yeast issues.*

Personal Experience: "Wonderful blend that cleared my throat irritation and mucus that I had since childhood." *RT*

Most blends: 4 ml - \$19
10 ml (1/3 oz) - \$26
15 ml (1/2 oz) - \$33
30 ml (1oz) - \$46
Please check price list.

IF YOU CAN'T FIND AN OIL, we probably have phased it out to make room for new ones. You can still order it via email BUT only a 30 ml minimum, with an additional \$15 fee. So don't cry!!!

For Additional Blends, go to:
<http://www.4dshift.com/products/html/specificoils.html>

BLENDINGS for the ARCHANGELS

ARCHANGEL GABRIEL: THE SCENT OF LOVE

The name Gabriel means "Man of God", shown himself Mightily. Gabriel is the angel of the moon who brings man the gift of hope. He is the spirit of truth and the prince of justice. He is the ruler of herbal medicine. He is the leading angel who stands in the presence of the Divine creator. He is the Archangel who announces to Mary the good news! Maker of changes, he is the Patron Saint of communications workers.

Mikaël blended six Essential Oils to create an elixir that will help us clarify the message about our life mission: Lavender, Rosemary, Geranium, Orange, Black Spruce, Bulgarian Rose. The **Lavender** brings the spirit of truth and justice. Rosemary helps men integrate their feminine aspect. The **Geranium** calms the mind, helps with receptivity, clairvoyance and brings courage. The **Orange**, symbol of the sun that everyday rises in the East, help us find our direction. The **Black Spruce** gives us the strength to manifest the I AM power. The **Bulgarian Rose** helps us stay in the presence of Divine and come to terms with your divine self. It soothes the heart.

Oils: Messenger from God or God has Lavender, Rosemary, Geranium, Orange, Black Spruce, Bulgarian Rose

ARCHANGEL METATRON for STRENGTH, GUIDANCE and INSPIRATION

Metatron is considered the greatest of the archangels. According to the Jewish mystics, he is at the head of the chore of the most powerful angels. His name means "The Guide". He is the angel of liberation as he is the one who supposedly stopped Abraham from sacrificing his son Isaac. He is known for making the link between the humans and the divine. Metatron is a mysterious figure, one of the most important angels in the heavenly hierarchy, though he is not mentioned in the Scriptures. He carries many names and is identified as "lesser YHVH", the most

sacred, unpronounceable name of God. Metatron occupies the throne next to the divine throne. He is known for having been the prophet Enoch, a scribe with immense knowledge, before his transformation into a fiery angel. Call upon him when you need protection, strength to change and expand your limits with confidence and simplicity. It will help you break off your old bonds, habits and insecurities, and reach a new level of consciousness.

Oils: Red Pine, White Pine, Basil, White Angelica, Cinnamon and Clove, which gives strength, vision and courage (the pines) and also sacred guidance and inspiration (Basil and White Angelica).

Experience: "At the Mary Magdalen workshop at Easter in Seattle, Tom experienced his tremendous energy and saw thousands of land mines, but when stepped upon, instead of exploding, they offered a pathway to the Light. Wow!"

A TRIBUTE TO ARCHANGEL MICHAEL

I was inspired by my guardian angel to create an oil that connects us with our higher self. I chose 5 pure Essences to remind us of the white ray that connects us with our highest consciousness and help us realize our unity within the diversity. The key oil of this blend is **White Angelica** that helps to make the user more open to angelic energies. According to Patricia Davies, in *Subtle Aromatherapy*, this oil may mean being more in tune with our higher selves. The plant is often referred to in mediaeval and Renaissance herbals as Archangels, Angel's Herb or the Herb of the Holy Spirit because of its almost miraculous powers of healing at a physical level, particularly during the plague. These healing properties are very real and we can draw on them in both subtle and traditional aromatherapy. **Jasminum Grandiflorum**, this "Queen of the Night," is originally from China and Asia where it has a rich history. The tiny star shaped Jasmine petals are usually collected at night when the scent is