

■ **MZ Alchemist Oils** ■



GUARANTEE

This is to certify that our essential oils are free of pesticides and insecticides or any other synthetic products. They are steam distilled at low pressure (except for the citrus peel oils that are cold expressed), without any 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 3 months and we will exchange it for another. —*Mikael Zayat*, Founder of *Canadian Essential Oils Research Center*, Founder President of *Quebec Essential Oil Producers Alliance*, and member of *Canadian College of Naturopathy*.

[Mikael also accepts phone consultations, call 1 888 320-6610 to schedule](#)

TO ORDER MZ ALCHEMIST OILS, CONTACT

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Major credit cards accepted on line and over the phone



■ **MZ Alchemist Oils** ■

08/20/03

How to Use Mikael Zayat Alchemist Oils

- **First smell** the oil. If you do not like it, the oil may not be the right one for you at this time. Try another oil. Your intuition is always best!
- If the oil is not dermocaustic (skin sensitive), test on the skin to see if you have a reaction to it. Dermocaustic oils are Thyme, Oregano, Cinnamon, Clove, Savory, Ajowan, etc. When in the sun, avoid use of Cinnamon, Bergamot and citrus oils.

- **Use only 1 or 2 drops at a time. Mikael's oils are therapeutic grade** (100% concentrated) **and very potent.**

- Rub a drop on your inside wrist or elbow/ankle, sides of neck, behind ears). The oil immediately enters the bloodstream through veins at the pulse point.

- Apply to **the soles of your feet**. It'll spread through out the body immediately via the bloodstream. Apply directly on the reflex points. (A good reference book is "Feet First" by Laura Norman.)

- E.O. blends (we have 130!) are a combination of E.O. mixed to produce a specific effect or feeling. When using a blend, **use no more than 3 at one time**. But you may take 3 different ones throughout the day. Always use moderation.

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- The **full effect** of the oil in the blood lasts 21 minutes. Use them throughout the day in moderation, but 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.* ☒

Specific Suggestions for Use (partial listing of oils)

Abundance	Rub a drop in hands, then touch what needs joy and money!
Adrenals	Apply 2-3 drops on adrenals (on back, just above the waist) and soles of feet to feel more energetic and eat less during the day
Anger/Anxiety	Apply 2 drops to 3 rd chakra (two inches above the belly button)
Allergy	Inhale deeply; combine with Immune Up; apply 3 drops to wrists
Arthritis	Apply 2-3 drops where needed and massage them in.
Asthma	Breathe it and apply 2-3 drops to chest and navel
Balance	Apply 4-8 to base of spine & massage all back
Candid	Take 1 drop with warm water twice a day for 3 weeks
Chakra (1-7)	Apply on each specific chakra – see description page 25
Clear	Apply to 6 th chakra; put 1-3 drops in hands, rub together, inhale deeply, brush all of aura, then touch the ground with your hands
Compassion	Apply 2 drops on the heart
Concentration	Rub 1-3 drops to scalp. Also good for ADD
Deodorant	Put 3-5 drops in your hand and massage under the armpits; cleanses toxins from local lymph nodes; or use our spray
Endocrine	Massage 1-2 drops into 3 rd eye, or thyroid, or pulse points
Energy	Apply 2-3 drops on adrenals (on back, just above the waist) and soles of feet to feel more energetic and eat less during the day
Erotica	Place 1-2 drops inside the elbow
Fearless	Inhale and rub 3-4 drops on 3 rd chakra
Flower of Life	Rub 1 drop on each chakra
Fungus Out	Apply 2 drops on each affected toenail, morning and evening for a month or more; for athletes foot, put a few drops in a basin of warm water and soak your feet for a few minutes
Garden	Apply 1-2 drops behind ears as a perfume, or over heart
Headache Out	Apply directly to the area of pain at onset of pain or on temples
Healing	Apply 2 drops to 3 rd chakra (two inches above the belly button)

see page 16

Massage Oils

MZ Massage Oils (made of 6 natural, highly therapeutic vegetable oils: Sunflower, Jojoba, Sesame, Olive, Safflower & Borage) do not contain solvents, mineral substances or allergens. They penetrate the skin rapidly and spread well, nourishing the skin without blocking the pores or leaving an oily feeling. Use as is.

	1 oz	2 oz	4 oz	8 oz
Neutral	\$3	\$5	\$8	\$14
Sunflower				
Mixes for specific conditions:	\$5	\$9	\$14	\$24
Arthritis: Eucalyptus Citriodora, Black Spruce, ArborVitae, Balsam Fir, Wintergreen, St. John's Wort				
Cellulite Out : Geranium, Wintergreen, Rosemary, Cypress, Lavender, Pine				
Circulation : Red Pine, Cypress, Italian Helichrysum				
Flu/Cough: Ravensara, Black Spruce, Eucalyptus Radiata				
Gentle for TLC: Ylang-Ylang, Ginger, Bergamot Mint & Canadian Goldenrod (good as an after bath lotion)				
High Blood Pressure: (to lower it) Safflower, Goldenrod, Lavender, Red Pine				
Joints: Lemon Eucalyptus, Laurel, ArborVitae, Nutmeg, Cardamon,				
Lymph Nodes: Red pine, Italian Helichrysum, Niaouli, Sandalwood				
Pain Relief (the favorite): St. John's Wort, Black Spruce, Balsam Fir, Lemon Eucalyptus				
Rainbow (to clean the spine): Black Spruce, St John's Wort, ArborVitae, Peppermint, Ravensara, Eucalyptus, Clove				
Relax: Ravensara Aromatica, Lavendula Vera, Canadian Tsuga, Petitgrain (good as an after bath lotion)				
Sports: Wintergreen, Black Spruce, Palmarosa, Cinnamon				



A Few Testimonials about MZ Alchemist Oils (continued)

“I had serious breathing problems for 3 weeks. The **cough** made the matter worse. I attended Mikael's workshop. He mixed one drop of **Thyme** with some honey. It all went away within 12 hours. Thank you!” *Myra*

"I love Mikael's oils, they are fabulous."- Margot Anand who wrote: The Art of Sexual Ecstasy

“I can't live without my bottle of **Clear**. It vibrationally alters the etheric field of any debris to bring it into balance and harmony.” *Donna Smith*

“For children with **eczema**, I use **Allergy** on any outbreak and **Healing** on the 3rd chakra. For hives, Allergy make them disappear within 30 minutes without any drowsiness or itchiness. I rub **Asthma Out** on the lung area (both front and back). For my twelve year old with emotional problems, I use **Pituitary** on her forehead and **Patience** on her solar plexus.” *Kim*

“Because I swim in public pools frequently, I often have **infections** near the vagina. I use Mikael's **Black Spruce & Lavender**, (plus **Lymph Nodes** if they are swollen) and the problem disappears with in 24 hours.” *MB*

“I have been using Mikael's oils for several years now and could not live without his **Pain Relief** massage oil. A few drops on my back and neck allow me to work hard in my garden. For mosquitoes and annoying insects, I use 4 drops of **Moskito Out** on my arms and neck.” *Bernadette*

“After two births and nursing for four years I experienced a big depression. I was completely depleted. **Adrenals and Depression** did the trick. Thank You” *Denise*

“I received the oils and love them...My husband has had a hip replacement; this weekend, during some exercise, his hip almost dislocated from the socket. It was held in an involuntary clench. I used **White Light** on it and then **Healing**. The muscles relaxed, the hip returned to the socket and the aftermath is negligible. Thank you.” *Sara*

“Spinal Cleanse is fantastic! I've spinal discs deteriorating for more than 6 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 Mikael, it hasn't. Thank you” *JK* ❖

Specific Suggestions for Use (continued from p. 2)

Herpex	Put olive oil on a Qtip, add 1-2 drops & apply where needed
Immune Up	Rub 4-7 drops on wrists and soles of feet. Good against colds
Indian Spirit Native Spirit	Apply to 6 th chakra; Put 1-3 drops in hands, rub them, inhale deeply, brush all aura, touch the ground with your hands
Indigestion	Rub 2 drops onto your lower stomach; also, <i>see</i> Peppermint
Indigo	To anchor & stay in contact with the divine. 2 drops on the heart or the feet
Inspiration	Apply 2 drops to Solar Plexus
Joy	Rub 1-2 drops over the heart
Kidney	Apply 3-4 drops on the kidney area
Knee Ease	Rub 3-8 drops on the knees
Let Go	Inhale, put 1-3 drops on solar plexus or wrist, or any place/thing from which you want to clear negativity
Light of God	Put 1-3 drops in hands, rub together, inhale deeply, brush all of aura, then touch the ground with your hands.
Liver	Apply 1-3 drops on the Liver area
Love	Inhale then rub 1-2 drops over the heart
Negativity Out	Breathe in, put 1-3 drops on solar plexus or wrist, or any place/thing from which you want to clear negativity
Manifest	Rub a drop in hands, then touch what you want to manifest in your life, like what you visualized. Yang oil.
Meditation	Apply 2 drops to third eye or Crown Chakra
Memory	Rub 1-3 drops to scalp and do not use 2 hours before sleep
Menopause	Apply on 3 rd eye, thyroid gland area or to pressure points around the ankles
Merkaba	Put 1-3 drops in hands, rub together, inhale deeply, brush aura, then touch the ground with your hands.
Mystic	Apply 2 drops to Solar Plexus
OM	Apply 2 drops on Heart chakra
Ovaries/ Uterus	Massage 1-2 drops on the lower abdomen or 1 on the inside the ankle bone
Pain Out	Apply 8-12 drops directly on the pain and rub them in
Pancreas	Take 1 drop internally twice a day
Parasites Out	Take 1 drop internally twice a day with warm water for 3 weeks, or add to a tea spoon of honey
Peace	Rub 1-2 drops over the heart

continue page 16

The Magic of Aromatherapy

Aromatherapy is the practice of using fragrant, pure essential oils to enhance the body, mind and spirit. The ancient Egyptians used aromatic spices and oils in cosmetics, religious rituals and as medicine. The use of aromatics was also prevalent in the Greek and Roman civilizations.



Today essential oils are used to promote emotional wellness by calming, relaxing, rejuvenating or energizing. Essential oils are obtained by the process of steam distillation using specific parts of aromatic plants. While aromatherapy may involve training and in-depth knowledge of the properties and effects of essential oils, it may also be practiced simply and safely to add beautiful aromas to our environment each day. ☒

Grades of Essential Oils

Many people are not aware that there are several grades of essential oils, and that **less than 1% of the oils imported into the U.S. can be considered of the highest, “therapeutic,” grade for the use of aroma-therapy.** The *lower grades* are used for industrial purpose (fragrance, food, laundry detergents, toiletries). They can have an appealing fragrance, but they are synthetic and usually cut with toxic solvents. They do not produce the beneficial biochemical and electromagnetic effects that therapeutic grade essential oils do. In fact, **if they have been adulterated, they are harmful!**

Keeping Essential Oils Fresh

Store your essential oils in a cool (60°–70°F), dark place to keep them fresh for up to 3 years (18 months for citrus oils). ☒

A *therapeutic grade* oil must use a state of the art distillation process, which must be at low pressure, and it takes much more time. Distillation

A Few Testimonials about MZ Alchemist Oils (continued)

“I started using these oils a few weeks ago and the results have been amazing. My favorite oil is **Valentine**. I use it as a perfume and have attracted some very nice men in my life using the oil. **Healing** is also very good. When I deeply inhale it, I feel its healing energies permeating my body and getting rid of the aches and pains. With **Upliftment** my body experience a tingling vibration and I feel very uplifted.... I really love these oils and use them as a tool to heal my mind, body, emotions and spirit. Please pass on my sincere gratitude to Mikael Zayat for creating such beautiful and valuable oils.” *PS* (a PhD candidate in aromatherapy)

I have several friends who had mild to severe **fungus** on either their fingernails or toenails and nothing they used would get rid of it completely. Their ages range from 40 to 76 years old. I recommended they use **Fungus Out** by applying a little on their nails every day. They all have been amazed how quickly their fungus has disappeared. It really works.

Another friend had corrective surgery done on her toes on both feet. She used **Recovery** immediately after her operation and only had to take one painkiller. She’s even starting to take dance lessons again!

Another friend could not get **pregnant**. She began using Mikael’s **Adrenals, Ovaries/Uterus and Anger Out**, in addition to receiving Reflexology and Acupuncture on a regular basis. After several months she has informed me she is pregnant.” *AD*

“Mikael’s oils facilitate and **speed the healing** process of my clients. I even have been confident in using them for an impossible case which is a **spinal cord injury** with wonderful therapeutic results, like increased sensations where he had no feeling for six years. We also had wonderful results with the **Lymph Nodes** and I would recommend it for anyone having such a problem.” *R Leaman*

“I used the **Cortisone E.** on my arms last night as I broke out in welts after hugging my dogs. Terrible reaction to something like **poison ivy** or stinging nettle. I also put the **allergy** on my feet. This morning I am fine with just a few inflamed looking spots. I am amazed.” *MY*

“My dog loves **Arthritis**. I apply 2-4 drops on its leg”. *Lee*

Aromatherapy Diffusers (continued)

Ventilation Among these we find 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. 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** like the ones used in home aquariums. 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, salon and are highly recommended for medical offices, hospitals and massage rooms. They are beneficial to the patient and the therapist. We have two models depending on the size of the space you want to cover. **(A 10ml bottle of Peace is included when you buy one of our diffusers.)**

Always be aware of the quality of the oils you diffuse, as you can breathe harmful chemicals from the synthetic ones. To avoid being intoxicated, *never* use pure oils like Cinnamon, Arborvitae, Sage or Tansy. **To diffuse**, try pure Lavender or Rosemary (for stimulation or to get rid of sadness). Or use our therapeutic grade essential oil blends*, Breathing, Calming, Christmas Joy, Clear, Conifer, Energy, Garden, Joy, Light of God, Love, Memory, Patience, Relax, Sleep Well, Stress Out, Valentine, White Light, Upliftment. **But*do not use our blends with** St. John’s Wort maceration or pure Nard, Patchouli or Ylang-Ylang in it as it will block your diffuser. ✠

	100mL RP 05	50mL RP 04	25mL RP 03		Unit Price
SHEA butter	\$50	\$29	\$17	Electric Diffusers with an on-off switch	
				Small Diffuser with nebulizer	\$99.00
with rose	\$53	\$31	\$18	Large Diffuser with nebulizer	\$135.0

is done with natural spring water and exclusively in a stainless steel distiller. The oil is stored in a cool, dark place to age for 2 weeks to 5 months to gain its full aroma. E.g., industrial grade lavender takes about 30 minutes to distill 85% of the oil, but 1.5 hours more to extract the 15% remaining oil. Therapeutic grade lavender would distill for at least two hours to extract the various molecules. The extra time and care are worth it. Therapeutic grade oils support us on all levels simultaneously; they work with our physical, emotional, mental and spiritual being to heal, balance, integrate and expand our well-being and awareness, gradually raising our frequencies and grounding joy in our bodies.

Essential oil blends are a combination of E.O. mixed to produce a specific effect or feeling. Some of our **most popular blends** are **Abundance, all Chakras, Clear, Compassion, Energy, Immune Up, I Peace, Rainbow Bridge, Relax, Sleep Well, Spirit of Love, Grandfather, Stress Out, Valentine, White Light.** Also www.4Dshift.com/lutie.htm ✠

Interview with Mikael Zayat: Alchemist and Clinical Aromatherapist for the past 22 years by Marie Allizon, editor of Fourth Dimensional Shift, November 1998

Marie: *Can you tell us how aromatherapy can help us reach other dimensions?*

Mikael: First, essential oils are the “life force” of plants. Unlike fatty oils, these are subtle, volatile and aromatic liquids extracted, through distillation, from flowers, aromatic plants, fruits and herbs, and the seeds, leaves, branches and bark of trees. Tons of plant material is required for just a few hundred pounds of oil. **They are one of the most valuable and oldest forms of medicine known to human beings.**

Most natural essential oils are antiseptic. This is an important aspect but used vibrationally, natural grade “A” essential oils act as a booster since they raise tremendously the vibration of the person who wears them. It will balance the physical, emotional and spiritual states. On one hand, essential oils help the body fight certain bacteria and viruses, to **strengthen the immune system**, but on a more subtle level, it helps us become more in tune with our Higher Consciousness. As you know, a newborn first recognizes his mother by her odor more than by sight or sound. Since the dawn of time, smell is one of the most important ways to recognize and discriminate what is good for us and what is not.

Interview with Mikael Zayat (continued from p. 5)

When you use the right oil, and I mean a high-grade essential oil—preferably from plants that grow in your surroundings—it **helps you reach a higher state of consciousness; you become more energized**, more vibrant and gain charisma. The royal families knew that and they had their own perfumes that nobody else had the right to use. Unfortunately, since the beginning of the century, perfumers have succeeded in developing a full range of synthetic perfumes that only hide the undesirable odors and imitate true natural essence. Not only do they not compare with true essential oil, but they lower the vibrational level of the user and are known to cause asthma and other allergies.

True Rose oil, for example, is rare because it takes 25 fresh roses to make one drop (about \$2/drop), while a synthetic rose perfume sells for \$4/ounce! The chemical labs developed a wide range of **synthetic perfumes: lily of the valley, lilac, gardenia, peach, apricot, banana, apple, cherry, strawberry, raspberry**, etc. These fragrances cannot be extracted from natural sources. They are just a mixture of chemicals with not one drop of Mother Nature in them. **They can even be dangerous because our sense of smell becomes confused**, as we are naturally attracted to what smells good. So we don't know we are being misled. Don't be fooled by aromatic soaps, bath oils, candles, etc. with these fragrances; to raise your consciousness level, use only true E.O. because this will enable you to interact with the subtle kingdoms.

Marie: *But with so many oils on the market now, how can you identify the “pure ones”?*

Mikael: Since most essential oils are now synthetic and produced in a laboratory, you have to be aware of imitations that can destroy your own sense of smell and keep you away from your reality. Only pure oils contain a full spectrum of compounds which cheap imitations simply cannot duplicate. A major herb company just started a line of pure essential oils and discovered that—and I quote—“Surprisingly, a majority of essential oils currently on the market are tainted by foreign substances. Because of the enormous amount of raw product used to make wholly natural essential oils, nearly every other product on the market has been polluted with lower quality, commercial-grade oils or contains other chemical substances to reduce the cost or increase the profit margin...” Using high-tech Gas Chromatography and Mass Spec-

HOW DOES ALCHEMIST, MIKAEL ZAYAT, CREATE?

“When I formulate a **PERSONALIZED OIL**, I concentrate and contact my deep inner soul, where the Spirit is connected with the Holy Spirit .

It's like the Internet on the spiritual level. Then I find the oils that are appropriate to your current needs and mix them in proportions that allow them to play together in the same manner that the different musicians play in an orchestra. Then I thank the Creator for bringing the Healing, Joy, Love and Peace in our hearts and seal it with a kiss. Of course, each blend is unique, so each time I start from the beginning. The oils I use are prepared by joyful and conscientious people. We put only the purest ingredients in them. I do not use synthetic or environmentally harmful oils, only the best I can find.

For my **WORKSHOPS**, I follow the same rule. Each one is unique because the participants (generally 12 to 15) are never the same. Even with the same group of people, it's always a new situation. We are always changing like the water in a stream. In general, I speak about the history and geography of the E.O. I talk about the botany, physics, chemistry and ecology of these plant extracts. I explain the basics of anatomy and physiology of the human being and how to optimize the functioning of our body to allow it to be the home of the soul and the temple of the Spirit. I also explain the guidelines for the proper uses of E.O. We smell them, taste them, blend them, etc...We also take time to sing, dance, eat and drink. We do all that in a joyful and healthy way. The Hostess, of course, is giving her share by allowing us to help in the preparation of this “wonder-full” event. I express my thanks to each person who comes into my path and for allowing their inner flower to bloom. Let each fragrance perfume the world in the dawn and may the sun shine in you and around you, every day! “ — Mikael Zayat

2003 SCHEDULE for Mikael ZAYAT in the US:

September 16-20: Noetics in Palm Springs, CA; October 10-12: ULE Expo in Columbus, OH and October 18-20: the Mind, Body, Spirit Expo in Valley Forge, PA
Please check the latest info at <http://www.4dshift.com/coming/coming.htm>



Special Orders

You can special order almost anything. Mikael Zayat gives workshops and private consultations and can create *your own perfect oil*. For information on Mikael's schedule, call 1-888-320-6610 or check our website: www.4Dshift.com. We accept VISA, Master Card AMEX & Discover. ❖



Interview with Mikael Zayat (continued from p. 7)

Marie: How can we use essential oils?

Mikael: As you know, aromatherapy is the use of essential oils for the benefit of the body, spirit and soul. It enhances physical, emotional and spiritual health and beauty. Here are simple ways to use them:



Inhalation An E.O. can be inhaled, thus reaching the brain, which in turn responds to the particular scent affecting our emotions and chemical balance. Put a few drops on a handkerchief breathe in deeply.

Massage Essential oils mixed with a neutral oil (almond, olive, safflower, canola, jojoba or sunflower) make a wonderful massage oil. The body will absorb it and carry it throughout via the circulatory system to reach the appropriate internal organs.

Diffusion Use a diffuser to send tiny drops of oil in the air.

Internally Essential oils extracted from herbs used in the kitchen (e.g., Anise, Chamomile, Cinnamon, Coriander, Fennel, Marjoram, Peppermint, Rosemary, Sage, Thyme) can be taken internally. Use 1 drop of the oil with honey. **Not all essential oils can be taken internally.**

For sore throats, use a drop of Thyme mixed with honey. If you breathe essential oil or place it under your feet and behind your ears, it will be distributed to every cell of your body in a few seconds and last 21 minutes. It will even penetrate a toenail to reach the fungus underneath (with ArborVitaē). It may also be worn as a perfume or on the neck, face, back, wrist and on your heart.

Thanks to my many friends throughout the world, I carry just about every essential oil, all of which are top quality. No fillers are used in my products. I also carry other wonderful natural products like Shea Butter. ✨

Independent Quality Assessment

Lutie Larsen, researcher and teacher in the field of radionics, used the radionics vitality scale to measure four (Canadian Tsuga, Clear, Rose and Peace) MZ Alchemist Oils for resonance and coherence of energy/ information. These oils measured in the high energy range.

Read her interview on www.4dshift.com/Lutie.htm

Interview with Mikael Zayat (continued from p. 6)

trometer analysis, quality standards can now be measured. You can also use strict olfactory (smell) evaluation, country of origin, method of extraction, and plant species as measuring factors. All the oils I use are either steam distilled or cold expressed (citrus oil).

Marie: What are the best oils you recommend for people living in America?

Mikael: **In the North**, conifers, of course, are among the most appropriate ones. Above all, firs and pines like Black and White Spruce, Red and White Pine, Arborvitae, Larch, Canadian Tsuga, and Wild Tansy. For those who live **in the South**, all citruses and Monard, Virginia Cedarwood, Cypress, Juniper of Virginia (usually called Cedarwood—wonderful to tonify the veins and shrink internal/external hemorrhoids).

For the West, the Texas Cedarwood (also called Mexican Cedar) and Sweet Orange, and **for the Midwest**, Peppermint.

Canadian Tsuga (abundant in Quebec and the Northeastern region of the U.S.) helps you get in the “here and now” so you can release fear, the first and most important obstacle to the ascension towards other dimensions. Breathe it consciously and put a few drops on your solar plexus or hands; for a loving touch, massage your feet with it. For someone **experiencing fear or who is too tense** to meditate, put a few drops on your hands and apply it on the adrenals (it helps the circulation and the production of adrenaline). You will feel more energized and uplifted. If you travel, make sure to carry 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, etc.); for Africa, add Basil. Apply the oils on your hands and feet 2–3 days before departure, while on the plane and for 2–3 days after.

Balsam Fir is the traditional Christmas tree known for its antiseptic properties. Its fragrance brings joy. If you add a few drops of Cinnamon oil (brings joy, abundance and prosperity), you will have a cheerful mix for the Christmas season!

Get to Know Mikael and Marie!

Mikael Zayat, M.ED, has twenty years of experience as a clinical aromatherapist and has been a producer of E.O. for ten years. Currently living in Quebec, Mikael was born in Egypt. He is the founder of Quebec Essential Oils Research Center & Founder President of Quebec E.O. Distillers Alliance.

Marie Allizon has been a major distributor of Mikael's E.O. since 1997. She currently resides in Virginia. A former journalist at *PARIS MATCH*, and publisher of Fourth Dimensional Shift, Marie now represents Mikael and sells his oils throughout the world. She also distributes **Flower of Life jewelry** and **Slim Spurling** healing tools. For more details, go to www.4Dshift.com.



Aromatherapy Diffusers by Mikael Zayat, M.Ed

Negative ions are abundant in wooded areas, beach, 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 E. O. 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 The second type is based on evaporation. Among these you have pottery, car air fresheners, potpourri. They are very nice for a very small space, but do not produce sufficient evaporation to create therapeutic concentrations of fine particles in larger spaces.

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Energy Anatomy of the Chakras ©Caroline Myss 1996

Chakra 1 *Organs:* physical body support; base of spine; legs, bones, feet; rectum; immune system. *Mental/emotional issues:* safety and security; ability to provide for life's necessities; ability to stand up for oneself; feeling at home; emotional support; *Physical dysfunctions:* chronic **lower back pain**; **sciatica**; varicose veins; rectal tumors/cancer; depression; immune disorders.

Chakra 2 *Organs:* sexual organs; large intestine; lower vertebrae; pelvis; appendix; bladder; hip area; *Mental/emotional issues:* blame and guilt; money and sex; power and control; creativity; ethics and honor in relationships; *Physical dysfunctions:* **chronic lower back pain**; **sciatica**; ob-gyn problems; pelvic/low back pain; sexual potency; urinary problems

Chakra 3 *Organs:* abdomen; stomach, upper intestines, **liver**, gall bladder, kidney, pancreas; **adrenal glands**; spleen; middle spine; *Mental/emotional issues:* trust; **fear** and intimidation; **self esteem**, **self-confidence**, **self-respect**; care of others; responsibility for making decision; sensitivity to criticism; personal honor; *Physical dysfunctions:* arthritis; gastric or duodenal ulcers; pancreatitis/diabetes; **indigestion**; anorexia or bulimia; liver or adrenal dysfunction; hepatitis

Chakra 4 *Organs:* heart and circulatory system; lungs; **shoulders and arms, ribs, breasts**; diaphragm, thymus gland; *Mental/emotional issues:* love and hatred; resentment and bitterness; grief; self-centeredness and commitment; forgiveness and compassion; hope and trust;

Physical dysfunctions: congestive heart failure; **heart attack** mitral valve prolapse; cardiomegaly; **asthma, allergy**; lung cancer; bronchial pneumonia; **upper back**, shoulder; breast cancer

Chakra 5 *Organs:* throat; thyroid; trachea; neck vertebrae; mouth, teeth and gums; esophagus; parathyroid; hypothalamus; *Mental/emotional issues:* choice and strength of will; personal expression, following one's dream; using personal power to create; addiction; judgment and criticism; faith and knowledge; capacity to make decisions; *Physical dysfunctions:* raspy throat; **chronic sore throats**; mouth ulcers; gum difficulties; TMJ; scoliosis; laryngitis; swollen glands; thyroid problems

Chakra 6 *Organs:* brain; **nervous system**; **eyes, ears, nose**; **pineal & pituitary glands**; *Mental/emotional issues:* self-evaluation; truth; □harka□□dual abilities; feelings of adequacy; openness to ideas of others; ability to learn from experiences; emotional intelligence; *Physical dysfunctions:* **brain tumor**/hemorrhage/stroke/ neurological disturbances; blindness/ deafness; full spinal difficulties; learning disabilities; seizures

Chakra 7 *Organs:* muscular system; skeletal system; skin; *Mental/emotional issues:* ability to trust life; values, ethics and courage; humanitarianism; selflessness; ability to see larger pattern; **faith and inspiration**; spirituality and devotion; *Physical dysfunctions:* paralysis; genetic disorders; bone cancer; multiple sclerosis; ALS



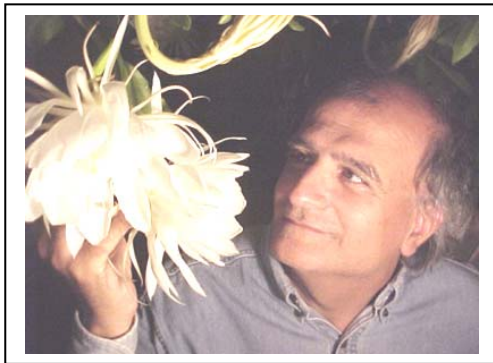
A Few Testimonials about MZ Alchemist Oils

“These oils are incredible. They are the best I came across so far. Can I order one of each!” — Drunvalo Melchizedek

“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’ve been told that as of this weekend the frequency of the MZ Alchemist Oils produced will be 100 times what it has been. Sacred. Those oils completely changed after 12/9/00; they are more potent and carry the ancient Annunaki secrets.” Almine Barton

“Wow! Almine what’s in those oils, my whole crown chakra expanded with one drop of the **Upliftment** oil, and that **Pineal** oil delivers quite a wallop.” *Adrienne Richwine, chiropractor*



“I have enjoyed Mikael’s oils for two years. They’ve brought me great inner peace and harmony.” *Ken Page*

“I use one or several of Mikael’s oils on myself every day depending on what my needs are. I feel the power and smell the pureness in each bottle and know that Mother Nature is

at my fingertips ready to make me feel better. Mikael’s oils are **made with pure LOVE**, and love heals all wounds. Bless you Mikael. You are truly a Master Alchemist.” *Annette*

“The **Moskito Out** was wonderful!!! Take it from a “body” that attracts moskitos like honey to the hive...I used it all weekend in the mountains, and came away with just a couple small bites.” *Shari*

“My family and I have had absolutely amazing results with Mikael’s oils which I have been using for several months now. Joy, Upliftment, Anger Out, Stress Out, Relax and Negativity Out give us excellent results.” *Nuha*

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Great Oils from Quebec

Excerpts from Mikael’s lecture at the International Aromatherapy Conference & Trade Show, Toronto, Canada, 1999

Quebec produces some twenty essential oils. Most come from conifer trees. They are powerful and present less adverse effects than most imported oils. The local distillers put all their efforts into producing the best quality essential oils possible. The oils are produced from trees lumbered for their wood, and the origin can be traced to the distiller. Conifers’ essential oils are **excellent air purifiers**. They can be diffused or diluted in a good carrier oil for massage. The following are the most readily available oils.

Balsam Fir (*Abies balsamea*)

Balsam Fir is one of the most distinctive trees found in Eastern Canada. Its essential oil is an **excellent atmospheric antiseptic**, especially useful in family reunions. When nebulised, it purifies and perfumes the atmosphere, making it easier to protect oneself against infections. It is anti-tussive, expectorant and mentally stimulating. When used in massage, this oil makes secretions more fluid, helping to reduce mucus. Recommended for chills, sinusitis and bronchitis, it also helps **relieve muscular pain**. Massage the chest, back, shoulders, arms or legs with 20% of this oil diluted in a good carrier oil.

Black Spruce (*Picea mariana*)

This widespread Canadian conifer offers a very invigorating essential oil. Dr. Penoel recommends it to **tonify the nervous and immune systems**. For bronchitis, chronic fatigue and rheumatic muscular pain. To uplift the whole organism, massage 10–20 drops on the lower back near the waist for 1–2 minutes.

White Pine (*Pinus strobus*)

This pine is Ontario’s emblem tree and the tallest conifer in Eastern Canada. Its essential oil is recommended for bronchitis, sinusitis, asthma and other bronchial conditions. In microdiffusion, it helps disinfect the air and ease breathing.

Red Pine (*Pinus resinosa*)

This type of pine provides an essential oil from cypress. In massage it could aid circulatory problems.

Arborvitae (*Thuja Occidentalis*)

Appreciated for its fragrance and antibacterial qualities, it is called the *tree of life* by the Amerindians due to its **purifying and wound healing virtues**. According to Doctor Penoel and S. Shappard, Arborvitae essential oil is antirheumatic, astringent, anti-infectious, antiallergic, cicatrizant, expectorant and **insect repellent**. It is also soothing to **poison ivy** and psoriasis. The principal ingredient in well-known Vick’s, Arborvitae oil is rich in thujone, a neurotoxic substance; it must be used wisely.

Great Oils... (continued from p.9)

Canadian Tsuga (*Tsuga canadensis*)

Essential oil from this big conifer is physically and mentally beneficial. Jean Dessureault, aromatherapist and distiller of essential oils in Quebec since 1986, recommends this oil as a **breathing tonic**. It is useful for people suffering from asthma and respiratory weakness. Anne Meurois-Givaudan asserts that it helps calm terminally ill patients and people who find it difficult to let go of fear or anguish. It alleviates anxiety and stimulates mental grounding. Use it pure (5–10 drops) in slow and delicate massage on feet and upper chest.

Tamarack (*Larix laricina*)

In massage on chest and back, its essential oil is a good remedy for bronchitis and pneumonia. Its neurotonic properties are also known to **recharge the nervous system** as well as to promote relaxation.

Canada also produces in **smaller quantities** (from 200 grams to 200 kilos annually) other essential oils that are of great value to aromatherapists. A few of these essential oils are:

Canadian Mint (*Mentha canadensis*)

Last summer, Mikael Zayat distilled two kilos of wild Canadian mint. This herb is rich in essential oils highly praised for their digestive

Qualities. It helps relieve headaches and clear the sinuses.

Goldenrod (*Solidago canadensis*)

The generic name, *Solidago*, is derived from the Latin word *solidare* (to join or make whole), a reference to the healing properties attributed to Goldenrod. According to Penoel and Franchomme, this anti-inflammatory oil is recommended against hypertension and certain cardiac diseases such as pericarditis, endocarditis and arterI. Use 1–2 drops on the sole of the feet or inner wrist. Combine 1 drop with 10 drops St. John's Wort oil and massage painful or ankylosed areas.


Yarrow (*Achillea millefolium*)

This traditional medicinal plant contains a blue essential oil rich in chamazulene (7–50%). It is an excellent anti-inflammatory and can help relieve neuralgia and **insomnia**.

Labrador Tea (*Legum groenlandicum*)

E. O. from this typically Canadian plant is a **liver** decongestant and regenerator. It is also recommended for prostatitis, cysts, fibroids.

Common Tansy (*Tanacetum vulgare*)

This Tansy provides an oil excellent for destroying and expelling intestinal worms. This oil should be used with extreme caution due to its high content of thujone (66 to 81%).

Frequently Asked Questions (continued from p. 21)

Q: What is the difference between a floral water, a hydrolat and a hydrosol?

MZ: Floral waters are a generic name for hydrolat and hydrosol, a precious byproduct recovered from steam distillation of an essential oil; a hydrosol is the essential oil dissolved in water. Floral waters include some of the water-soluble molecules of the plant, and have some of the properties of the essential oils. The first batch of a floral water has a higher concentration than later ones. They are gentle, fragrant, and suitable for all ages. These refreshing body and environmental mists will soften your skin and delight your senses. We carry Neroli, Rose, and Red Spruce (for colds and flu)

Q: If most of the virus infection, sicknesses are due to a lack of oxygen in our blood, how can essential oils help?

MZ: The best are Red Pine, White Pine, and of course Balsam Fir, Canadian Tsuga, etc. I just created **Oxygen Up!**

Q: What do you recommend to make candles?

MZ: The heat of the candle will destroy the Essential Oils. That is why candles are usually made with synthetic fragrances which we must avoid. I recommend only unscented candles. I prefer the use of an electric diffuser to purify and add a natural aroma to your surroundings.

Q: And for making soaps?

MZ: Traditionally Lavender was used to perfume soap because of its cleansing effect. You can also use conifer oils like Balsam Fir and White Spruce, or even Lemon, Sage, especially Clary Sage. For an excellent result, Rose oil is incredible if you can afford it

Q: And for baby teething?

MZ: Interestingly, it is the same combination as our Pregnant I, which carries Lavender and Chamomile.

(Send us your questions and we will do our best to answer them!)



Frequently Asked Questions (continued)

Q: What do you recommend for eliminating fungus?

MZ: Arborvitae (Thuja). Sometimes common Tansy is more adequate. Cotton socks can keep humidity on the skin and retransmit fungus spores back to the toenail. Mohair wool* is very much indicated to maintain humidity at its lowest. Also put 8 to 10 drops of Fungus Out in the shoes. (* We carry some).

Q: You have so many wonderful oils; how can we choose?

MZ: Use pure Lavender and Canadian Tsuga, or blends like Fearless or Self-Esteem. It depends of your needs: Sleep Well; Breathing in winter (or Mosquito/Allergy in summer). For feeling good: Garden, Women's Bliss, Valentine, Relax, Peace. To help focus: Clear or Concentration, Calming; to feel energized: Energy, Adrenals or Memory. Use St. John's Wort or its blends in the Healing Set, Pain Relief, etc. Finally, I create all my blends intuitively, but remember to be careful with Bergamot and Cinnamon as they burn the skin if you expose to the sun.

Q: What oil would you recommend for super-active children, the ones suffering from lack of Concentration?

MZ: Lavender comes to mind, also Child Relax and **Concentration**. but you can also try Relax, Memory, Stress Out, Healing. For children, just remember to dilute them. Put 10% to 20% of Peace, Lavender in a massage oil. But also, the new **INDIGO**

Q: And for the elderly?

MZ: For relaxation, use Lavender, Relax, Peace, Sleep Well. Give them a foot massage with our Circulation massage oil and use Fungus under the toenails if needed. For bedsores, use St John's Wort. To help with a peaceful transition, use Canadian Tsuga. Dilute them if they are too strong for them.

Q: What is the best way to use an oil if you want a fast relief?

MZ: If the oil is not dermo-caustic (skin sensitive) like Thyme, Oregano, Cinnamon, Bergamot etc., the skin would be the best way. To test an oil, **rub one drop on a pulse point**, e.g., the wrist, inside your elbow, the sides of your neck as veins go through there, so it goes immediately into your blood

Frequently Asked Questions

Frequently Asked Questions

Here are some answers from Mikael Zayat. They include suggestions on how to help relieve common ailments you would normally treat at home and maintain good health. This information is not intended as a replacement for the diagnoses, advice or treatment provided by competent professionals.

Q: Some are confused with the size of our bottles

MZ: Yes, because our oils are sold in milliliter (ml). If the bottles seem not full, it is because they are designed for ounces. They actually hold more than the actual volume. The bottles are designed to give the oils room to expand during transport due to the variation in temperature.

Q: How can we tell pure oils from others?

MZ: Good results depend on the quality of the oil. The price is the first factor to consider. Cheap oils are normally of low quality. Some Essential Oils are diluted in vegetable or mineral oil. They will leave a greasy spot (residue) if you put a drop on a piece of white paper, but some manufacturers will make their blends with lower quality oil, or turpentine.. The pure one will evaporate within 30 to 45 minutes. People should also rely on the reputation of the company. If you see on a price list Lily of the Valley, Lilac, Gardenia, it is a good indication of low quality oils.

Q. Do you use any mineral oil?

MZ: Absolutely none. All essential oils are 100% pure and my Neutral massage oil is made of sunflower, sesame, jojoba, olive, colza, borage and safflower oils, carefully selected for their therapeutic effects. **There is no solvent, no mineral substance, no allergen.**

Q: If Ravensara Aromatica is good for viral Hepatitis, is it also good for Hepatitis C?

MZ: Yes. Try also our **Virus Out**. It can help with a mononucleosis condition. Put a drop on the **inside ankle** or the wrist so it enters the blood immediately.

Frequently Asked Questions (continued from p. 11)

of 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

Q: I recently met a psychiatrist working with hard core patients and when asked if she uses St. John's Wort for difficult cases, she looked straight in my eyes and said: "If I did, I would be out of a job." Do you consider St. John's Wort to be that effective?

MZ: Absolutely. Word of mouth is its best supporter. Many friends have tried St. John's Wort to fight depression and see good results and absolutely no side effects whatsoever. It is most effective if you are active after taking it, go for a walk, play, meet people. The worst is to sit home and watch TV. If you add some Fearless blend, you should be able to conquer the world!

Q: Please describe the benefits of Lavender for us.

MZ: Lavendula Vera from Provence is a universal oil that will soothe any discomfort you experience. If it is a **headache**, put a drop on your temples, if you are **stressed, tense or suffer from insomnia**, breathe some in or put it in a diffuser. In case of **burns, rashes, PMS**, it will calm the pain immediately. It is also good for muscle cramps and heart irregularity. Whenever you want to feel clean, relax, calm, or when your kids have too much energy, reach for Lavender. Put it on the feet, in a diffuser, on a handkerchief, or make a compress and put it on your forehead, etc.

I choose **Lavendula Vera** for its subtle effect, what it does to your body. If you prefer stronger smell, then use our **Lavandin Reydovan**, a natural hybrid of the English and Spanish Lavender.

Q: How many oils at once can I take safely?

MZ: For blends, I recommend to take 3 at a time. It is best to space the oils. But you can use them throughout the day—in moderation.

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Frequently Asked Questions (continued from page 12)

Q: I saw you last time with your own deodorant! What is in it?

MZ: Like every synergy, I use pure E.O.: Lavender, Balsam Fir, Clary Sage, Rosewood, Orange leaf, Peppermint & Cypress. Try it! We have testimonials that it also help clear the Lymph Nodes!

Q: And another favorite of yours, Canadian Tsuga?

MZ: Yes, I love Canadian Tsuga. I use it a lot as it helps people **breathe better, sleep, adjust to new surroundings** (including jet lag), avoid fear, bring harmony and fight disease. Many good results have been reported to help dying persons make their transitions in peace as it opens subtle doors. Good for mental fixation... Use on the feet and 5th □harka.

Q: Besides your wonderful blends of Breathing, Conifer and Sinus which help open the lungs, what do you recommend for colds?

MZ: For colds, congestion and stuffed nose: Use VIRUS out or FLU or **Ravensara** under your nose. If irritated, use some Shea Butter on the inside. For sore throat, use a drop of Thyme mixed in some honey

Q: What is Shea Butter for?

MZ: Karite Butter comes from the nuts of a West Africa tree. It has natural vitamins A, D and E which rejuvenate, protect and smooth your skin. It also fights **wrinkles and dry skin** (lips) without leaving your skin oily. Shea Butter is also known to help eczema and diaper rash. Good for all skin types.

Q: Do your blends Pineal, Pituitary and Thymus and/or the Endocrine System help stimulate these glands? P22

MZ: Absolutely. These synergy oils have proven very helpful to stimulate the glands. We are also doing tests with those for Alzheimer's, MS, Parkinson's, etc.

Q: You do not seem to be a big fan of Oregano. Why?

MZ: Oregano is good for its phenol content, but I prefer to use Marjoram. Oregano should be used with **great caution** because it is dermo-caustic. Take a drop only on a lump of sugar or with some honey, as ours is very pure.

When the pineal gland looks through the pituitary gland, is when your high psychic energy takes place. **The pineal gland is the key to all psychic energy**; I am convinced of this. There are six beams of light that come out of your pineal gland, and if you know where they are and how to adjust them, you can augment your psychic abilities tremendously. Because most people beam instead of being, these straight little beams of light are all mushroomed out or bent or crooked. They are all messed up, in almost everybody. You can fix them in



just two or three minutes. It's really easy and it will also stop all your headaches. Even if you have migraine headaches, they will disappear in most cases, unless it is a disease causing the headaches and then you have to heal the disease. If it is a stress-related headache it's gone immediately. The pineal is key...At **the time of puberty we grow a calcium shield around the pineal gland**. A calcium bone, a sphere grows around the pineal and blocks these energies. How heavy the shield at the pineal gland is will very much determine how your psychic abilities are. Why we do that, I don't know.

Marie: *You also tried many Essential Oil blends formulated by Mikael Zayat. Would you say that his Pineal, Pituitary and Thymus oils help open and balance those vital glands?*

Drunvalo: I've only tried them recently. **Pituitary** seems to go straight to the pituitary. **Pineal** seems to surround the gland—and it may just be me, I don't know—rather than actually going into the center. And that's a trait of the pineal gland—to avoid the center. Also, the four sets of Mikael's oils that I bought before are incredible and the best I've come across so far. **My favorites are Compassion, Energy, Heart Chakra, Flower of Life, Inspiration, Merkaba, Peace, Stress Out, Warrior's Spirit & Women's Wisdom But also Clear, Forgiveness, Healing, Immune Up, Indigo, Joy, Light Of God, Grounding, Om, Rapture, Relax, Sinus, Spirit of the Temple, Thymus, Voice of our Ancestors, White Light, Visualize, Manifest and Lavender.** ❖

Oils Recommended for Women

Chamomile—anti-inflammatory; soothes frayed nerves, PMS and migraine

Clary Sage—relieves depression, PMS; use as an after-delivery tonic and for menopause

Lavender—overall equalizer; use for burns, skin care and shock

Marjoram—antispasmodic; relieves headache, menstrual cramps, constipation, snoring

Neroli—use for insomnia, anxiety, depression, opens the heart, stretch marks

Ravensara Anisata relieves menopause and PMS

Rose—universal female tonic and balancer; suitable for all gynecological problems

Borage (a cold pressed oil)—use to boost the size of your breast!

St John's Wort (a maceration)—use to help diffuse oils on the body; good for burns, cuts, scratches, etc.

Use these oils either individually or in combination for specific issues, such as Acne, Circulation, Menopause, Ovaries/Uterus, Women's Bliss & Yeast Out. ❖

Interview with Drunvalo Melchizedek

Excerpts from an interview with Drunvalo Melchizedek in Fourth Dimensional Shift, December 1999

Marie: *At Omega and Earth Sky, you talked about the importance of the Pineal, Pituitary and Thymus glands. Here is the transcript:*

“**The pineal gland** is your third eye. Jacob Lieberman, author of Light, the Medicine of the Future, is a prominent light expert worldwide, along with Malcom Lillywhite. He **describes the pineal gland as an eye**, literally. It's a round ball; it's hollow, it has color receptors inside of it, and has a lens that is facing up. Its field of view is up—it can't see down as our eyes can. Though there is no scientific documentation, I believe the pineal gland—just as our eyes—can see 90 degrees this way around the horizon. In other words, our eyes can look up and also look around. The pineal gland can do that, too. There are three primary fields of view: one straight out the top to the crown, another one at a 45 degree angle, because there's another gland here, the **Pituitary**, and the last one right off the horizon. ❖ *page 20*

STONAROMA – A 10ml bottle of our oils with 2 stones!

“By combining two medicines, we make them stronger! The Rock people hold the wisdom, and the plant medicine the healing. They are both Earth medicine. They strengthen each other. By blending the two medicines, we create a third one more powerful than either one by itself.” Strong Walking Woman, a Mohican who worked with Mikael to create our Native American Set.

CLEAR: Quartz Crystal and Fluorite - \$30 -

It removes any issue, unwanted vibrations. It allows you to function with all your power. Oils: Eucalyptus, Balsam Fir, Verbena

MERKABA: Quartz Crystal and Tourmaline - \$30 -

To come in harmony with the full scope of vibration, the full spectrum of colors. Oils: White Pine, Lavender, Jack & Red Pine, Goldenrod, Labrador Tea, Petitgrain

PINEAL: Labradorite and Peridot - \$30 -

It is a often forgotten gland that allows us to function in our daily life. If it shuts down, we end up in disease.

Oils: Balsam Fir, White Spruce, Clary Sage, Canadian Tsuga

SPIRIT OF THE GRANDFATHER:

Giant Rock and Dark Green Aquamarine - \$25

Powerful energy with a piece from the Giant Rock in California that split in 1999 where Natives gathered and pray for eons. Again the Spirit of the Grandfather has joined with the Ancient Rock People. We now add the energy of the Oceans (aquamarine) and obtain new wholeness. - Oils: Juniper, Balsam Fir, ArborVitae, Lavender, Clary Sage, Amber Essence

STRESS OUT: Quartz Crystal and Emerald - \$30

Allows you to function better in daily life. It removes the stress we all carry from living on Earth at this time.

Oils: Lavandin, Rosewood, White Spruce, Balsam Fir, Ylang-Ylang, Chamomile

VOICE OF OUR ANCESTORS: Turquoise and a River Pebble - \$24

When the Voice of the Ancestors join with the pebble of the water spirit and add the medicine of the Turquoise, the Ancient Wisdom returns.

In ancient Egypt, it was used in rejuvenating, face masks, cosmetics and perfumes. It has been used for syphilis, rheumatism, respiratory and urinary tract infections, digestive and nervous tensions. It also covers a wide range of uses from antibacterial, anti-inflammatory to revitalizing, tonic, uplifting but is also used to calm, relax, promote sleep; it soothes and heals inflamed skin, bruises and burns.

Frankincense helps break ties with the past, especially where these block personal growth. When you need to let go or feel inadequate, 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 be on your journey of power. It has helped people with brain tumor or cancer.

Put 1 drop as is on your heart chakra or 1 on each ankle before going to bed.

We carry it pure or combined with Myrrh in our Spirit of the Temple blend.

Here are new products of our SKIN CARE LINE - Check the full list on the web

- **FACIAL CLEANSER** (Scrub): Jojoba, Argania, Geranium, Rosewood , Celtic salt -1 oz sells for \$8 and 2 oz for \$12

- **SHAMPOO**, the healthiest available on the market (no Laureth Sulfate) **\$10 per 4 Oz, \$7 per 2 Oz, \$5/Oz: Energy:** Lavender & Canadian Tsuga ; **Relax:** Lavender, Chamomile, **or Lavender**

- **BUBBLE BATH** also used as a **Shower Gel**, the healthiest on the market **\$10 per 4 Oz, \$7 per 2Oz: Lavender Bubbles:** Lavandin - **Energy:** Peppermint & Black Spruce - **Relax Bubbles:** Orange & Petitgrain - **Just for bubbles:** neutral

- **KAROSA** (Shea butter with rose), **our moisterizer** used as is. It needs to melt in the palm of your hand before applying 25ml is \$18 - 50ml is \$31 – 100ml

CHAKRA 6: Sugelite, Lavender Chalcedony - \$28

Clearing sub-conscious to channel intuition. Purple-balanced state of mind. See Divine perfection in all things. Devotion
Oils: Balsam Fir, Peppermint, German Chamomile

CHAKRA 7: Quartz Crystal, Amethyst - \$24

Personal identification with Infinite. Oneness with God – Peace.
Wisdom
Oils: White Pine, Laurel, Frankincense

Testimonial: I am loving all the oils that I had the pleasure of receiving from you and Mikael. The Stonaroma is absolutely wondrous for me. I had a major shift in incarnate soul aspects and the Stonaroma has made this shift happen with much more ease and grace than I had thought possible. All the oils will be my partners on my spiritual journey to Egypt and help me fulfill my spiritual service there. Blessings to you! Love and light, Deborah July 03

We can also create a StonAroma just for you. For more information, contact Marie Allizon, (703) 847-6147, or toll free 1 888-320-6610

**FRANKINCENSE, A SCENT FROM ANCIENT TIMES,
By Mikael Zayat**

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 would stick to your fingers. There is also a new way to extract it using CO2, but it makes the oil much more expensive.

Oils: Amber Essence, Balsam Fir, Clary Sage, Red Pine, White Spruce, Canadian Tsuga, Arborvitae

WARRIOR SPIRIT: Sterling Silver and Garnet - \$25

With the medicine of the Warrior, we combine silver of the Earth for strength and the Garnet for the blood of the warrior.
Oils: Balsam Fir, White Pine, Cedarwood, Arborvitae, White & Black Spruce, Frankincense.

WHITE LIGHT: Light Aquamarine, Crystal Quartz - \$28

Only those things of the highest vibration can communicate or come into your energy field when one drop is anointed upon the crown chakra.
Oils: Canadian Tsuga, White Spruce, White Pine, Angelica.

WOMEN WISDOM: Gold, Peridot - \$32

Combining the elements of the Sun (gold) and the Earth (Peridot) to create a Universe within. Oils: Rosewood, Rosemary, Lavender, Orange, Geranium Rosat, Lavendin Reydovan

CHAKRA 1: Black Tourmaline, Garnet - \$28

It grounds Spirit forces in body. You gain ability to work lovingly on the physical plane
Oils: Red Pine, Clove, Cinnamon

CHAKRA 2: Carnelian, Amber - \$24

Utilization of creative forces into all aspects of being. High soul procreation. Direct self toward devotion
Oils: Black Spruce, Ylang-Ylang, Geranium, Goldenrod, Clary Sage

CHAKRA 3: Citrine, Imperial Topaz - \$33

Assimilation of expedience. Digestion
Oils: Rosemary, Virginia Cedar, Spanish Marjoram, Basil

CHAKRA 4: Rose Quartz, Emerald - \$33

Releases emotionally suppressed trauma. Soul/heart consciousness/ Expressing love in action
Oils: *Lavendula Vera*, Geranium, Bulgarian Rose

CHAKRA 5: - Blue Chalcedony, Tanzanite - \$25

Ability to verbalize. Expressing Truth through power of the spoken word
Oils: Canadian Tsuga, Petitgrain, Clary Sage, Balsam Fir

☞ continue on page 18

Specific Suggestions for Use (continued from page 3)

Pineal/Pituitary	Rub 1-2 drops on 7th chakra and temples
Prostate	Rub 2-3 drops on the inside of your ankles, or meridian point
Rainbow Bridge	2 drops to 3 rd Eye or wrists – to help with current changes
Rejuvenate	Rub 3-4 drops on face, also on Spider Veins
Relax	Inhale deeply and apply 2-3 drops to wrists or temples
Scar Tissue	Apply 3-5 drops directly on the scar or wound.
Self Esteem	Apply 2 drops to 3 rd chakra (two inches above the belly button)
Sinus	Inhale deeply& apply 1–3 drops to your sinus; if it is too strong for you, rub some on top of your fingers and toes (effective sinus reflex points)
Sleep Well	Inhale deeply; put a drop on your pillow case, handkerchief or piece of cotton
Spinal cleanse	Apply 10 drops to the spine and massage it in
Spider Veins	5-6 drops to the area (varicose) Rejuvenate works well with it
Spirit Grandfather	Apply to 6th chakra. Put 1-3 drops in hands, rub together, inhale deeply, brush all of aura then touch the ground with your hands.
Spirit of Love	Rub 1-2 drops over the heart.
Spirit of Temple	Inhale deeply the Frankincense and Myrrh. Apply 1 drop to your heart.
Spleen	Take 5 drops maximum internally each day for 3 weeks
Stress Out	Inhale deeply and apply 2-3 drops to wrists or temples
Summer Drink	Add 6-8 drops to your water; very refreshing and tasty
Thyro Balance	Apply 8 drops to Chakra No 5 for 10 days
Ticks Out	Put 2/3 drops on a Q-Tip and apply to the tick for 2/3 minutes. It will literally dissolve the insect.
Unity	Rub 1-2 drops over the heart.
Valentine	Apply 1–2 drops behind ears as a perfume, or over heart
Virus Out	Apply 5-10 drops on wrists, belly, lower back and solar plexus
Visualize	Apply 1 drop to Third eye while holding your vision. Yin
Voice Ancestor Warrior Spirit	Apply to 6th chakra. Put 1-3 drops in hands, rub together, in hale deeply, brush all of aura then touch the ground with your hands
White Light	Apply to 6 th chakra; put 1–3 drops in hands, rub together, inhale deeply, brush all of aura, then touch the ground with your hands
Women's Bliss	Apply 1–2 drops behind ears as a perfume, or over heart
Women Wisdom	Inhale and Apply 2 drops to the navel area
Wrinkle Out	Apply 2–5 drops on your face; goes well with Shea Butter ☒

THE NARD OIL REJUVENATES AND HELPS SPIRITUAL EVOLUTION

Nard (*Nardostachys jatamansi*), sometimes known as SpikeNard, is native to northern India and Nepal and was highly prized in the Middle East and the Mediterranean region since antiquity. In Biblical accounts Mary Magdalen used this versatile oil to anoint Christ's feet.

Nard has a beneficial effect on the whole body. It acts on the brain to regenerate mental functions. It stimulates and supports the immune and the nervous system. Because of Nard's ability to support the whole body it can be used in a variety of ways. It is helpful with lapses in concentration, allergic reactions, skin rashes, letting go of fear and old emotional wounds; also as a chakra, energy or auric massage oil. It can also assist people nearing death. **Spiritually**, it can help 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 seeker who approaches life with an open heart. The exceptional quality of its spiritual forces is expressed in this flower whose oil comes directly from its roots.

Just put 2 to 3 drops on your heart chakra in the morning for connecting you to your inner self or 2 drops of our blend: "Grounding" on each foot to ground you or your clients.

CONIFERS: THE MOST ANCIENT ANTIBIOTIC

Conifers are among the most ancient species of the plant kingdom and the first known to produce Essential oils. Cedar was used for construction of boats and structures built to last. This wood is resists fungus and bacteria due to its high content of Essential oil. Conifers are in fact pro-biotic (pro means for or to promote and bio means life) while anti-biotic stands for 'against' life. Conifers' Essential oils support the immune system It also helps improve our positive and joyful thinking while refilling our energy reserve.

1. Diffusing 10-15 drops of **Balsam Fir** or a **conifer** blend (Conifer, Voice of the Ancestors, Indian Spirit, Christmas Joy, Oxygen Up) will purify the air and sweeten the aroma in your living room. If you are tired and need a quick boost, apply 5-10 drops of these blends on your lower back and massage it.
2. **White Cedar**, also known as *Arborvitae*, or Cedar leaf can help fight arthritis, erase toenail fungus and warts.
3. **Canadian Tsuga**, also known as Hemlock Fir helps fight lung ailments. Useful during any transition period: new job, moving, birth, marriage, divorce, loss, and death. (Fearless, Protection and Rainbow Bridge are three of our blends)
4. 10 drops of **Red Pine** in a massage oil are excellent for bad circulation (cold feet etc.)

Remember Mother Nature next time your system is experiencing difficulties.