

■ 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 solvent. 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* and former President of *Quebec Essential Oil Producers Alliance*.

**TO ORDER MZ ALCHEMIST OILS, CONTACT**

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**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 any other pulse point (inside 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 throughout the body immediately via the bloodstream. If you know reflexology, apply directly on the reflex point. (A good reference book is "Feet First" by Laura Norman.)

- E.O. blends (we've 100!) 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.**

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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 on wrists and 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 Out	Apply 2 drops to 3 <sup>rd</sup> chakra (two inches above the belly button)
Allergy	inhale deeply; combine with Immune Up; apply 3 drops to wrists
Balance	apply 2-3 to wrists, base of spine; good for Rainbow Therapy
Chakra (1-7)	apply on each specific chakra – see chart page 21
Clear	apply to 6 <sup>th</sup> chakra; put 1-3 drops in hands, rub together, inhale deeply, brush all of aura, then touch the ground with your hands
Concentration	rub 1-3 drops to scalp. Also good for ADD
Deodorant	put 3-5 drops in your hand and massage under the armpit; cleanses toxins from local lymph nodes; or use our spray
Endocrine	massage 1-2 drops into forehead (3 <sup>rd</sup> eye)
Energy	see Adrenals
Eroica	place 1-2 drops inside the elbow
Forgiveness	see Anger Out
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	see Anger Out
Immune Up	Rub 5-8 drops on inner wrists and sole of feet
Indigestion	rub 2 drops onto your lower stomach; also, see Peppermint
Indian Spirit	see Clear
Joy	rub 1 drop over the heart

### Massage Oils

MZ Massage Oils (made of 7 natural, highly therapeutic vegetable oils: Sunflower, Jojoba, Colza, 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	\$9	\$17
Sunflower				
<b>Mixes for specific conditions:</b>	\$5	\$8	\$14	\$24
Arthritis (Eucalyptus citriodora, Black Spruce, Wintergreen in St. John's Wort)				
Boost of Energy (Rosemary, Balsam Fir, Anise & Peppermint)				
Cellulite Out (Geranium, Wintergreen, Rosemary, Cypress, Lavender & Pine)				
Circulation (Red Pine, Cypress and Italian Helichrysum)				
Flu/Cough (Ravensara, Bl. Spruce, Eucalyptus & Raviata)				
Gentle (for TLC—Ylang-Ylang, Ginger, Bergamot mint & Canadian Goldenrod)				
High Blood Pressure (to lower it—Safflower, Goldenrod, Lavender & Red Pine)				
Joints (Lemon Eucalyptus, Laurel, Nutmeg and Cardamom)				
Lymph Nodes (Red pine, Italian Helichrysum, Niaouli & Sandalwood)				
Neuro Muscular Therapy (Ravensara, Green Anise & St. John's Wort)				
Pain Relief ( <b>the favorite</b> —St. John's Wort, Black Spruce, Balsam Fir & Lemon Eucalyptus)				
Relax (Ravensara Aromatica, Lavendula Vera, Canadian Tsuga & Petitgrain)				
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 24 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** from Mikael. 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 3<sup>rd</sup> chakra. My young daughter has ceased to have any itchy discomfort, and is even able to eat dairy products with no eczema symptoms! I also use **Allergy** for hives caused by food. They 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 of frequent public pools use, I often have **infections** near the vagina. No problem, a drop of Mikael's **Black Spruce and Lavender**, (plus **Lymph Nodes** if they are swollen) will take care of the problem in 24 to 48 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*

"A friend of mine was complaining to me one day about how hard it is to find "the right one" and he was tired of the dating scene. I suggested he use **Valentine** oil. Guess what? He's getting married next month!...."

"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* ❖

## Specific Suggestions for Use (continued)

Kidney	apply 3-4 drops on the kidney area
Knee Ease	rub 3-8 drops on the knees
Light of God	<i>see Clear</i>
Liver	apply 1-3 drops on the Liver area
Love	<i>see Joy</i>
Negativity Out	put a drop on the door knob, telephone handle, or anyplace/thing from which you want to clear negativity
Meditation	<i>see Clear</i>
Memory	<i>see Concentration/ADD and do not use 2 hours before sleep</i>
Menopause	apply on 3 <sup>rd</sup> eye, thyroid gland area or to pressure points around the ankles
Ovaries/ Uterus	massage 1-2 drops on the lower abdomen or 1 on the inside/outside of the ankle bone reflex point
Pain Out	apply 8-12 drops directly on the pain and rub them in
Patience	<i>see Anger Out</i>
Peace	<i>see Joy</i>
Peppermint	inhale for dizziness or rub 1 drop onto stomach or temples
Pineal	rub 1 drop on 7 <sup>th</sup> chakra and temples
Pituitary	<i>see Pineal</i>
Rapture	<i>see Clear</i>
Relax	inhale deeply and apply 2-3 drops to wrists or temples
Self Esteem	<i>see Anger Out</i>
Sinus	inhale deeply for a few seconds, then apply 1-3 drops to the face on your sinus area; if it is too strong for you, rub some on the 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
Stress Out	<i>see Relax</i>
Summer Drink	add 10 drops to your water; very refreshing and tasty
Valentine	<i>see Garden</i>
Virus Out	apply 5-10 drops on wrists, belly, lower back and solar plexus
White Light	<i>see Clear</i>
Women's Bliss	<i>see Garden</i>
Wrinkle Out	apply 2-5 drops on your face; goes well with Shea Butter ❖

## 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 aromatherapy.** The *lower grades* are used for industrial purpose (fragrance, food, laundry detergents, toiletry). They can

### 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 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 whenever I put it on I have attracted some very nice men in my life using the oil. **Healing** is also very good. Whenever I deeply inhale it, I feel its healing energies permeating my body and getting rid of the aches and pains I occasionally experience. I use **Upliftment** and 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. Her doctor said her recovery has been unusually rapid. 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*

“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 used the **cortisone equivalent** 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 and cortisone on my arms which were red and covered with welts. This morning I am fine with just a few inflamed looking spots. I am amazed.” *MY*

## Aromatherapy Diffusers (continued)

**Ventilation** A third category uses 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, Arbovitae, Sage or Tansy. To diffuse, try pure Lavender (for relaxation) or Rosemary (for stimulation or to get rid of sadness). Use our therapeutic grade essential oil blends\*, such as **Breathing, Calming, Clear, Conifer, Energy, Fresh Breeze, Garden, Joy, Light of God, Love, Memory (before an exam), Patience, Peace, Rapture, Sleep Well, Stress Out, Valentine or White Light.***

\*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	\$49	\$29	\$16	\$5.00
with rose	\$51	\$30	\$17	\$90.00
				Large Diffuser with nebulizer \$125.00

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 one and one-half 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, Energy, Immune Up, Peace, Sleep Well, Stress Out, Valentine, White Light.**

## Interview with Mikael Zayat: Alchemist and Clinical Aromatherapist for the past 18 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 are 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)

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

## Mikael's 10 Favorite Oils

Balsam Fir	purifies the atmosphere, combats chills, relieves sinusitis and bronchitis
Black Spruce	antiviral, antibacterial; affects nervous and immune systems
Canadian Tsuga	antibacterial, antiviral; reduces fears and anxiety
Chamomile	anti-inflammatory, antidepressant, antiallergy; relaxant
Eucalyptus	decongestant, stimulant; antiviral, antibacterial
Geranium	balancing to mind and body; antifungal
Lavender	overall first aid oil; antiviral and antibacterial, antidepressant, anti-inflammatory, antispasmodic; boosts immunity
Peppermint	digestive, antiseptic, stimulant; clears sinuses and headaches
Rosemary	decongestant; relieves pain; improves circulation
Ravensara Aromatica	anti-infectious (flu); relieves fatigue and joint pain

## Special Orders

You can special order almost anything. Mikael Zayat gives workshops and readings in order to create *your own perfect oil*. For information on Mikael's workshop/reading schedule, consult our website:

[www.4Dshift.com](http://www.4Dshift.com). We accept VISA & Master Card



## Interview with Mikael Zayat (continued)

**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 the 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 ArborVita). 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. For more information, go to [www.4dshift.com/Lutie.htm](http://www.4dshift.com/Lutie.htm).

## Interview with Mikael Zayat (continued)

profit margin...” Using high-tech Gas Chromatography and Mass Spectrometer 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 get rid of 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 eighteen 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 & former President of Quebec E.O. Distillers Alliance 1999-2001.

**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 editor of Fourth Dimensional Shift, Marie now represents Mikael and sells his oils in the U.S., Europe and South America; she also distributes Slim Spurling healing tools and Flower of Life jewelry. Go to [www.4Dshift.com](http://www.4Dshift.com).



## Aromatherapy Diffusers

by Mikael Zayat, M.Ed.

Diffusing essential oils in our homes and workplaces creates a pleasant ambiance, and purifies the air we breathe. Several types of diffuser are available. They fit into four categories:

**Heat** The first type of diffuser 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 used instead, in these diffusers.

**Evaporation** The second type of diffuser is based on evaporation. Among these you have pottery, car air fresheners, pot pourri etc. 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.

## Energy Anatomy of the Chakras

**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, thyroid gland; *Mental/emotional issues:* love and hatred; resentment and bitterness; grief; self-centeredness; loneliness and commitment; forgiveness and compassion; hope and trust;

## ©Caroline Myss 1996

*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; intellectual 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*

## 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 used in massage, either pure or diluted in a good carrier oil. 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 antitussive, 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, anti-allergic, 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)

### 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 Neurois-Givaudan asserts that it helps calm terminally ill patients and people who find it difficult to let go out 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. A massotherapist friend of Mikael's swears by this oil for relieving headaches and clearing the sinuses.

### Golden Rod (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 arteritis. 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 anchylosed 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)

Essential oil from this typically Canadian plant is a **liver** decongestant and regenerator. It is also recommended for prostatitis.

### 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)

### Q: And for cramps?

I recommend them to try Red Pine and/or Circulation massage oil. Clary Sage and/or our PMS, Ravensara Anisata are also advisable.

**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 of the steam distillation of essential oils. A hydrolat is the water recovered from 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, Lavender and Red Spruce (for colds and flu)

**Q:** What do you recommend for **bronchitis, cough**?

**MZ:** *Externally:* Rub chest with a mixture of 40 drops of White Pine and 40 drops of Eucalyptus, 2 to 3x per day for 3 to 7 days. *Internally:* Mix 1 drop of Marjoram and a drop of carrier oil (see under massage oil/neutral) in 1 teaspoon of honey. Take 3x per day for 3 to 6 days. *Diffuser:* 80 drops of Balsam Fir, 80 drops of Ravensara, 20 drops of White Pine and 10 drops of Hysopecum for 10 to 15 minutes, 4 times a day.

**Q:** What do you recommend to help a **sore throat**?

**MZ:** *Externally:* Rub back and chest with 80 drops of Canadian Tsuga, 10 drops of Thyme and 5 drops of Thuya occidental, 2 to 3x per day for 3 to 7 days. Rub a few drops of this mix in your hands and inhale deeply. *Internally:* Mix 3 drops of Tea Tree oil (Melaleuca), 1 drop of Thyme and 1 drop of Peppermint in 1/2 teaspoon of honey, 5x per day for 6 days. *Diffuser:* Mix 80 drops of Balsam Fir, 80 drops of Ravensara, 40 drops of White Pine and 40 drops of Eucalyptus for 10 to 15 minutes, 4x per day.

(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.
- Q:** You have wonderful and pure, genuine 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 (or Energy); Breathing in winter (or Moskito/Allergy in summer). For feeling good: Garden, Women's Bliss, Valentine, Relax, Peace. To help focus: Clear or ADD, Calming; to feel energized: Energy, Adrenals or Memory. Use St. John's Wort or its blends in healing, Ache 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 ADD (Attention Deficit Disorder)?
- MZ:** Lavender comes to mind. I also created one for this purpose (**Concentration/ADD**) 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. Or, use **Child Relax I** just created.
- 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.
- Q:** And for **baby teething**?
- MZ:** Interestingly, it is the same combination as our Pregnant I, which carries Lavender and Chamomile.

## Frequently Asked Questions

*Here are some answers from Mikael Zayat and excerpts from articles he wrote and published in Canada. They include suggestions on how to help relieve common ailments (for 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:** What are the essential oils that act as a **natural antibiotic**?
- MZ:** I like **Thyme** a lot because it acts fast, but you absolutely have to dilute it or take a teaspoon full of honey in which you mix 1 drop of Thyme (very rich in phenol). Most of the firs are good antibiotic: Black Spruce, Balsam Fir, Arborvitae, etc. Or use our blend **Conifer**.
- 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 (Pinus Resinosa), White Pine (Pinus Strobus), and of course also Balsam Fir, Canadian Tsuga, etc. I just created **Oxygen Up!**
- 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. Veins go through there, so it goes immediately into your blood.
- 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.
- Q:** In your magician bag, do you have something for **sciatica**?
- MZ:** Use our Pain Relief massage oil. Tarragon is also good for sciatica, as well as basil; they are good antiseptics too.
- 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)

**Q:** I saw you last time with your own **deodorant!** What is in it?  
**MZ:** Like every synergies, I use pure E.O.: Lavender, Balsam Fir, Clary Sage, Rosewood, Orange leaf, Peppermint & Cypress. Try it!

**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 lags), 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 chakra.

**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: Externally: Put 1 drop of **Ravensara** under your nose. If irritated, use some Shea Butter on the inside of your nose. Put 2 drops of Lavender and 2 drops of St. John's Wort on a cotton ball and place in ear. Internally: 1 drop of **Peppermint** in 1/2 teaspoon of honey, 6x a day for 7 days.

**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. Good for all skin types. Add some Wrinkle Out too!

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

**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 on a lump of sugar or with some honey.

### Frequently Asked Questions (continued)

**Q:** Tell us about your **St. John's Wort maceration?**

**MZ:** We let the fresh flowers 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.

**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.

**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 and no allergen.

## Interview with Drunvalo Melchizedek (continued)

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. I'm going to have to work with these new ones a bit longer. 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 Energy, Adrenals, Forgiveness, Stress Out, Clear, Heart Chakra, Thymus, Liver, Healing, Immune Up, Joy, Light Of God, Rapture, Peace, Relax, Sinus** and, of course, his **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

Netoli—use for insomnia, depression, anxiety, 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 ❖

## 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.

**\*\* SETS OF OILS \*\***

**7 CHAKRA SET** : Chakra 1 = Base, Chakra 2 = sex & creativity, Chakra 3 = Solar Plexus/emotions, Chakra 4 = Heart, Chakra 5 = Throat, Chakra 6 = Third Eye, Chakra 7 = Crown  
**7 EMOTION SET** : Anger Out - Balance - Calming - Forgiveness - Healing - Joy - Love  
**7 MOST POPULAR** : Abundance - Energy - Peace - Relax - Sleep Well - Stress Out - Valentine  
**7 NATIVE AMERICAN** : Indian Spirit - Native Spirit - Rainbow Bridge - Spirit of the Grandfather - Voice of Our Ancestors - Warrior Spirit - Women's Wisdom  
**7 SPIRITUAL** : Ascension - Compassion - Inspiration - Light Of God - Mystic - Rapture - White Light  
**7 VALENTINE** : Erotica - Joy - Love - Rapture - Spirit Of Love - Valentine - Women's Bliss  
**7 HEALING\*** : Anxiety - Circulation - Guilt Free - Indigestion - Knee-Ease - Pain Out - Spinal Cleanse **(\*Keep in refrigerator)**  
**7 SPECIFIC USE F** : Allergy - Asthma - Concentration - Headache Out - Lymph Nodes - Menopause - Ovaries/Uterus  
**7 SPECIFIC USE M** : Deodorant - Fungus Out - Headache Out - Indigestion - Prostate - Sinus - Virus Out  
**SETS of 7 x 2 ml are \$42 each and 7 x 4 ml are \$65 each.**

**10 CHAKRA** : Chakra 1 = Base, Chakra 2 = sex & creativity, Chakra 3 = Solar Plexus/emotions, Chakra 4 = Heart, Chakra 5 = Throat, Chakra 6 = Third Eye, Chakra 7 = Crown, Chakra 8 = Upliftment, Clear - Meditation  
**10 EMOTION** : Anger Out - Balance - Calming - Depression Out - Fearless - Forgiveness - Healing - Joy - Love - Patience  
**10 MOST POPULAR** : Abundance - Energy - Memory - Peace - Relax - Sinus - Sleep Well - Stress Out - Valentine - Women Bliss  
**10 NATIVE AMERICAN** : Indian Spirit - Light Of God - Native Spirit - Rainbow Bridge - Spirit of the Grandfather - Spirit of the Temple - Unity - Voice of Our Ancestors - Warrior Spirit - Women's Wisdom  
**10 SPIRITUAL SET** : Ascension - Compassion - Inspiration - Light Of God - Mystic - Pineal - Quiet - Spirit of Love - Unity - White Light  
**10 VALENTINE SET** : Chakra 4 - Erotica - Garden - Joy - Love - Rapture - Relax - Spirit of Love - Valentine - Women's Bliss  
**10 MERIDIAN** : Adrenals Regulator - Endocrine Stimulant - Gallbladder - Immune Up - Kidney - Liver - Pancreas - Pineal - Pituitary - Thymus Gland  
**10 HEALING SET\*** : Anxiety - Circulation - Guilt Free - Indigestion - Knee-Ease - Pain Out - Scar Tissue - Sciatica - Spinal Cleanse - Wrinkle Out **(\*Keep in refrigerator)**  
**10 SPECIFIC USE F** : Allergy - Asthma - Concentration - Fungus Out - Headache Out - Lymph Nodes - Menopause - Ovaries/Uterus - Virus Out - Yeast Out

**SETS of 10 x 2 ml are \$62 each and 10 x 4 ml are \$92 each (or \$101 with the wooden box).**

**12 CHAKRA** : Chakra 1 = Base, Chakra 2 = sex & creativity, Chakra 3 = Solar Plexus/emotions, Chakra 4 = Heart, Chakra 5 = Throat, Chakra 6 = Third Eye, Chakra 7 = Crown, Chakra 8 = Upliftment - Chakra Harmonizer - Clear - Meditation - Native Spirit  
**12 EMOTION** : Anger Out - Balance - Calming - Depression Out - Fearless - Forgiveness - Healing - Joy - Love - Negativity Out - Patience - Self-Esteem  
**12 MOST POPULAR** : Abundance - Energy - Flu - Garden - Memory - Peace - Relax - Sinus - Sleep Well - Stress Out - Valentine - Women Bliss  
**12 SPIRITUAL** : Ascension - Compassion - Grounding - Indian Spirit - Inspiration - Light of God - Mystic - Native Spirit - Quiet - Rapture - Voice of Our Ancestors - White Light  
**12 VALENTINE** : Chakra 4 - Energy - Erotica - Garden - Joy - Love - Rapture - Relax - Spirit of Love - Stress Out - Valentine - Women's Bliss  
**12 MERIDIAN** : Adrenals Regulator - Breathing - Endocrine Stimulant - Gallbladder - Immune Up - Kidney - Liver - Lymph Nodes - Pancreas - Pineal - Pituitary - Thymus Gland  
**12 HEALING** : Anxiety - Circulation - Guilt Free - Gum Tonic - Indigestion - Knee-Ease - Pain Out - Sciatica - Scar Tissue - Skin Rash - Spinal Cleanse - Wrinkle Out  
**12 SPECIFIC USE F** : Allergy - Anti-Addiction - Concentration - Deodorant - Fungus Out - Headache Out - Healing - Lymph Nodes - Menopause - Ovaries/Uterus - Virus Out - Yeast Out

**SETS of 12 x 2 ml are \$71 each and 12 x 4 ml are \$107 each (or \$116 with the wooden box).**

**PRECIOUS OILS TABLE -- Price in US\$ 12/19/01**

Oils' name	
	1 ml
	2 ml
	4 ml
	10 ml
	16 ml
	29 ml
<b>White Angelica</b>	10
	16
	29
	65
<b>Chamomile Morroco</b>	14