

MZ Alchemist Oils

Special Orders

You can special order almost any oils. Mikaël Zayat gives workshops, private consultations, and certification and can create *your own special blend*, or perfume. For information on Mikaël 's schedule, call 1-888-320-6610 or check our website: www.4Dshift.com/coming/coming.htm

Visa, MC, AMX & Discover accepted by phone and online.

TO ORDER, contact: MARIE ALLIZON
703.847.6147 or 1.888.320.6610
Web: www.4Dshift.com
Email: marie@4Dshift.com



GUARANTEE

This is to certify that our essential oils are free of pesticides, insecticides and any other synthetic products. They are steam distilled at low pressure (except for the citrus peel oils that are cold expressed), without 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. — *Mikaël Zayat*, President, *Canadian Essential Oils Research Center*, Founder/President, *Quebec Essential Oils Producers Alliance*, President, *Académie Jardin de Vie*, Professor at European Institute of Natural Health (YOSANA).



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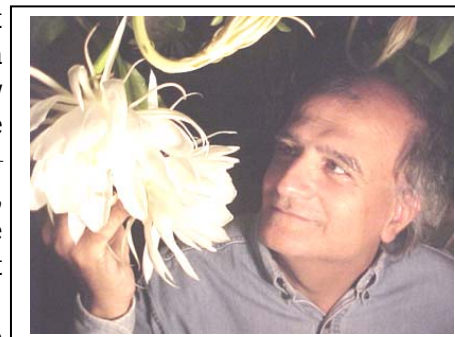
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ALCHEMY AND AROMATHERAPY

Essential Oils go to the essence of things. In the highly developed, technical world we live in, we have come to depend on many things that are not essential. We are here in a wonderful garden created especially for us where we can experience everything through our senses — touch, taste, smell, seeing, hearing — and through these we truly come to know our environment and ourselves.

Our sense of smell allows us to go to the very subtle spirit of the matter where we can sense the essence of things.



Some of the most fragile and delicate flowers are so tiny that you have to be a small child to even notice them -under the shrubs and bushes. Usually we are so busy looking ahead and above, we don't notice the small gems on our path as we walk on them and crush them, unaware of the loss.

The **sense of smell** is directly linked to our brain and affects all aspects of life without filter, whether physical, emotional, mental or spiritual and connects us to our environment. Alchemy is the transformation of our heaviness and darkness into divine light. Everyone has the potential to be an alchemist. It is through our heaviness that we come to know our lessons. We need to have this part of the balance in our lives so that we may experience the creativity of transformation. It is only with love and joy that we can do this, not by following any formulas or chemical procedures. We must be present in a field of freedom to accomplish this. Love is the only thing that can open our hearts. Our work should be accomplished with love and joy, not pressure. The energetics of our work are always made manifest later. Holding these principles in mind, we are now prepared to explore the Alchemy of Therapeutic Essential Oils.

THE MAGIC OF AROMATHERAPY

Aromatherapy is the practice of using aromatic, 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 physical and 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.

HOW DOES ALCHEMIST MIKAËL 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

tense to meditate, put a few drops of Canadian Tsuga on your hands and apply it to the adrenals, in the middle of your back, (it helps the circulation and the production of adrenaline). You will feel more energized and uplifted.

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

Q: What do you recommend for eliminating fungus?

MZ: Arborvitae (Thuja), but 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 inside the shoes. (* We carry some).

Q: You have so many 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 Moskito/Allergy in summer). For feeling good: Womens Bliss, Divine Feminine, Harmony, Valentine, Relax. To help focus: Clear or Concentration, Mental Alert or Memory; to feel energized: Energy, Adrenals, Dragon. Use St. John's Wort and its blends when you look for healing, Pain Ease... 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, Focusing.** but you can also try Relax, Memory, Mental Alert, Stressed, Joy, Gratitude. For young children, just remember to dilute them. Put 10% to 20% of one of these in a massage oil.

Q: And for the elderly?

MZ: For relaxation, use Lavender, Relax, Sleep Well, Archangel Uriel. 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: 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 or Thyme. 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.

Q: Do you consider St. John's Wort to be 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!

FREQUENTLY ASKED QUESTIONS

Here are some answers from Mikaël Zayat. They include suggestions on how to help relieve common ailments you would normally treat at home and maintain good health.



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 (like jojoba) or mineral oil. They will leave a greasy spot if you put a drop on a white piece of 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, Apple, Violet. it is a good indication of low quality oils.

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.

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.** We don't use GMO's or chemically sprayed or fertilized plant material. Unadulterated E.O. are very hard to find, some like goldenrod takes 500 lbs of the plant to produce just 1 liter of pure E.O.

Q: What is "complete"

MZ: Complete means that the oil has not been deprived during the distillation at low pressure and is stopped before the end to avoid toxic components. It is performed according to state of the art techniques, though in some cases like Tea Tree, the distillation must be stopped at a certain point to avoid the extraction of irritating or toxic components. Very good care should also be put in the transport and storage of the oils in dark or black containers.

Q: Is one of your favorite E.O 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 transition in peace as it opens subtle doors. Good also for mental fixation, or to balance the hormones. Use under the feet and 5th chakra. **Canadian Tsuga** helps you 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 your hands. For a loving touch, massage your feet with it. And for someone who is too

not use synthetic or environmentally harmful oils, only the best I can find. or produce. Follow your feelings while you create. Align yourself with the Divine and wait for guidance.

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! " — MZ

INTUITION / SCIENCE

"Intuitive knowledge comes from within a person. It comes from a place of "I don't know why I know, I just know that I know". It brings with it certainty and confidence. There is no way to explain how you know or verify what you know except follow it and see what happens. You just know. It is often experienced as a hunch, inspiration, a feeling in your gut, a voice in your head, a mental picture, or an experience with which others cannot see but you do. It comes with a thought like: "Am I going crazy?"

While **scientific knowledge** follows scientific methods. Ask a question. Guess the answer. Begin a set of tests to verify or invalidate what you think. The scientist is not a part of the findings but the observer of the data. Science deals with what can be seen by our five senses. It does not go beyond that." Excerpts from Gritman Guide to essential oils.

An Interview with Mikaël Zayat (Video/DVD)

Alchemist Mikaël Zayat is interviewed by Diane Trees in **this hour long video** about aspects of how he produces and uses his essential oils. It's a special opportunity to hear from the alchemist/distiller himself and a great introduction to the first time user which includes new information and insight for the experienced aromatherapist. Mikaël discusses how he selects certain plants as the basis for his oil blends and the specific healing properties and blending affinities of the therapeutic grade oils. He covers **how to use the oils** for healing, balancing, massage and just feeling good. **\$18**

GRADES OF ESSENTIAL

Many people are not aware that there are several grades of essential oils, and that **very little of the oils found in the market can be considered of the “therapeutic” grade suitable for aromatherapy use.** Most of the oils are used for industrial purpose (fragrance, food, laundry detergents, toiletries). They have an appealing fragrance, but many are synthetic, cut with cheaper oils, or extracted with chemical solvents. Thus, they will not produce the beneficial physical, emotional or spiritual effects that therapeutic grade essential oils do. In fact, **you must be very careful, as they can be potentially harmful.**



A *therapeutic grade* oil must use a state of the art distillation process, which takes much more time and effort. Distillation is done with natural spring water and in a good stiller. The oil is stored in a cool, dark place to age for 2 weeks to 5 months to gain its full aroma. **Industrial grade Lavender** is extracted in

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).

about 30 minutes which yields about 85% of the essential oil of the plants. The rest is neglected as it will take another 1.5 hours to extract the 15% remaining oil. But the **therapeutic grade Lavender** would distill for at least two hours to extract the various molecules, well worth the extra time. In other plants it is different: in the case of Tea Tree, it is important not to use the tail end of the distillation which is toxic. 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.

Essential oil blends are a combination of E.O. mixed to produce a specific effect or feeling. Some **most popular blends** are **Abundance, Archangels, Calming, all Chakras, Clear, Digestive, Divine Feminine, Dragon, Energy, Healing, Immune Up, Joy, Let Go, Love, Mary Magdalen, Self Esteem, Sleep Well, Stress, Valentine, Women’s Widom.**

Independent Quality Assessment

Lutie Larsen, researcher and teacher in the field of radionics, used the radionics vitality scale to measure four MZ Alchemist Oils (Canadian Tsuga, Clear, Rose and Peace) for resonance and coherence of energy/information. These oils measured in the high-energy range. Read her interview on www.4dshift.com/Lutie.html

- WARRIOR SPIRIT:** Sterling Silver and Garnet **\$27**
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, Cedar, ArborVita, White & Black Spruce, Frankincense
- WHITE LIGHT:** Light Aquamarine, Crystal Quartz **\$30**
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’S 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, Lavandin
- CHAKRA 1:** Black Tourmaline, Garnet **\$30**
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 **\$27**
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 **\$35**
Assimilation of expedience. Digestion
Oils: Rosemary, Virginia Cedar, Marjoram, Basil
- CHAKRA 4:** Rose Quartz, Emerald **\$35**
Releases emotionally suppressed trauma. Soul/heart consciousness/ Expressing love in action.
Oils: Lavender, Geranium, Bulgarian Rose
- CHAKRA 5:** Blue Chalcedony, Tanzanite **\$27**
Ability to verbalize. Expressing Truth through power of the spoken word
Oils: Canadian Tsuga, Petitgrain, Clary Sage, Balsam Fir
- CHAKRA 6:** Sugelite, Lavender Chalcedony **\$30**
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 **\$26**
Personal identification with Infinite. Oneness with God — Peace. Wisdom
Oils: White Pine, Laurel, Frankincense

FOR DIFFUSERS INFORMATION, check our BLENDS BROCHURE

Good to manifest the Divine Feminine in ourselves.

Oils: Bergamot, Geranium, C Tsuga, Goldenrod, Ylang-Y, Bulg Rose, Jasmine, Nard

DRAGON: Bloodstone and Fluorite **\$52**

It is the smiling (sweet) dragon that can still kill, but rescue with a smile. It connects between the cells and help restore them.

Oils: Cinnamon, Clove, Oregano, Thyme

HAPPINESS: Rose Quartz and Green Serpentine **\$29**

To remove hidden anger from your cells and bring love with Rose Quartz, etc.

Oils: Virginia Cedar, Lavendin, Clary Sage, Balsam Fir

IMMUNE UP: White Quartz and Black Serpentine **\$30**

To help rebuild your immune system or keep it in shape.

Oils: Black Spruce, Ravintsara, Thyme, Rosemary, Niaouli

MERKABA: Quartz Crystal and Tourmaline **\$33**

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 **\$32**

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

SELF ESTEEM: Labradorite & Raspberry Garnet **\$30**

Promotes confidence, acceptance and releases shame.

Oils: White Pine, Balsam Fir, Grapefruit, Jasmine

SPINAL CLEANSE+: 30ml with Peridot, Rhodochrosite & Tanzanite **\$47**

To keep the spine healthy, so the rest of the body follows. The therapists' favorite.

Oils: Bl Spruce, St J Wort, ArborV, Peppermint, Ravintsara, Clove, Geranium, Eucalypt

SPIRIT OF THE GRANDFATHER: Giant Rock and Dark Green Aquamarine **\$28**

Powerful energy with a piece from the Giant Rock in California that split in 1999 where Natives gathered and pray for eons. 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 **\$33**

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

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

VOICE OF OUR ANCESTORS: Turquoise and a river pebble **\$26**

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

Oils: Amber Essence, Bal Fir, Clary Sage, Red Pine, White Spruce, Tsuga, ArborVitae

GET TO KNOW US

Mikaël Zayat, M.ED, has more than 25 years of experience as a clinical aromatherapist and has been a producer of E.O. for 15 years. Born in Egypt, Mikaël currently lives in Quebec. He is the **President of Canadian Essential Oils Research Center** & Founder President of **Quebec E.O. Distillers Alliance**. He created his own labyrinth with medicinal plants and is a member of **Life Garden Academy**.



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

Joëlle & Heidi are wonderful helpers, enjoying roses for the moment as the job requires concentration for the many detail oriented tasks that 160 different blends and 100 singles require! Everything is done by hand! Joëlle is also a traditional Feng Shui expert dedicated to creating harmonious spaces.



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 housing that were built to last. This wood resisted 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 antibiotics stands for against life. Conifers' essential oils, not only eliminate bacteria and fungus but promote a healthy life by boosting the immune system. It also helps improve our positive and joyful thinking besides refilling our energy reserve.

1. Diffusing 10-15 drops of **Balsam Fir** or "**Conifer**", "**Voice of the Ancestors**", "**Christmas Joy**", "**Oxygen Up**" will not only purify the air but leave a very pleasant aroma in your living room. If you need a quick boost, apply 5-10 drops of any of those blends to your lower back and massage it.
 2. **White Cedar**, also known as **Arborvitae**, or Cedar leaf can help fight arthritis and will get rid of toenail fungus and warts.
 3. **Canadian Tsugar** will help fight lung ailments and is a good support during any transition period: new job, moving, birth, marriage, and when people are dying or getting divorce and need to let go. ("**Fearless**", "**Protection**", "**Trust**" and "**Rainbow Bridge**")
 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.
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UPDATED INTERVIEW OF Mikael ZAYAT,* ALCHEMIST and CLINICAL AROMATHERAPIST for the past 25 years, with Marie Allizon

Marie: *Can you tell us how aromatherapy works?*

Mikaël : 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. A great quantity of plant material is required to extract the essential 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 her sight or voice. 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; it tells us what to get and what to avoid. 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 to 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. One of the essential oils most valued by kings and queens was the **true Rose oil**.

Unfortunately, since the beginning of the century, perfumers succeeded in developing a full range of synthetic perfumes which only hide the undesirable odors and imitate true natural essence. Not only do they not compare with true essential oil, but they lower, for sure, the vibrational level of the user and they are known to cause **allergies**. **True Rose oil**, for example, is rare because it takes 30 fresh roses to make one drop (about \$2 a drop), while a synthetic rose perfume sells for \$2 **per oz.** which no doubt explains why they replaced the true ones. The chemical labs developed a wide range of synthetic perfumes: lily of the valley, lilac, gardenia, honeysuckle, 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 become 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 essential oils because this will enable you to interact with the subtle kingdoms.

STONAROMA – A 10 ml 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 Mikaël to create our Native American Set*

"I am loving all the oils. 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. Blessings to you!" *Deborah*

Archangel GABRIEL: Moonstone & Silver **\$32**

Messenger of Love — He is the one who announced to Mary the good news!

Oils: Lavender, Rosemary, Geranium, Orange, Black Spruce, Bulgarian Rose

Archangel MICHAEL: Amethyst and Herkimer **\$53**

With his power of love, justice and balance, he uses the energy of the dragon to arrive to the heart and help shift from 3rd dimension "I love you if..." to 4th dimension: "I love you even if."

Oils: Petitgrain, Frankincense, White Angelica, Jasmine, Neroli, Balsam Fir

Archangel METATRON: Merkabite & Gold **\$42**

To bring strength, self confidence and trust as the angel watches over you.

Oils: Red Pine, White Pine, Basil, White Angelica, Cinnamon, Clove

Archangel RAPHAEL: Turquoise and Quartz Crystal **\$28**

He is the shining light, the one who heals. This is to support your healing process as Raphael is the absolute healer.

Oils: Rosemary, Laurel, Clary Sage, White Angelica, and Hyssop

Archangel URIEL: Tourmaline and Raspberry Garnet **\$30**

He is a bridge to the light of God.

Oils: Orange, Petitgrain, Rosewood and Lavender

MARY MAGDALEN: Amethyst and Herkimer **\$53**

Go through difficult times with courage and serenity.

Oils: C. Tsuga, White Spruce, Nard, Whit Angelica, Frankincense, Neroli, Hyssop

ST GERMAIN: Amethyst and Herkimer **\$41**

Let go of the old and fear of change; walk in confidence & trust the flow of life.

Oils: Basil, Lavandin Super, Rosemary, Marjoram, VA Cedar

CLEAR: Quartz Crystal and Fluorite **\$31**

It removes any issue/unwanted vibrations. It allows you to function with all your power.

Oils: Eucalyptus, Balsam Fir, Verbena

DIVINE FEMININE: 2 Herkimers **\$44**

To help heal the deep inner split of the inner masculine and feminine within each soul.

CULINARY OILS

Some oils you could easily use in the kitchen, if you are creative, remember to use VERY little. If you have a party, you can add 1 drop of pure Vanilla or Jasmine to your crème caramel or crème brulee, or some neroli to your fruit salad!

Or add 1 drop of Coriander, Cumin, Cardamon, Fennel (or Aniseed) to your beans (2 drops if it is for 10 people or more).

1 drop of Cumin & Lemon to your chicken, or Ginger to your shrimps.
1 drop of Juniper in your venison marinade. Or lemongrass & cumin in a curry.

For your soups add Thyme or Oregano, Rosemary, Laurel & Cardamon!

Or one drop of Orange, Lime, and Cumin on salmon before baking.

1 drop of Basil, Dill and Oregano (or Thyme) diluted to a guacamole dip!

Add nutmeg to your carrot juice!

Tiny amount is the secret, or dilute in vegetable oil. Use a pipette for minimum amount.

Aniseed	Cardamon	Clove	Coriander
Cumin	Dill	Fennel	Ginger
Grapefruit	Lavender	Laurel	Lemon
Lime	Marjoram	Nutmeg	Orange
Oregano	Rosemary	Clary Sage	Mountain Savory
Peppermint	Spearmint	Tarragon	

Check our website: <http://www.4dshift.com/products/oils.htm>

TRAVEL SETS

We can create a set for your travel. Here are some suggestions.

Set of 7 bottles x 4ml in a wood box :

Clear for the room. Lemon Verbena is SO wonderful and Balsam Fir clears bacteria.

Digestive, if your stomach is fragile.

Immune Up for your immune system , cold, flu, turista, etc.

Jet Lag, if you go overseas.

Moskito and Insects Out

Pain Ease for any pain, especially your feet if you walk a lot.

Summer Drink (a combination of citrus) to add to your water. It tastes delicious and refreshing and helps fight bacteria.

Or replace one of the above by this:

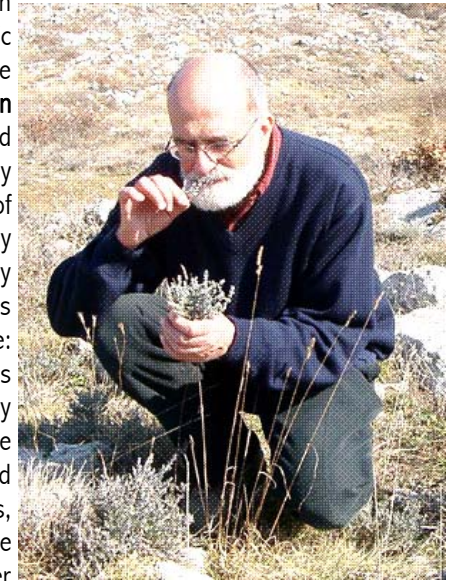
Lavender (good for anything), including your bath.

Spell Out for protection against unwanted energies, it protects your space.

Stress Out when things don't go exactly as you planned!

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

Mikaël: Since most essential oils used in the cosmetic industry, 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 that 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 contain other chemical substances to reduce the cost or increase the profit margin - **a fact not usually revealed on the label.**" Using high-tech Gas Chromatography and Mass Spectrometer analysis, quality standards can now be measured. But 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 oils).



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

Mikaël: **In the North**, conifers, of course, are among the most appropriate ones. Above all, firs and pines like Black and White Spruce, Red Pine, Arbor Vitae (known by the native Americans as the tree of life), Larch, Hemlock Fir, Wild Tansy, and of course for those who live **in the South**, all citruses, and Monard, Virginia Cedar, Cypress, (wonderful to tonify the veins). **For the West**, the Texas Cedarwood, also called Mexican Cedar can be used.

Canadian Tsuga, which is abundant in Quebec and the Northeastern region of the United States, 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. **Balsam Fir** is the traditional Christmas tree known for its antiseptic properties. Its smell brings joy. If you add a few drops of Cinnamon oil, you will have a cheerful mix for the season, as Cinnamon brings joy, abundance and prosperity!

Marie: *How can we use Essential Oils?*

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

(1) An essential oil **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 and breathe in deeply.

(2) If you mix it with a neutral oil (almond, olive, safflower, canola, jojoba, or sunflower), it will make a wonderful **massage oil**. Your body will absorb it and carry it throughout via the circulatory system to reach the appropriate internal organs.

(3) Use a **diffuser** which will send tiny drops of oil in the air.

(4) In some cases, you can also take one drop **internally** with honey. Not all essential oils can be taken internally. Only those extracted from herbs used in the kitchen, like **Aniseed, Basil, Carrot seeds, Chamomile, Cinnamon, Coriander, Fennel, Marjoram, Peppermint, Rosemary, Tarragon, Thyme**, etc. and they should be 100% pure and natural.

If you breathe in an 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 Arbor Vitae. It may also be worn as a perfume or on the bottom of your feet, neck, face, back, wrist, and on your heart. If you do not like the smell of an oil, it is usually because it is not appropriate for you. Each person responds differently to an aromatic stimulus. Try one and enjoy what was once available only to the "elite."

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 and Argania**, which come from the nuts of an African tree. Its natural vitamins A, D and E rejuvenate, protect and smooth your skin. It also fights **wrinkles** and **dry skin** without leaving your skin oily.

▪ *"Zayat" in Arabic means "the one who makes oils," which is what Mikael's ancestors have done for centuries in Syria. Mikael has a Master's degree in education, speaks 7 languages, and gives workshops in the USA, Canada, Europe, Japan etc.*

SPIRITUAL AROMATHERAPY

One day I was in the mountains of Mexico near Popocatepetl far removed from pollution. I was visiting a friend and he took me to a small shrine where I met a master, a leader named Guru Macelli who was giving a meditation course. I sat and

"I just got your **Allergy** and **Immune Up**, it is the first time I can breathe in 2 weeks. Thanks." *TC*

"Very, Very, Very **powerful** these oils are! I do vibrational therapy called Harmonic Resolution Therapy that uses a voice analysis breakdown of the persons complete "being" to send a multitude of frequencies that resonate with them personally back to them with a biofeedback system that includes sound table, color therapy, headphones and light goggles. These oils now are going hand in hand with this therapy!" *Jay '04*

"Wow! Almine what's in those oils, my whole crown chakra expanded with one 1 of the **Upliftment** oil, and that **Pineal** oil delivers quite a wallop." *Adrienne Ri. chiropractor*

Thanks for the wonderful oils. They have raised my vibrations tremendously." *Gail Cou*

"Applied topically to the solar plexus area (front and back), and over the liver area in particular, seems to be a powerful tool for dealing with karmic relationships, 3rd chakra cords, and the anger and resentment that often accompany both. Be aware, though, the **Tower** archetype claims no allegiance... It is not for those who seek to claim victimhood. It is an energy that serves and reveals the truth, though not always gently. Attachments to a convoluted or self-serving "story" are blown apart." *Gaiya*

"**The Devil** oil rips away the false garments of situations and relationships forged for less than pure reasons (including those formed out of ignorance or through passivity) to reveal to us all aspects of self that we may have been hiding from in the past. Applied to front and back of shoulders and heart, it is particularly useful in conjunction with Tower to support one in disentangling from a disempowering individual or group. The two combined can help to clear and realign the will center." *Gaiya 04*

"A drop of **Magician** on my 3rd eye and I had a major opening, and one on my solar plexus & I had an intense experience with fire! Very potent indeed, and sacred." *GC*

"I was given some of Mikael's oils to use when I was visiting in **Amsterdam** a year and a half ago from a woman from **Washington D.C.** who had had a consultation with Mikael. I was re-introduced again with them when I was in the Amazon in **Brazil** a year ago. I was given some of MZ's oils to help with the healing process when I had an accident and fell. Last year when I visited the U.S., I bought two sets of 4ml bottles and enjoyed them very much. I found that over the past year, I depleted my sets by giving them away to people I worked on doing energy work. I use reiki but after working with healers **in the Amazon**, it has evolved into something more intuitive. Everyone I shared them with had enormous benefit from them. I found energetically that **the MZ oils affect the subtle body in a different way and that less oil could be used during energy work** than with others. As you know I am **now living in Prague**, so your oils do travel! Blessings." *Nancy 05*

"I must tell you, I'm very satisfied with the oils I ordered a while ago, *White Light* and *Merkaba*. I also love the *Flower of Life* with diamonds I got." *Sampo, Finland*

"The work that you are doing providing these oils to assist in the ascension process is wondrous. Thank you for bringing forward these oils of such rarity and purity." *Deb*

"Just a note to let you know that I truly love the oils. I had been using the *Thyro Balance* daily for the last few weeks. Weight gain over the last couple of months prompted me to energy test my thyroid. The Thyro Balance truly balances this energy, indicated through both an energy test, and higher levels of energy. I just find it very interesting that when I energy test *Pituitary*... it balances the energy on my sinus, my crown chakra and my thyroid, like a multi - purpose healer for me!" *Kim E*

"My family and I have had absolutely amazing results with Mikaël'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*

"Another friend had corrective surgery done on her toes on both feet. She used Mikaël's *Recovery & Trauma Out* oils immediately after her operation and only had to take one pain killer. Her doctor said her recovery has been unusually rapid. She's even starting to take dance lessons again!" *AD*

"I appreciate the wonderful essential oils made by Mikaël and the results have been amazing. My favorite oil is *Valentine*. The *Healing* oil 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. With *Upliftment* my body experiences a tingling vibration and I do feel very uplifted. I really love these oils and I use them as a tool to heal my mind, body, emotions and spirit." *P. S. (A PHD candidate in aromatherapy). 03*

"*Allergy* makes hives disappear within 30 minutes without any drowsiness or itchiness. My son has gotten fast relief from *Asthma* when I rub it on the lung area. For my 12 year old with emotional problems, I use *Pituitary* on her forehead, and *Patience* on her solar plexus; she is then able to have a good stable mood." *Kim*

"I often have infections around the exterior area near the vagina because of public pools. No problem, a drop of Mikaël's *Black Spruce* and *St John's Wort*, (plus *Lymph Nodes* if they are swollen) will take care of the problem in 24 to 48 hours. I use one drop each morning and evening." *MBA 03*

" I have been using Mikaël's oils for several years now and could not live without his *Pain Ease*. A few drops on my back and neck allow me to work hard in my garden. For mosquitoes and annoying insects, I use *Moskito Out* to keep them away." *Bernadette*

"I used your essential oils for my class, and it was very splendid." *KJ, Japan 06*

listened to his lecture. He was a very sensitive man, taking special care with each little object. He discussed **incense** and its importance to people throughout the ages. Guru Macelli went on to say that **now much of the incense on the market is manufactured from synthetic fragrances**. Today, many people, when buying incense, are not careful to look at the origin. They just smell the box or envelope. If it smells like strawberries or vanilla, things that they like, they buy it. But these are just pieces of wood with a wood powder attached to it – dipped into synthetic fragrances. When these products burn, they do just the opposite of what we are looking for...they drag us down instead of lifting us up.

Long exposure to artificial products has the potential to be harmful. These can be found in many areas in our homes...candles, incense, cleaning products, soaps and many perfumes. **The base of the scent is extracted from a petroleum product**. Synthetic incenses have been tested in temples in India and found to be more toxic and more pollutant than the smoke from cigarettes. They try to fool us, but when you burn these over a period of time, they might make you feel ill...they tend to make you feel low, people don't understand this.

I recall being a young boy in times of spiritual celebration, looking at the smoke from the burning incense...smelling the pungent aroma, watching the white smoke rising from the incense burner. It was uplifting. I felt like the smoke was carrying our souls with it. Our spirits wanted to rise with the smoke soaring up the heavens. There was a sense of unity with all of those gathered around us. The products were extracted from various trees, frankincense, etc...and the memory, the feeling of goodwill and safety returns whenever we encounter these fragrances today, in incense and oils.



There is a truth in essential oils and aromatherapy. I believe that it is my responsibility, my duty, to educate people to the importance of pure essential oils in our lives. This is my mission.

Mikael Zayat (above with one attentive student) is a distiller of essential oils in Quebec. He has been doing research for over 25 years. He is the president of Foundation du Havre, a foundation dedicated to promoting a healthy, balanced lifestyle.

Essential Oils to Stir the Energies of the Major Mysteries of the Marseille Tarot

"It had to be Mikaël Zayat who thought about it!

The major mysteries of the Marseille Tarot are symbolic resonant images – called archetypes-related to the life program of an individual. The presence of these images/entities is indispensable in the development of our innermost identity; also, we must activate a code by being aware of where in our evolutionary process we are at any given moment and by creating a relationship with the cards. By just selecting a card from the deck, according to your ritual, you can envision the path you must take to accomplish a task.

The tarot is a formidable tool for consciousness rising. It unlocks the yoke of the left brain, the rational hemisphere controlling our every day activities and opens the door to the right hemisphere with all its treasures: intuition, empathy, spouting of new ideas." Comments by *Chantal Giroudon, an esoteric teacher of tarot for 20 years.*

I tried them, had friends tested them. These oils enhance the spiritual work we are supposed to accomplish during a certain time frame. They help us to start a new path. **Mikaël has created 22 unique essences, one for each card.** Here is an example:

High Priestess II

Oils: Rosewood, Geranium R, Bulgarian Rose

Stones: Lapis lazuli, Serpentine

\$33 for 10ml

You are conferring with your soul. Focus on your own mirror, close your ears to the worldly sounds, so you can hear the purring tremor of your heart. You are turning a new page in your life: you must feel in perfect harmony with your feminine inner self. Accept your vulnerability. It is not time for action. Reconnect with yourself. "I accept my vulnerability, I accept the messages of my life's book, I am listening with utmost concentration to my inner self."

Some comments on the Tarot oils:

"I have been working with Tarot for 26 years and am finding Mikael's Tarot Oils a welcome added dimension to the cards. It is most interesting which scents seem to apply most strongly each day. I also just enjoy the mixture of scents that arise when I open a box, The oils are most useful in projecting wholeness and the "all good" in meditation." *SB, VA Feb 05*

"**Judgement** opened up all my wants; All of the opportunities that I wanted magically appeared!

"**Death** works at a deep level. It is very subtle. It is slow to assimilate the vibration."

"**Temperance** is good if you work with new frequencies. It re weaves your energy body. It brings you into your higher vibration." *Ashbee 01/05*

For more, check this : http://www.4dshift.com/products/html/tarot_stonearoma.html

my gums from severe dental disease. *Focusing* is wonderful as it really clarifies questions/thoughts concerning my future paths. I use it around 3:00 in the afternoon, when I begin to feel tired. I'm looking forward to working with *Meditation, OM, Quiet*, and *High Priestess* to improve my meditation levels. *Archangels Gabriel & Metatron* which aroma is so Christmas-y! Meeting you and Mikael has definitely been a major changing point in my life, a wondrous one. Thank you for all of your loving care and concern." *Jan Z*

"When I first began as a chiropractor, I used the standard products on the market to treat my patients, which were actually petrochemical derivatives. I was first introduced to essential oils by a distributor of a large essential oil company and found that the effects of those oils were good but spotty. Some patients responded well and others experienced nothing. Still, I was convinced that I had found a better adjunct treatment for my patients in addition to chiropractic. One day, someone introduced me to Mikaël Zayat's products and I was amazed at the effectiveness of his oils. The potency and efficacy of his creations are unsurpassed and I tested all of his oils on myself and my patients. To us, there is no comparison." *R. W.*

"I had not heard of MZ Alchemist Oils until reading Lutie's article online and assessment of several ESOs. I viewed **Mikaël Zayat's video/DVD** and feel his integrity, knowledge of and respect for the oils. I am enjoying learning about ESOs, using them on my first best customers – myself and my family." *MJ, Montana*

"I've been having so much fun with the oils. I got the **12 emotion set, the 12 specific use blends, and the 12 Native American** so that I could play with the oils and see which ones were more compatible with me and my family. It's been **incredible**. *Anger Out* has been wonderful--in just one application on one of my sons--you could see the bottled up anger just flow from him like water. I used *Let Go* on myself, and had a wonderful night's sleep." *Jocelyn 03*

"I use Mikaël'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. Mikaël's oils are made with pure LOVE, and love heals all wounds. Bless you Mikaël. You are truly a Master Alchemist." *Annette*

"The *Grounding* oil is EXCELLENT. Also the *Spirit of Grandfather* helped my friend's son who under pressure from his fathers' imminent death was threatening to kill his mother!" *Dennis, FL January 05*

"The only thing I don't like about your oils is that **they are so magnificent** that I have to share them with everyone who loves them so much that if they don't try and sneak them away from me, they use them up. How many bottles have disappeared! Too many." *Your fan, Maxi*

PERSONAL EXPERIENCES ABOUT MZ ALCHEMIST OILS

"The power of the oil is way more than I expected. I had been using it for me and my friends for a while and it is **really magical**. I really believe that this is something that will help people go through change - I am using the tarot oil **death** right now - because I am in a process of transformation - total solar eclipse was very powerful - and I thank this oil for supporting me to go through this change." *AO, Japan 06*

Yayoi wanted me to tell you that she believes that MZ oils are the best of all the oils she ever used. Have a good day." *YI, Japan 06*

"I heard about you strangely from Saito in Japan... Our company makes products for animals. I am working with an aromatherapist from Chile." *Nan 06*

"I know Mikaël's oils are good and I don't think I've ever found an oil that Mikaël made that I don't like. All your Essential Oils affect human body, spirit, and mind." *Drunvalo Aug '01*

"I just wanted to let you know how much my husband and I enjoy Mikaël's oils. Having bought more than 100 blends, it's hard to choose a favorite, but we regularly use **Fearless, Ascension, Compassion, Unity** and **Women's Bliss**. All of the oils have a wonderful energy and lift our spirits. We have shared them with many others and it's fun to watch them become enchanted by the wonderful aromas. Thanks!" *Laura June'04*

"These oils are so far superior to any that I know and I know most of them. You can feel the effects almost immediately. I have had miraculous results with these, very deep, deep results. I cannot recommend them enough. And they smell great. Check out **Abundance, Archangel Michael, Good Luck**." *Maxi*

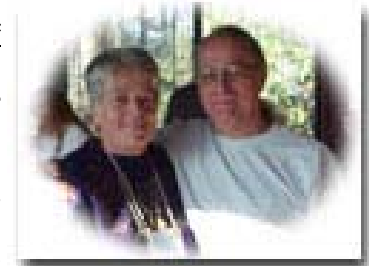
"I love using **Endocrine** in the morning. It wakens all my senses; they come alive. My response time is faster; I am surer of myself. I then apply **Mental Alert**, and my thoughts begin to come more quickly, more clearly. I can really "think on my feet." If I need to apply a third oil, like **Sinus**, I have noticed that I only need half of the recommended dosage for that oil to be effective and the results may last 2 to 3 days. **Endocrine** is better for my body than a major tune-up is for a car; it's even better than orange juice in the morning. My full morning ritual includes waking up to **Clear** in the diffuser with New Age music. Before I dress, I apply **Energy**. I like so many of your oils. I use them for specific tasks, whether it's **Concentration** and **Memory** to prepare for big presentations, meetings, or massive readings and retaining information, **Valentine** for the wonderful way it makes me feel before going to sleep. All of the **Chakras** that I have tried are fantastic. **Spinal Cleanse** and **Balance** removed the pain from my lower back; **Gum Tonic** was part of a program that rescued

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.*

Drunvalo: "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.

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 Mikaël 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 Mikaël'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, Patience, Stress, Warrior Spirit & Women's Wisdom, but also Clear, Divine Feminine, Delete, Forgiveness, Healing, Immune Up, Joy, Grounding, OM, Sinus, Spirit of the Temple, Stress, Thymus, White Light, the Archangels and Lavender.**

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; spiritual 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

1. "The Illustrated Encyclopedia of Essential Oils: The Complete Guide to the Use of Oils in Aromatherapy and Herbalism" * - Julia Lawless; paperback \$13
2. "Aromatherapy and the Mind" ** - Julia Lawless; paperback \$8
3. "Aromatherapy Workbook" * - Shirley Price \$16
4. "Gritman Guide to Essential Oils" - 4rd edition - Margaret Shehad, M.A., LPC - 200+ Essential Oils \$55. Has a nice spiritual use for each oil!
5. "Medical Aromatherapy: Healing with Essential Oils"**** - Kurt Schnaubelt \$13
6. "The Practice of Aromatherapy"**** - Jean Valnet, MD, \$21
7. "Aromatherapie Exactement"****, the classic written in French—Roger Jollois, Pierre Franchomme & Daniel Pénoel, MD
8. "Aromatherapy and Your Emotions" ** - Shirley Price
9. "Subtle Aromatherapy" ** - Patricia Davis; Paperback; \$13
10. "Aromatherapy: An A to Z" * - Patricia Davis; Paperback; \$15
11. "Vibrational Medicine: The #1 Handbook of Subtle-Energy Therapies" *** - Richard Gerber, MD; Paperback; \$13
12. "The Aromatherapy Practitioner Reference Manual" **** - Sylla Sheppard-Hanger—A complete reference book of aromatic plant extracts. \$125. 500 pages
13. "Aromatherapy for Healing the Spirit: Restoring Emotional and Mental Balance with Essential Oils" *** - Gabriel Mojay; Paperback; \$14
14. "The Art of Aromatherapy" *** by Robert Tisserand, a classic, \$13
15. "Advanced Aromatherapy"**** - Kurt Schnaubelt - \$12
16. "Aromatherapy: A Complete Guide to the Healing Art" - Kathi Keville, \$12
17. "Natural Home Health Care using Essential Oils" *** - Daniel Penoel, MD, \$25
18. "The Complete Book of Essential Oils and Aromatherapy" * - V.A.Wormwood \$14
19. "Aromatherapy Workbook" * - Marcel Lavabre, best selling classic, \$12
20. "Clinical Aromatherapy" - Jane Buckle, R.N., \$45
21. "Aromatherapy for Women" - Maggie Tisserand, \$10
22. "Releasing Emotional Patterns with Essential Oils" *** - Carolyn L Mein, D.C. \$15
23. "Aromatherapy & Subtle Energy Techniques" —Joni Keim Loughran & Ruah Bull \$14
24. "Vibrational Healing" *** - Deborah Eidson \$13
25. "Encyclopedia of Aromatherapy"* - Chrissie Wildwood, \$21
26. "The Complete Illustrated Guide to Aromatherapy: A Practical Approach to the Use of Essential Oils for Health and Well-Being" * - Julia Lawless; \$17
27. "Portraits and Oils"**** - Philippe Mailhebiau, \$7
28. "Aromatherapy for Health Professionals" - Shirley Price, \$45.00
29. "The Fragrant Mind" - Valerie Wormwood
30. "375 Essential Oils and Hydrosols" - Jeanne Rose, \$12
31. "Aroma Blends & Remedies" * - Franzesca Watson, \$4
32. "Principles of Holistic Therapy" - Guembel Dietrich, \$125

The prices quoted are from Amazon.com to give you an idea

* Classic, basic approach

** Subtle approach + the mind

*** Advanced

Heart Chakra, where the light or energy emissions are experienced in their essence as Unconditional Love. The Heart Chakra is also the master chakra for the lungs, and the act of physical breathing activates the Thymus and the Heart Chakra. You may have noticed how when you are anxious you may breathe in a very shallow way, even holding your breathe. This does not allow the Heart Chakra to open, and it prevents balance at this level. When you are deeply relaxed, as in meditation, you breathe deeply and allow the Heart energy to flow smoothly, producing that sense of deep calm and relaxation that characterizes meditation.

So, the way to calm the bio-energetic system and to return balance to the body is a technique that we call "Breathing through the Heart". When you breathe deeply and focus on the Heart Chakra, you flood the system with the light energy of Unconditional Love. This, in turn, counter-balances the excess electrical stimulation at the Pineal by providing a feeling of calmness and peace.

The more you learn to breathe deeply, to become a "conscious breather", the more you will activate the function of the Thymus, which not only enhances feelings of Unconditional Love, it also plays a fundamental role in the health of the body by supporting the physical immune system.

A Strong Body supports a Strong Spiritual Endocrine System

Probably the best way to support the changes in your body is through regular

physical exercise and good diet. A strong healthy body is a far better vehicle for the powerful twelve chakra energies than a weak and tired one.

In fact, unless you build your physical strength, you will be unable to support the demands of the new energy load on your body. For the New Earth crystalline body is a strong and healthy body. It is designed to move and to be active. It likes fresh air and outdoor activity. The more time you spend outdoors, breathing deeply as you walk or engage in other physical activity, the more your body will be assisted to regulate and balance the new crystalline bio-energetic system as you make the evolutionary shift.

Once the balance is established, you will feel calm, peaceful and powerful. You will be able to use your twelve chakra system to create the miracles that you desire in your life.

So, you can understand why it is so important to assist your body in this transition as it "re-wires" and "activates" your Spiritual Endocrine system. It will achieve balance all the more quickly if you cooperate and allow the process by slowing down and consciously working to create balance in your life. To feel balanced and harmonious on both the inner and outer levels should be the aim as you move into full use of your wonderful and powerful New Earth Crystalline Body.

*This information came from Archangel Michael channeled through Celia Fernn May 06
<http://www.starchildascension.org>*

Spiritual Endocrine System

This information is transmitted from **Archangel Michael** in the interest of helping you to better understand how the new Multi-dimensional Crystalline Body functions, and to assist you to create and maintain the crucial balance between Energy and Form that is so essential right now. In this article we will discuss what we term the "Spiritual/Endocrine" system and its role in balancing energy within the body. In the second article, we will discuss "Emotional/Spiritual Balancing and Grounding the Physical Body".

Many of you have noticed how you seem to struggle with your energy levels, often fluctuating from high energy to extreme exhaustion. Or you may just be exhausted all the time. Or you may feel yourself slowing down and not being capable of the same levels of physical work that you were before. Or you may be finding the physical demands of life very hard. Or you may wonder why some people are so affected by the energies and others seem not to notice anything. Well, the "old model" third-dimensional human being operated on a seven chakra energy system, of which only maybe two or three of the lower chakras were fully functional and clear. The new energy "human angel" operates on a twelve chakra energy system, of which all the chakras need to be clear and functional. And further, the higher vibrations of the 8th and 9th chakras are mediated through the physical body in a fully awakened being. This means that tremendous amounts of energy are pouring through the bio-energetic system of the

ascended New Earth "human angel".

The importance of keeping the bio-energetic system in balance is crucial to the health and well-being of the individual, otherwise the energy will "blow" and there will be problems both physical and emotional. But it is relatively simple to keep the system in balance once the bio-energetics of the Spiritual Endocrine system are understood.

Before we discuss this system, we will just add that those who have not activated their twelve chakra system, or ascended, are still feeling the effects of the higher vibrational energy of the Fifth Dimension. To them it feels like pressure that needs to be equalized. The energy "outside" seems to be moving too fast, and they become stressed and "unable to keep up". Ironically, the answer is not to move faster, but to slow down physically so that the inner vibrations can rise to match those on the outside. The higher the inner vibrations, the calmer the person becomes, and the more able to open to higher states of awareness.

The Pineal Gland: The Higher Vibrational Portal to the Body

The portal between the physical and material body and the realms of energy and light is the body's Endocrine or Hormonal system. It is through this portal that light transmissions from the light bodies are mediated into physical chemical messages that enter the bloodstream as hormones. These hormones regulate the energy distribution and functioning of the physical body. If the Endocrine system is over stimulated, it produces the energy surges and imbalances that many people

feel as they adjust to their new body and its energy flows.

The light energy from the higher dimensions that is pulsed from the Galactic center, enters the physical body at the Pineal gland. This small gland in the brain is the crucial portal for the reception of higher vibrations of light. In the human angel or ascended being, it is fully active and functional at all times. In the old energy human it was only used in meditation; the person would "go up" to meet the higher vibrations of guides and angels and the higher self, and then "come down" again. The fully activated human angel lives with this angelic/spiritual portal in a fully active state all the time. This is equivalent to being in a

state of deep meditation (Theta brain waves) during ordinary waking hours. This is why so many people in transition feel "spacey" and "disorientated" as they adjust to ordinary life at this deep level of consciousness. It is the work of this time to live with this higher level of consciousness and still be grounded enough to function clearly in the physical world. However, Theta is also the level of miracle creation and shaping energy with intent for manifestation, so that when this adjustment is made, miracles can be created more easily.

At this time, many people experience "power surges" in the Pineal gland. When there are significant electromagnetic emissions from the Galactic center, the

Oils Recommended for

Women

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

Clary Sage – known to relieve 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

Havozo (formerly called Ravintsara anisata)– helps with 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! See testimonials

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, Change of Life, Ovaries/Uterus, Women's Bliss, Women's Wisdom**

Pineal gland becomes electrically overloaded and over stimulated. This in turn can lead to an over-stimulation of the brain's other main Endocrine gland, the Pituitary, which creates problems of energetic balance in the physical body. The Pineal and the Pituitary are directly connected in the body's electromagnetic or bio-energetic "circuit board", for the Pituitary is activated by the light emissions or messages that are transmitted from the Pineal.

The Pituitary: The Key to Balance

The Pituitary gland is the "master endocrine gland", whose basic function is to regulate the activities of the body through controlling the hormonal balance. It co-operates with the Thyroid gland to regulate energy expenditure in the body.

If the Pituitary is over stimulated, it can temporarily over stimulate the Thyroid (and the Adrenals at the lower levels), producing the surges of energy and the feeling of being on a "high". This imbalance the body, and if this continues for too long it can produce adrenal burn-out or stress exhaustion. It can also produce extreme physical exhaustions the Thyroid moves between over activity and under activity, in an attempt to regulate the energetic fluctuations of the body. It can also produce depression and anxiety, as brain chemicals such as serotonin are also put out of balance. As a result, the individual can experience extreme physical and emotional symptoms as the body seeks to cope with this new surge of evolutionary energy that is creating the crystalline body as a clear vehi-

cle for the higher consciousness of the human angel.

We must emphasize, that the human body is a marvelous self-regulating organism that always seeks balance. In this process of bio-energetic evolution it strives to assist you to find that balance as quickly as possible so that you can enjoy the power and energy of the new crystalline body. The rewards will be increased longevity, perfect health and boundless energy. But the problem right now for many of you is often that the way that you live is not allowing the body to make the adjustments that it needs. So as your Pituitary gland feels the increasing stimulation, you will need to slow down. If you do not, the body will do it for you. That is why so many people experience illness as their body forces them to slow down and to allow the recalibration or adjustments of the bio-energetic hormonal or Endocrine system.

It is far better, to heed your body's instructions to slow down. If you feel stressed or tired, the rest. As you rest, your Higher Self will work to create the balance in your Spiritual/Endocrine system to allow you to handle the increased levels of vibration of the incoming energies.

Calming the System: The Role of the Thymus Gland and "Breathing through the Heart"

The best way to work with calming and balancing the body is to work with the breath and the energy of the Thymus gland, or the "high heart".

The Thymus is the energy portal of the