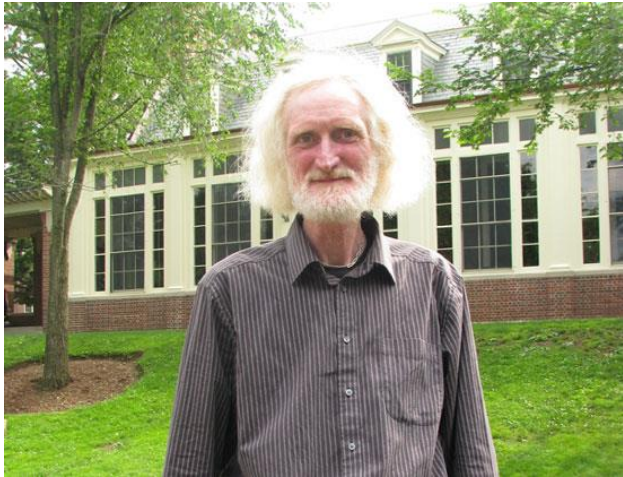


Connecting Energies: Chakras and Essential Oils

A MULTISENSORY EXPLORATION OF WORKING WITH ENERGY



Plant Medicine



“The ‘virtues’ of a herb are its strengths and qualities; its inner potency, expressions of its vital spirit **and of the way it is in the world**. The way a herb is in the world will inform it of the way to be in your body. We prefer this term to the more modern ‘uses’. Herbs do not have uses. They have themselves and their own purposes.”

--Christopher Hedley



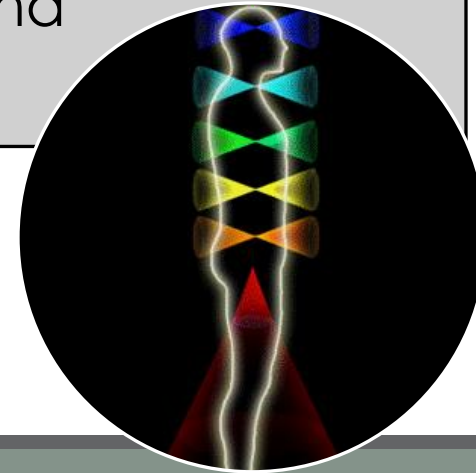
Chakra: wheel, vortex, fields

- Origin: India
- Yoga: to **yoke** the mortal self to the great being/pure consciousness

Subtle Bodies: Energy

Energy fields generating the auric field:

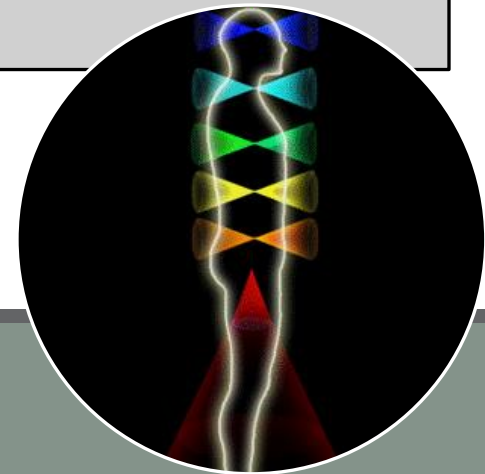
- Front (time/yang) and back (space/yin)
- Chakras can work in two phases:
 - **absorbing** (yin) energy and information from the surrounding space
 - **emitting** (yang) or releasing energy and information from the body



Subtle Bodies: Energy

Consciousness manifesting as matter and vice versa

- Where mind-body-soul meet
- You are what everything else is
- Interdependent (e.g., nervous system, endocrine glands)



Chakra: Ebb & Flow

Chakras: **fields (vortices, matrix)** through which energy flows.

Openness and Receptivity are vital for energy flow.

Beware the constriction of the literal, embrace the sensual.

- Not literal / linear stacking of glands or vortices in the body in the spine.
- Embrace SPACE to breathe and grow & AWARENESS to notice patterns, obstacles, etc.

Organoleptic: use all the senses to open awareness.

Energy: Neither Created nor Destroyed

“We cannot kill energy.
It goes underground.
It always rises again
In another, strange way.”

Source: “Coming Home to myself,” pg. 265, Marion Woodman & Jill Mellick.

Sidebar: The number 7

Celestial bodies of the solar system (sun, moon, planets)

Colors of the rainbow/visible light spectrum

Deadly sins/sacraments/days of creation

Days of the week

Buddha's mother died 7 days after giving birth

Lunar cycle: 7, 14, 21, 28

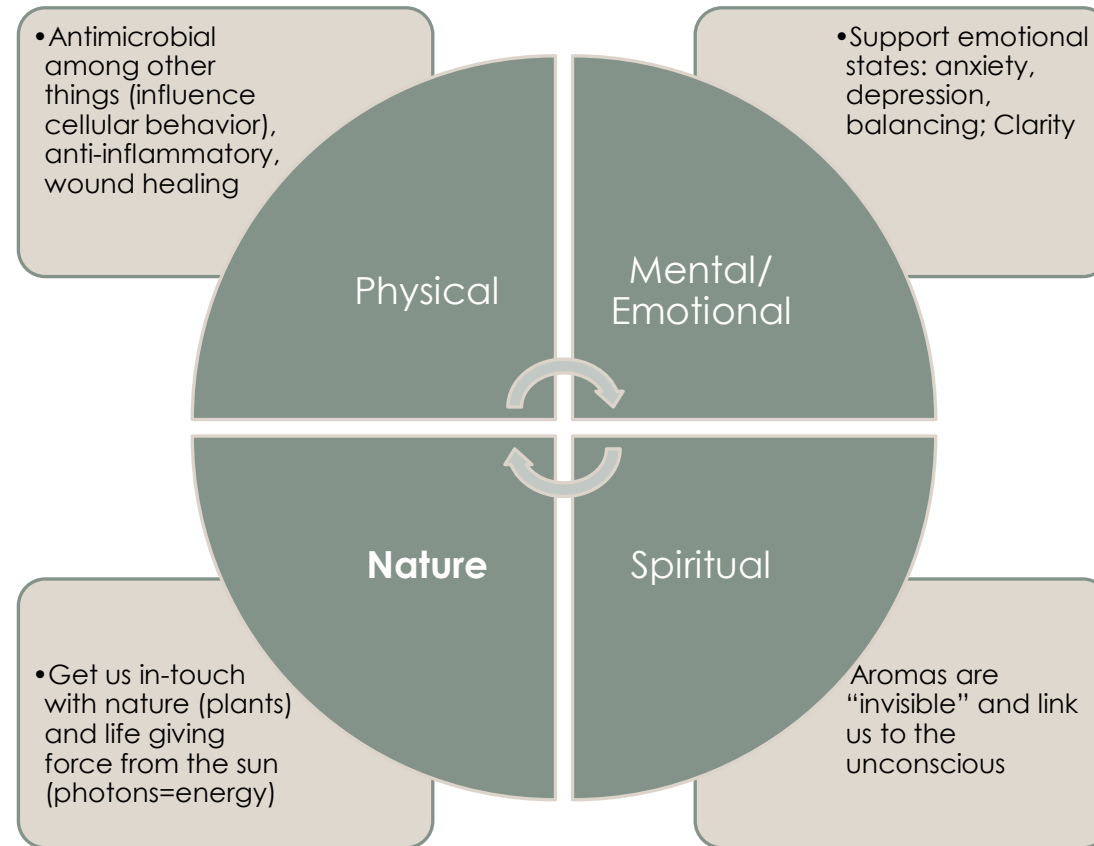
- Menstrual cycle.

Ages of man

- 0-7 Years – 7-14 Years – 14-21 Years – 21-28 Years – 28-35 Years – 35-42 Years - 42-49 Years – 49-56 Years – 56-63 Years – 63-70 Years – 70-77 Years – 77-84 Years

Remedies/protocols often given in 7's

Aromatics Are Four-fold:



Chemical Messages

Essential Oils: Messengers of Movement

- Aroma: a chemical sense
- **Volatile** (small) and **lipophilic** (lipid loving)
- ***EOs tap into the limbic system & nervous and endocrine fields.***

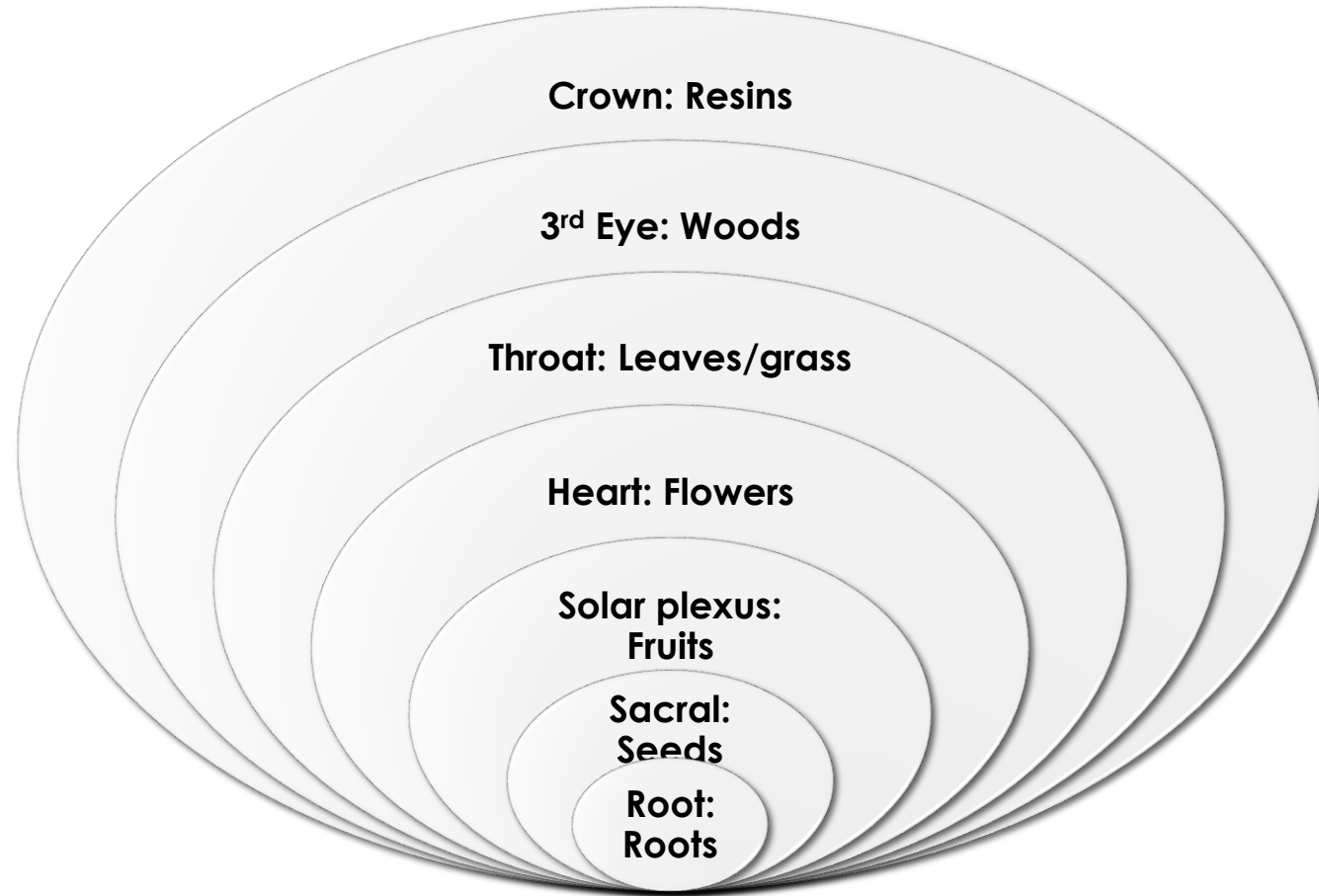
A challenge: there is not “one oil” or one *anything* for all.
(Abstain from Rigid Concepts.)

- Blindness or color blindness, different taste receptors, deafness. Some people don't have a sense of touch. Some people cannot smell certain things or at all.

Blending Technique

INSPIRED BY JADE SHUTS OF AROMATIC STUDIES

Morphology: Selecting Essential Oils



Your Roadmap

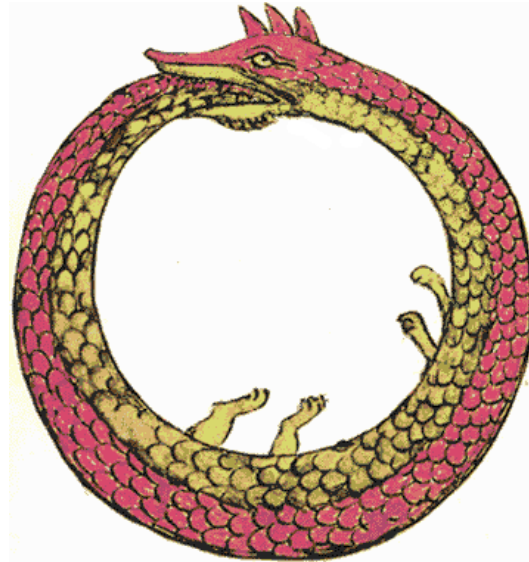
A Different Perspective for Working with Chakras

White, Dry, Yang, Eternal, TIME, Great Father—Emptiness, Pure consciousness, Abstract (Higher Frequency)

Liberate/ Manifest	Chakra	Color	Sound	Element	Somatic & Unconscious	Nervous/Pl exus	Endocrine/ Gland	Plant Part	Human Expression
Information/ Abstraction/Ideas	Crown	Violet/White	(None) (EEE as in Me)	Thought/Abstraction	TIME	Cerebral cortex	Pituitary	Resins (Hydrosols)	Ecstatic, contemplative & beyond the body. Internal processes are advanced enough to beyond the ego/self. FLOW.
	3 rd Eye/ Brow	Indigo (Shorter waves, hotter, more energy)	LAM (AYE as in May)	Light/Photons	See	Carotid	Pineal	Wood/Bark	Clarity of abstract vision & how things are fundamental. Seeing beyond the physical. Life does not disturb you. Optic nerve, light. Light transcends time.
Adapting Energy and Information	Throat	Blue	HAM (EYE as in My)	Ether/Sound	Hear/Speak	Pharyngeal	Thyroid	Leaves/grass/(Flowers)	Powerhouse; expression, start going outward, voice, creativity. Sound transcends distance [space] and affects matter/ cell structure.
	Heart	Green	YAM (AH as in Ma)	Air	Touch	Pulmonary & Cardiac	Thymus	Flowers (Leaves/grass & Wood)	Creative, respiration, heart, circulation, circle, flow. CONNECTION between instinct and thought. Flower= <u>middle</u> of process.
Energy/Matter/Manifest	Solar plexus	Yellow	RAM (OH as in Go)	Fire	Taste (Chemical sense)	Solar	Adrenal/pancreas	Fruits (Seeds)	Doer-achieve, gut-brain, enteric, digestion, power, metabolism, food, nourishment.
	Sacral	Orange	VAM (OOO as in You)	Water	Smell (Chemical sense)	Sacral	Ovary/teste/gonad	Seeds	Pleasure seek, genitals, creation. Smell is the first sense to develop. Seed: beginning & end. Creative Act.
	Root/Perineum	Red (Long waves, cooler)	UH (Huh)	Earth	SPACE	Coccygeal	Adrenal	Roots	Food, sleep, matter, safety, elimination, letting go.

Black, Moist, Yin, Infinite, SPACE, Great Mother—Matter, Life, Creation (Lower Frequency)

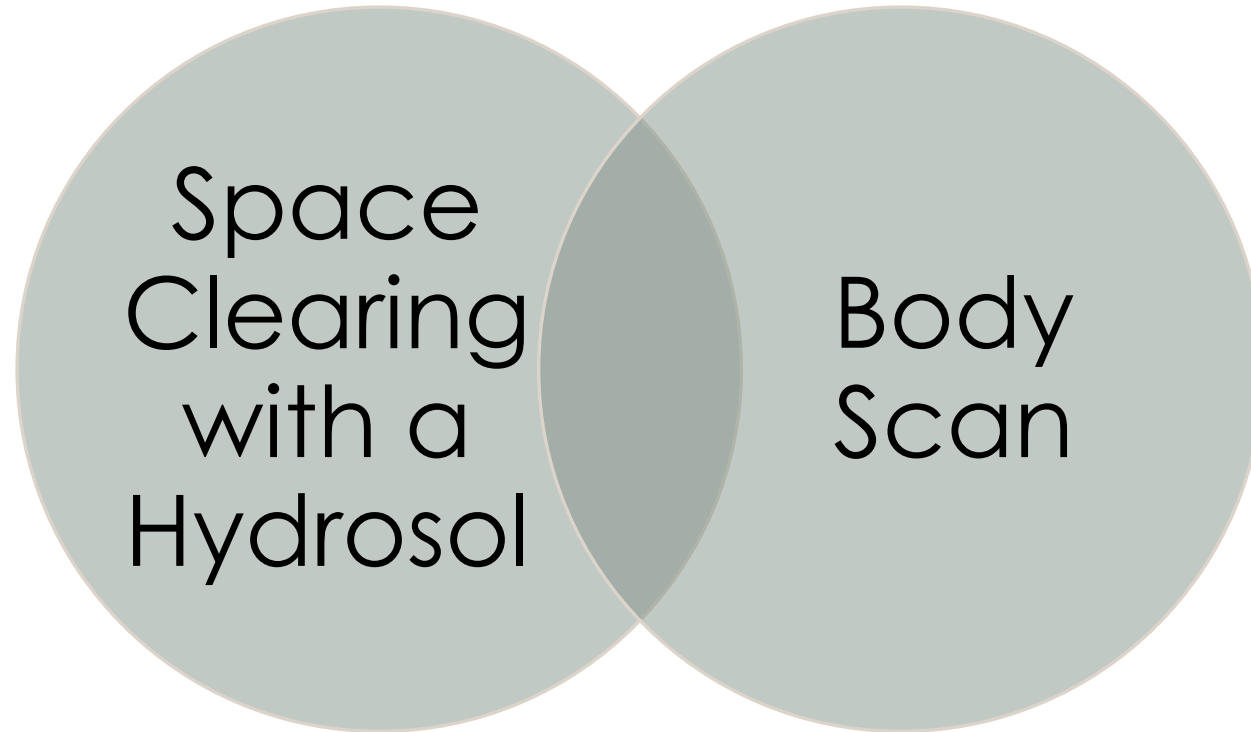
The Circle: Non-Linear ॐ



Beginning with Space

Black, Moist, Yin, Infinite, SPACE, Great Mother—Matter, Life, Creation
(Lower Frequency)

Activity



$(0/\infty)$ Space: the Beginning

The energy, the matter, we are made of...

Photons, quarks, star dust, electrons, ions.



Root Chakra

Setting a Foundation

Roots & Rhizomes

What do they
mean to the
plant?

What do they
mean to you?

1: Root Chakra—Roots & Rhizomes

<i>Angelica archangelica</i>	Angelica root
<i>Acorus calamus</i>	Calamus
<i>Ferula</i>	
<i>gummosa/galbeniflua</i>	Galbanum*
<i>Zingiber officinale</i>	Ginger
<i>Levisticum officinale</i>	Lovage
<i>Cyperus scariosus</i>	Nagarmotha
<i>Zingiber cassumunari</i>	Plai
<i>Nardostachys jatamansi</i>	Spikenard
<i>Curcuma longa</i>	Turmeric
<i>Vetiveria zizanoides</i>	Vetiver
<i>Valeriana officinalis</i>	Valerian

Activities

Guided Meditation

- Choose one of the Root Essential oils to connect with



Work with clay

Thoughts on Clay...

Excerpts from the book “When Clay Sings” by Byrd Baylor

“They say that every piece of clay is a piece of someone’s life. They even say it has its own small voice and sings in its own way.”

“They know the molding of clay has always been a slow and gentle work. No hurrying. No rushing.”

“Women then must have spoken to the earth as they took its clay. They must have sung special songs for shaping the bowl, for polishing it, for baking it so it would be strong enough to last long after that tribe was gone...”

“[People] who find this potter today say that everything has its own spirit—even a broken pot. They say the clay remembers the hands that made it.”

Sacral Chakra

Creating

Seeds

What do they
mean to the
plant?

What do they
mean to you?

2: Sacral Chakra—Seeds

<i>Angelica archangelica</i>	Angelica seed
<i>Carum carvi</i>	Caraway
<i>Elettaria cardamomum</i>	Cardamom
<i>Daucus carota</i> ssp. <i>carota</i>	Carrot seed
<i>Coriandrum sativum</i>	Coriander
<i>Anethum graveolens</i>	Dill
<i>Foeniculum vulgare</i> var <i>dulce</i>	Sweet fennel
<i>Juniperus communis</i>	Juniper berry
<i>Myristica fragrans</i>	Nutmeg

Activity

Meditate upon a Tisane made of Aromatic Seeds

- Add 1 tsp dried coriander seeds, 8-12 cardamom seeds & ½ to 1 tsp fennel seeds to 2 cups of water
- Bring to a near boil, cover then reduce to low simmer for 7-10 minutes.
- Remove from heat & strain.
- **Enjoy along with the guided meditation.**

Solar Plexus Chakra

Coming to Fruition

Fruits

What do they
mean to the
plant?

What do they
mean to you?

3: Solar Plexus—Fruits

<i>Citrus aurantium</i> var <i>bergamia</i>	Bergamot**
<i>Citrus aurantium</i> var <i>dulce</i> (C. <i>sinensis</i>)	Sweet orange
<i>Citrus junos</i>	Yuzu
<i>Citrus limon</i>	Lemon**
<i>Citrus hystrix</i>	Kaffir lime
<i>Citrus aurantifolia</i>	Lime**
<i>Citrus x paradisi</i>	Grapefruit*
<i>Citrus reticulata</i> var <i>mandarin</i>	Mandarin
<i>Eugenia caryophyllata</i>	Clove bud
<i>Juniperus communis</i>	Juniper
<i>Litsea cubeba</i>	May chang
<i>Piper nigrum</i>	Black pepper
<i>Schinus molle</i>	Pink pepper

**Photo-toxic; *Potential photo-toxicity

Activity

Guided Meditation

- Choose one of the Fruit Essential oils to connect with

Heart Chakra

Sharing Abundance: The Heart is a Portal

Activity: Group Heart Chant

"The Heart Chant" by Pauline Oliveros:

Stand together in a circle with feet about shoulder-width apart and knees a little soft.

Warm up your hands by rubbing palms together until you feel the heat.

Place your right hand over your own heart. Place your left hand on the back of your left hand partner (back of the heart).

After a few natural breaths, sing/chant/intone **"AH"** on any pitch that will resonate with your heart. Sense the energy of your own heart and that of your partner over the course of **seven** breaths/ "AHs".

Can you imagine that the heart energies are joining together to healing yourself and others?

Can you imagine heart energies traveling out into the universe as a healing for all victims and toward the end of violence?

When the heart chant ends, gradually release your palms and bring them forward, parallel in front of you. Sense the energy between the palms as if there were a sphere or ball that can be moved around. Then bring your palms to your own center, fold them over and store the energy.

Flowers

What do they
mean to the
plant?

What do they
mean to you?

4: Heart—Flowers

<i>Achillea millefolium</i>	Yarrow
<i>Anthemis nobilis/Chamaemelum nobile</i>	Chamomile, English/Roman
<i>Cananga odorata complete</i>	Ylang ylang
<i>Citrus aurantium var amara</i>	Neroli
<i>Eriocephalus punctulatus</i>	Cape chamomile
<i>Eugenia caryophyllata</i>	Clove
<i>Helichrysum italicum</i>	Helichrysum
<i>Jasminum grandiflorum</i>	Jasmine
<i>Lavandula officinalis</i>	Lavender
<i>Matricaria recutita</i>	Chamomile, German
<i>Monarda fistulosa</i>	Monarda
<i>Nepeta cataria</i>	Catnip
<i>Origanum marjorana</i>	Marjoram
<i>Rosa x damascena</i>	Rose
<i>Salvia sclarea</i>	Clary sage
<i>Solidago canadensis</i>	Goldenrod
<i>Tanacetum annuum</i>	Blue tansy

Activity

Guided Meditation

- Choose one of the Flower Essential oils to connect with

Throat Chakra

Speaking Your Truth

Leaves

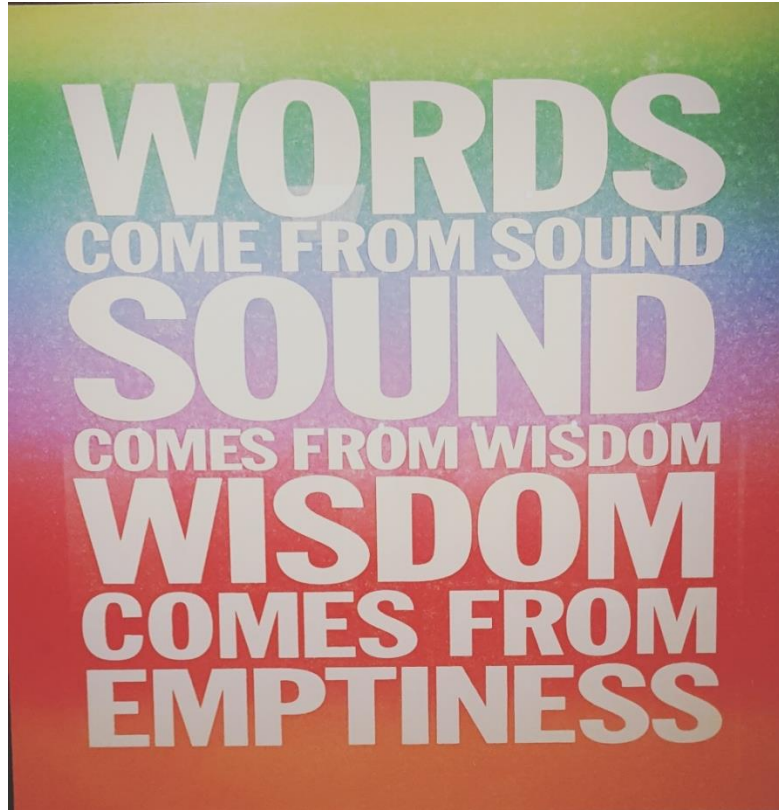
What do they
mean to the
plant?

What do they
mean to you?

5: Throat–Leaves/Needles/Grass

<i>Ocimum</i> sp. & chemotypes	Basil
<i>Cymbopogon nardus</i>	Citronella
<i>Cupressus sempervirens</i>	Cypress
<i>Eucalyptus</i> sp.	Eucalyptus species (Globulus, Radiata, Staigeriana, Dives, Citriodora)
<i>Abies</i> sp.	Fir species (Balsam, Silver)
<i>Pelargonium</i> sp.	Geranium
<i>Tsuga canadensis</i>	Hemlock spruce
<i>Laurus nobilis</i>	Laurel
<i>Cymbopogon citratus</i>	Lemongrass
<i>Melissa officinalis</i>	Melissa
<i>Myrtus communis</i>	Green Myrtle
<i>Melaleuca</i> sp.	Tea Tree species (Niaouli, Tea tree, Rosalina)
<i>Cymbopogon martinii</i>	Palmarosa
<i>Pogostemon cablin</i>	Patchouli
<i>Mentha x piperita</i>	Peppermint
<i>Citrus</i> sp. & spp.	Petitgrain
<i>Pinus</i> sp.	Pine species (Pinion, Scots, White)
<i>Ravensara aromatica</i>	Ravensara
<i>Rosmarinus officinalis</i> chemotypes	Rosemary
<i>Salvia officinalis</i>	Sage
<i>Mentha spicata</i>	Spearmint
<i>Picea</i> sp.	Spruces (Black, Blue)

Sound Created the Universe



"Hindus believe that sound creates all matter, communication—be it oral, chemical, mental, electrical—created and maintains life. Without it we die, both spiritually and physically." {Judith, pg. 252}

Activities

Lion
asana
with Cat
& Cow

Activity

Smell an Oil

- Try focusing on your throat chakra while smelling the oil.

Expressing Yourself & Letting Go

If you could say something that you want to express to **YOURSELF** or **SOMEONE ELSE** either recently or for a very long time: *Write it down, in Pencil* to symbolize impermanence.

- If it's something you can TRANSMUTE/(let go of): go home, shred the paper and dispose of it in some fashion that helps decompose and let go. Burning or composting would be nice.
- If it is something you are not ready to Transmute (let go of) at this moment in your life: keep the paper until you either vocalize this to someone or show someone what you wrote—or some other activity to continue the process of expressing yourself.

Third Eye Chakra

Clear Seeing: Beyond the Gross Into High Minded Concepts

Wood

What do they
mean to the
plant?

What do they
mean to you?

6: Third Eye—Wood

<i>Amyris balsamifera</i>	Amyris
<i>Cedrus atlantica</i>	Atlas cedar/Cedarwood, Atlantic
<i>Betula lenta</i>	Birch
<i>Eremophillia michelli</i>	Buddha wood
<i>Cedrus deodara</i>	Cedarwood , Indian
<i>Juniperus virginiana</i>	Cedarwood, Virginia
<i>Cinnamomum zeylanicum</i>	Cinnamon bark
<i>Chamaecyparis obtusa</i>	Hinoki
<i>Bursera graveolens</i>	Palo santo
<i>Aniba roseodaroa</i>	Rosewood
<i>Santalum album</i>	Sandalwood

“Great minds discuss ideas;
average minds discuss
events; small minds discuss
people.”

Eleanor Roosevelt

Activity

Meditation: Bold As Love

- Choose one of the “Wood” Essential oils and connect with Jimi Hendrix “Bold As Love”

Crown Chakra

RECEIVING DIVINE LIGHT FROM ABOVE

Resins

What do they
mean to the
plant?

What do they
mean to you?

7: Crown—Resins

<i>Styrax tonkinensis</i>	Benzoin	Resin
<i>Copaifera officinalis</i>	Copaiba	Oleoresin tapped from tree
<i>Canarium luzonicum</i>	Elemi	Resin tears
<i>Boswellia carteri/sacra</i>	Frankincense	Resin tears
<i>Ferula gummosa/galbeniflua</i>	Galbanum	Oleoresin from root
<i>Pistacia lentiscus</i>	Mastic	Resin tears
<i>Commiphora myrrha</i>	Myrrh	Resin tears
<i>Commiphora erythraea/guidotti</i>	Opopanax	Resin tears

Activity

Meditation: Exquisite Corpse (variation)

- Choose a **Resin Oil** to Smell (or diffuse) while you are doing this activity.
- **Two Rules:**
 - You are unaware of what the person before you wrote.
 - Each person's sentence construction: **Adjective, Noun, Verb, Adjective, Noun.**

Ending with Time

White, Dry, Yang, Eternal, TIME, Great Father—Emptiness, Pure consciousness, Abstract (Higher Frequency)

$(0/\infty)$: Time—Hydrosols

Hydrosols

Activity



Hydrosol
Tasting

Root	Sacra	Solar Plexus	Heart	Throat	Third Eye	Crown
Space	Smell	Taste	Touch	Hear Speak	See	Time
Touch	Artifice vs. reality Visceral	Processing Self care	Relationship Connection Showing up	Sound Vibration	Light	Patience Stillness
Movement Releasing Manifesting Being	Neuro- endocrine Use simple ingredients	Bitters Herbal, aromatic teas Mindful eating	Hippocampus Point of vulnerability	Listen Communicate Express	Clarity Seeing beyond fixed concepts	Receiving Concepts Abstraction Doing

Blending: Exercise

Materials:

- Carrier oil
- Essential Oils
 - The number of **total drops** of EOs in a roller ball blend is ~**5 to 12**
 - The average number of EOs in a blend is 3-5
- Roller ball (0.35 oz bottle; where a bottle holds 9ml of base oil)
- Beaker (optional)

To Make:

- Fill beaker with base oil of choice.
- Pour oil into bottle, to just at the lip (where the side begins to turn in and go up).
- Add in your drops of essential oil/s.
- Holding a clean finger tip to the top, vigorously shake.
- Smell the final blend to make sure it smells the way you would like it to.
- Place ball and cap onto inside lid.
- Place cap on bottle.
- Label bottle.

Make Space

We often talk of blocked chakras and aligning them. It's not really about alignment but opening the mind-body to allow for movement and FLOW.



Take the Moderate Path

Closed chakra = chronic avoidance of certain energies

Excessively open = chronic fixation



Sh*t happens. It's How You Respond To It.

External inputs and our response to them have a huge impact on an individuals state of being, to the cellular level. [Lipton, Bruce; Biology of Belief]



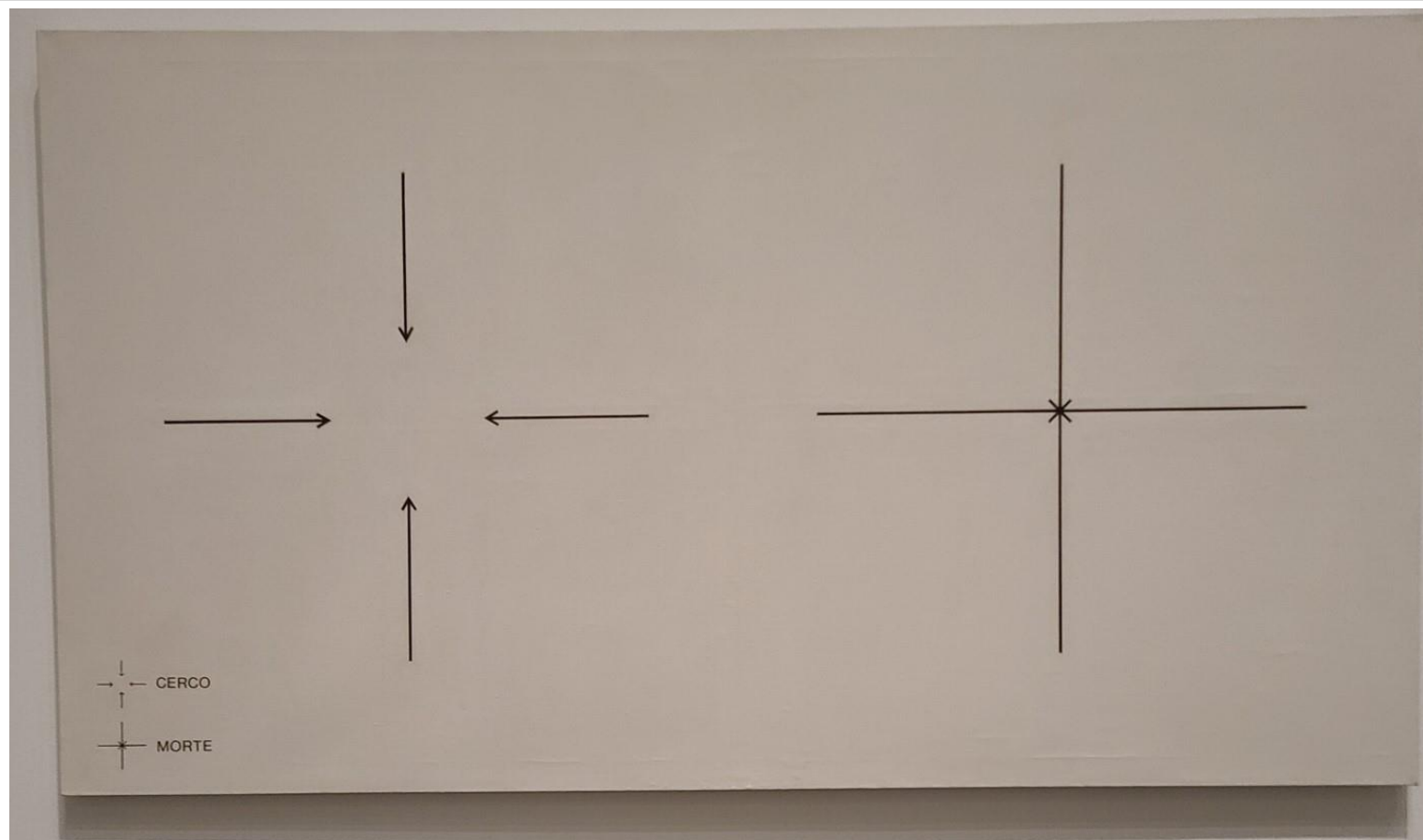
Do the Work

You must work with your consciousness (ego) to work with energy.

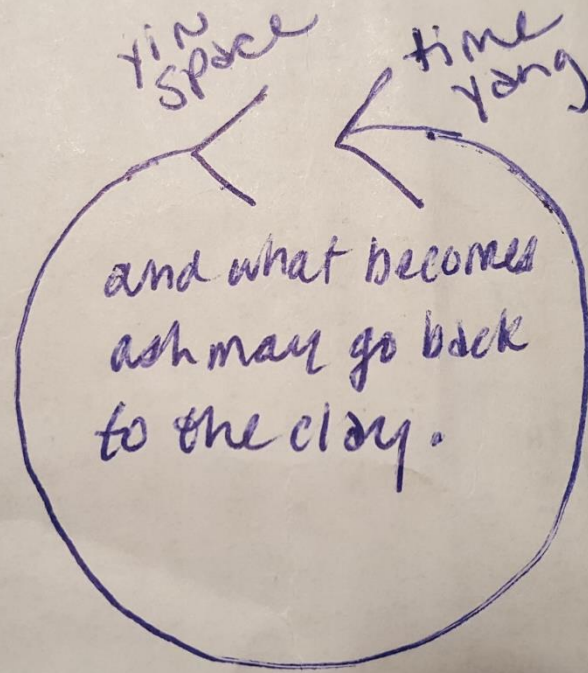
Thank You.

Working with energy requires getting into nature & using your senses

- Direct experience
- Natural light (sun and starlight)
- Natural sounds
- Plant based diet
- Olfaction: Using the aromatics (whole, essential oils and waters)



esimal ~~pot~~ in the infinite span of space + time
(material) & The subtle



Appendix

Sound and Vision

Everything is Energy But...

Our sense of smell, one of the chemo-senses, spans the chakras as outlined in this class.

- Part of our immediate, intimate environment, that which is close to us impacts/becomes us.
- We have, if lucky, the ability to control and manipulate this close intimacy

Emotions are chemistry, which are impacted by inner (thoughts, hunger) and outer (environment). Our body is a container, albeit a porous one with receptors and electricity.

Sound and Light/Photons Travel MUCH FARTHER than Chemicals

- Chemicals/chemo-receptors: chemicals have to be close by to “dock”, waves don’t
- Sound (requires a medium)
- Light (nuclear fusion!)

Soundwaves

Transcends distance (space)

Cannot exist in a vacuum

- No one can hear you scream in space, you cannot hear the sun
- A medium is required: air, particles, dust, water

Energy waves that compress, move and impact matter

- You need force, a physical action (movement)
- Sound can and does affect the cellular structure of matter.
- Sound can break things (even kidney stones)—everything has a natural resonant frequency .

Measured in **volume** (amplitude; decibels) and **pitch** (frequency: how many times; hertz)

Solar Radiation: The Sun

Earth-life as we know it
would not exist without it.

Nuclear fusion of
Hydrogen
colliding creates
PURE ENERGY.

LIGHT energy:

HEAT energy:

Hydrogens colliding
and collapsing into
Helium give off light &
radiant energy.

Part of the
electromagnetic light
spectrum is sensed by
our eyes: to see light
(rods) and color
(cones).

Radiant heat (Infra-red
part of the spectrum)
is felt by our skin.
*UV burns but is not felt
as heat.

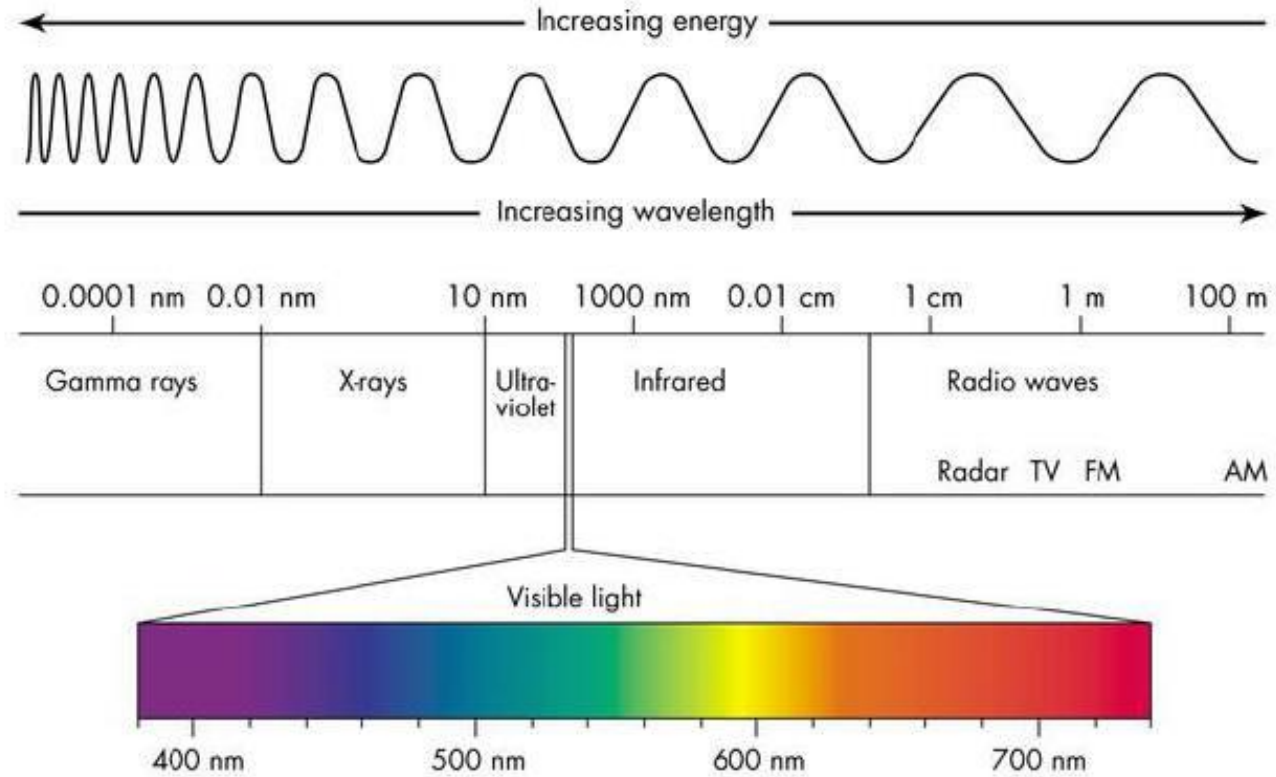


Paradox of Visible Light

“Outside is pure energy and colorless substance. All of the rest happens through the mechanism of our senses. Our eyes see just a small fraction of the light in the world. It is a trick to make a colored world, which does not exist outside of human beings.” Dr. Albert Hoffman

The light we see, e.g., “the leaf is green,” is the reflection back of what that “object” is NOT—the leaf is absorbing ALL colors BUT green and green is reflected back and what we “see.”

Electromagnetic Spectrum



Pure Energy

Photons

Virtual particles
(energy
packets/quanta)

Stable, massless,
no electric
charge &
governed by
inherent
frequency

Cut through
(transcend) time
and space
across a field.

Can exist in a
vacuum (we
cannot hear the
sun but can see
it)

Pure Energy Manifests By Interacting

Although discrete particles, they act as waves because of **FIELDS**.



Energy is always moving across the undulating fabric of the fields and are a form of kinetic energy.



In Space-Time-Gravity
Electromagnetic fields are impacted by charged, atomic particles (e.g., electrons in the atmosphere), staying away from each other (but creating a field), but **when a charged particle is moved, ripples are created in the fabric of the fields and affect what is nearby.**

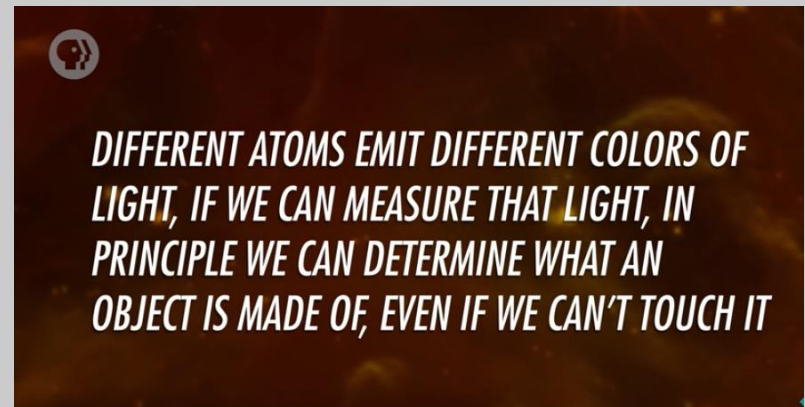
Atomic Light: Photons and Electrons

“When an electron changes from one orbit to another, energy is released and visible to the human eye.”

Jumps to a higher level = absorbs energy

Falls towards nucleus = releases a photon of light

A light wave is not "light vibrating," the light itself is vibration in the electric (and magnetic) field that we see through the scrim of the atmosphere (matter) which bends and refracts light.



Fields: Matrix



The undulating fabric of space-time is where photons (pure energy) travel in packets along the electromagnetic fields.

Chakras = Fields through which PURE energy flows. (Prana, chi, etc.)

The gravity field is space itself.

Gravity = curves in the geometry of space-time.

Electromagnetic fields are in space-gravity.



Thoughts...

Vibration creates movement, sound is vibration. Use this wisely.

Light is life-giving and penetrating

- Direct effect on us **emphasizing a need for DIRECT EXPERIENCE.**

Pure energy from the sun radiates (travels in straight lines) from itself in all directions.

- Earth's atmosphere blocks some of this energy, influences our being and our perception.

Light is energy—only a very small amount is visible and has color.

- Blue light wakes you up, affects the pineal gland through the eyes
- Red light, with a lower, cooler frequency is closer to the earth and has more to do with relaxing, ending the day.

Light is perceived by us through skin (heat) and sight (visible light and color).

It's all relative!!! Color is important but don't attach yourself to it.

Work with real light!

Take Away?

Plants are the only earthly beings that use photons (chlorophyll).

**Yes, we do make Vitamin D....*

Sound & Vision

Direct effect on us emphasizing a need for DIRECT EXPERIENCE.

Vibration creates movement, sound is vibration. Use this wisely

Light is life-giving and penetrating

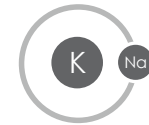
Charge! Electric

Electricity: energy of charged particles (ions)

- Ions want to interact with the opposite (+/-) & are itching to get away from each other.
- Anytime there is a barrier there is POTENTIAL for **movement** once the barrier is gone.

Nervous system relies on energy transfer, electricity.

- Cells are micro-batteries: the Na^+/K^+ ion pump, in the cell membrane, pushes sodium out of cells while pumping potassium into cells
- This pumping uses energy from ATP (adenosine triphosphate) and is important for cell physiology.
- NERVOUS SYSTEM uses membrane potential to send signals along neurons (neurotransmitters).



The body produces its own, weak, electromagnetic fields.