



Deepening Practices for Module 1: The Nature of Essential Oils

1. If you have some essential oils, begin by practicing the method of “contemplative aromatherapy”.
2. As you sample the oils mindfully, start to become aware of the primary fragrance notes such as earthy, spicy, floral, sweet, coniferous, etc
3. Explore the dimensions of elements and energies present within the aromatic notes:
 - A. The presence of sunlight
 - B. The presence of moonlight
 - C. The presence of earth, water, fire, air and space elements
 - D. The ancient intelligence of the plants that were distilled
 - E. Their prana and chi
 - F. Their immunological powers
4. As you contemplate the various energies and elements in the oil, observe how those interact and affect the energies and elements in your body and mind.
5. Extend this practice to include other forms of aromatic plants, such as herbal teas and culinary spices.