

The Method of Contemplative Aromatherapy

It is best to use perfume strips. If that is not possible, the oil can be sampled by inhaling from the bottle, or non-dermotoxic oils can be applied to the skin.

- 1. Relax for a few minutes and become aware of the flow of the breath in the nostrils.
- 2. Pass the fragrance under the nose, sampling it from a distance for only a moment.
- 3. Observe the fragrance notes and body sensations.
- 4. Repeat the sampling process several times, increasing each in length and depth. Each time, observe the various layers of energies and elements that you are looking for.
- 5. Be mindful of any signs of sensitivity that may come from excessive inhalation or poor quality oils, such as irritation in the sinuses or headache; discontinue if this happens.
- 6. Do not inhale more than 5 6 times total, then finish the session. Observe carefully the sensations of the nostrils, respiratory system, entire body, and mental state.

Source for perfume strips:

Orlandi 631-756-0110 www.orlandi-usa.com