**Advanced Aromatherapy Training™**

**Aromatherapy for Emotional Wellbeing, Part 2**

**Module 13**

Colleen: Hello everyone and welcome to Module 13 of Advanced Aromatherapy: Therapeutic Application of Essential Oils for Clarity, Health, and Happiness with David Crow titled Aromatherapy for Emotional Wellbeing, Part 2. This is your host, Colleen, at The Shift Network. Just a couple of notes, if you do have any technical questions or issues and you're on Maestro, please press 5 on your telephone keypad. If you're on the webcast, please type directly into the box and please provide your email, and that covers it. I'm handing it right over to David. David, welcome!

David: Thank you again, Colleen, and welcome back to everybody. I hope everyone have had a wonderful week of exploring aromatherapy and using your essential oils. You would like to have your oils out and ready to go because we're going to do a little contemplative study here once we get started to learn through a meditative way how our olfactory system and limbic system work. And we will also be mentioning quite a number of blends as we always do, so we might want to make some of those as we go along. Let's go ahead and look at our files. If you could go to the course page, we'll keep it simple to start with and just go to Module 13. Click on the link there, Part 2, and there's only one file for today, which is the webcast question. So if you can go ahead and open that file, we'll come back to the others. We still have quite a number to do from last week. Some good questions and comments came in that we can cover first and some other ones have come in since and we can take a break at some point and return to those, but we have a lot of material to cover.

 Here is the first comment that came in. "One thought that has come up with the difference between essential oil and CO2 extracts are the essential oils damage a charge with the heat in the distillation process and that the carbon dioxide draws out the volatile oils without the same transformation of the plant. Your thoughts on this?" Yes and no. The heat of distillation definitely damages some of the more fragile molecules, so those molecules in chemistry and aromatherapy are called the headspace molecules. Those are the very, very light molecules that first rise out of the steam. Some of those are destroyed, yes, absolutely, temperature, the length of time, the pressure in the still and so forth. Now, most simple steam distillation does not involve pressure, but bigger industrial units pressurize things to actually make the distillation go faster at a hotter temperature. And that's why small scale distillers can produce more artisanal quality oils because they are using only the heat and the steam and not the addition of pressure, which is basically just a convenience to increase the maximum output of the oil and to speed up the entire process. So the heat is definitely something that destroys some of the molecules and there are some ways that some distillers get around this or some distillation methods that can preserve some of those headspace molecules. For example, water boils at a lower temperature at a higher altitude. And so, high altitude distillations will actually have a greater range of the fragile headspace molecules in them. And there are also some innovative technologies that some distillers have or they can distill in a vacuum and that also can preserve some of those fragile, aromatic headspace molecules. So yes, temperature is definitely a factor in degrading the oil. I'll just mention an interesting fact or an interesting observation. I had a visit. Sara and I went to visit a distiller in Provence a few years ago and he is very innovative with technology and he had created a system of distilling in a vacuum so that there was no pressure to degrade the molecules, the headspace molecules.

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 Therefore, he was able to produce these very unique oils that have a much greater range of some of these more sensitive molecules, you could say. One of the things that I have noticed over the years in doing mini contemplative aromatherapy, even sometimes with hundreds of people where people are sitting with a perfume strip in front of their nose, inhaling it slowly and paying attention to the oil. Is that many times a significant percentage of people, sometimes even a large majority of people without knowing what the oil is or without knowing where it comes from, they will actually get a visual impression of the plant or the environment that it comes from. I will just ask people, "Do you think this comes from high altitude or low? Do you think this comes from a dry climate or a moist climate or primarily cold or primarily hot?" And in many cases, a large number of people, maybe 75% or more will be able to actually perceive where the plant comes from and get some impressions about it.

 Now, not all oils are easy to read that way, but it is something that I have seen repeatedly and this was something that this distiller commented on. He offered us information without my telling him this experience on my side. And he said, "You know, sometimes when people smell oils, they get a visual impression." And what he found is that that happens more frequently with the oils that he distills in a vacuum, and this is a very interesting aspect actually of our topic, fragrance and consciousness, which we are unpacking more today. Because it points to the possibility that the molecules are not just working at the basic physiological level that we have discussed so far. I gave you a brief overview of how an aromatic molecule comes into the sinus cavity and comes in contact with the receptor site of the olfactory nerve endings and then is transformed into neurological current, which flows into the brain and so forth. That's the molecular and neurological model, but it doesn't explain how people actually would get a visual impression. That would be another level of information that comes with the molecules and that opens up all kinds of interesting possible areas of exploration. Some models of the olfactory sense have postulated that maybe it's working more on a level of quantum physics as opposed to just a purely mechanical or molecular or neurological level. Then maybe these molecules actually have some other kind of energies with them that the brain is perceiving through other mechanisms. This is exactly what I have been saying in a different way. As you remember from some of our earlier modules when we first explored it, well, what are essential oils? I explained they're actually made of sunlight and moonlight and they're actually made by the plants according to their botanical, pranic, evolutionary, immunological intelligence that has metabolized the earth, water, fire, air, and space of their environment. And therefore, there is at least at the cosmological level, there's the possibility that molecules are a lot more than we think they are, that they actually contain other dimensions of energy in them that go far beyond just mechanistic or neurological models. So this is just an interesting side note for you, but it also is relevant to our discussion about fragrance and consciousness. Now, that was addressing specifically molecules that are degraded by the distillation process. I will also mention that some molecules are created by the heat and the distillation process as well. And the best example of that are the blue chamomile oils that are rich in two compounds. The first is chamazulene and the second is matricine. Chamazulene is a blue compound and matricine is a green compound and what's interesting is they both come from the white German chamomile flower, so how is that possible?

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 You put white flowers in a still and you get a blue oil. Well, that's because that compound is what is called an artifact of the distillation process. In other words, something happens inside the still where the heat in conjunction with other molecules coming from the plant and the steam interact in such a way to actually form a molecule. And this molecule is interesting, the chamazulene and the matricine, because they are blue and green. And blue and green you might associate quite easily I think on an intuitive level with cooling and anti-inflammatory properties, and this is exactly what these molecules do. You will remember in our past discussions that we've talked about chamomile several times and I've mentioned that it is a major anti-inflammatory oil. You've seen that over and over again in the list of therapeutic classifications when we're talking about musculoskeletal, for example. Chamomile came up many times and it's primarily, in the case of the German chamomile, because of that compound, which is formed in the still. Now, the other part of this question has to do with the CO2 and the statement here or the question is postulating that the pressure of carbon dioxide extraction, which happens under high pressure by the way. The carbon dioxide is pressurized to a very high level which changes it from gas to a liquid as you have learned and then it is pumped through the cylinder and that pushes out the specific compounds that are targeted at those specific atmospheric pressures, and then the pressure is released and the carbon dioxide changes from a liquid back to a gas again and is pumped out. Therefore, it's a very pure form of extraction, no toxicity of the solvent whatsoever. And so, you would think that's a very pure extract, and in general, there are many very high quality CO2 extracts. Now, does that damage the molecules? That's another question. I don't know so much about the effects of CO2 extraction on molecules as I have just elaborated on with steam distillation. But I have had some conversations with some artisan distillers who only do steam distillation and of course the artisan distillers tend to be a unique breed. Many of them are really very spiritual people, mystical people. They spend a lot of time with the plants. They spend a lot of time up all night because the distillation goes on and on. It's a very serious work. They see this extracting process happening and they're very concerned about the quality of their product and so forth. They're always trying to get the highest quality product. And so, a lot of these people have strong opinions about other methods and I have heard some artisan distillers say that the pressure of the CO2 can damage molecules also. I wouldn't be surprised, but I can't answer that directly.

 Now, the next comment from the same person that's following up on this, "I've had the chance to smell the difference between CO2 and essential oils," which I assume means steam-distilled essential oils because CO2 is also extracting the essential oils, "at a conference recently. The CO2 were amazingly fragrant. I was surprised how different and clear the scents were for CO2 extract." Well, that's great. It's very possible that that's entirely what happened, that you compared CO2 and steam-distilled essential oils and that you found that the CO2 was actually better, but I would like to mention just to be on cautious side, we should always be skeptical when it comes to anything in the industry. I think from the earlier modules, you know my position about the essential oil industry. It is very corrupt. I've had some interesting discussions with business people over the last couple of months about what's happening in the essential oil industry. And I've heard different descriptions of it like "It's gone crazy," "It's the Wild West," all of these different kinds of observations about what's happening in the industry. And so, I want to point out that there's a couple of other factors here and as a skeptic, these are things that I would consider. I would say first of all, were those CO2s that you smelled, were they true CO2s? Because a lot of times there's gross adulteration with synthetics of what are called CO2s also.

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 That's especially true for the more high cost extracts such as the flowers gardenia, jasmine, so many different kinds of things that are just so much contamination that it's always a good idea to really question whether you are smelling a CO2 in the first place or not. That's the first thing. But then the other thing to consider is that there are vast differences in quality between the CO2 and the steam-distilled essential oils and it could be that you did smell a very high quality CO2 extract and a low quality essential oil. And it is also possible that the reverse could happen, that you could smell a CO2 extract that was not so pleasant and you smelled the equivalent species of essential oil and it smelled great. I'm just being devil's advocate here. We always need to approach all of these experiences with a very critical mind. Okay, here's another one. "I was just in Cuba and the mosquitoes at Cayo Coco," sounds wonderful, "were horrendous." It doesn't sound wonderful. "I noticed that Repel," apparently that's a kind of product, "uses lemon eucalyptus as a natural repellant. I travel with lemon and eucalyptus as two of the five essential oils in my travel kit." Good idea. "Would I expect to get the same result combining the two or would that not work as well using lemon eucalyptus? Any other essential oils you recommend for a mosquito repellant blend?" Good question especially with some of the current epidemics that we have been having. The most basic approach for repelling mosquitoes in the essential oil world is those things that smell like lemon and that also includes the number one oil for this purpose, which is citronella. That's going to be found in lots of things. Citronella has a lemon scent, but basically anything that has a lemon scent is going to be relatively effective and that includes doing what you are already doing. You can mix lemon and eucalyptus together. The eucalyptus can also be helpful, but there are a lot of variations in how these things work. I'll explain it here a little bit more in just a second, but that's the basic concept. Now, if you look outside of that group of lemon-scented oils, well, you can actually find several things in that group, but if you look outside of that group then you'll see that there's a lot of variety of things that people are trying. Another very famous oil is catnip oil and this appears to be relatively effective and it does show up in many natural mosquito repellant products, but it's quite expensive. So that may be a factor for some people and certainly for products. And then we can look outside of the essential oil category altogether and that gives us many of the things for fumigation.

 One of the first things that I would think of comes from Ecuador and that is the palo santo. They make the cones from the powdered palo santo wood, which of course is rich in the essential oils. They take the powder and they mix it with water and they press it together in these cones and they let them dry. And every afternoon, about 4:00, every household in every village on the coast lights a cone and that fills the house with a pleasant fragrance and the smoke is highly effective for keeping the mosquitoes away, so that's another way. And if we look at the use of frankincense in the Middle East, that's another species that we could consider that you could fumigate with, frankincense. I remember several years ago when I was on the coast of the Arabian Sea in Kerala, in Trivandrum at an Ayurvedic medical resort undergoing treatment, one of the things that I enjoyed very much was every afternoon about 4:00 or so when the mosquitoes would start to come out. That this guy would go around swinging this big censer. It was like in the Catholic Church and the censer had coals in it and he would just sprinkle this powder with a number of different resins in it and it smelled distinctly like frankincense. He would swing it around and walk through the grounds and fumigate the entire grounds and all of the thatched roof cottages and it was remarkably effective, so that's another kind of approach, and I have seen many, many species of oils listed for this particular purpose.

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 Tulsi is listed and peppermint is listed, eucalyptus and lavender, many things, but I have not heard consistently of anything really being all that effective other than the smoke fumigation and the citronella. I'll mention another thing, which is that in some places now, they're starting to produce these big outdoor incense sticks using things like sandalwood. We're actually going to be rolling that out at some point relatively soon. It comes from the country of Vanuatu, which has a lot of tropical islands where mosquitoes are a big problem. But basically anything with a pleasant-scented smoke that is healthy to be around can also be very effective. Okay. I hope that was a good, solid answer to a very important question. Just a small technical thing here, "Once all the sessions are done, how long will you have access to the documents?" They'll be available for one year, but my suggestion is once the course is done, why don't you go and download everything and just put it in the file? Download all the transcripts, download the audio and everything and that way, you have the whole course. The last question here, could I comment on the best blend for a skin condition, seborrheic keratosis. This person tried helichrysum directly on it. Helichrysum is not specifically for these kinds of things. It's actually more of a metabolic problem. This type of thing, I've had a few people inquire about it and I don't know a specific remedy actually. And I don't know that essential oils are the best thing except maybe on a supportive level because it really is more of a metabolic internal problem. My suggestion is that this type of thing be treated with a combination of internal herbs and essential oils in various forms. Maybe you need to put on some herbal pastes with some essential oils in it or maybe you need to do some essential oil compresses or things like that, but that's a good question. Send me an email through the consulting box. That would be the best thing to do.

 All right, good questions to get us started. We have a few more excellent things that came in on the webcast, but let's go ahead and get started here with our discussion of the limbic system further. Because there are many more things that we would like to talk about, so let's go back now to the course page, if you would. Let's take a moment and let everybody follow me here to Module 12. If you can click on that link, you will see the list of the files, and if you would now open with me the file titled "sense of smell." I gave you a very brief overview last week of the mechanism, but now what we're going to do is unpack it just a little bit more and then we're going to do a short meditation so that we actually study this internally. Because this is something that we can learn how to feel and it is an important process actually to understand how our sense organs work.

 The way that our sense organs function can become a meditative process and the more we contemplate, meditate, and pay attention through mindfulness to how the sense organs are working based on a combination of a simple awareness combined with what we know about modern science and medicine, a very interesting thing can happen in our consciousness. Which is that we can begin to perceive how our brain and sense organs in mind working together create reality because reality is not just something that's out there. Reality is highly subjective and our experience of reality is based entirely on our mind and our brain functioning and the conjunction of the brain with the sense organs and the conjunction of course of the sense organs to the external world, whatever that is. Because of course the way our sense organs perceive the world is only revealing to us what our sense organs are capable of revealing. For example, if you scroll down, I believe it's on this file, there are a couple of interesting observations down at the bottom here.

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 Both our sense of smell and our body odors, I will clarify that, we smell differently according to our moods. Well, what does that mean? That means that both our body odors change according to our moods, but our sense of smell also changes to our moods. So therefore, people who eat a lot of meat smell different than vegetarians. That's not just their physical smell. Meat eaters smell different than vegetarians. That's also the way their sense of smells work. Now, you might be interested to know that different diseases also have characteristic smells and different diseases also affect our sense of smell in different ways. And there are people who have been trained to do olfactory diagnosis because there are typical fragrances that come from certain metabolic disorders that people can learn to smell. I actually met a specialist one time who had been trained to do that and he had this background and I met him at one of my events where we spent a weekend sampling oils. He had a very acute sense of smell and was making remarkable observations about the oils and I finally asked him, "Did you get perfume retraining?" He said, "No, I had medical training," so this is something.

 Another thing that illustrates how subjective our sense organs are is women's sense of smell increases and decreases following hormonal rhythms, and the darker the olfactory membrane, the more acute the sense of smell. Animals have dark yellow; humans, light yellow; dark-skinned people in general have a more acute sense of smell and albinos have a weak sense of smell. So that's a very interesting observation that even though we're all human beings that we're not even smelling the same thing day by day. Any pregnant woman can tell you that that suddenly, the world is full of all kinds of things that she didn't notice before and doesn't like or really does like. Another really good example of the conjunction of mind and sense organs and reality is the next statement, parosmia, olfactory hallucinations. This happens when the brain is damaged. This is a chemosensory disorder and it's been found that there are basically two types. Introverted people imagine that there are all these foul odors that are coming from themselves whereas extroverted people imagine that the bad smells that they're having are coming from around them. I actually saw a few cases, have seen a few cases over the years of people who had parosmia or olfactory hallucinations. And it's a very disturbing thing for people actually. I had a gentleman who came to the clinic who said that one day he woke up and he smelled gas. Of course he was alarmed and called the gas company and there was no gas. It turned out that he smelled gas everywhere, even outside. Can you imagine how irritating that would be? And then eventually it turned into ammonia and by the time he came to see me, he was smelling ammonia all the time. That's a terrible thing. Well, it turned out that he had a long history that justified his olfactory sense are going bad on him and that included a lot of drug use and smoking and many things. So there are ways that our sense organs can be damaged. And when our sense organs are damaged, then of course we don't perceive reality in the same way. The original point that I wanted to make about how different creatures and different types of people smell different things are the final piece of information here. A male butterfly can smell a female butterfly six miles away. Now, that's not something that humans are capable of doing and that's the point that I was making. Is that our sense organs only give us a certain amount of information and lots of animals are much more perceptive than we are. Okay, let's go through this. I want to review the basic terminology again then we'll do our little meditation. The olfactory bulb, and you do not need to open the slideshow. You can if you want, but I'll just describe it here to you. I've already given you the basic information. The olfactory bulb is part of the limbic system. It's located at the top and the sides of the inner nasal cavity about eye level. It's about the size of a lima bean. It's covered with the olfactory epithelium, which is lined with 10 million nerve cells. Each nerve has a bundle of six to eight tiny hairs equipped with receptor cells.

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 So these receptor cells basically are in the sinus cavities and they are what are receiving the stimulation from the odor molecule. The dominant model of how olfaction and fragrance works is a lock and key model. That the molecule comes along and it fits into the receptor site in a particular way and stimulates it, so that's the generally accepted model, although it does raise interesting questions when people get visual imagery as I've mentioned. So here are the three basic phases of how our sense of smell works. This is important to review not just because we're about to do a meditation on it, but because it also links it now to the anatomical, physiological understanding of how the essential oils work on our limbic system. As you know from previous modules, essential oils connect to the different tissue levels in different ways. You know that essential oil in a diffuser, the molecules come directly in contact with the respiratory mucus membranes. You also know that it's more difficult to get the molecules to go into the digestive tract without being concerned about adverse reactions. Because the essential oils aren't designed to go in an undiluted form into our mouth or our GI tract, so that's something we also considered, but then you also learned that of course the essential oils work on the surface of the body, and so far we've covered the lungs. We've covered the digestive system. We've covered the muscles and joints and we've talked a lot about applications on the abdomen and so forth. But this is the most important mechanism or system of channels in terms of understanding how fragrance works through the sense of smell, so number one, reception. The odor molecules bind to the receptor cells of the olfactory epithelium. The olfactory membrane is the only place in the human body where the central nervous system is exposed to direct contact with the environment. It's a direct neurological pathway to the brain. Now, this is incredibly important, and as I have mentioned before, this is something that we also need to consider not just in terms of the benefits of aromatherapy, but also the dangers of environmental toxins. And it is coming up more and more that the brain is being adversely affected by environmental toxicity in the air. One of the recent studies that's come out shows that the brain actually accumulates micro particles of metallic toxins. This is contributing to dementia and Alzheimer's and those metallic toxins are getting in through the sense of smell. So the olfactory sense is very permeable and things do penetrate both through the neurological channels and through the circulatory channels because we also have the capillary beds of the mucus membranes where things can be absorbed.

 The second phase of transmission is that the stimulation of the receptor cells is transformed into an electrical impulse, which travels from the olfactory nerve into the brain. Number three, that's where the perception arises and perception of the fragrance arises when the message is received and interpreted by the brain. Now, you can understand obviously that when the sense of smell is lost that there are many stages in this process that might be affected. The sinuses might be injured and so the actual ability for the molecules to stimulate the nerve endings might not work. Or it could be that they're stimulating the nerve endings, but the transmission is not flowing correctly into the brain, or it could be that in the brain that something is not being reassembled properly. Now, this is a very interesting aspect of all of our sense organs and that is that the brain is actually recreating information from the outside world that is being channeled through our sense organs neurologically. This raises a big question. Well, what is reality and what is actually out there? For example, what the eyes see at the level of the rods and cones, the eyes do not perceive the same reality that our brain perceives. Because the brain's individual cortex takes all that information from the rods and cones and rebuilds it into what we then perceive as an outside world, but that's not what the eyes are seeing at all. Like I said, this study is a very interesting contemplation into what is the nature of reality. Now here, we have all the major structures of the limbic system.

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 The hypothalamus transmits the impulses to other parts of the limbic system, the pituitary, which is part of the endocrine system, releases hormonal responses into the bloodstream. And we're probably going to get a lot of the hormone balancing effects that we talked about in the module for women's wellbeing. The olfactory cortex, that's part of the limbic system that distinguishes odors. The thalamus part of the limbic system connects odor messages to higher thought function. Isn't that interesting? The neocortex analyzes the odor messages and relates them to other senses and higher brain functions, which stimulates conscious thoughts. This is basically how we get the association between fragrance and memory and specifically fragrance and emotions, or you can combine those fragrance and emotional memories. I think that everybody has probably had the experience where you have smelled something and you had not smelled that fragrance for decades and that fragrance took you back quite vividly to something in childhood, positive or negative, and that's because of what just happened through this entire process. Now you know how this works and you can now link that to the slide that I gave you, the slideshow that I gave you, so now you can follow the entire pathway. Let's just have a few more moments on the text here. The olfactory nerves are directly connected to the limbic system. The limbic system is one of the oldest parts of the brain. It's a reptilian brain. It deals with sexual and emotional behavior. The limbic system stores responses to memory, pleasure and emotion's deeper collective psyche, very interesting. I wonder what that could possibly mean. Smells, mood, short and long-term memory are stored together in the limbic system. The sense of smell acts mostly on an unconscious level. A scent will trigger not only a memory, but the emotions that went with it, and the limbic system is also the side of creativity. Isn't that fascinating? Okay, so maybe aromatherapy will make us all more emotionally intelligent and will also make us more creative. Personally, I think that that is possible. Now, we also have a little bit of brain chemistry here. The essential oils directly affect the central nervous system. Different types of odors stimulate the brain to secrete different neurochemicals. For those of you who want a few minutes of chemistry, I'm not an expert, but I gathered these little tidbits. The euphoric oils such as grapefruit, and you're also going to hear about the other citrus oils a bit more today, they cause a secretion of the enkephalins that are associated with pleasant feelings as well as natural painkillers, so the citrus oils are very important for wellbeing. The aphrodisiac oils such as jasmine stimulate endorphins and they stimulate sexual feelings and reduce pain. And then the sedating oils trigger secretion of serotonin that helps sleep relaxation and calming. Okay, so that is a little overview. Now, let's do a little guided meditation because everything I just told you was intellectual and academic. You were just listening to my voice, but you weren't actually experiencing that process.

 So if you would please take one of your favorite oils. If you have a perfume strip, you can grab a perfume strip. If you don't have a perfume strip, just open the bottle. Sit comfortably. We'll slow things down here a little bit. We don't want to hurry too much when we're meditating, but we also want everybody to have time to get ready. So sit comfortably with your essential oil bottle and your perfume strip if you have it. Now, you can open your bottle of essential oil and if you have the perfume strip, you can put a few drops on it. Bring either the perfume strip or the bottle to your sinuses. Close your eyes. Inhale slowly. See if you can perceive the moment, the exact moment where the aromatic molecule comes in contact with the receptor site in the sinus cavity. Slowly, good! Now, put the perfume strip or the bottle aside for a moment and you will notice that certain body sensations are persisting, that you still have some perception of the fragrance, that the molecules are still swirling around in your sinus cavities, that there's still some neurological activation, but that it is subsiding.

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 That's the first stage of the experience of the process of the sense of smell. Now, bring the oil to the nostrils again, inhale slowly, and this time notice the moment that the olfactory nerve endings are activated. But now become aware also that the instant that they're activated that it creates a flow of neurological current that flows upward through the nerve endings into the olfactory bulb. It's flowing through the nerve endings that are in the outside world on the outside of the cranium. They're flowing through the cribriform into the olfactory bulb, which is inside the cranium, and then it is flowing up into the brain. Now, put the oil back down, take deep breaths, and just notice that again the aromatic molecules are still swirling around a little bit in the sinuses and there's still a little bit of activation, but the perception of aromatic external reality is fading again. That's what's so interesting about doing contemplative aromatherapy, is that it's a very nice way to observe how the external world arises and dissolves. And that's true of all of our senses. We go to sleep at night and the outer world dissolves. We wake up in a dream state and we have our dreams and we think we're awake. We do all of our things and then we wake up in the morning and the dream state dissolves and the outer world arises again. Well, this is actually happening in the sense organs all the time.

 Now, let's do the final stage. Bring the oil to the nostrils again. Take a deep breath and notice now in the first stage, the aromatic molecules come in contact with the receptor sites. Notice that. Notice that it is transformed from molecular Prana to neurological Prana, specifically the molecular Prana of the sun and the moon, and the botanical intelligence of the plants and the five elements that are all contained in that molecule are now becoming Prana Vata. The nerve current flows in through the sense organs into your brain and observe that it is flowing inward and observe finally the third stage, which is that it is arising within your consciousness, and that is the entire process. So now, you can go ahead and put the oils down. You've probably inhaled a nice amount of essential oils. You'll probably feel pretty good for the rest of the class. This is just another aspect of contemplative aromatherapy. We have done this before in earlier modules where I have given you the focus to do this kind of practice to analyze the oils. To see if you can perceive the earth element and the water element and the fire element and so forth, to pay close attention to the qualities and the oils and to the body sensations that they create, and this is an excellent practice. I hope that you have been doing that consistently even though I haven't been focusing on it or reminding everybody, but now you have a new practice, which is using aromatherapy to study how reality arises.

 Okay. Let's go ahead and move on. There are some things that I also wanted to touch on. We do have several oils that we want to go back and review actually in our pharmacopeia. I want to take a few minutes here and since we're talking about essential oils and wellbeing, we are going to continue to unpack anxiety and depression, stress and sleep disorders and so forth. That's a primary topic. So one of our topics for this module is the effect of botanical aromas on Shen, which is spirit according to Chinese medicine. Now, I wanted to just review briefly a definition of Shen. Because when we're talking about aromatherapy, we're talking about a way of administering herbal medicine directly to our spirit and that's why it is so important for all kinds of unhealthy mental and emotional states. That's why fragrance and consciousness is important to understand and why aromatherapy in general is very effective. You will remember that we did look at some studies for the effects of aromatherapy on anxiety specifically and found that yes, it actually does work.

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 So the term Shen in Chinese medicine has some interesting dimensions and I'll just give you the very, very short version. Shen means spirit, and how do we see spirit according to Chinese medicine? Well, the spirit is basically like the brightness of the eyes. Well, that doesn't really mean anything in terms of modern medicine. You can't measure the brightness of the eyes, but it does mean something that's kind of intangible. It's more of an intuitive diagnosis because it also doesn't mean that the person doesn't have problems with inflamed eyes or something like that. Spirit is an intangible diagnosis. It's a diagnosis that has to do with the positive presence of the mind. And so, a strong, bright Shen, a bright spirit manifests in a number of different ways. The most basic examples would be that if a patient goes to see a doctor and they have a strong spirit, they have a good attitude, they have a positive mind, they are receptive, they are compliant, but they also take responsibility. We would say in Ayurvedic medicine, they have a very sattvic or spiritual kind of mind. Now, this is different than a person with a very poor Shen. A person with a poor Shen would be someone who basically has depression, or if the Shen is scattered, that's the effect of panic and anxiety.

 They're not focused or they're depressed or they're withdrawn, and especially when the spirit is very dull, then they tend to be unresponsive. They have a bad attitude. They don't want to take responsibility. They blame others. They just want the doctor to take care of them and so forth. Now, there's a term that's very important in modern science and this is directly related to the benefits of aromatherapy, and that term is psychoneuroimmunology. That means the link between the mind and our nervous system and our immune system. In other words, if the mind is clear, positive and strong then the nervous system will receive a certain kind of activation that will support our immune system, and I think the most obvious example of this is cancer survivors. Cancer survivors have a kind of attitude where on the one hand, they feel emotions about their diagnosis, but they also fight. They also have stubbornness and they also use the illness as an opportunity for transformation. Now, I have mentioned some of these concepts because Shen is very similar to what we've discussed as Prana Vata. You will remember in Module 1 that I gave you groups of oils according to Prana. Those oils therefore by supporting the Prana and directly activating the Prana Vata, we are also directly supporting the Shen. You will also remember in Module 1 that I gave you oils for Ojas and Ojas is basically the light in the eyes also. It's basically the strength of our aura. So this is another model of understanding how aromatherapy works on us spiritually, is that it gives us a certain kind of nutrition. You will remember that the oils were broken down into those that strengthen our Prana and those that nourish our Ojas. You'll remember that the oils that nourish the Ojas are basically those that represent the Ojas of the planet like the sandalwood from the heartwood of the tree or the rose from the flower. So that's nourishment for our spiritual luminosity as well as nourishment for our Prana Vata. I'll just mention here also, you can find the file on the 15 Sub-Doshas in Module 7 and that can help you. Now, what does this have to do with aromatherapy and our emotional wellbeing? Well, if we look at the qualities of disturbed Shen, then we see what we have been talking about, which is depression and anxiety. The primary qualities of a disturbed spirit are anxiety, depression, stress, sleep disorders, anger, irritability and so forth. Those are the milder things. And then of course they can develop into extreme anxiety, panic, extreme depression, obsessive-compulsive things and so forth. And what we can say is that aromatherapy can help with the more transient, circumstantial kinds of things. In other words, if you actually have a serious neurochemical disorder in your brain that is chronic and has required a lot of medications and so forth, aromatherapy may or may not have any kind of impact at all.

**[0:50:09]**

 It could be supportive and maybe enjoyable, or maybe not. So we can also see that there are many other moods and this is why I wanted to touch on this because the oils that we're looking at here today are not just about anxiety and depression. I started off with that last week, but the oils are also about insomnia and they're also about a lot of other things that afflict us such as lack of confidence. Sometimes we are mentally scattered or for some people, they're always mentally scattered. Insecurities, post-traumatic stress disorder, repetitive thoughts, negative thoughts, these are the things that are sources of great suffering sometimes. And that is something that I also want to put in the mix here as something that aromatherapy can be helpful for. And so, what are the qualities then that the oils can support? If we're talking about supporting our Shen, what are the qualities that we're looking for? Well, they can help us with relaxation. We know that from the studies, many, many studies that I've already presented. People feel more relaxed. They can help us with alertness. They can help us with concentration. They can help us with enhanced memory and learning. Therefore, all of those things that strengthen our Prana Vata and nourish our Ojas, which is also the nutritional basis of our brain, the nutritional fluid essence of our brain, will indirectly help us to feel better overall. That means we'll have greater comfort, more confidence, and that will also help us to let go of the past. This is a very important thing to consider that a lot of things bother us more when we are depleted. And when we are balanced, the world bothers us less. Now, I'll just give you a brief overview, another way to classify the oils. You will remember that I gave you the usual file last week on the types of oils that are helpful for various emotional states. You don't have to open this. I'll just go ahead and pull it up. It's a file titled "Emotional Wellbeing Therapeutics." And as you will recall, it's the usual list. There's a list of antidepressant oils which we went through and I told you which ones I think are probably the best. There's a list of anxiolytic oils that I also gave you a little commentary on, the euphoric oils, the nervine relaxant oils, the sedative oils. This is one system of classifying the essential oils. And of course, you know at this point that I'm working in broad groups of oils because we have so much flexibility in using things and there is so much subjective preference personally, so my job is to give you large groups of oils. Your job is to experiment with the ones with them and see which ones you like the most because liking the oil is crucial for getting the positive response.

 Here's another system. We can say that the spectrum of emotional suffering basically can be correlated to yin and yang. I touched on this last week, but the yin states are those that are more withdrawn, the depressive states lacking energy and vitality, and so what would you think would be the best aromas for those? Well, those would be things that are energizing, so we would think of the spice oils and things that stimulate the appetite, and things that stimulate the appetite are also going to stimulate the appetite on other levels. Keep in mind that depression causes lack of appetite. Lack of appetite causes depression. Loss of sense of smell causes depression and then it causes loss of taste. All of these things are hypofunctioning, and so we would like stimulant oils, spice oils. A whole range of spice oils could be possibly good, but we also know that things like rosemary, which have a strong supportive effect on cognitive function, and I'll mention one specific one that I really like for anti-depressant function, and that is laurel. And that is the one of the ones that is in your pharmacopeia, the laurus nobilis, not the California Bay Laurel. It's a completely different species. Now, on the other side of the spectrum, the yang side, this is where we see the agitated, restless, overheated, overstimulated types of mental suffering, so what are you going to think? Well, how about cooling, calming, relaxing oils? And I'm sure you already know the list here, the flower oils, the wood oils such as sandalwood, and one of the best I think in this case would be the vetiver oil. We're going to go through these monographs in some detail in just a few minutes.

**[0:55:00]**

 Now, there's an interesting exception. What I just told you is a basic classification into yin and yang and I believe there's some value in that. At the same time, what we find is that we're talking about the yang anxiety, restless states and I'm suggesting that you use cool and calming and relaxing oils. And that you use the spice fragrances for energizing the yin depressive states, but guess what? A lot of the spices are actually calmative. Now, why is that? Well, let's go back to what I just told you about, the limbic system and emotional memories. This is also important to consider. One of the statements in that file when we're going through how the limbic system works, it pointed out that a lot of the processes of the sense of smell are subconscious. Well, when it comes to spice fragrances, we can also include other things from the kitchen and that's one of the reasons why the citrus oils are so good. And so, what we see then is that there's an entire new group of oils and these are things that remind us of home. These would be things like the smell of chocolate, vanilla, citruses, and the smell of the spices in the soups. And so these fragrances, even though rosemary is a very stimulating oil for cognitive function, it can have a calming effect sometimes because of the emotional connotations of being at home. Now, an interesting example of that is a study that was done at a hospital in the East Coast many years ago and they wanted to find a fragrance that had a significant relaxing effect on people who are going into the MRI tube. I don't know if you've ever been in an MRI tube or not. I hope you haven't had to, but it's not a particularly pleasant experience. It does require a certain amount of detachment and mental concentration to lie in one of those things for a period of time. So they were trying to find aromatherapy at this hospital to help people to relax. And so, they would fumigate the inside of the MRI tube so that people could smell things, and guess what fragrance was the absolute best at relaxing people? It was not lavender. It was vanilla. So the vanilla fragrance somehow, it's sweet and it reminds people of food or it reminds people of dessert. It has a kind of calming effect that overrides everything else and it overrides the entire conceptual system of you've got to use hot oils for cold conditions and so forth.

 A little bit of further language here and then I'm going to give you some specific therapeutics. In Chinese medicine, what we're talking about for emotional wellbeing, cooling the heart fire. So in other words, if you are really agitated, nervous, restless, repetitive thoughts and so forth, Chinese medicine says you have heart fire, that the heat inside the body is affecting the spirit. There's a classical diagnosis that says if you have heart fire, you have a red tip on your tongue, I've seen sometimes as true, sometimes not. Another very basic traditional Chinese diagnosis is relaxing the liver chi stagnation. So heart fire is more of a hot, agitated disturbance of the spirit and mind. Whereas liver chi stagnation is more of a feeling of compression and frustration and irritability, and so liver chi stagnation is the primary diagnosis or the primary description of what it feels like when you have PMS, stagnant, stagnation, irritable, tense, and things don't feel right. Well, the best thing to do is move the liver chi. How do you move the liver chi? Well, exercise is good, herbs that move the liver chi. Many things can move the liver chi, but aromatherapy can move the liver chi as well. It works through the relaxation process. And of course, aromatherapy massage is going to move the liver chi because basically anything that helps circulation is also going to help the liver to circulate. In Ayurvedic terms, we would say this is calming to the Vata, calming the nervous system. Finally, we would say it's also cooling to the Pitta. Okay. Let's move on now to the next primary point in this module, aromatherapy for sleep, dreams, and mental purification. I'm just going to give you some of the main suggestions because this is a highly subjective area.

**[1:00:03]**

 I cannot tell you this oil will work. I will mention, and you've already heard me say this -- that there's only one oil that I really know will give you repeated effects on heightening your dream activity, and that is the jatamansi where you will review the monograph of this shortly. That's the only one that I know is highly psychoactive at that particular level. But I do know that many oils do help people to get better sleep and this is true especially if you combine them with herbs. The other oil that I would say has significant potential and it is mentioned frequently but I don't know that it's as consistent in its effects as jatamansi, and that is the clary sage. And so, you can try about the jatamansi and the clary sage for dream activity. I would say that dream activity is probably stimulated by a lot more other factors than just aromatherapy. Now, this could be a very interesting experiment for people because keep in mind that when you use essential oils in a diffuser at night, that information is going to be going into your brain while you're sleeping and it's entirely possible that you could find that different essential oils enhance different types of dreams. Just like different herbs enhance different types of dreams or you may also find the different essential oils reduce dream activity just as different herbs reduce dream activity. And so, this is something that so far I cannot say use this, you will have this experience other than jatamansi and possibly clary sage. But I would say that if you do have a diffuser going, there's a very good possibility that if you use a relaxing oil, you'll get good sleep. It's also possible that you might get good sleep even with some of these stimulating oils and that's because of the association maybe with something comforting. Now, I don't advice putting on high levels of really hot, spicy oils. Don't fumigate your room continuously all night with cinnamon or something like that. You might find rosemary not the right thing either because it's definitely a stimulant. It can have a mild effect on raising our blood pressure if we inhale it for long periods of time and so forth. And so, those types of oils are probably not the best for insomnia. So let's look here now first at the topic of insomnia because we want to get good sleep to have emotional wellbeing and anything that helps us with insomnia is basically going to help us feel better emotionally. So the primary oils that I suggest will be the citruses and those are all going to be very safe in the diffuser. Bergamot is well-known and mandarin is well-known, but basically all the citrus oils are going to be helpful. Chamomiles are also going to be helpful just as a chamomile tea is very relaxing, and then you already know that clary sage is deeply, deeply relaxing. That's one of the strongest of the relaxant oils. You also know jatamansi. You also know that lavender is deeply relaxing. I will also mention that palo santo can be very, very good especially if there's anxiety. And vetiver as well, very, very relaxing and grounding and calming. We're going to study the monograph of that in a little bit, and then ylang-ylang. How do you want to use these oils? Well, again, there's a big variety of methods. You can just inhale some. You can put a couple of drops on your palms. Breathe it before you go to bed. You can put a couple of drops on your pillow. You can put some in a diffuser. You could take a bath with some of these before you go to bed. You could get a massage with them. You could soak your feet in a dilution, but probably the best way to use essential oils for getting good, deep sleep is to use a diffuser at night. Diffusers at night definitely can make a huge difference in helping you get good sleep and helping you have pleasant dreams also. The list again I'll just give you, the top ones actually are chamomile, lavender, citruses, all the citruses, and vetiver as well. There's a new one here I will also mention. You heard about this when you studied it in the musculoskeletal module because it's very relaxing for the musculoskeletal system, and that is the marjoram, the sweet marjoram oil. So these are all good oils to consider using in different ways. A few other things. Let's see.

**[1:05:02]**

 Some aromatherapists think that the angelica essential oil can be very helpful for people who are having difficulty falling asleep too. Put a drop, anoint yourself maybe on the forehead or the pulse points at the neck or so forth. That's kind of an aromatherapy secret there. I would say the most consistent thing that I have come across in the great diversity of opinions about how things work is almost everybody agrees that the citrus oils in the bedroom can be one of the best ways to get good rest. Of course, we know about lavender, but that doesn't work as well for some people. And so, I would say really if it was my choice, I would say that it's an experiment between the citruses, lavender, clary sage, and possibly marjoram. Now, let me look over here at a couple other files and see where we are time-wise. Where we are time-wise, we are ready in the last half hour, so I definitely wanted to catch up on a few monographs so that you could get some further information here. So if you would, let's do a few monographs and then let's go back and we'll talk about depression a little bit more and a treatment for that. So if you would go back to the course page, the Aromatherapy for Emotional Wellbeing Part 1, in other words, last week's menu. Let's click on the link called Pharmacopeia for Module 12, if you would, Pharmacopeia for Module 12. You'll see, jasmine, which we did cover, and then you will see three more that I want to touch on. These are neroli, orange, and patchouli. Now, as you all remember, these are the major oils for emotional wellbeing, and as we go through these and study their uses and the ways of blending them, we will also see how they can benefit anxiety and depression and the Shen basically, all the different types of Shen disturbances.

 We also have several other oils that we have not unpacked in terms of the monographs and I'm going to touch on those as well. We can go back a little bit and catch up on some very important oils for emotional wellbeing, so let's do the first one. Let's do neroli. This is the flower of the bitter orange and the oil is very expensive. Neroli essential oil is distilled from the blossoms of the bitter orange tree. We don't need to study all the botany, but it takes about a thousand kilos of blossoms to get one kilo of oil and that's why it's so expensive. Now, Sara and I have been very fortunate we actually saw the neroli harvest in the springtime of Khemisset in the beautiful planes, the beautiful hills of Morocco. And I'll tell you, it is really a Shen uplifting experience to sit among these gigantic mounds of fresh orange blossoms before they go into the stills. The neroli is not to be confused with petitgrain, which are leaves and twigs and small fruits also. Neroli goes very well with all kinds of fragrances and in aromatherapy is considered bright, soothing, and positive. The way that I like to describe neroli is that it's actually sweet sunlight. Why is that? Well, the biorhythm of the neroli flower is such that it produces its maximum essential oil at midday when the sky is clear and the sun is out and it's hot. In other words, the hot spring mid-afternoon, midday. So the fragrance is very sweet. It's a floral sweetness. And if you combine those elements at a cosmological level, what you see is that it's solar energy, but it's in a flower. So it's the combination of sunlight, but the sweetness of the flower and that's a very interesting combination of elements. You can remember jasmine. We talked about that and that's a flower that blooms at midnight at the opposite end of the daily cycle and it has much more lunar, intoxicating, aphrodisiac types of effects.

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 They're essential and erotic and so forth, but neroli is totally the opposite. It's bright. It's uplifting. And so, I consider neroli to be like getting a dose of sunlight and that would be important for people who have seasonal affective disorder. This is one of the oils that I think has great potential. It is antidepressant actually. Neroli oil is antidepressant and it is also calmative. One of the amusing statements I like to point out to people, one of the statements, actually, you've already heard it when we were looking at some of the scientific information last week. Is that the inhalation of neroli has an immediate, calmative effect on overstimulated, caffeinated rats. Well, that's a good metaphor for our society. And so, neroli is very calmative basically to people who are overstimulated and overcaffeinated, but it's also expensive. If you look here at therapeutic actions and benefits, lots of the usual antimicrobial properties, but it's also nervine calming and sedative, so it's both uplifting and sedative. That's one of the wonderful things about aromatherapy and it's also what makes it a little bit complicated. It's not like herbal medicine where you just take a strong tincture of hops and it knocks you out. Well, a lot of things in the aromatherapy department have paradoxical effects. They can be both heating and cooling. They can be both relaxing and stimulating. So neroli is uplifting to the Shen. It brightens us for the spirit, but at the same time, it's calming to the spirit as well. It has affinity to the skin, musculoskeletal system, promotes skin regeneration, antioxidant properties. You're going to hear that a lot with a lot of the citrus oils. My suggestion is do not put the citrus oil directly on your skin and go out in the sun. They are phototoxic. However, in very dilute amounts, very low concentration, highly diluted, it means that you're going to see citrus oils of different types frequently in many cosmetic products and skincare products. It's the dilution that matters. Neroli is also very good for the circulatory system and in the nervous system. It's calming, soothing, bright, optimistic. It dispels tension and stress, supports mental balance, gives positive feelings. In other words, the orange blossom flower is good for Shen. Now, what would you like to blend it with? All the citrus oils, benzoin oil, which I will mention is a great oil, but it's specific to perfumers because it's difficult to work with. But frankincense, it goes nicely with frankincense, sandalwood, germanium, rose, jasmine, lavender, ylang-ylang and so forth. Now, neroli is not considered phototoxic in general. It's the cold-pressed peel oils that are the most phototoxic and specifically the bergamot, so don't think you need to worry about it so much, but it's so expensive that you're probably not going to use it in large amounts. If you go down to how to use it, you can apply it topically. You should always dilute it as a general rule unless you want to use it as a single note perfume. It is entirely safe to put one or two drops on your fingertips and just put it on the pulse points of the neck. That's really okay. You can use that in a diffuser, but that can be an expensive habit. You can use it as a perfume by itself or in a blend. It's very uplifting to positive emotions. All right, so a couple of blends here not specifically for emotional wellbeing, more for the skin and for the muscles. All right. Let's see. If we can scroll back up, that's neroli.

 For those of you who have your essential oils out, you could go ahead and take them out and you can enjoy the fragrance of neroli while we're talking. Let's go ahead and scroll down to the next very, very important oil, which is orange. And orange is going to be found over and over in aromatherapy along with mandarin and so forth. A lot of these things are very interchangeable in terms of their function. Somebody already asked about that, how interchangeable are these, and I would say they are very interchangeable actually. If you have any doubts, just use your favorite one and if you don't know which one is your favorite, blend them altogether. But let's just go ahead and take a look briefly at orange just to understand the citruses in general as a major category. The oil comes from the fruit peel. A good question came up. What does that mean in terms of pesticides? Well, that's why you want organic oils. You want certified organic oils that are cold pressed from peels and there are other ways also of getting the oils.

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 One is called zest and this is a method that's used specifically in Corsica. This is something that I saw there. They take the whole fruit and they put it into a big vat and then they basically chop it up, macerate it, and then they centrifuge it and then they distill that. So they separate the essential oil out through centrifuge that juice out and then they distill that. It's more of a complex process, but it's a very rich essential oil. The scent of orange, very recognizable and its effects, fresh, uplifting, energizing, mood-elevating. It has a lot of science around it, very anti-microbial. And you're going to be hearing a lot about the citrus oils more and more because they have a lot of terpenes in them and terpenes are going to be a big topic that are going to be emerging more and more in natural medicine for their therapeutic benefits. It's very versatile in terms of blending, lots of benefits from mixing it with other types of things, but keep in mind, very phototoxic, maximum 1% dilution. It's also a very affordable oil because it comes from the waste products basically of the orange juice industry. So if we look at the major therapeutic actions and benefits, you'll see so many types of things and you're going to see also here that it has carminative digestive functions and so forth. Again, the question is going to come, should I not take it internally? How does it work digestive-wise? Well, you could dilute it down and you could possibly put it into some form or you could consume it in a very dilute manner. And if you think about it, that's actually where the vast majority of orange essential oil goes. It's not for aromatherapy purposes. It's actually for the food and flavoring industry. You know that you can consume orange oil as long as it is properly diluted and you're going to find that it's mixed with all kinds of yummy things. You might find orange oil in your cookies. You might find orange oil in your chocolates. You might find orange oil in many different kinds of food products. That's a good way to actually consume it. You can put orange oil in your food products, but I would not advise that you just drink the pure, undiluted essential oil of orange directly. Putting a few drops on your tongue may be very irritant for some people actually, so again, common sense please and don't hurt yourself with it. But it's also going to have a digestive effect as you remember from our digestive module that the primary way that we use the oils for the digestive effect was massaged on the abdomen in proper concentration, proper dilution, or in compresses and through inhalation simultaneously. And so, that's the other way that you can get it without having to worry about all the safety concerns of internal consumption. All right, so that was the orange.

 Now, there's one more if you'll just keep scrolling down here. Here's another little tidbit here as you're scrolling to the bottom of orange. There's a garden insect spray recipe and this is relevant to the person who is asking about the mosquito repellant. This is more of a general purpose, but here you can see that orange, grapefruit, lavender and chamomile is being proposed as a dilute spray to treat plants. This is actually fairly common now that these dilute citrus applications are turning up in gardening, literature, and so forth. I came across this many years ago. I came across some patent applications for new insecticides that were being made out of essential oils of citruses, so this is an agricultural use that you can try. My suggestion would be depending on the plant, you may want to dilute this substantially, although this is fairly substantially diluted anyway. Here's a recipe right above it. I'll bring your attention to it since this has to do with our emotional wellbeing topic, confidence. In other words, it strengthens the brightness of our Shen, three drops of orange, two drops of rosemary, which of course is a strong support for the brain, one drop of sandalwood, which is calming, and one drop of bergamot.

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 Those of you who have your blending equipment out, maybe you'd like to go ahead and put that recipe together and tell us how it smells or maybe you'd like to switch it around a little bit. Instead of three drops of orange, why don't you try four drops of mandarin? And instead of two drops of rosemary, why don't you try one drop of rosemary? So you can imagine. Use your olfactory visualization powers that blend right there. The rosemary will be significantly less. You could also switch out the rosemary for the marjoram because it's in the same category of basic culinary spices, so how about four drops of mandarin and two drops of the marjoram? What about the sandalwood? Well, one or two drops of sandalwood would be very nice. Another similar oil, similar relaxing effect, similar wood oil could be cedar wood oils. So now your blend is becoming four drops of mandarin, two drops of the marjoram, and one or two drops of cedar. And what about that one drop of bergamot? That's fine, but maybe you'd like to switch it out and have one or two drops or neroli instead. So there, I totally confused you, but that's the beauty of blending, is it's so flexible and the recipes that I just gave you, the alternate recipes are all going to be wonderful, so go ahead and check that out.

 Now, let's do another very famous oil and then we'll switch back to talking about some things in depression. We have patchouli. Patchouli, of course, is a signature fragrance left over from a different chapter of our history. Patchouli was quite famous in the '60s and '70s, of course, and some of you may know patchouli. Some of you may still love patchouli. Some of you may have spilled patchouli in your VW van and it's still there. And that's because patchouli is an extremely tenacious base note as they say in perfumery. It lasts forever. That's one of its major roles actually in perfumery. It's a fixative. It's a fixative base note that holds the other oils for a longer period of time. Now, patchouli is basically an herbaceous shrubby plant and it's a member of the Lamiaceae family. You will remember that the Lamiaceae family is the mint family that gives us all the aromatic plants such as the mints, lavender, catnip, and many things are in the Lamiaceae family, the basils, sages, and so forth. And so, it's a relative of all of those aromatic plants and it is very aromatic because it has a lot of essential oils. It has been used as an herb actually for a very long time for odorizing, scenting, and perfuming.

 Here's another answer for the person who was asking about insect repellant. It was kept indoors to scent the air and repel insects and also to perfume the clothing and the linens because it has a long-lasting and pleasant aroma. So if you can grow patchouli, which you probably can in most parts of North America, you could dry the leaves and you could put them into sachets and you could put that into the drawers to scent your clothing and so forth. We find historically that a lot of these Lamiaceae plants were used for these different types of purposes including the insect repellant purposes. How well it works, I don't really know, but it definitely has a pleasant aroma and you can try it. It is one of the most widely used perfume ingredients and it is distilled from the leaves. Interesting because you actually have to ferment the leaves a little bit before you distill it, so when you see pictures of patchouli distillation, what you'll see is that the leaves are harvested and they're piled up into a large pile and they're left to heat up a little bit because when you create a big mound of plant material, the inside of it starts to get hot from composting. And so, that's what they do with the patchouli leaves and that creates an enzymatic reaction that makes the leaves easier to distill and releases the essential oil. It is also well-known that patchouli oil gets better with age, so if you do have some patchouli left over from, let's see, that would be 50 years now, it might be really good. It could also be that you have just been holding onto a bunch of low quality synthetic oil because there was a lot of that around and I know this because somebody once brought me a fairly large bottle actually, about a half a liter of an antique patchouli oil and said, "What do you think of this?"

**[1:25:20]**

 I said, "Well, you can't really tell until you test it" and we tested it and it was 40% synthetic patchouli fragrance. So if you have the real thing and it's been sitting around getting older, it is becoming a real treasure. For perfumers, you know that there's actually an entire class of antique oils that you can find sometimes on eBay and so forth, sandalwood oil that's 100 years old and so forth. A lot of these oils do get better with age; patchouli is one, sandalwood is one. There's just a handful like that that get better, but patchouli is one of them. What are its actions? It's analgesic. It's antidepressant. That's why I wanted to include this here because this will transition us into completing our module on anxiety and depression. It is antidepressant. It is also deodorizing, digestive. Again, you could actually put a little leaf of it in tea if you wanted; decongestant and so forth. It has an affinity for the skin, in the musculoskeletal system, and it is an oil that is quite safe actually, low dermotoxic potential. It's not an oil that's going to burn. It can be used in blends. I don't think that you necessarily want to just apply this in large amounts undiluted all over your skin for the skin problems that are mentioned here. But in dilution, it is a good choice for acne and psoriasis and so forth. You also may want to consider putting a few drops on a compress and applying it to areas of the skin as well relieving to muscle pain, promoting musculoskeletal health. You've heard about this also in the musculoskeletal module as well. It's also soothing for digestive massage, very soothing for the nervous system and it gives a feeling of contentment. It fights stress and anxiety. It helps to sleep and insomnia, but I'll just mention that it's a very heavy oil. It may be a little bit too strong to put on a diffuser at night. But if you make a blend and you put some citrus oils and a little bit of lavender and clary sage and then just a little touch of patchouli in that and mix it up really well and put that on your diffuser, you might have really nice sleep and pleasant dreams also.

 So again, you can just scroll down and feel the different things that it mixes with and scientific information and how to use it, the usual applications and so forth. It has a strong aroma. You do not want to use it more than 5% dilution generally because it is very overpowering. It's similar to ylang-ylang that way, very overpowering. So a skin blend and a romance blend here because patchouli is also a very interesting sensual oil and this is also part of the emotional wellbeing. We can also link this back to the module for wellbeing for women. We talked a little bit about some soothing, emotionally uplifting, relaxing aphrodisiac blend. Here's another one, a romance blend, patchouli, rose, jasmine, sandalwood, equal parts, but of course that's totally flexible. I think we are at the end of these monographs. We still have a few monographs left over to catch up with, but what we'll do is we'll go ahead and hold off on those. I definitely want to touch on jatamansi next week, ylang-ylang, mandarin. We can take vetiver, patchouli, orange and neroli off the list, so we have three more to catch up on when we come next week. Let me see if there are any other really important topics. Yes, of course, because we're not done here. Let me bring this back up again. I mentioned seasonal affective disorder, so let's take a few minutes and talk about depression here a little bit, and that will start to wind down our modules on aromatic wellbeing. We also have some things to talk about for anxiety. We definitely have some more material for next week also.

**[1:30:05]**

 Let me spend a few minutes with anxiety here and the topic specifically is essential oils with renowned anxiolytic and calmative powers. I mentioned one already that has some renown in the scientific department because of that study that was done for people who went into the MRI tube, and that was vanilla. I don't need to say anything more about it. Now, vanilla is a food extract, a flavoring extract, but it's also a perfume ingredient. And so, if you get the vanilla absolute, you can put it into a carrier oil and just use it straight actually. A lot of people like to just put in a few drops of vanilla absolute into a few tablespoons of a carrier oil and use it just for massage and that fragrance is quite pleasant. It's a very strong fragrance, of course. You might want to dilute it down even further than what I've mentioned. But it also shows up in a lot of sensual, relaxing aphrodisiac, erotic types of perfumes as well. Vanilla is one that has significant relaxing, calming effects because of its subconscious associations with the kitchen and yummy food. I think that's one of the main ways that it works. Another significant anxiolytic, calmative oil we have already studied is clary sage. Please review that. That's probably one of the stronger oils that you know about.

 Now, I also want to mention one we're going to be touching on more in the future, but I will give you a little preview, palo santo. Palo santo essential oil is significantly anti-anxiety. And the best way to use it, just a couple of drops on the palms, direct palm inhalation, or in the diffuser. This is very, very relaxing. The palo santo is a relative actually botanically of frankincense. And so, we can see that the frankincense oils have also some significant calmative effects. I'm going to unpack all of those things in a module soon, the next module actually because that's where we're going to be studying the spiritual effects or the uses of these woods and resins and fragrances for spiritual, meditative purposes. And so, we see a lot of crossover between calming effects, antidepressant effects, and spiritual benefits and supporting spiritual practices. Let's go ahead and talk just about some of the primary oils that we can also add here for anxiety and calming. You already know that the citruses are going to be very much at the top of the list, bergamot. You already know that the chamomile and the clary sage will also be at the top of the list, but there are a few others. Frankincense will be there. Palo santo will be there and some of the flowers will be there. The lavender and the geranium will be there. The ylang-ylang will also be there and then jatamansi, of course. So those are some of the major oils that you think about and one of the oils that I think is really important for anxiety and for enhancing general emotional wellbeing is vetiver. You can just use vetiver just by itself in a massage oil. You can just get your favorite unscented massage oil, put a few drops of vetiver in it, use it in a massage, or add a few drops of vetiver to your favorite body oil even if it already has fragrance, just adding that oil will be very helpful.

 Now, vetiver has so many relaxing effects on the musculoskeletal system that you could, for example, if you have really a lot of tension in your neck and shoulders, you could just take a couple of drops vetiver straight. It's very safe for the skin, very low dermotoxic potential, and you can just massage it straight in. It's going to be sticky. It will get on your shirt, but you could run around without your shirt on for a little while until it's absorbed in the skin. So all of these oils again go very well in the usual 2% to 5% dilution for massage oil and these are also very nice oils for the bath. Keep in mind the bath, especially with sea salt, mineral salt bath type of thing, very, very relaxing, and also in the diffuser. It can be very helpful. Those again are the primary anxiolytic oils, the citruses, the flowers. We can add marjoram to that. And of course rose, we already know from previous modules, one of the most important and also one of the most expensive.

**[1:35:09]**

 So you don't want to give yourself anxiety economically getting the rose oil, but it is also one that is very, very important. Don't forget the clary sage and don't forget, as I mentioned, sometimes the anxiety oils are not only the calming and cooling flowers. Ginger is frequently referenced as an anti-anxiety oil as well and vanilla, and those are things that remind us of the kitchen. As usual, I'm just getting warmed up and it's time for us to wind things down, but we did make good progress here. We have completed almost everything that we were going to delve into a little bit more. For next week, we'll continue looking at some of the studies for stress, anxiety, and depression. A few more oils that I want to go back on before we get too far away from them that are definitely related to emotional wellbeing, I'll just bring them to your attention here. Study mandarin, study the ylang-ylang, and study the jatamansi. There's been plenty of mention of these during this entire time, but we haven't actually gone through and looked at the monographs, so do that. That can be your deepening practice. Another deepening practice for you, spend a little time doing the contemplative aromatherapy meditation that we did, paying attention to how the perception arises of the fragrance. Once you have really established that in your consciousness, you might start to notice that you're becoming more sensitive to fragrances all around you. Many of you I'm sure have probably already noticed that already. If you would like to use this as a kind of contemplative approach, you can study each of the sense organs in the same way. So for example, those of you who like to meditate, you can sit and listen, and listening is a profound ancient practice. You can listen to external sound. And of course, the sounds of nature are the most peaceful. You can listen to the sound of the ocean. You can listen to the sound of the wind and the trees. You can listen to the birds. You can just listen to the sounds of nature, or if you don't have that, you can just listen to the sounds of the city instead. It's all sound. It's all just a vibration and observe that the vibration is a kind of Prana coming through the atmosphere. It's a vibratory Prana. It reaches the ear. It will then vibrate the eardrum and it will become transformed into neurological Prana, specifically the Prana Vata, the inward moving flow of nerve energy which will then flow into the brain, which will then interpret the sound and recreate the outer world. It's not really what the ear is hearing. It's not really what's out there. It's what the brain is creating and that's the world that we perceive because we have a human brain. Animals are perceiving a different world and insects are perceiving an even more different world and microbes are perceiving an even more different world, and so, what is the world really? The world is our own internal creation, so you can study how reality is arising through the sense of hearing. You can study it every time you eat food as the taste arises and then dissolves and arises and dissolves. You can also study this through the sense of taste, through the sense of smell, through the sense of sight. You can open your eyes and see things and notice that the outer world arises. Close your eyes and notice and it disappears and so forth, so that's a little more of a spiritual practice for you, but it goes very nicely with our contemplation of aromas. Okay, so Colleen, I am rambling. I'm going to turn it back to you and let's just go ahead. You can invite people to call in and I'll go ahead and take a look at some of the webcast questions that have come in and we'll pick a few. Lots of good ones, it looks like. I may have to just respond to these on the fly, but if you want to go ahead and invite people to call in, I'll turn it back to you.

Colleen: Okay. Thank you so much, David. Just so everyone knows, please press 1 on your telephone keypad if you'd like to share or have any questions for David from today's session or anything like that. And if you are on the webcast, please type directly in. We have [Participant]. Great! [Participant], go ahead please.

Participant: Yes. I have a question relating to loss of sense of smell. My mother lost her sense of smell after surgery for a brain tumor and that eventually came back where she smelled occasionally and sometimes doesn't. I also have a friend who lost his sense of smell from Parkinson's disease. And I was wondering if there are any specific oils or therapeutic ways for them, or for me to give them some essential oils to try to maybe get their sense of smell back or help them with their conditions.

**[1:40:20]**

David: Yes, excellent question. Were you with us when we covered that specific method? Because we did talk about that in a previous module.

Participant: Oh, I might have missed that. I haven't caught up with everything. I had to work a lot.

David: I understand. It is a lot of information and it goes on for many, many weeks and people do fall behind, so it is there and I, let me see. Maybe while I'm giving you a brief answer, Colleen, can you do a little bit of quick research and see if you can find where that was that we did that? And if not, no problem, because I can actually put that in the file for you, [Participant], as well. But let me go ahead and give you a brief summation of what we've talked about. First of all, the answer is yes. For many people, the sense of smell can return. There's actually a question here on the webcast as well concerning loss of sense of smell, so I'm going to answer your question, [Participant], in a little bit more detail when I write back on the file. But what we talked about, [Participant], was that there are many causes for the loss of sense of smell and in some cases, they can be reversed, not always. I did mention that one of the causes was Parkinson's, Alzheimer's, and that people can be tested now using olfactory testing to actually determine if a person is moving into earlier stages of any of those types of neurodegenerative conditions. My personal observation is that anything that stimulates our sense organs will indirectly stimulate the brain. For example, I saw recently that strobe light therapy is being used to stimulate the brain of Alzheimer's patients. So anything that activates our sense organs is going to have a supportive effect on stimulating the brain and that includes aromatherapy.

 Now, there are some types of anosmia, loss of sense of smell, that are not going to respond well, and that's specifically like there's been structural damage and the nerves are actually damaged. Or if the centers of the brain are damaged or whatever. So there are some things that will not respond, but other people have lost their sense of smell and they have reported that aromatherapy definitely helps bring it back. Now, the method that I suggested is based on the observation that people perceive essential oils differently after they have lost the sense of smell. You would think okay, a person who lost their sense of smell, they should probably smell something really strong like rosemary. You would think rosemary enhances cognitive function, so somebody with Parkinson's would benefit from rosemary. But as it turns out, people's sense of smell comes back in different ways and there's no real understanding that I've heard about. I certainly don't understand it. There doesn't seem to be any real consistency to it, but if people smell a variety of oils on an ongoing basis during the day, eventually they might start to smell something and what they smell may actually not be that strong. I had a case one time where the person did this system and they said the first thing they smelled was sandalwood. Well, sandalwood has practically no fragrance. It's very, very light. And so, that was a little bit of a mystery. They didn't smell some of the stronger spice though. The method is actually to use about four or five oils from different categories. You could use a very soft wood oil like sandalwood or cedar wood. You could use a strong spice oil like ginger or cinnamon. You could use flower oil like lavender or geranium. You could use citrus oil. You could just take those four oils, for example, and have the person just open the bottle, or if they have a perfume strip, put it on the perfume strip and just inhale three or four times directly. Keep in mind that inhalation of essential oil for a prolonged period of time can actually damage your sinus' mucus membranes and further aggravate loss of sense of smell.

**[1:45:08]**

 So just have them breathe it just a few times, three or four times, and then put it down. And then an hour or two or three later, have them do a different oil. Have them do that on a rotating basis. And you could also have them put some of those oils in a diffuser and just have it running in the background, which is much more dilute than the direct application. That would be the method and that will not only increase the likelihood of stimulating the olfactory nerves and therefore stimulating the brain in such a way that possibly could restore the sense of smell, but it might also have some beneficial effects on other levels. We know for example that rosemary has significant cognitive enhancing effects, and so does lemon balm. So lemon balm could be another one that you could use in that particular collection. Colleen tells me that it is Module 8 and it is on Page 22 and 23 in the PDF, so thank you, Colleen, for doing that research. And [Participant], that's where you can find it, Module 8, Page 22 in the PDF. And so, all of you who have questions about loss of sense of smell, you can refer to that. [Participant], I hope that was helpful.

Participant: Yes, very much. Thank you very much.

David: Okay, and if it works, please let us know.

Participant: Okay, I will.

David: All right, so we are out of time. I see that there are actually some really good, in-depth questions, so I'm going to respond fully on the file next week. I always get around to answering your questions. Sometimes it just takes a little bit of time. I'll just sign off and say thank you again. You have a little bit of homework. Read your monographs and I'll just turn it back to you, Colleen. Invite everybody to participate in the breakout sessions, a great educational resource for everyone to share your testimonials, your secret blends. Learn more from your fellow students. I will just say thank you again for your sincere interest in this very, very important subject. I really hope that you're getting a lot out of it and getting a lot of benefit from it. I will talk to you in a week where we will be talking about the spiritual uses of the fragrances and get into some of the very interesting ways we can use aromatherapy to support our meditation. Which of course is an extension of what we're talking about here for our emotional wellbeing. We will also wrap up this module with a little bit more information about anxiety, depression, and so forth. So thank you again, and Colleen, I'll turn it back to you.

Colleen: Much, much gratitude, David, from all of us here. It's been very enjoyable, very enjoyable. I love your humor in between, too. Thank you.

David: Have a good week.

**[1:48:20] End of Audio**

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