



Aromatherapy For Supporting Meditation References Modules 1 – 13

Module 1

Distillation as a spiritual practice
Oils according to prana and ojas
Essential oils for three gunas of consciousness
Method of contemplative aromatherapy
Attars and marma therapy

Module 3

Primary functions of botanical therapeutic categories
Primary: Frankincense
Supportive: lavender, bergamot

Modules 4 & 5

Supportive: respiratory oils

Module 6

Supportive: digestive oils

Module 7

Essential oils and the 15 subdoshas: prana vata

Module 8

Essential oil studies for cognition
Primary: tulsi
Supportive: rosemary, lemon balm, grapefruit

Module 9

Primary: helichrysum, juniper

Module 10

Primary: rose
Supportive: geranium, clary sage

Module 11

Primary: jatamansi

Supportive: mandarin, vetiver

Module 12

Anxiety and depression references

Stress, anxiety and depression studies

Primary: neroli

Supportive: jasmine, orange, patchouli

Module 14

Primary: agarwood, cedarwood, cistus, palo santo, sandalwood