

INTRODUCTION

WHEN WAS THE LAST TIME YOU STOPPED TO SMELL A ROSE?

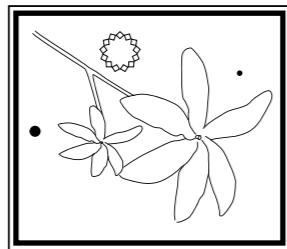
THE POETRY IS LOST WHEN YOU REALISE THAT OUR ROSES NO LONGER HAVE A SCENT.

SMELL IS ONE OF OUR MOST POWERFUL SENSES AND YET WE HAVE LITTLE AWARENESS OF HOW EFFECTIVELY IT CAN INFLUENCE US.

THE FRAGRANCE IS SAID TO BE THE SOUL OF THE PLANT, AND HAS BEEN USED FOR CENTURIES FOR EMOTIONAL, PHYSICAL AND SPIRITUAL WELLBEING.

JASMINE CREATIVITY & JOY

Jasmine means 'God's gift in Arabic', and is a highly regarded essence. Studies found that inhalation of the fragrance made participants feel more positive, energetic and confident. This is something the ancient Chinese knew as they would use the oils in hospitals to support patients. Jasmine inspired such creativity that songs were written about it.



JASMINE RITUAL FOR CREATIVITY AND JOY

Use 3-5 drops in a diffuser (oil or steam). Allow to diffuse in the room for 10-15mins. Sit in a comfortable position with a pen and paper. Take 7 deep breaths. Now open your eyes and jot everything down.

ORANGE RESILIENCE & STRENGTH

A fragrance that we may already have memories associated with, but Orange is traditionally used to energize and uplift. Traditionally it has also been used to support the immune system and cleanse a space after illness

REENERGIZE CLEANING RITUAL

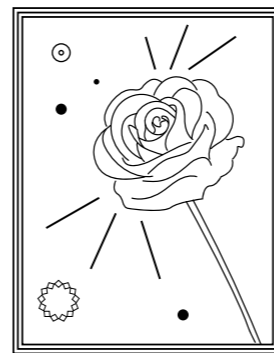
Clean and dry a mason jar. Make sure that the peels have no traces of fruit left, add to mason jar. Add in white vinegar. Close the lid tightly and let it sit in a dark and cool place for 2 weeks. Remove orange peels. Use as needed as is or dilute with distilled water to clean your **homesurfaces**. You may add a few drops of Orange essential oil.

Before you clean the space, be aware of any feelings, smells, moods that you are feeling. **Do you** feel them in a particular part of your body or of the room. Now as you begin to clean the surfaces, do so with attention and care. Are there any areas that the orange fragrance lingers, are there any changes to what you noticed before.



ROSE GRIEF/LOSS/PITY/LOVE

Rose has been used for centuries for its use of uplifting grieving, heart broken and lost. It promotes a feeling of peace, love and tranquility. It is 'an emotional hug' bringing joy and comfort.



LOVING ROSE TEA RITUAL

Use 1-2 teaspoon of dried rose petals/buds herb (organic preferred). Add boiling water and 1/2 teaspoon of honey. **Breathe** deeply.

Take 3 sips. Notice the smell, the warmth, the colours. Smile. Use this 'tea and breath' technique especially when feeling overwhelmed.

FRANKINCENSE FEAR/ANXIETY/LETTING GO

It is deemed to be 'heavenly' as it removes stagnant energy making a space ready to be filled with prayer, and meditation. It has also been used to help with mild depression, anxiety and is mood uplifting. No wonder it was always used in sacred and religious practices.



FRANKINCENSE CLEARING SPACE RITUAL

Use 1/2 teaspoon of dried resin on a hot charcoal disk, and allow for it to 'smoke'. The smoke can be moved around the room, house, bed and yourself.

As you walk around 'smudging' you can use this affirmation:

'I release from this space (this can also refer to your mind or body) _____ and I welcome _____ into this space.

LAVENDER RELAXATION & SLEEP

Lavender is a popular fragrance, and is often deemed to be only good for sleep and relaxation. Science and traditional use agree that it is also effective mild anxiety, hyperactivity, headaches and anger.



LAVENDER AND BREATH

Place 1-2 drops onto the palm of your hand and rub both hand together, then cup them over your nose and mouth and take a breath in and breathe out away from your hands. Do this 7 times. Smile. Notice if any images came to mind. From now on whenever you smell Lavender - remember to breathe.



HOW TO USE THIS RESOURCE

This is a scent journal to record your personal relationship with smells and how they support, encourage and reconnect us to the different emotions that we feel. Take your time with each new fragrance and ritual. Be patient. Allow yourself to sit with each fragrance, and notice any memories, images, sounds, colours, thoughts or emotions. You can read your journal and eventually use your experiences to develop your own ritual of self care using fragrance.

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gallery



FURTHER READING



Dried Frankincense resin-
www.naqshistore.co.uk

Organic essential oils
www.doterra.co.uk
www.aromantic.co.uk

Dried Rose Herb
www.baldwins.co.uk



CAUTION: Do not use essential oils internally. Seek out the advice of an aromatherapist if you are pregnant or have any underlying health conditions.

RABIAH MALI

Rabiah Mali is a musician and herbalist whose work is centred around community healing and women's health. She runs workshops, retreats and herbal walks throughout the year.

THE *SCENT* OF HEALING

RABIAH MALI