

AROMA POINT MASTERY

FRANKINCENSE

The Great Connector

PHYSICAL PROPERTIES

Used for promoting blood flow, treating painful conditions of the body, promotes urination, soothes respiratory tract & calms airways, treats cough, boosts immunity, aids digestion (especially over-acidity), relieves some PMS symptoms, & is used as an overall tonic to the body. Since ancient times, Frankincense has been noted for its skin & wound healing capabilities. Recent research indicates that Frankincense EO has antineoplastic (anti-cancer) qualities, along with being anti-inflammatory in rheumatic & arthritic conditions.

ANCIENT & MODERN

Trade in Frankincense goes back well over 5000 years in the Middle East. Due to its Spiritual, Mental, Emotional & Physical Healing qualities it connected the Ancient World from Arabia, to Egypt, to Greece, to France & the Gauls & Celts, to Persia, to India, to China & likely cultures we have no history of. SocioLogically it is clearly “A Great Connector”. Recall, the Gifts of the Magi were Gold, Frankincense & Myrrh. In the modern world Frankincense is a subject of intense research medically for its profound anti-cancer & anti-inflammatory potential

FRANKINCENSE

EMOTIONAL & MENTAL IMPACTS

An oil that has the ability to transport us outside of time-bound experience offers unique transformative opportunities in relationship to time-born trauma. In other words, the Medicine of Frankincense helps specifically with healing the aspects of trauma that are anchored “in time.” In trauma resolution, it is developmentally essential to have a reckoning & acknowledgement of the trauma which connects us to the time in which it happened, & also a metaphysical untethering of that trauma from both ‘time’ & matter within the soma (body) & psyche. In this way we can have memory of trauma without the reactivation of the destructive underpinnings. This gives birth to transcendent wisdom & quantum mobility within one’s experience. This manifests as an increasing “peace that passes all understanding” & brilliantly natural connectivity between trust and faith.



AROMA POINT MASTERY

FRANKINCENSE

Boswellia carterii inside Biosphere 2



Boswellia carterii



Flowers & Branches of Boswellia sacra



Boswellia sacra



Latest research article

Anti-inflammatory and anti-cancer activities of frankincense: Targets, treatments and toxicities.

Efferth T, Oesch F. Semin Cancer Biol. 2020 Feb 4:S1044-579X(20)30034-1. doi: 10.1016/j.semcancer.2020.01.015. Online ahead of print. PMID: 32027979