THE DYNAMICS OF FRAGRANCE

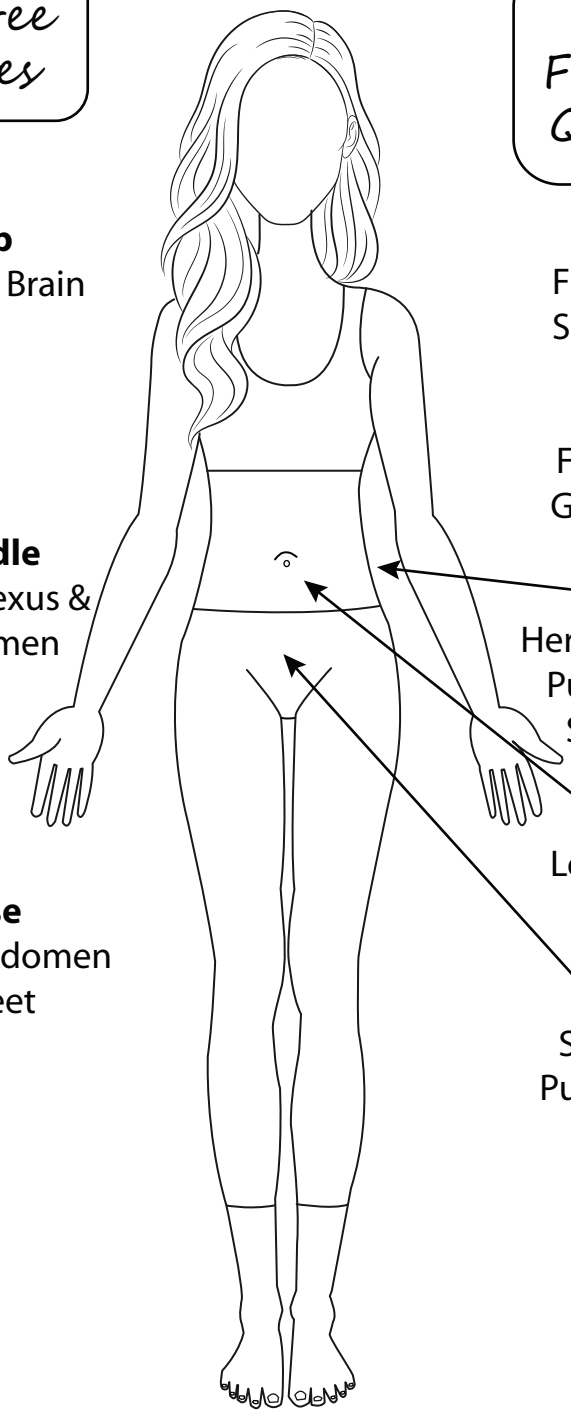
Fragrance Energetics

Three Notes

Top
Chest & Brain

Middle
Solar Plexus & Abdomen

Base
Lower Abdomen to Feet



Six Fragrance Qualities

Pungent
Fresh Pungent
Spicy Pungent

Lemony
Fresh Lemony
Green Lemony

Green
Herbaceous Green
Pungent Green
Sweet Green

Sweet
Lemony Sweet
Rosy Sweet

Woody
Sweet Woody
Pungent Woody

Rooty

Six Movements and Effects

Rising to Uplift

Dispersing to Clarify

Circulating to Relax

Regulating to Harmonize

Centering to Stabilize

Sinking to Ground

Saddle Mt. Healing Arts, Inc 2020

Respectful credit to T. Carole & P. Holmes