

AROMA POINT MASTERY

BLACK SPRUCE

The Ancient One
The Bridge Between Worlds
The Parter of Veils

PHYSICAL PROPERTIES

Systemic neuroendocrine-immune restorative & regulator, adaptogenic, pituitary-adrenal & thyroid restorative & regulator, pituitary-gonadal/ reproductive restorative & regulator, respiratory restorative, expectorant, antiseptic, anti-inflammatory, prostate decongestant, stimulant spasmolytic, arterial circulatory stimulant, antibacterial, immunestimulant, antifungal, anthelmintic & antiprotozoal.

In aromatherapy & aroma-point therapies, Black Spruce demonstrates value & effectiveness for treating the following symptoms & conditions: Chronic lower respiratory weakness and congestion, weak lungs, chronic cough, bronchitis, emphysema, bronchitis; “wet” asthma; asthma being treated with corticosteroid medication, tendency to infections, fatigue, exhaustion, adrenal “burnout”, thymic weakness, menstrual conditions including cramps and low menstrual flow, hyper and hypo-thyroidism, hormonal imbalance and dysregulation of hormones in general, prostate congestion and hyperplasia, prostatitis, rheumatic & arthritic conditions, muscle cramps, stomach cramps, solar plexus spasms, neurological illnesses and nerve pain, water retention with tissue laxity, poor circulation with cold extremities, intestinal fungal dysbiosis, candidiasis, intestinal parasites (including Giardia lamblia & hookworm).

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EMOTIONAL & MENTAL IMPACTS

Black Spruce is a beautifully helpful ally for buoying up deep fatigue that has penetrated not only the physical body, but the mental and emotional bodies as well: Discouragement, trouble standing up for oneself, chronic worry with underpinning of fear and anxiety, indecisiveness, submissiveness directed outwardly or inwardly, low self-confidence and esteem, issues with power including willpower and discipline, apathy, despair and depression, as well as rigidity and the experience of being “frozen in fear.” Because of its affinity for Water Element & the Kidneys, Black Spruce is an important oil for transforming all mental & emotional imbalances that are rooted in fear; particularly fear of the unknown.

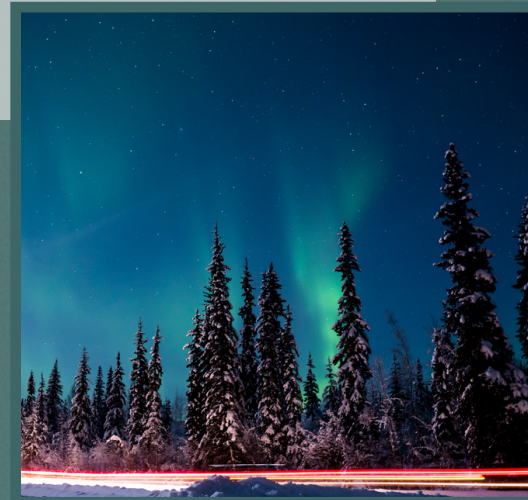
Its simultaneously grounding & lifting effects give Black Spruce an overall recalibrating & restabilizing impact. Additionally, it generates a healthy “push – pull” dynamic within the mental, emotional & spiritual realms. This in turn helps us to calibrate the light & dark experience within, appropriately for our own Soul growth. Black Spruce can help us navigate the human path of being a Spirit within a physical body; divinely here with the opportunity to manifest our potential destiny.

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The denial of Light, or our “god-nature,” is an important part of the dynamic that creates our search for meaning & our striving to both birth & bring in more Light. The Heroine and Hero’s journey exists because of both the denial of & the reaching for Light. We are given the opportunity to manifest our potential destiny, both individually & collectively, through this push pull & the resultant ‘world’ that is created by progressively seeing more & more through the veils than mask who we truly are.

The Oxygen & Nitrogen released by Black Spruce & other Coniferous trees in the arctic & subarctic regions of the Northern Hemisphere are a major source of the ionized Oxygen & Nitrogen that glow in the Northern Lights.



The eco-range of *Picea mariana* is the Boreal (Northern) Forest of North America. Black Spruce demonstrates its adaptive abilities by ranging from a scrawny pioneering species, all the way through to being the primary tree species in a climax forest. Widespread across Canada it grows in ALL 10 provinces & ALL 3 arctic territories. A true “re-ecology” tree, its cones are adapted to release many seeds in response to a fire. From the view of Deep Ecology, the Adaptogenic qualities of Black Spruce EO, mirror this incredible range of adaptability & fortitude.

In Herbology, an Adaptogen improves one’s ability to adapt to stress, whether the stress is physical, mental, emotional or spiritual, or all of the above! In physiological terms, Adaptogens are seen as regulatory & restorative to human neuroendocrine & reproductive systems.