

Jasmine Summary Chart



Chakra Healing Power

7th/Crown

*Communion w/ Angelic Realms
& Higher Dimensions
Allowing Souls Purpose to Blossom*

4th/Heart

*Softens Pericardium (Heart Protector)
Allows Restoration of Trust
J. sambac connects to Triple Heater*

2nd/Sensuality & Sexuality

*Jasmine sambac is a powerful
ally in Transforming Shock & Trauma
Due to Sexual Violations,
Both Physical & Energetic*

1st/Root, Survival

*Jasmine sambac reminds us -
"You are Safe, Safe and Stronger
Than You Know"*

Botanical Name:

Jasminum grandiflorum & Jasminum sambac

Plant Part Used:

Flower



Key Growing Areas:

Egypt, Morocco, India, France, Italy, China

Key Chemistry:

*Ketone jasmone, a-terpineol, benzyl acetate, benzyl alcohol,
indol, linalool, linalyl acetate*

Mental/Emotional Uses:

*Calms the Mind, Supports Mental & Emotional Bodies,
Uplifts Mood, Relieves & Helps Heal Shock & Trauma
Euphoric, Aphrodisiac, Relieves Post-partum Depression*

Physiological Uses:

*Uterine Restorative, Galactagogue, Spasmolytic, Mild Analgesic
Stimulant Expectorant, Anti-diarrheal, Emollient*

TCM: Liver, Pericardium, Heart, Lung, Liver

*Regulates Qi, Relieves Stagnation ("Stuckness")
Calms Shen, Softens Pericardium*



Jasmine Schism Power

Love/Sex Schism

*Jasmine Energetically Paves the Way
for the Reclamation of Sensual
& Sexual Sovereignty
Jasmine Encourages Choices
that are Right for Us
Helps Resolve Shock & Trauma,
Guilt & Shame that can Arise
from Sexual Violations*

Head/Heart

*Jasmine Energetically & Physically
Softens the Walls Around the Heart,
the Pericardium (Heart Protector),
which Releases the Heart
to Breathe & Blossom,
to Radiate its True Field
Allowing Trust
Connecting Self to Higher Self
Jasmine Provides Guidance
into Trusting Our Body*



In Chinese & Ayurvedic Medicine Jasmine is used as a Woman's Medicine. It's uterine stimulant & relaxant qualities can treat both amenorrhea & dysmenorrhea. It appears useful in cases of low libido, PMS & prolonged labor. It helps disperse the placenta by promoting uterine contractions, and it encourages milk production & flow. It even appears to lift postpartum depression by encouraging the new mother's mood, nurturing feelings, femininity and sensuality.



Healing Oil Collective
master-healer.teachable.com

**Restorer of Trust
Essence of Sensuality
Jasmine sambac =
"Queen of the Night"
Softens Walls Around Heart**