

AROMA POINT MASTERY

JASMINE

Essence of Sensuality

Restorer of Trust



JASMINE

PHYSICAL PROPERTIES

On a physical level Jasmine is a supportive woman's tonic & remedy. It is useful for treating PMS, supporting resolution of painful gynecological problems, nourishing the blood (energetically) & stopping discharges. It can help IBS & colitis with mucus discharges, bronchitis with cough, & is an aid in stalled labor & delivery (esp. sambac variety). J. sambac is a powerful ally for transforming energetic & literal toxicities born from sexual violation & subsequent shame. These wounds & shame imprints may exist even without our conscious awareness.

J. sambac profoundly promotes ease & relaxation in the tissues of the pelvis, while simultaneously bringing the "yang within yin", the strength & power of "sunshine" energy to the area. This in turn leads to energetic resolution of shame "looping" in the pelvis by strengthening the entire area so that the collapsing & self-defeating pathological movements come to a halt. The benefits of this include relaxation of the jaw, occipital region & upper back/shoulder regions which often overcompensate for a collapsed or weakened pelvis.

Jasmine is from the Persian Yasmeen or Yasmin, this translated as "gift from god" or "sweetly scented plant".

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EMOTIONAL & MENTAL IMPACTS

Jasmine excels in the support of the emotional & mental bodies. It supports the emotional body with its Sweet fragrance regulating moods. It can uplift the mood helping with low confidence & depression. It can be particularly supportive for treating guilt, shame & insecurity related to shock & trauma. It supports recovery from postpartum depression as well as depression related to sexual trauma. It can be a primary remedy when working with the impacts of sexual trauma & violation.

On a mental level, Jasmine can calm the mind so that our thoughts are clearer & less convoluted. The sambac variety can even be considered invigorating to the mind. Where internal conflict may cloud discernment, especially if there is a shock component underlying, think of working with Jasmine.

Jasmine sambac provides a pilot light of sorts, down deep in the darkest places. Like a night light for a child, it serves as a totem & emblem for safety. The small still message of Jasminum sambac to the root of our being is:

*“You are safe, you are safe,
you are safe... & you are
strong, stronger than you
think.”*

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It has just the right balance of soft & strong that allows for deep energetic activation of the Root Chakra helping us remember our ability to trust & know how to protect ourselves. This is so unbelievably valuable in a world that bombards us with much artificialness & falsehood. We need to know our Root is strong & soft, that we can 'smell' the truth & trust ourselves to take right action to safeguard our Soul. *J. grandiflorum* has an uncanny way of bringing the smeller right smack into the present moment; everything melts away except for this timeless moment. It does this in a most gentle and delicate manner, never pushing or forcing. The Sweet fragrance provides emotional comfort & support... as if a sweet lullaby is being sung to the Heart while in a safe warm haven.



*The Euphoric nature of *J. sambac* & *J. grandiflorum* ensconce us in a bubble of bliss. This in turn can make the harshness of life bearable. It smoothes & soothes the etheric body, literally dissolving energetic 'static' in the human energy body.*

-Tiffany Carole-

"There are some 200 species of *Jasminum* worldwide, plus there are numerous other unrelated plants commonly called "jasmine" as they look and/or smell similarly. Two *Jasminum* species are commonly made into uncommonly wonderful absolutes *Jasminum sambac* & *Jasminum grandiflorum*.