

FRANKINCENSE SUMMARY CHART

The Great Connector - Rainbow Bridge - Transcends Time - While Being in Time

Botanical Name:

Boswellia Carterii

Plant Part Used:

Resin

Key Growing Areas:

Somalia, also Yemen, Oman & Ethiopia

Key Chemistry:

a-Pinene, a-Phellandrene, Limonene, b-Myrcene, a-Thujene

Mental/Emotional Uses:

Calms the Mind, Relieves Restlessness/Agitation, Uplifts Mood, Relieves Mental Fatigue, Relieves BOTH Depression & Anxiety

Physiological Uses:

Anti-inflammatory, Antiseptic, Disinfectant, Astringent, Carminative, Cicatrizant (promotes healing via formation of scar tissue), Cytophylactic (stimulates generation of new cells), Digestive, Diuretic, Emenagogue, Expectorant, Sedative, Uterine Tonic, WoundHealing

Chinese Medicine Associations:

Liver, Spleen, Heart, Lung Regulates Qi, Activates Qi & Blood, Calms Shen.



Frankincense Schism Power

The Great Connector

An aide in the Resolution of All Schisms; Dissolves rough, old gnarly boundaries

Soul/Spirit

Ally providing grace & connectivity as we traverse this earthly journey; Supports Our Evolutionary Path

Time/Space

Helps energetically break down the walls of Time & Space Freeing us to connect with ease to Our Timeless Self

Frankincense = from the old French franc encens ("high quality incense").

Also known as Olibanum, from the Arabic al-lubān ("that which results from milking") a reference to the milky sap resin. Long use as a "Spiritual" incense to purify the air and create sacred space.

Evidence shows that Frankincense has been traded in Africa/Arabia for over 5000 years

Chakra Healing Power

**Facilitates FLOW
between ALL Chakras**

7th Chakra/Crown

Helps notice and transform avoidance, escapism and self-righteousness, Connects to our drive to evolve

4th Chakra/Heart Center

Illuminates the ever present NOW Promotes our interconnectedness to All that is & All that ever will be . . .

1st/Root Survival

Transforms the bondage of past wounds & traumas, Honors the "Treasure of the Pearl Of Our Will to Live"

