

BLACK SPRUCE SUMMARY CHART

The Ancient One - Bridge Between the Worlds The Parter of Veils

Botanical Name:

Picea mariana

Plant Part Used:

Needles, twigs & branches

Key Growing Areas:

Eastern to Western Canada, Alaska & Northeast US

Key Chemistry:

Bornyl acetate, P-Pinene, a -Pinene, Camphene, Limonene, Camphor, Carene, P-Myrcene, P-Phelladrene, Borenol

Mental/Emotional Uses:

Useful for deep fatigue in the physical mental and/or emotional bodies, helps with discouragement, trouble standing up for oneself chronic worry, indecisiveness, submissiveness (outward or inward), low self confidence & esteem, will-power issues, apathy, despair & depression, as well as rigidity & the experience of being "frozen in fear.

Physiological Uses:

Adaptogenic, Immune enhancer, Respiratory restorative, Expectorant, Prostate decongestant, Anti-inflammatory, Stimulant Spasmolytic, Arterial circulatory stimulant, Antiseptic, Antibacterial, Anti-fungal, Anthelmintic & Antiprotozoa.

Chinese Medicine Associations:

Lung, Kidney, Chong & Ren Boost Qi, Tonify Blood, Strengthens Shen & Kidney Yang (Life Gate Fire)

The eco-range of Picea mariana is the Boreal (Northern) Forest of North America. Picea m. demonstrates its adaptive abilities by ranging from a pioneering species all the way through to being the primary tree species in a climax forest. A true "fire-ecology" tree, its cones are adapted to release many seeds in response to a fire. From a Deep Ecology perspective, this is mirrored in Picea m.'s adaptogenic qualities.

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 physiologic terms, Adaptogens are seen as regulatory & restorative to human neuro-endocrine & reproductive systems.

Chakra Healing Power

5th /Throat & Expression

Supports speaking our truth,
Clears fear & anxiety, opens the depth of one's own expressive power,
Helps transform negative experiences into wisdom

2nd/Pleasure & Primal Emotions

Relieves chronic, even ancestral fears that can squash our sensuality, our desires for pleasure & our creativity

1st/Instinct, Survival, Safety

Recalibrates & stabilizes,
Helps relieve survival fears & provides opportunity for rebuilding & renourishing our roots, the foundation of our energy body

Black Spruce Schism Power

"The Ancient One helps relieve the fear at the root of ALL Schisms.

It is of special note in two Schisms - The Existential Schism arises from the duality of being an individual being AND fundamentally never separate from All That Is & from one another. The Parter of Veils helps us move from survival fears/separation into faith & trust in something larger, helping the truth from our depths emerge & emanate.

The Life/Death Schism coming from our collective fears of aging & dying, can manifest as an "addiction to youth", leading to treating the elderly & our aging selves as "worn out" or "used up". The Ancient One allows us to access the wisdom of our life experiences, the wisdom of aging. It helps us look into & through our fears, into a fuller appreciation of life & death. What emerges is a rooted understanding & growing comfort with the unity of life & death.

Kurt Schnaubelt, Medical Aromatherapy