



Embracing the Void

Black Spruce

Jasmine

Frankincense



or

Pericardium 7 Great Mound

Tin Tang Seal Hall

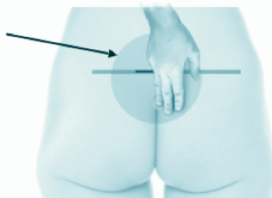
Cradling Womb
and Sacrum



*In the middle of the Palmar wrist
crease, between the 2 tendons*

*Midline between
Eyebrows
(3rd Eye Area)*

Upper Border
Sacrum



Heart Protection
Calming, "Trust Point"
Source Point

Calms Mind/Spirit
Supports Insight

Black Spruce Summary Chart



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



Botanical Name: *Picea mariana*

Plant Part Used: *Needles, twigs & branches*

Key Growing Areas: *Eastern to Western Canada, Alaska & Northeast US*

Key Chemistry:

Bornyl acetate, β -Pinene, α -Pinene, Camphene, Limonene, Camphor, Carene, β -Myrcene, β -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."

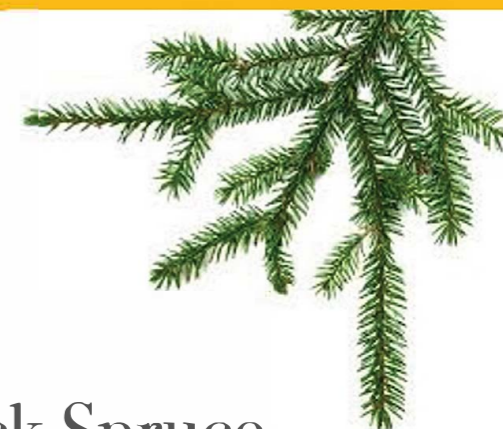
Physiological Uses:

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

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.



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.

The Ancient One
Bridge Between the Worlds
The Parter of Veils

Frankincense Summary Chart



Chakra Healing Power

Facilitates FLOW
Between ALL Chakras

7th/Crown

Helps notice and transform avoidance,
escapism and self-righteousness
Connects to Our Drive to Evolve

4th/Heart

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 too Live"

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, Wound Healing*

Chinese Medicine Associations: Liver, Spleen, Heart, Lung

Regulates Qi, Activates Qi & Blood, Calms Shen.

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



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

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

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"



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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

Chinese Medicine Associations: Pericardium, Heart, Lung, Liver

Regulates Qi, Relieves Stagnation ("Stuckness")

Calms Shen, Softens Pericardium

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 dispel 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.



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

Essence of Sensuality

Jasmine sambac =

"Queen of the Night"

Softens Walls Around Heart