

JASMINE SUMMARY CHART

Essence of Sensuality - Jasmine sambac: "Queen of the Night" Softens Walls Around Heart

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

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 Schism

Jasmine energetically & physically softens the walls around the heart, the pericardium (heart protector). This 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. Its uterine stimulant & relaxant qualities can treat both amenorrhea & dysmenorrhea. It appears useful in cases of low libido, PMS & prolonged labor. It helps to 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.



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"