

AROMA

BLENDS

by

Campbell M Gold

(2008)

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IMPORTANT

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CONTENTS

Introduction.....	2
General Aroma Blends.....	2
Money Blend.....	2
Healing Blend (One).....	2
Healing Blend (Two).....	2
Love Blend (One).....	2
Love Blend (Two).....	3
Love Blend (Three).....	3
Anaphrodisiac Blend.....	3
Power Blend.....	3
Protection Blend (One).....	4
Protection Blend (Two).....	4
Protection Blend (Three).....	4
Spirituality Blend - General.....	4
Spirituality Blend - Enhanced Psychic Ability.....	4
Quit Smoking Blend (One).....	4
Quit Smoking Blend (Two).....	5
Quit Smoking Blend (Three).....	5
Astral Projection Blend.....	5
Chakra Blends.....	5
Crown Chakra Blend.....	5
Forehead Chakra Blend.....	6
Throat Chakra Blend.....	6
Heart Chakra Blend.....	6
Solar-Plexus Chakra Blend.....	6
Sacral Chakra Blend.....	6
Base Chakra Blend.....	6

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INTRODUCTION

Over the years, we have found specific blends of aromatherapy oil to be effective for their recommended purpose. Following are the aroma blends we have found to be useful - enjoy.

The recommended carrier oil is Sweet Almond.

Drops of individual oils as noted.

A white candle can be substituted for any coloured candle that is mentioned below.

GENERAL AROMA BLENDS

MONEY BLEND

30ml Carrier Oil
3 x Vetivert
2 x Patchouly
1 x Ginger

Wear.

Alternatively, anoint money before spending.

Alternatively, dress on green candle(s), and burn while visualising money and cash flow.

HEALING BLEND (ONE)

30ml Carrier Oil
6 x Lavander
3 x Geranium

Wear.

Alternatively, dress on blue candle(s), and burn while visualising healing and health.

Alternatively use this healing blend in conjunction with medical treatment. However, if in doubt consult your physician or healer for any conflict with treatment.

HEALING BLEND (TWO)

30ml Carrier Oil
7 x Niaouli
4 x Eucalyptus
2 x Pine

Wear.

Alternatively, dress on blue candle(s), and burn while visualising healing and health.

Alternatively use this healing blend in conjunction with medical treatment. However, if in doubt consult your physician or healer for any conflict with treatment.

LOVE BLEND (ONE)

30ml Carrier Oil
6 x Ylang-Ylang

5 x Palmarosa
3 x Lavender
2 x Geranium

Wear.

Alternatively, add 8 - 10 drops to a hot bath, soak for 20 minutes, and visualise your love goals.

Alternatively, dress on pink candle(s), and burn while visualising your love goals.

Alternatively, anoint clothing, letters, cards, gifts, jewellery etc, visualising your love goals.

LOVE BLEND (TWO)

30ml Carrier Oil
6 x Ylang-Ylang
5 x Palmarosa
4 x Jasmine
3 x Lavender
2 x Geranium

Wear.

Alternatively, add 8 - 10 drops to a hot bath, soak for 20 minutes, and visualise your love goals.

Alternatively, dress on pink candle(s), and burn while visualising your love goals.

Alternatively, anoint clothing, letters, cards, gifts, jewellery etc, visualising your love goals.

LOVE BLEND (THREE)

30ml Carrier Oil
6 x Ylang-Ylang
5 x Jasmine
3 x Lavender
2 x Geranium

Wear.

Alternatively, add 8 - 10 drops to a hot bath, soak for 20 minutes, and visualise your love goals.

Alternatively, dress on pink candle(s), and burn while visualising your love goals.

Alternatively, anoint clothing, letters, cards, gifts, jewellery etc, visualising your love goals.

Anaphrodisiac Blend

30ml Carrier Oil
6 x Marjoram
3 x Lavender
2 x Geranium

This is the famous Victorian 'Passion Killer' - use with extreme caution.

Put in each shoe, or on hem of skirt, dress, slacks, or trousers.

POWER BLEND

30ml Carrier Oil
3 x Patchouly
3 x Black Pepper
1 x Peppermint
1 x Ginger
1 x Orange

Wear to be in control of yourself, and for extra physical or magical energy.

This is an excellent blend for use in the morning when you wish to be ready to meet the day's challenges.

PROTECTION BLEND (ONE)

30ml Carrier Oil
5 x Black Pepper
5 x Petitgrain
2 x Geranium

Wear or Anoint your body for protection while visualising.

PROTECTION BLEND (TWO)

No Carrier Oil
1 x Lavender
1 x Black Pepper

Put in each shoe, or on hem of skirt, dress, slacks, or trousers.

PROTECTION BLEND (THREE)

No Carrier Oil
2 x Black Pepper

Put the blend on your clothing (e.g. collar, or hem, etc), while visualising.

SPIRITUALITY BLEND - GENERAL

30ml Carrier Oil
7 x Sandalwood
4 x Cedarwood
1 x Frankincense

Wear before all spiritual activity.

SPIRITUALITY BLEND - ENHANCED PSYCHIC ABILITY

30ml Carrier Oil
7 x Sandalwood
4 x Cedarwood
4 x Frankincense
1 x Lemongrass

Wear before all spiritual activity.

QUIT SMOKING BLEND (ONE)

This aroma blend helps with the stresses, etc, which often accompanies quitting smoking.

30ml Carrier Oil
4 x Lavender
2 x Cedarwood
2 x Frankincense

2 x Marjoram
2 x Palmarosa
2 x Rose Geranium
2 x Vetivert

Put the blend on your clothing (e.g. collar). Alternatively, apply to pulse points.

QUIT SMOKING BLEND (TWO)

This aroma blend helps with the stresses, etc, which often accompanies quitting smoking.

30ml Carrier Oil
4 x Orange
2 x Peppermint
2 x Spearmint
2 x Thyme
(Optional) 1x Helichrysum 10% in Jojoba

Put the blend on your clothing (e.g. collar). Alternatively, apply to pulse points.

QUIT SMOKING BLEND (THREE)

This aroma blend helps with the craving that often accompanies quitting smoking.

30ml Carrier Oil
4 x Black Pepper
2 x Bitter Orange
2 x Grapefruit
2 x Lime
2 x Spearmint

Put the blend on your clothing (e.g. collar).

ASTRAL PROJECTION BLEND

30ml Carrier Oil
15 x Mugwort

Wear or Anoint your body for Astral Projection while Meditating or Projecting.

WARNING

Mugwort Oil is TOXIC and the individual must be very cautious with the use of this blend

BLENDS TO BALANCE, PROTECT, UNBLOCK CHAKRAS

Following, is a list of blends that help to unblock, balance, and protect the individual Chakras:

Note: the blends are 60ml carrier oil + oils as noted (drops)

* Indicates oils that can be used alone.

Crown Chakra Blend

Benzoin Resinoid (10)

Cistus (5)
Frankincense (5) *
Myrrh (10)
Rose (10) *
Sandalwood-Mysore (20)
Spruce (40)

Forehead Chakra Blend

Cistus (5)
Frankincense (5) *
Mugwort (10) *
Myrrh (10)
Sandalwood-Mysore (20)
Spruce (50)

Throat Chakra Blend

Cistus (5)
Frankincense (5) *
Mugwort (10) *
Myrrh (10)
Rose (10) *
Sandalwood-Mysore (20)
Spruce (40)

Heart Chakra Blend

Benzoin Resinoid (40)
Melissa (10)
Neroli (30) *
Rose (20) *

Solar-Plexus Chakra Blend

Rosemary (30) *
Sage (20)
Lemongrass (30) *
Clove (10) *
Juniper (10)

Sacral Chakra Blend

Jasmine (20) *
Ylang Ylang (30) *
Sandalwood (20)
Tangerine (30) *

Base Chakra Blend

Black-Pepper (40) *
Vetivert (30)
Frankincense (30) *

* Indicates oils that may be used alone.

Clearing/Balancing a Chakra

Place 2 x drops of the relevant oil, or blend, on a tissue, or equivalent.

Place the tissue, or equivalent, in a position that the individual can comfortably inhale the fragrance.

Allow the individual to inhale until the chakra is functioning normally.

End

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