



Magical Aromatherapy

Lesson 2 : Purification

Take a whiff of lemongrass oil. It's purifying. Can you feel it? If you inhale it with intention, it can help you release and detoxify old emotions, unhelpful thought patterns, and stuck energy in general.

It's also clarifying and energizing, making it a helpful ally for anytime you want to release distractions and blocks, and get to work on something you're passionate about.

These three properties (purifying, clarifying, energizing) also make it an ideal scent for meditation. It can help you get into the meditation habit and enhance individual meditations.

Additionally, the energetic dynamic of this scent opens up your third eye and helps attune you to the subtle realm. So it can be very useful to diffuse or inhale before tarot readings or any other sort of psychic work.

As if all that weren't enough, the scent of lemongrass can help cut through and dissolve depression by counteracting the symptoms and breaking up the contributing energy patterns in body, mind, and spirit.



Lemongrass purification ritual:

Put a drop on your palm. Rub hands together.
Relax and inhale.

Say: "I release old emotional patterns. I release
old thought patterns. I embrace my empowerment. I
claim my clarity. I clear the decks for
spectacular success."

Feel it. Own it. Take joy in it.

Say: "Thank you, thank you, thank you. Blessed
be. And so it is."

Repeat as desired.

