

# Soul scents

Since ancient times, rituals and ceremonies have been linked with perfume. **Michelle Marie McGrath** shows you how to create sacred space with aromatherapy.

**O**ur sense of smell is strongly linked to memory and emotions, and different aromas can instantly change our mood. Aromatherapy – the therapeutic use of essential oils from plants, trees and resins – is powerful medicine to support wellbeing on many levels, relaxing the nervous system and transporting us to a blissful state, especially when combined with touch.

## Prepare and cleanse

If you are planning to create a ritual or set an intention at a special time, first de-clutter and physically clean the space where you will be. Open windows and doors to let in light and fresh air. Let go of items that you do not absolutely love or need: scan the area and notice how you feel when your gaze lands on different objects – uplifted? Or depressed? Your sacred space should feel safe, clean and relaxed. Release anything that is associated with unpleasant memories or that does not motivate you to be your best self, especially if your intention is to invite a new partner, as you need to remove reminders of previous relationships. Recycle, donate or sell clothes, books or ornaments, and release them with gratitude for lessons learned.

Ring a Tibetan bell or use a crystal bowl and striker in each corner of the room to dispel stagnant energy. No bowl or bell? Feng shui expert Karen Kingston says clapping your hands is an effective alternative. You can also play uplifting music, or chant three OMs. Smudging with a white sage stick is another way to release stale energy. Place the lit stick in a heatproof bowl or shell, blow out the flames so you are left with the smouldering embers, then 'smudge' the air with the smoke, using a feather to direct smoke into corners.

## Altar items

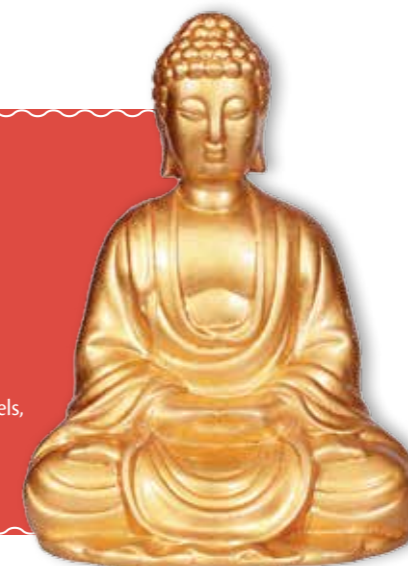
- essential oil diffuser or burner
- fresh flowers or a plant
- candles
- crystals
- white sage stick
- incense
- natural objects, e.g. shells, stones, feathers
- statues of deities, if meaningful for you, e.g. angels, Buddha, Lakshmi, Kuan Yin
- pen and notepad for journalling, writing intentions, affirmations or letters

According to feng shui, the most auspicious place to locate your altar is in the rear left-hand corner of the room, as this area manifests abundance.

Move around the room in a clockwise direction, and notice how much lighter the room feels when you have finished. Finally, create a simple altar to focus your intention (see "Altar items").

## Sacred aromatherapy

**Bathing for emotional release:** Clean and prepare the bathroom. Ensure you won't be disturbed. Light a candle and some incense. Add 3-4 drops each of eucalyptus and frankincense essential oils to a tubful of warm water, and swish the water to disperse the oils. These particular oils encourage deep breathing, open up the heart space, and release stored emotions. It is a very helpful blend for acknowledging your feelings about a person or situation that you have been grieving over, and being in the water element helps you to let go. Lie in the bath, relax and state your intention to let go of all that does not serve you. Optional extras include Epsom salts (full of trace minerals, they are extremely supportive of the nervous system); a rose quartz tumble stone (to encourage feelings of love and forgiveness); and Rescue Remedy vibrational flower essence – put a couple of drops under your tongue and in the bath.



**Sacred sex anointing oil:** This is a lovely ritual to bring romance to an existing relationship, or attract a new one. Have a shower and light a candle on the altar in your bedroom; perhaps add flowers that have meaning for you. Mix 2 drops each of ylang ylang, sweet orange, and patchouli essential oils with 1 tablespoon of plain carrier oil, such as virgin coconut or jojoba. Store in a small, amber glass container. Apply a few drops of the oil to your heart and sacral area, consciously focusing on the feelings you want to experience in the relationship. Write your intention on paper, roll it up in a scroll and tie with a pink ribbon, and place on your altar. Read and restate your intention every evening, as you apply your oil.

**Sleep spray:** Fill a 100ml glass atomiser bottle with rosewater and add 10 drops each of lavender, Roman chamomile, and neroli oils, along with a rose quartz tumble stone. Shake well. Before bed, sit quietly and take some deep breaths, then spray the atomiser around your head, body, and auric field, while stating your intention to have a peaceful night's sleep.

**Abundance perfume:** Rather than focus on what you lack, create this recipe as a daily reminder of your connection to an unlimited source of abundance. Fill a 100ml amber glass bottle with jojoba or almond oil, then add 10 drops each of mandarin, grapefruit, and cinnamon essential oils. Apply to wrists and heart each morning and night, while setting an intention to be grateful for all that you receive.

**New beginnings:** This is a simple way to refresh the energy in a room or your home; it should coincide with the New Moon. Cleanse and prepare your space as described above, then burn 3 drops each of peppermint, rosemary and lemon essential oils in your diffuser with a little water, while stating your intention of readiness for a fresh start.

*Michelle Marie McGrath is a self-love mentor, coaching childless and childfree women committed to birthing their most empowered selves. Michelle creates Sacred Self's alchemical oils and Organic Perfume Collection at [www.sacredself.com.au](http://www.sacredself.com.au)*