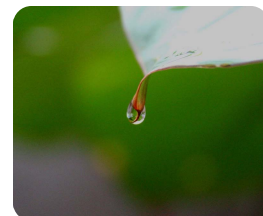


Essential Oils

Then & Now Newsletter

- By Joanna Barrett, RN, CNHP, FCCI



May 2007

GALBANUM FOR GROUNDING

Recently Mer and I had a picture taken of our energy fields (auras). Mine is white with a faint tinge of lavender, a spiritual aura showing a strong connection with God, enlightened, energy sensitive, transcendent. To see the effect of oils I asked for a grounding blend. My aura then became a rich magenta and a rich blue. Very pretty. Still spiritually centered with Agape (Divine) love, deep inner feelings, inner knowing, intuitive, sensitive. Mer's aura is very different - orange, yellow, aqua, green and blue - more complex perhaps, and more balanced - more adventurous, analytical, scientific and self-confident. Different drives, and different outlooks, a sweet blend for our marriage and work.

Galbanum is mentioned in the Bible only once, in Exodus, as part of the holy anointing oil and incense. Egyptians also used Galbanum for embalming, cosmetics, and for its medicinal purposes. It's Mer's least favorite oil. He says it smells like dirt. It does, which is why it's usually identified as part of a blend. Mer's description helps me remember Galbanum is for grounding.

Anciently, Galbanum was used for holy anointing, perfume, and in various medicines treating wounds, inflammations, skin disorders, pain, spasms, cramps and as a diuretic. Now Galbanum is recognized for its antiviral, body strengthening and supporting properties. May help with abscesses, acne, asthma, boils, bronchitis, catarrh, chronic coughs, cramps, cuts, flatulence, indigestion, inflammation, muscular aches and pains, nervous tension, the pineal gland, poor circulation, scar tissue, stress related complaints, swollen glands, wrinkles and wounds.

My bent on health is holistic, interested in the involvement of spirit and soul on health with its sometimes possible, subsequently acquired physical side-effects. Since it's easy for my heart to take on other people's stuff, even physically, I use a protecting blend or oil like Myrrh before anointing and doing emotional work with people, and afterwards, a grounding oil or blend for re-centering and rest. Galbanum helps by being both very grounding and yet spiritually uplifting. I do not really understand the process of emotional release. But it begins with much prayer asking God to make me a clean vessel for His use and blessing the oils, the client and the process. Afterwards, I am always awed, at God's enabling, and the results. God does the healing. I just get to be there.

For the soul and spirit Galbanum is beneficial for emotional balancing and nervous tension. It's a sacrificial fragrance that allows for the shedding of old ideas and attitudes and assisting in seeing the path ahead. It's grounding yet leads to a surrendering to God. Use Galbanum to encourage, calm, for stability, direction, concentration, fortitude, and focus.

Much of this information is directly quoted from Healing Oils, Healing Hands by Linda Smith and from the Reference Guide for Essential Oils by Connie and Alan Higley. Both books are sold in our office and at our classes. Emotional release is taught and demonstrated in our CARE Intensives.

PAIN means **Pay Attention Inside Now**.

Blessings,

Joanna