Aromatic caim healing - An experience of the Celtic Circle

The following fresh aromatic oil plants are harvested during Autumn time of year and provide unique balancing to 3 physical regions of the body to also include balancing of chakra and auric body.

The part of the plant provides energetic chemicals known to balance 3 specific regions of the body mind and spirit. These oils may be applied as part of the circle of protection ritual of the caim known as Brigit's Mantel of Protection. These healing herbal aromatic oils represent the physical material world / our bodies or (GUT). The world of the mental, emotional, or our feelings (HEART), and the other world the visionary world - the world of beyond the mystery or the source (HEAD).

Head

Fennel (Seed oil) with Frankincense (resin) 8 drops of Fennel oil + 4 drops of Frankincense in 1/2 oz Jojoba oil.

Apply finger tip amount of oil to the temples and middle forehead of the head.

Heart

Sandalwood (Wood oil)
with Rose and Lavender (florals)
6 drops sandalwood oil + 4 drops Rose +
2 drops Lavender oil in 1/2 oz jojoba oil

Apply finger tip amount of oil over upper chest and heart of the body.

Gut

Spikenard (Root oil)
with Grapefruit (fruit) and
Clary Sage (herb)
6 drops Spikenard oil + 4 drops Clary Sage
+ 2 drops grapefruit to 1/2 oz Jojoba oil

Apply finger tip amount of oil to the middle arch of each foot and one inch above the navel of the body.