

# Practical Potions An Aromatic E Course

## Unit 4C The Burseraceae Family The Devas of Spirit



# Transformational Step

## Frankincense Dream Bath



Add 3 drops frankincense essential oil

1 drop nutmeg essential oil to 1 tsp full fat milk or carrier oil

Stir well.

Drop into a still bath and disperse the mixture thoroughly

Relax and breathe in the exotic scents.

## Spirit of the Temple-(Diffusion Blend)

If you would like a blend to meditate with or enhance your relaxation, you might try this.

4 drops frankincense

2 drops sandalwood

15 drops mandarin, bergamot or neroli

Mix and drop into an air-type diffuser, or mix with water and drop into a water-based diffuser.

Relax and breathe deeply. Frankincense is the oil to help connect us to breath, spirit and our karmic past. It is a big part of our collective, spiritual history. Our ancestors inhaled this scent to commune with spirit.

Breathe deeply, enjoy and ground yourself with earthier essential oils, when you return from your communion with spirit.



### Exercise

#### Make the Spirit of the Temple Blend



Use it for your meditation or use the frankincense and sandalwood in your bath.

Go deeply into your place of inner peace. Relax and spend time breathing and being.

\*There is also a download of some intuitive games developed by a northern star student, Courtney Meadows, in the Burseraceae family, in the on-line chapter of the e-course you may enjoy!

Picture of Nicola Biggs, a Northern Star graduate of 3 programs, including Earth Spirit Medicine.

## Exercise

Fill out Scent Impression Sheets for as many members of this family as you are able. Use the Scent Impressions Sheet that you downloaded from within the Unit 2E Guide.

For ease, you can also download another copy by [Clicking Here](#)



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