

Practical Potions An Aromatic E Course

Unit 4E The Gramineae Family Devas of Grounding



Transformational Step

(Our abilities are often overlooked).

Purpose: Skin healing, perfumery, grounding.

If you live in a winter city, like we do, or are having trouble getting into green grass to ground, bring the green grass home, instead- in the form of vetiver essential oil.

Touching The Earth: Deva of Grounding



If you are feeling spacey or would like to reconnect with the earth, this foot-rub may be a step in the right direction.

5mls neem oil

20 mls calendula carrier oil

1.5 mls vetiver essential oil

Mix in a glass bottle. Rub onto feet. Bring your breath consciously into your feet, as you apply this oil. Let the green, rooty scent calm and bring your awareness to your body.

Exercise

Create the foot-rub.

What is your impression?

What did you like?

What might you do to tailor make this more for your preference?



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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