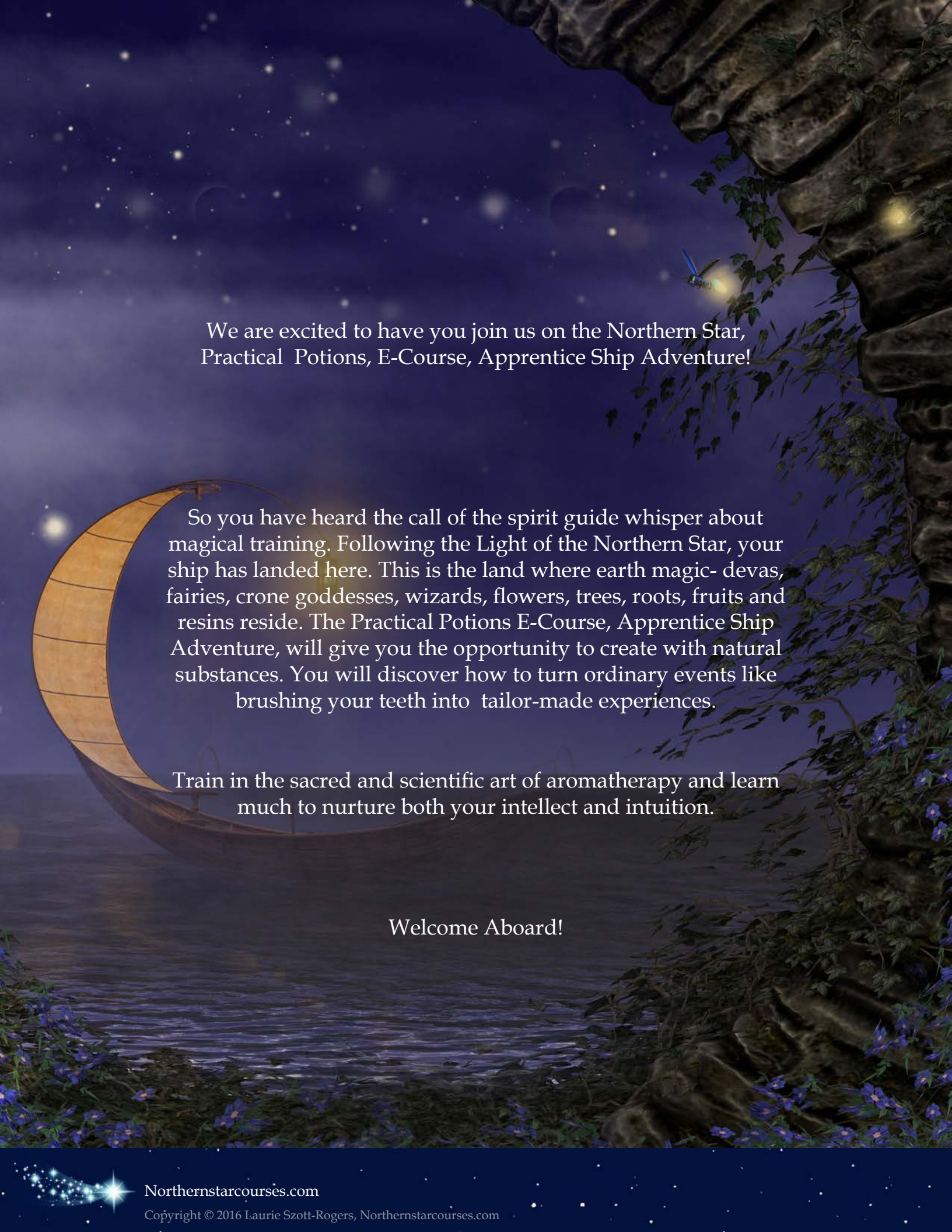


# Practical Potions An Aromatic E Course

## Day Cruise Accompanying Journal





A magical night scene with a dark blue sky filled with stars and a glowing crescent moon. A small, glowing dragonfly is visible near the top right. In the foreground, there is a body of water with a boat that has a large, glowing crescent moon as its sail. The boat is on the left side of the frame. On the right side, there is a large, dark rock formation with some green foliage and small blue flowers. The overall atmosphere is mystical and serene.

We are excited to have you join us on the Northern Star,  
Practical Potions, E-Course, Apprentice Ship Adventure!

So you have heard the call of the spirit guide whisper about magical training. Following the Light of the Northern Star, your ship has landed here. This is the land where earth magic- devas, fairies, crone goddesses, wizards, flowers, trees, roots, fruits and resins reside. The Practical Potions E-Course, Apprentice Ship Adventure, will give you the opportunity to create with natural substances. You will discover how to turn ordinary events like brushing your teeth into tailor-made experiences.

Train in the sacred and scientific art of aromatherapy and learn much to nurture both your intellect and intuition.

Welcome Aboard!

Practical Potions Accompanying Journal is your notebook, exercise book and journal. It is a place to solidify your knowledge and put your ideas into action.

If you take notes while watching videos you may wish to add them into the appropriate section in this journal. Always save after each use and to be extra safe you might consider creating a back-up copy.

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# Practical Potions- An Aromatic E-Course-

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# Scenting the Scene: Transformational Step

**Make the Commitment and Follow Your Dream.**



To create anything worthwhile it is important to align your will and heart. This course is a deep journey. Depth takes time and commitment. The plant kingdom itself shows us that seeds do not become mature plants overnight.

## Exercise

Write out a commitment about your intention to complete this course. Feel the desire in your heart to learn about essential oils and know the difference this knowledge may bring into your life. Sign and date it.



## Exercise

Carve out time on your calendar- 4-20 hours per week for course work. You will have the opportunity to read, watch videos, fill out your journal, do exercises and create simple products.

Arrange this time off with others in your family or work situation.

Read the How to Use This Course: Section in the introduction section of Your Online Course for more tips. Watch the Videos- on sequencing, and sensible usage.

## Meet Your Resistance

Dr. Clarissa Pinkola Estes: A dear teacher I have been fortunate to study with, says that whenever we get close to doing what is important for our soul, resistance rears its head. It will show up in one of many ways, doubt is its favorite attire. It will ask questions like: "Is this really important? Is it worth the money? This will create an inconvenience for my family."



Resistance is a carnivorous beast that destroys what we can become, taking away our creative edge and our soul growth. In the Practical Potions E-course Adventure we call this beast the Pirate and there is one aboard every ship! It is part of a destructive inner complex. How do we approach it?

One way is to listen to its story. See if it presents anything logical? If so, address its concerns briefly. Think of doubt as a character with a voice. The way it will often speak when we start something new is to say "I do not have the money or time", "I am not good enough, or the program is not good enough."

Speak back to doubt. If I am committed to something new and it speaks to me I might say, "I have a plan worked out, I have arranged my time and finances for this new endeavor and proceed. Ensure what you tell doubt is true and get your ducks in a row. The pirate is a psychological force that tries to derail us-we need to be prepared to not let this force steal the treasure we strive for.

## Exercise

Listen to the voice of your resistance, (the pirate on the ship).

What does he say?



How do you respond?

What have you done about arranging your time, money and other responsibilities to heighten your ability to succeed in your new endeavor?

Is there anything else you could do to increase your chances of success?

Counteract resistance with a good financial plan, schedule, commitment and passion. Take concrete, consistent action toward accomplishing your goals.

# Get-To-Do List

**What is it you wish to do with the time you have?**

What aspects of your daily life are non-negotiable, and how can you structure your day to incorporate aromatherapy studies without compromising these essentials?

How can you align your learning goals with your personal values and interests to make your studies more engaging and meaningful?

What specific time slots can you dedicate to your studies, ensuring consistent progress while maintaining balance in other areas of your life?

In what ways can you leverage your passion for aromatherapy to enhance your overall well-being and daily routine?

What strategies will you employ if you find yourself struggling to make time for learning?

What makes you feel authentic?

What gifts are you here to give?



# My Get-To-Do- Planner

## **Monday:**

Select an essential oil to focus on for the week.

## **Tuesday:**

Study a specific aromatherapy technique or profile.

## **Wednesday:**

Practice blending essential oils.

## **Thursday:**

Apply your chosen oil in a real-life context or self-care routine.

## **Friday:**

Reflect on what you've learned and how you've applied it.

## **Saturday:**

Connect with nature or practice an aromatherapy-related mindfulness activity.

## **Sunday:**

Plan your aromatherapy goals and activities for the upcoming week.



# Introduction

## Exercise

### Aromatic Language



What is an essential oil?

How is an essential oil produced?

What is an absolute?

How is an absolute made?

What is an oleoresin?

# Methods of Using Essential Oils - “Scentual” Magic

## Transformational Step

### Diffusion



Do you have a diffuser?

If you have used more than one type of diffuser explain which one you like the best, why?

## Exercise:

From information provided in your notes and the diffuser video:

1. Write down one drawback and one advantage of:

A) an air pump diffuser

B) a water based diffuser

C) a burner?

2. What type of diffuser will you use for this course?

3. Purchase a diffuser, spray bottle or some way to diffuse essential oils.





## CAUTIONS:

Do not take essential oils internally. Oils such as eucalyptus and birch are lethal if swallowed, even in small quantities. Do not let babies, children or pets near the oils, to prevent accidental ingestion. Do not use essential oils on babies in any way. A good tip is to instead use hydrosols, (steam distilled plant waters, on the very young or fragile, but never internally).



\*Note the word infant, baby and children are all used as synonyms, in this course, rather than repeating them in each paragraph.

Store essential oils in a safe place. Ensure they are locked away from children, or those with limited mental capacity. Using essential oils with drip inserts, prevents essential oil from coming out quickly and makes it harder for accidents to happen.

Pregnant women, especially in their first trimester should avoid essential oils.

Do not use essential oils while breastfeeding. There are many potential toxins in the environment that effect pregnant women. Oils are one of many possible irritants.

Keep essential oils out of your eyes. If they do get in, apply a vegetable oil to the edge of a clean cloth and place this on the corner of your eye. This will attract the essential oil; and works better than washing the eye with water.

Do not apply essential oils directly onto skin without dilution. Patch test for sensitivity on the thin skinned areas of your skin before doing a full body application. Thin skin areas include: your wrists, inside of elbows behind the knees and under the ears, the same places you would apply fragrance.



If you suffer epileptic episodes avoid any of the stimulating oils such as sage or rosemary. This is especially true for internal use- epileptics should never ingest the stimulating oils. Some oils may affect asthmatics. Determine which ones they are and avoid them.

If you have allergies to plants be cautious about using any of the essential oils from the same plant or plant family, as your known allergen. Sometimes the allergy is only to the pollen and will not apply to the essential oil- but approach slowly.

On the other hand, many people with allergies to petrochemical perfumes may find the oils surprisingly refreshing. I know I am able to use them, but I am negatively impacted by chemical-based perfumes. Many of our students are charmed by the scent of essential oils, and are repulsed by petrochemical-based scents. Reactions, of course, are highly personal and subjective. If you are on any medications do not ingest essential oils, as they could interfere. This is especially true of diabetic medications.



Aromatherapy is an evolving field, and not everything is understood about how oils react with medicines and individual chemistry. Always be cautious and monitor your own reactions. Do not use essential oils before any major surgery to eliminate any chance of reactions. Please read the cautions written in this course, associated with each of the essential oils you will use, before using them.

Always treat essential oils with respect. They are potent healers and life-enhancing compounds, when used appropriately.

People forget to protect their pets from possible toxic reactions from oils. Pets do not react in exactly the same way as people, but they should not take the oils internally (and if they lick their coats and oils are applied, this involves internal use). To be safe, keep your oils away from your pets, unless being treated by a holistic vet.

Use essential oils like any powerful substance, sensibly and respectfully.

# The Zingiberaceae Family-The Devas of Spice

## Transformational Step

### “We are the Balm”

The spicy and soothing Devas of the Ginger family are warming and have analgesic properties. They deliver heat to the body and soothe muscles.

This ginger deva brings so much relief!

Use this balm as a tummy rub, for relieving gas and bloating.

Rub onto shoulders, neck and temples to lessen tightness and strain.

It is also useful for diminishing headaches that are related to overeating or digestion issues. Rub onto temples, back of head and tummy for digestion- based headaches.



## Rub Me Gingerly-Healing Balm

20 mls coconut oil-melt gently

2 mls ginger root essential oil

5 drops nutmeg.

Add essential oils to coconut oil, as it cools. Stir well. Pour into small glass ointment jar and let cool before applying the lid. Ensure there are no ginger or nutmeg allergies before using this balm. You may use this balm as a tummy rub, for headaches or for painful muscles.

As with all coconut oil based products keep refrigerated or in a cool place to ensure it is hard. If it melts just shake well to integrate oils and scoop up a bit with a sterile spoon. It will still work, as nicely, it is just messier.



## Exercise

### Create the recipe.

What do you like about this recipe?

What might you change for next time?

### Share your favorite gingerbread recipe in your face book forum.

Do you like ginger as a flavor?



Do you have any particular memories of it?





## Thanks for Taking Our Free Day Cruise

It has been a Pleasure Having You On Board

If you would now like to register for the Practical Potions, E-Course Apprentice Ship Adventure, or the Pleasure Cruise, contact the Northern Star College of Mystical Studies

Call Laurie or Robert- 780 433-7882  
or Email [selfheal@telusplanet.net](mailto:selfheal@telusplanet.net)

Sincerely  
Laurie and Robert

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