

# Assorted Plant Families-Devas with Big Gifts (4D)



**Transformations & Exercises** 

Use the following transformations, as your exercise for unit 4D

- 1) Create the Sensual and Soothing Massage Oil
  - 2a) Choose the plant you are most drawn to from "The Assorted Plant Family".
- 2b) Attune with love to this plant, while doing the Dorothy MacLean Technique found in Practical Potions Introductory Course- Lesson 3CThe Council of Plants.
- 2c Journal your experience. What does the deva of your favorite assorted plant tell you about yourself? What does this plant ask of you?2d) Draw, sketch, paint or sculpture this plant.
- 2e) Post a paragraph about your findings on the Facebook Forum. Include your painting, drawing or sketch if you wish.

# Soothing and Sensual Massage Oil

# **Ingredients:**

30 ml of jojoba or mct oil (carrier oil) 5 drops of vanilla oleoresin 1 drop of black pepper essential oil 3drops of ylang-ylang essential oil 1drops of cistus essential oil

# **Equipment:**

Glass beaker or small bowl Measuring spoons or pipettes Stirring rod or spoon Amber glass bottle for storage (50 ml)

## **Procedure:**

# Phase 1: Preparation

Ensure all equipment is clean and sterilized. Measure 30 ml of jojoba oil into the glass beaker.



# Phase 2: Mixing

Add 5 drops of vanilla oleoresin to the jojoba oil while stirring gently. Incorporate 1 drop of black pepper essential oil into the blend. Add 4 drops of ylang-ylang essential oil and 3 drops of cistus essential oil, stirring gently to ensure even distribution.

# **Phase 3: Bottling**

Once all the oils are thoroughly mixed, carefully pour the blend into the amber glass bottle. Seal the bottle tightly to prevent oxidation.

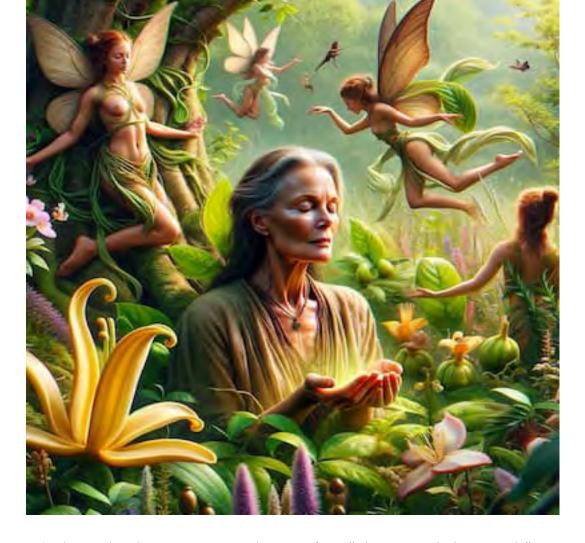
# Phase 4: Usage

Shake the bottle gently before use.

To use, apply a small amount of oil to the hands and warm it up before massaging into the skin.

### Notes:

This oil should be patch tested before use to ensure no allergic reactions. The blend is designed for relaxation and sensual enjoyment. Store the oil in a cool, dark place.



- **2**a) Choose the plant you are most drawn to from "The Assorted Plant Family". https://www.northernstarcourses.com/lesson/c-the-council-of-plants-and-devas/
- 2b) Attune with love to this plant, while doing the Dorothy MacLean Technique found in Practical Potions Introductory Course- Lesson 3C- The Council of Plants.
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- 2d) Draw, sketch, paint or sculpture this plant.
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