



**Essential Oils Shipped To You From
Around the World
Assorted Plant Families-
Devas with Big Gifts
Unit 4D**

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 3C- The 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
3 drops of ylang-ylang essential oil
1 drop 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.





2a) 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.

2c) Journal your experience. What does the deva of your favorite assorted plant tell you about yourself? What does this plant ask of you?

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