



Aromatherapy for the Soul: Healing the Spirit with Fragrance and Essential Oils

Valerie Ann Worwood

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Fragrances, with their intriguing ability to evoke emotions, memories, and visions, have played an important role in the world's spiritual traditions since the dawn of time. Drawn from the essential oils of plants, they serve as an earthly connection with the Divine. In her fascinating book, renowned aromatherapist Valerie Ann Worwood breaks new ground with an in-depth study of the use of fragrance in spirituality. Drawing on the pioneering research of eminent scientists and the insights of leading spiritual teachers, she provides exhaustive guidelines detailing how fragrance can be used in many spiritual practices, from Shinto and Buddhism to Native American rites. Extensive charts, exercises, and formulas demonstrate the use of aroma in healing, prayer, and meditation and in conjunction with vibrational and energetic healing. Covering more than 70 essential oils, this extraordinary guide helps readers call upon the divine power of fragrance to enrich their own spiritual journeys.

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