PATCHOULI

Physicality

Patchouli supports individuals in becoming fully present in their physical body. It balances those who feel devitalized and who seek to escape the body through spiritual pursuits or other forms of distraction. Patchouli tempers obsessive personalities by bringing them down to reality and teaching them moderation. This oil is grounding and stabilizing.

Patchouli compliments yoga practice, tai chi, or other exercises that aim to connect the spirit with the body. While using Patchouli, individuals feel more grounded and fluid. This oil calms fear and nervous tension, stilling the heart and mind in preparing the spirit and body for deeper union. It also helps individuals to stay in touch with the earth.

Patchouli helps individuals appreciate the magnificence of the physical body and all of its natural processes and functions. It assists in releasing emotional judgments and issues related to the body, such as believing the body is unholy or dirty. This oil helps with body image distortions and general body dislike. Patchouli brings confidence in the body, as well as grace, poise, and physical strength. It reminds individuals of their childhood experiences when they used their bodies for play and fun. On the deepest level, Patchouli assists an individual to feel at peace while being present in their physical body.

NEGATIVE EMOTIONS: Body shame and judgment, disconnected from body, ungrounded, body tension

POSITIVE PROPERTIES: Grounded, confident, moderation, body connection and acceptance, balanced, stable, physically expressive

COMPANION OILS: Grapefruit, Cinnamon

SUGGESTED USES:

Aromatic: Inhale from bottle, diffuse, or place drops in hand, rub, and inhale.

Topical: Apply 1-3 drops on bottom of feet or base of spine.