

Guide to Astrology and Aromatherapy

How to Support Your
Soul's Journey with
Plant Essences



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Why Astrology and Aromatherapy?

Have you ever had the experience of going to an astrologer only to have an incredible, mind-blowing, life-affirming experience and then forget the gist within weeks? I have! It's easy to lose the connection to how we're going to implement this amazing knowledge into our daily lives. It's not just with astrologers but energy healers, psychics, etc.

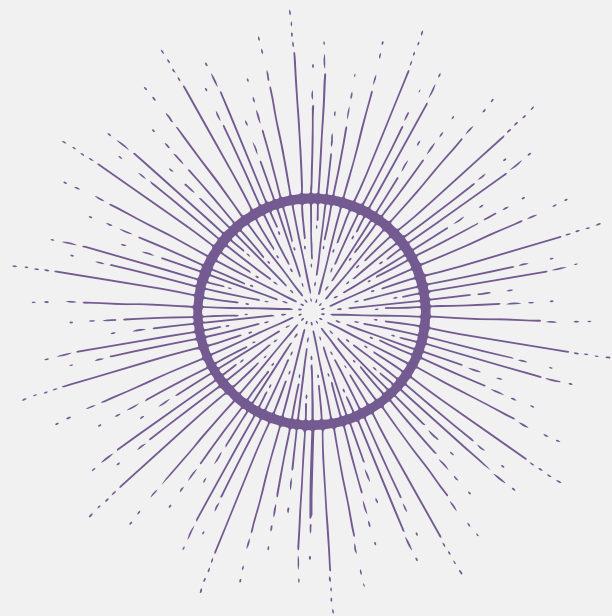
It's as if we reach a higher vibration together and then we can't get back there on our own. It is frustrating, even disheartening. We went into the session to gain a greater understanding of ourselves and then we struggle to use what we've learned as a springboard into the places we seek to find within.

Plant Medicine Brings Us Into the Vibration of the Earth





Plant Consciousness Increases Your Astrology Awareness




Certain plants have been associated with astrology for thousands of years. Most likely since we first started looking at the sky to better understand ourselves.

We have always relied on the earth, not only for our nourishment and medicine, but also for our spiritual connection. We quickly discovered the miraculous interrelationship between the earth and the sky. They have always been in a symbiotic relationship. We are simply remembering now.

Marrying the earth and the sky is my passion. Approaching Shamanic Astrology from a background as a Holistic Health Practitioner, it was natural for me to look at the plant medicines I was using for physical health and unearth how I could expand those benefits into the spiritual realms.

It's All About Our Connectivity with the Sky and Earth

Plants are conscious. We see this proven time and time again, with how they nurture and protect themselves and each other. If one plant is ailing in the ecosystem, others come to the rescue creating medicines that sick one needs. Go outside and sit with a tree. Open your heart to it and you'll feel its conscious healing love pour through you. You'll probably start crying. I do nearly every single time.



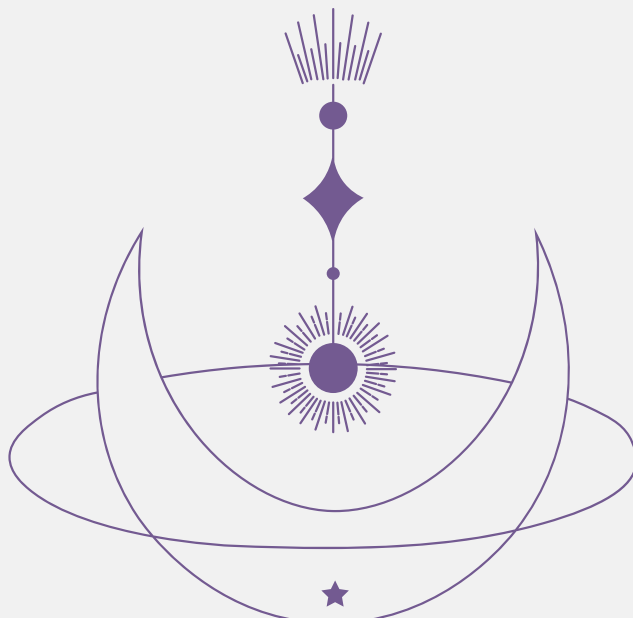


How Does It Work?

Plant medicines work on all levels: physical, mental, emotional, and spiritual. We may not be aware of this multi-layered healing, but it is true. Any symptom we experience has physical, emotional, mental and spiritual components. Another way to say this is plant medicines work on all three worlds within us: underworld, middle world, and celestial world. It's all the same. As above, so below, as within, so without.

Knowing your astrology chart doesn't necessarily easily translate into navigating your life path consciously or even gracefully. This is where plant spirit medicine comes in to support you. Utilizing the consciousness of the plants entrains you into the rhythms of the earth, which contains the vibrations of all the archetypes present in your chart. It's that simple and that profound. Utilizing plant medicine elevates your frequency allowing new energy to flow within you, which brings new awareness and embodiment.

If you're feeling a desire to go deeper with the astrological powers present within yourself, the plants help. Their daily touchstone boosts you into the vibrations of your astrology signs. It shifts this understanding from an intellectual experience into a physically energetic one. It accelerates the process. The key is daily use, with intention.





How to Use Sacred Aromatherapy

I recommend using several drops at least once a day, every day. I personally use them multiple times per day. Anoint yourself- with intention. Make it a spiritual practice, a little ceremony, as part of each day. They are sentient beings, so talk to them. Welcome them into your life. Say hello. Introduce yourself. Meditating with the essences is also extremely powerful.

Use them to better connect to the archetypes within your chart. Apply their help in navigating specific astrological cycles you are experiencing, such as a Saturn return. Ask them to help you understand your Ascendant better. Request their support in stepping more firmly into your Divine Feminine expression, aka your Venus sign. Seek their assistance with any sign you are struggling to better understand within yourself.

Here is an example.. my rising sign is Leo. I'm learning about self-love and embracing my divinity, not an easy task for a Virgo Moon and Cancer Sun. I use Ylang Ylang, a major heart opener and self-love teacher, on my heart every morning. Self-love is no longer a bad word in my vocabulary! I'm not nearly as hard on myself as I used to be. Dare I say, I'm even learning to trust in my ability to create my life as my intuition guides me.

I regularly use them in my New and Full Moon ceremonies to help me tune into and embody the current Lunar energies and offerings. Ask the essences to deepen your connections to the world around and within you.





Signs and Essences

Here is a starter list, to get you going. I've included a little information about both the signs (from the Shamanic Astrology perspective) and the essences. There are many essential oils you could use for each sign. Please don't limit yourself to only my list. It is infinite what you can do when you begin to marry different frequencies together that bring you more into the vibration of your Soul. Enjoy! Let me know how it goes!



ARIES

Warrior amazon, rugged independence, protector, mother bear, self-will, strength and courage, competition brings out the best, needs a mission and purpose to protect, sees the world in good and bad clarity

Red Pine: passion, grounding, standing in one's power, root chakra

Clove Bud: brings heat, fire element, strength, courage, purposeful

Red Thyme: very hot, defense and protection



TAURUS

In the body, takes pleasure in the senses, epicurean, receiver, brilliant at intimacy – physical and emotional, wants to do what feels good in the body: tastes good, looks good, sounds good

Rose: sensuality, pleasure, lover energy, opens all the chakras

Neroli: aphrodisiac, calming, finding joy in the body

Osmanthus: promotes euphoria, love, calming, sensual pleasure



GEMINI

Thinking and communication, storytelling, playful, youthful, energetic, quick mind, box-buster, freedom of mind, wants to take us beyond duality and polarity, mischievous in how it shows us the truth about spirit.

Douglas Fir: trickster, mischievous, playful and also profoundly wise

Artemesia Vulgaris: helps us think with our hearts and brings us beyond polarity

Spearmint: childlike lightness, playfulness, fun with ease, alertness and awareness, 6th chakra



CANCER

Healthy mother, nurturing and caring, creates a safe space for something to grow, unconditional love, responsibly nurtures a seed to maturity, protecting, teaching, loving, compassionate

Pinon Pine: unconditional mother love, protecting, nourishing

Blue Chamomile: nurturing, calming, promotes feeling safe

Magnolia Blossom: heart chakra opener, divine unconditional love

LEO

Enlightened queen and king, explores divinity, creatorship, knowing it is God or Goddess, making it up however it feels like, radiant self-love, leadership, showing up big in life, generous, magnanimous, shines a light that inspires us all to shine our lights.

Ylang Ylang: radical self-love promotor, heart chakra opening for ourselves

Cedarwood Himalayan: spiritual strength and power, joy, knowing our divinity

Tansy: Queen who shows us our strength, channeling, knowing our soul

VIRGO

In service to the Earth and Gaia, Priestess and Druid, analyzes the patterns of life and of the earth and sky, strives to bring the pattern back into harmonious balance with earth medicine, sacred work, holds the ceremonies to honor the cycles of the earth and sky

White Sage: spiritual connector and cleanser, ceremonial clearing

Lavender Highland: find peace in life's patterns, trust in life's unfolding

Rosemary: wisdom teacher, remembering the patterns of the universe

LIBRA

Relationship and partnership, learns about itself through connections with others, mirror reflection others shine back to him or her, strives for equal and conscious relationships, learning to see an accurate reflection of self regardless of the other.

Rhododendron: finding conscious equal partnerships, spiritual community

Hyssop: self-forgiveness and self-love, spiritual protection and boundaries

Geranium: Venus love, guidance, protection from manipulation





SCORPIO

Intensity and pushing the edge, feeling aliveness, energy and juice, following what turns it on, the deepest feelings, isn't afraid of the underworld and the shadow side of life, knows that's where the juice is, strong will, desire

Vetiver: guides us gently through the underworld, eases the journey

Spikenard: supports moving between the under and celestial worlds

Patchouli: regeneration, freedom, divine will, self-compassion

SAGITTARIUS

Spiritual explorer, seeking the highest truths of life, philosopher, boldly goes where no one has gone before, wants to be on an adventure, wants a spiritual quest, search for meaning of life, honesty and speaking its truth

Laurel Leaf: truth seeker, courage grower and helps us speak our truth

Eucalyptus Blue Gum: breathing in all of life, finding truth, speaking truth

Sandalwood: meditation, consciousness, spiritual quest for meaning


CAPRICORN

Circle of grandmothers, knows what works and doesn't work in the world, elder wisdom and knowledge, teachers of the wisdom, makes decisions that serve the future generations, management of community

Frankincense: ancient wisdom keeper, grounding, earliest knowledge

Blue Spruce: ancient knowing, ancestral, protector of the community

Birch: community connection and service



AQUARIUS

Cosmic consciousness, widest view possible, highest truths and ideals, eagle's view, detached, needs maximum freedom, cherishes its own uniqueness, innovation experimentation, technology, equality for all

White Pinecone: pineal gland, connects us to cosmic consciousness, 6th and 7th chakras

Juniper Needle: ancient knowledge, nervous system balance, cosmic awareness

Helichrysum: origins of consciousness, off planet awareness, cosmos

PISCES

Transpersonal, empathy, compassion, feels everyone's feelings, healer, holds space for each of us to feel our pain and heal it, selfless service, communes with the divine, merges with spirit, feels how we are all held in the heart of the divine

Yarrow: deep blue essence that holds our hearts in the heart of Spirit

Rue: empathy, holds our sorrow and grief in divine love, compassion

Rosewood: grief, come into the heart, feel held in the heart of Spirit



Thanks for reading!

Reach out if you have any questions or if I can be further assistance in your astrology and aromatherapy journey!

Sheridan

