The Heart and Soul of Rose, remedy for chronic sorrow
Mindy Green

The fragrance of rose brings joy to the heart

"Rose is sent to earth by the gardeners of paradise for empowering the mind and the eye of the spirit." — Rumi

Overview
- Historical intro to Rose
- Olfaction brief
- Aroma’s link to spirit
- Rose and the heart
- Rose as food, herb and essential oil
- Blends and practical applications
- Research

Rosaceae family
- non toxic family with over 100 genera includes many medicinal herbs, edible fruits and nuts
- Herbs include potentilla, agrimony, cinquefoil, ladies mantle, rowan, hawthorne and Filipendula, blackberry, raspberry
- Fruits/nuts: apples, pears, quince, loquats, peaches, plums, apricots, cherries, strawberries, almonds, raspberries
- seeds often contain amygdalin (apples/apricots/peaches) which can be converted to cyanide during digestion

Aroma – the interface between spirit and matter (non physical and physical)

➢ Odor is a communication system; what is it telling us?
  I smell, therefore I am…

Symbiotic relationship between plants and humans

• Exchange of CO2 and oxygen is inherent in our existence — we are codependent

I saw the woods where thick the dead leaves lie, and smelt the fresh earth’s scent — the scent of memory.
— from Leaves of Life by Edith Nesbit
The nose is the doorway to the brain and the entrance for prana

Inhale = inspire

“Smells are surer than sights and sounds to make your heart-strings crack.” Kipling

“The quickest way to change a mood state -- quicker than with any other sensual modality -- is with smell.” Dr. Alan Hirsch the Smell & Taste Treatment and Research Foundation, Chicago

Stress messages can be mitigated through the limbic system. Odor is a communication system. Our skin and organs have scent receptors!

“The typical rose scent is due to a simple water-soluble alcohol, beta-phenylethanol, and three monoterpenic oil-soluble alcohols, geraniol, nerol, and citronellol. The acetate esters of these alcohols are also rose-scented but of a slightly different fragrance. The clove-scented eugenol and methyl eugenol provide spiciness, while ionones give hints of violets.” Art Tucker

Rose has been cultivated for over 1,000 years

“The doctrine of signatures - unfolding rose petals=unfolding consciousness

Heart vs. Brain

Avicenna (11th century physician) was the first scientist to emphasize rose fragrance as beneficial to heart and brain.
Heart rhythm affects breathing / vice versa

Strong emotions can alter heart rhythm. Heart-lung affinity: core of rhythmic system. Rose for asthma (whether cardiac or emotional); has a heart / lung connection. Rose is the primary eo to balance brain/heart/lungs; especially useful for the unemotional, unfeeling, cold OR excessively emotional, unreasonable, stubborn. Balances disturbed heart shen depression, insomnia, fear, nervousness

*Teachings from Bruce Berkowsky, with permission. See also: http://www.vitalitylink.com/article-homeopathy-684-art-spiritual-phytoessencing-soul-spiritual-homeopathy*

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Mystical Rose

- A symbol of love and devotion since ancient times; fragrance considered a mystical essence
- A metaphor for paradise and spiritual unfolding; exquisite beauty and purity of rose flowers placed on a thorny branch rooted in the earth symbolizes the mystic path to God (Sufi’s)
- Virgin Mary dubbed “the thornless rose”
- Symbol for martyrdom (dying under torture)
- “Meeting Subrosa”: secrecy, fidelity, loyalty and service
- Transforms romantic love to sacred love
- Rose has a strong affinity to the reproductive organs.

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Golden Ratio

Original rosaries made w/real roses

Rose, the heart of Christian mysticism; a metaphor for conscious unfolding.

The word bead is derived from Middle English - “bede”, meaning prayer

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Rose Water

- digestive aid; liver tonic
- anti-viral, antiseptic
- balances skin pH
- hydrating & anti-inflammatory
- stimulates cell regeneration
- calms acne & rosacea
- sunburns
- uplifting aroma
- flavor drinks and foods

Avicenna praised the effects of rose water on mind and spirit; has beneficial effects on brain function and cognitive power, saying, “It enhances comprehension and strengthens memory.”

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Heart meditates the 3 upper and 3 lower chakras

Rose for the 4th chakra

Any intention that arises from the heart is a prayer.

Rose improves cardiovascular function: Kwon EK, et al. Flavonoids from the buds of Rosa damascena inhibit the activity of 3-Hydroxy-3-


http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3586833/

• Study shows that aromatherapy with rose oil and warm foot bath reduced anxiety in the first stage of labor in nulliparous women. Iran Red Crescent Med J. 2014 Aug 17:16(9):e14455.

• Transformation is a prominent theme of rose oil
• Used by alchemists as a catalyst in their attempts to transmute base metals into gold.
• In homeopathy, the remedy Aurum (gold) is a heart remedy.

Anti-Cancer Research

Geraniol, a widespread unsaturated monoterpenic alcohol, is a major constituent of Rosa damascena EO. Many in vitro and in vivo studies support its efficacy against prostate, liver, colon, pancreas, breast, and skin cancers.

• The antitumor effects of geraniol are significantly increased by using it along with conventional chemotherapy such as 5-

   • Farnesol exhibits anticancer properties similar to its monoterpenic homologue geraniol. In animal studies, tumor regression has been observed when both compounds were administered after an onset of the tumor larger than 2 mm in diameter. Farnesol is also effective on leukemia cell growth. In toxicology studies, farnesol showed very low toxicity by both oral and dermatological routes in rats.

Rose –

Galactolipid Antiinflammatory

• "In contrast to nonsteroidal anti-inflammatory drugs and aspirin, rosehip has antiinflammatory actions that do not have ulcerogenic effects and do not inhibit platelets nor influence the coagulation cascade or fibrinolysis."

...powder demonstrated antioxidant and anti-inflammatory activity and clinical benefits in osteoarthritis, rheumatoid arthritis and inflammatory bowel disease..."
  
  • Inhalation of rose essential oil significantly inhibited the following effects of chronic stress: 1) the elevation of trans-epidermal water loss (TEWL), an index of the disruption of skin-barrier function, in both rats and humans and 2) the increase in the salivary concentration of cortisol in humans. These results suggest that in rats and humans, chronic stress-induced disruption of the skin barrier can be limited or prevented by rose essential oil inhalation, possibly through its inhibitory effect on the HPA axis.” Fukuda M, et al. Effect of “rose essential oil” inhalation on stress-induced skin-barrier disruption in rats and humans. Chem Senses. 2012 May;37(4):347-56.

• EO is effective against Staph aureus; may reduce epileptic seizures
  • other studies show that a water/alcohol extract of rose is antibacterial, analgesic, anti-inflammatory, and is high in flavonoid compounds (all studies on PubMed)

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**Acupressure Points for Heart**

- Ren 17 ( AKA Conception Vessel 17); relieves emotional stress / heart ache

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**Heart and Soul Tea**

- 2 oz rose petals
- 1 oz rose hips
- 1 oz hawthorn berry/leaf/flower
- 1 oz hibiscus
- 1/2 oz orange peel
- ¼ oz cinnamon

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**Rose facial scrub**

- ½ cup oatmeal
- ½ cup dried rose petals
- 1-2 tbls rose clay

Grind oats and petals in coffee grinder; sift to remove any large pieces of calyx. Add clay pwd. Mix equal parts pwd with rose water (1 tbls) as a scrub or mask. Rinse and mist with rose hydrosol.

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**Infused carrier oil of Rose**

- Grind dried petals; add seed oil; macerate 14 days; strain; repeat; use as base oil
- Add to sugar body scrub with dried petals
The safest routes into the body

Basic Dilutions

- 2% 10 drops EO to 1oz carrier
- 1% 5 drops EO to 1oz carrier
- 0.5% 2-3 drops EO to 1oz carrier

Countries that make rose oil: Bulgaria, Turkey, India, China

Blend # 1 ground/relax

- Rose 5
- Geranium 2
- Frankincense 2
- Atlas cedar 1

Blend # 2 inspire/uplift

- Rose 4
- Grapefruit 3
- Clary Sage 2
- Angelica 1

Breast Massage Oil w/Rose

Blend with:
- Citrus
- Lavender
- Frankincense
- Geranium
- Violet leaf carrier oil
- Lymph massage
Make your own Rose Extract

- Add one drop rose EO to 1oz Everclear
- Shake well before use
- Add ¼-1 tsp per recipe

Simple rose hip syrup

- 1 cup dried rosehips (outer pericarp; no seeds, fuzz) soak overnight in 2-3 cups apple juice
- cook on low stove to simmer 20 min, covered
- Sweeten as desired
- Add 1 tsp of rose extract
- Bottle and refrigerate; keeps 1-2 weeks
- Yummy on fruit, cereal, ice cream, yogurt, etc.

Antidepressant Saffron Rose Ice Cream

- 1 can coconut milk
- Pinch of saffron threads
- ¼ cup agave; ¼ tsp salt
- ½ tsp rose extract or ¼ cup rose water
  - Soak/blend all ingredients together
  - freeze; sprinkle with salted pistachio nuts

Heart intelligence / affirmation

"Heart intelligence is the flow of higher awareness, wisdom and intuition we experience when the mind and emotions are brought into synchronistic alignment with the heart." Doc Childre

I consciously connect to my heart's wisdom and knowing. I release the illusion of separation and know that true love is never lost. I am deeply connected to The Divine and am aware that all that needs knowing lies within.

Rose resources

- NAHA’s Aromatherapy Journal Autumn 2014.3
- ACHS Rose Ebook download
  http://contact.achs.edu/download-free-essential-oil-of-rose-ebook-0
- Herb Society of America; herb of the year 2012
  http://www.herbsociety.org/herbs/documents/2012RoseFactSheet.pdf (mostly cultivation)
- Herbal Gram #96 Nov 2012-Jan 2013
  http://cms.herbalgram.org/herbalgram/issue96/hg96-feat-rose.html (member access; order back issue)

www.greenscentsations.com

Thank you!