

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

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1

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



Both the Companion had opened the beautiful mosque Hagar Sophia to present services with after it was repaired with new walls and columns (recessed and later to be used inside for the temple to small beautifully. The measure of both the Companion, smiling across design covering human faces. HerbalGram #96

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2

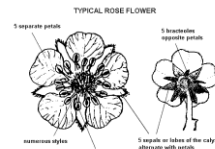
- origins in Central Asia between 60 and 70 million years
- fossil evidence of Rose in Colorado 40 million years ago
- Greek poetess Sappho (600 BCE) named Rose "the queen of flowers"
- sacred to Aphrodite, the Greek goddess of love, beauty and fertility
- revered for its connotations of love, fertility, femininity & transformation
- long valued as food and medicine: leaf, flower, fruit, seed
- cold pressed rosehip seed oil - high in EFAs for dry skin
- leaf and petal tea: astringent, styptic, analgesic, cholagogue, liver detoxifier, emmenagogue, weak circulation (blood stagnation), digestive and skin disorders, cooling (pitta). emotional uses: sorrow, heart break, jealousy, anger
- create oils, jam, honey, tinctures, vinegars, sprays, elixirs, beads, tea, etc.
- Herb Society of America made rose "Herb of the Year" 2012
http://www.herbsociety.org/herbs/documents/03.5.12_RoseGuide_pages.pdf
- HerbalGram Issue: 96; pp 40-53. *Turkish Rose: A Review of the History, Ethnobotany, and Modern Uses of Rose Petals, Rose Oil, Rose Water, and Other Rose Products.* by K. Hüsnü Can Baser, et al.

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3

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 leaf
- 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



4

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...



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5

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

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6

The nose is the doorway to the brain and the entrance for prana

Inhale = inspire



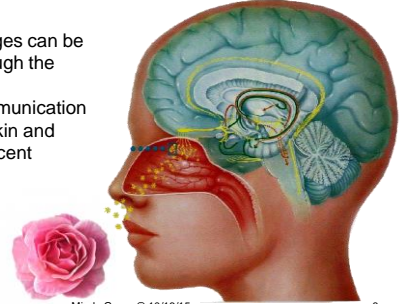
"Smells are surer than sights and sounds to make your heart-strings crack". Kipling

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7

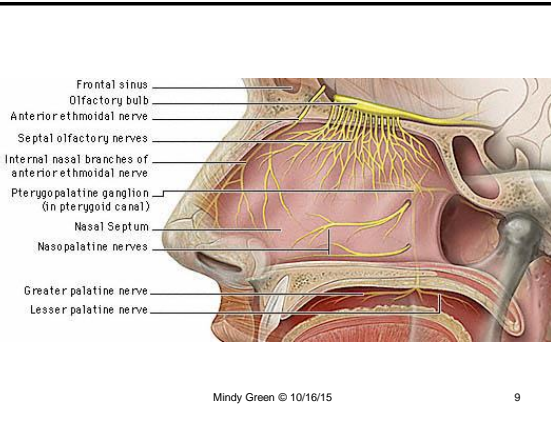
"The quickest way to change a mood state -- quicker than with any other sensual modality -- is with smell." Dr. Alan Hirsch the Smell & Taste Treatment and Research Foundation, Chicago

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



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9

"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

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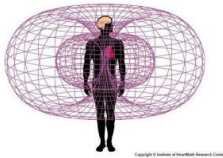
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Heart vs. Brain

The Heart is more powerful than the Brain

The Heart is about 100,000 times stronger electrically & up to 5,000 times stronger magnetically than the brain.

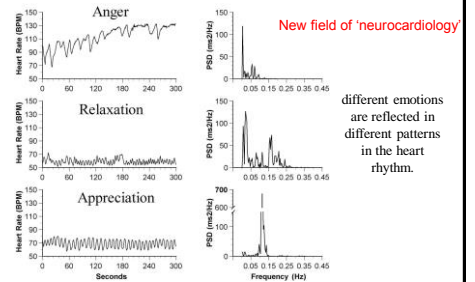
www.heartmath.org



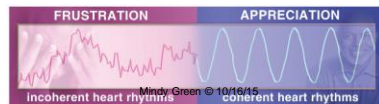
Avicenna (11th century physician) was the first scientist to emphasize rose fragrance as beneficial to heart and brain.

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11

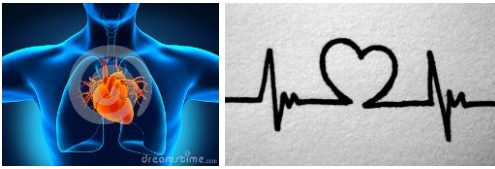


different emotions are reflected in different patterns in the heart rhythm.



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12



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-homeopathic>

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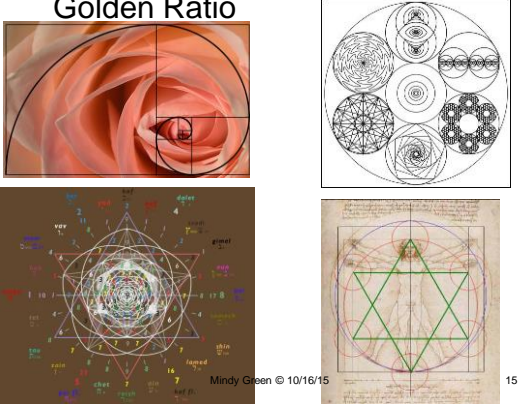
Mystical Rose

- 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



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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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- Try "full moon tea" of fresh rose petals; quintessential heart remedy
- Rose is associated with *water*, emotionally and physically
- Used in ceremony to invoke higher states of consciousness and open the heart.

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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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4 HEART CHAKRA
Mantra: "I love."

Location: Heart
Color: Green
Gland: Thyroid gland

Physical: Heart, Thyroid gland, Lower lungs, Circulatory System, Hands, Skin, Upper Back

Illnesses: Heart disease, Varicose Veins, Immune disorders, Breast Cancer, Allergies, Rashes, Acne, Lupus

Associated Stones: Jade, Rose Quartz, Green Aventurine, Malachite, Peridot, Rhodochrosite, Onyxite, Green or Pink Stones and Crystals

Effects: Unconditional Love for Self and Others, Compassion, Emotional Balance, Ability to give and receive love, Acceptance of Self and Others.

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19

Heart mediates the 3 upper and 3 lower chakras

Rose for the 4th chakra



Any intention that arises from the heart is a prayer.

Rose

2,000 flowers yields 10 pounds of dry petals

Rosa centifolia (absolute)

Rosa damascena (otto)

- 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.

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20

Rose improves cardiovascular function: Kwon EK, et al. Flavonoids from the buds of *Rosa damascena* inhibit the activity of 3-Hydroxy-3-methylglutaryl-coenzyme A reductase and angiotensin I-converting enzyme. *J Agric Food Chem.* 2010;58:882-886.

Rose has extensive pharmacological properties including anti-HIV, antibacterial, antioxidant, antiaging, antipase, antitussive, anti-inflammatory, anticancer, antimutagenic, antidepressant, antidiabetic, hypnotic, ophthalmic, and relaxant ... Hossein BM, et al. Pharmacological effects of *Rosa damascena*. *Iranian J Basic Med Sci.* 2011;14(4):295-307.



Eye drops with Rose

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

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21

Anti-Cancer Research


Leggett JF, Baldovin N, Vidal N, Petti S. Anticancer activities of essential oils constituents and synergy with conventional therapies: a review. *Phytother Res.* 2014;10(1):1423-1446.

- 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-fluorouracil.
 - McAnally JA, Jung M, Mo H. Farnesyl-O-acetylhydroquinone and geranyl-O-acetylhydroquinone suppress the proliferation of murine B16 melanoma cells, human prostate and colon adenocarcinoma cells, human lung carcinoma cells, and human leukemia cells. *Cancer Lett.* 2003;202(2):181-192.
- 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.
 - Melnykovich G, Haug JS, Goldner CM. Growth inhibition of leukemia cell line CEM-C1 by farnesol: effects of phosphatidylcholine and diacylglycerol. *Biochem Biophys Res Commun.* 1992;186(1):543-548.
- In toxicology studies, farnesol showed very low toxicity by both oral and dermatological routes in rats.
 - Lapczynski A, Bhatia SP, Letizia CS, Api AM. Fragrance material review on farnesol. *Food Chem Toxicol.* 2008;46(11S):S149-S156.

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22

- Study shows that aromatherapy with rose oil and warm foot bath reduced anxiety in the active phase of labor."
 - Kheirkhah M, et al. Comparing the effects of aromatherapy with rose oils and warm foot bath on 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.

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23

Rose Hips – 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."
 - Cohen, M. Rosehip - an evidence based herbal medicine for inflammation and arthritis. *Aust. Fam Physician.* 2012 Jul;41(7):495-8.



"...powder demonstrated antioxidant and anti-inflammatory activity and clinical benefits in osteoarthritis, rheumatoid arthritis and inflammatory bowel disease..."

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24

- "...rose essential oil among the best to exhibit antibacterial activities towards *P. acnes*..." Zu Y, et al. Activities of ten essential oils towards *Propionibacterium acnes* and PC-3, A-549 and MCF-7 cancer cells. *Molecules*. 2010 Apr 30;15(5):3200-10.
- "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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25

Rose and cardiac patients

- "*Rosa damascena* aromatherapy can significantly improve the sleep quality of patients hospitalized in CCUs."
 - Hajibagheri A, et al. Effect of *Rosa damascena* aromatherapy on sleep quality in cardiac patients: a randomized controlled trial. *Complement Ther Clin Pract*. 2014 Aug;20(3):159-63.

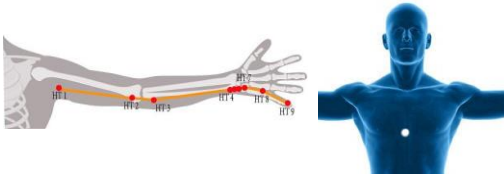


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26

Acupressure Points for Heart

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



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27

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
- 1/4 oz cinnamon



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28

Rose facial scrub

- 1/2 cup oatmeal
- 1/2 cup dried rose petals
- 1-2 tbs 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 tbs) as a scrub or mask. Rinse and mist with rose hydrosol.

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29

Infused carrier oil of Rose

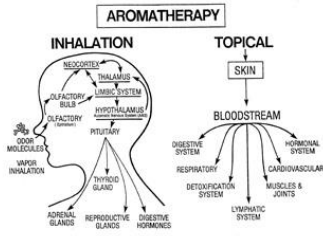
- Grind dried petals; add seed oil; macerate 14 days; strain; repeat; use as base oil
- Add to sugar body scrub with dried petals



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30

The safest routes into the body



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31

Blending Options

- Stock bottle
- Massage oil
- Bath blend
- Body Lotion
- Perfume
- Inhalation
- Anointing oil



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32

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

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33

Blend # 1 ground/relax

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



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34

Blend # 2 inspire/uplift

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



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35

Breast Massage Oil w/Rose



Blend with:
Citrus
Lavender
Frankincense
Geranium

Violet leaf carrier oil

Lymph massage

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36

Make your own Rose Extract

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



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37

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.



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38

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



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39

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.

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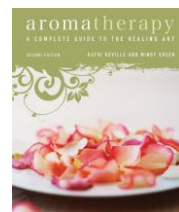
40

Rose resources

- NAHA's Aromatherapy Journal Autumn 2014.3
<https://www.naha.org/bookstore/nahas-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)

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41



www.greenscentsations.com

Thank you!

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42