

## **A Scentual Reminder of Feng Shui Remedies**

**Dennis Fairchild**

Fragrances have long woven their scents through the fabric of history. Ancient Egyptians were famed for their use of aromatic oils as beauty and health remedies as well as for religious and medicinal purposes. During times of plague, it was believed that perfumers were immune and did not fall ill because they were exposed daily to essential aromatic oils. In the eighth century, Wang Wei proclaimed,

**“Look in the perfumes of flowers and of nature for  
peace of mind and joy of life.”**

Even today, fragrant essential oils<sup>1</sup> - liquefied Ma Nature - keep us under their spell. Rationally, we know that the limbic system, or *smell part* of the brain, plays a significant role in how we perceive places and situations. Intuitively, we understand that the power of smells and aromatic oils goes far beyond our simple enjoyment of them.

These *flowers in a drop* possess the life force or Chi of a plant's flowers, leaves, ersatz stems, fruit rind, berries, resin, or roots that are distilled into an aromatic botanical. Much of the lore about aromas as Feng Shui cures has been lost over the centuries. Reintroducing their *secrets* is the first step to revitalizing this ancient and powerful body of knowledge.

**Essential oils are 21st century tools  
for all Feng Shui enthusiasts.**

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<sup>1</sup> Essential oils refer to 100% natural extracts, not manufactured, chemical copies or oils that have been processed or treated. *The fragrances available in the order pages are of the purest quality. These essential oils are produced from several hundreds or thousands of plants to extract just one pound of oil through a state-of-the-art low pressure/temperature distillation process.*

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Bring fragrance into your space. Begin with just a few scents. Buy small bottles and store them in a cool, dark space. If essential oils are hard to locate or garden space is limited, try using scented candles or incense, always aiming for quality and purity. Keep a journal of your fascinating results. Whatever your choice, never overlook or disregard the magic of aroma!

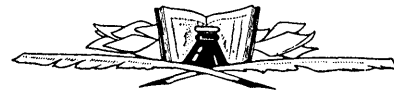


### **Essential Oils in Action**

#### **Basil:**

It usually hides out in the kitchen spice rack! Ancient Chinese herbalists and Feng Shui practitioners have sung praises about its magical potency as a supplement to self-esteem and as an expectorant and laxative. In its native India, it is the herb of Vishnu, Krishna, and Shiva and revered as a plant of great holiness. In addition to its delicious culinary qualities, many African tribes grow basil around the main entrance of the home to ward off poverty and the evil eye.

In your Feng Shui garden, plant basil in the northern/career area<sup>2</sup> to develop fortitude and awareness of who your enemies are. It does not grow close to other plants or its own kind, and so it is said to promote individuality, luck with solo work, and personal ventures. To insure clarity, crush fresh basil leaves and rub their fragrance on your fingers next time you have a writing deadline. Dab a few drops of its oil onto the bulb of your desk light when working on projects. Avoid using basil if you are pregnant.<sup>3</sup>



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<sup>2</sup> This refers to how the Bagua is overlaid in your garden, see "The Bagua," p. 35 for more information.

<sup>3</sup> Like food, some people are sensitive to certain aromas and essential oils. Because certain essential oils are known to stimulate the uterus during a woman's first trimester, like basil, juniper, and rosemary in particular, they should be used gingerly and with caution. At other times, go with the flow and let your nose be the guide.

**Bergamot:**

Weight Watchers unite! Bergamot's citrusy floral scent curbs the appetite, lifts depression, and relieves anxiety. Best used with lavender and rose geranium, try adding a few drops to your moisturizer or evening bath and get rid of the diet pills. Plant bergamot in your garden's southern/acknowledgment from peers area, to ward off superficial friends or gossip. Used around the patio, it will repel insects.



**Chamomile:**

From the Greek *chamos*-on the ground and *melos*-apple, chamomile remains one of Europe's favorite "upbeat" herbs and lawn coverings. Globally recognized for its soothing sweet fragrance, royals and writers alike pay it homage. Buckingham Palace reserves a large space for this golden beauty to grow. Beatrix Potter's Peter Rabbit was given chamomile tea to calm him after his adventure in Mr. MacGregor's garden. And Shakespeare's Falstaff says of this indestructible yellow-budded plant: "Though the chamomile the more it is trodden on the faster it grows, yet youth the more it is wasted the sooner it wears."

Governed astrologically by the Sun, it is said to bring peace as well as harmony to lovers and household members when planted in the garden's southwest/relationships area or in the western/family area. When it is freshly picked, place a bouquet in the eastern/health area of a room of someone prone to anxiety, panic attacks, or mental confusion. And while you are at it, brew them a fresh cup of its tea.

**Cinnamon and Cloves:**

These spicy scents, a favorite potpourri ingredient, stimulate the taste buds. A great trick of realtors is to simmer apple cider and cinnamon on a stove top when showing buyers a prospective new home. Its tantalizing, flavorful aroma excites taste buds, prompting folks to drool and get excited. Try this ploy next time you need family support in home projects, decorating, or Feng Shui-ing.

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Difficult to cultivate in North American gardens, store ground or whole cinnamon sticks and cloves in separate dark glass containers in the eastern/health section of the kitchen to promote good eating habits. Place them in a small bowl next to your word processor and take a whiff when writer's block occurs. One caution, keep it away from the skin, as its stimulating factors are irritants.

#### **Eucalyptus:**

The pungent, antiseptic-green smell of eucalyptus is commonly used in medications to aid sinus problems and alleviate head colds. In the northeastern/knowledge areas of a home, the clean smell from fresh stalks stimulates clear thinking, which is great for students, budding authors, and aspiring actors!

Plant eucalyptus in the northwest corner of your garden to promote clarity when traveling and an awareness of which friends are truly on your side. After work, soak in a bath with several drops of eucalyptus oil when you have trouble on the job. Its cleansing properties will *wash* away frustration, making you more apt to see matters realistically and uncover solutions.

#### **Frankincense:**

Frankincense oil or scented candles are a must for a proper Feng Shui household. One of the Wise Men's gifts to the baby Jesus, its esoteric aromatic qualities are universally known to cleanse the air of hatred and prejudice. Its unique, sweet balsam-like scent has purified homes and temples for centuries. Blend a few drops with lavender in an oil base for body lotion, great for arms and legs that have been overexposed to the sun.



**Jasmine:**

The climbing jasmine vine, originally found along the ancient trade routes from Iran to China, remains a favorite Asian Feng Shui remedy. Its pleasingly sweet, floral fragrance helps troubled homes where infidelity, divorce, or arguments occur. Considered an antidepressant as well as an aphrodisiac, it is effective in cases of impotence and lack of confidence. Interestingly, in Christian floral folklore, it is a flower of the Epiphany and attributed to the Virgin Mary.

Place a few drops on the light bulb of a lamp near the bed stand of anyone who is depressed to lift their spirits and to cleanse their thoughts of animosity or low self-worth. For luck with money, plant fresh sprigs in the southeast/money section of the garden. In the eastern/health sector, it will aid in rapid recovery from surgery and prevent fear of the unknown. Many Japanese keep fresh bouquets in the rooms of newborns to insure pleasant dreams and promote individuality. Governed by Venus, the planet of love, it is said to bestow divine hope, grace, and heavenly felicity.

**Juniper:**

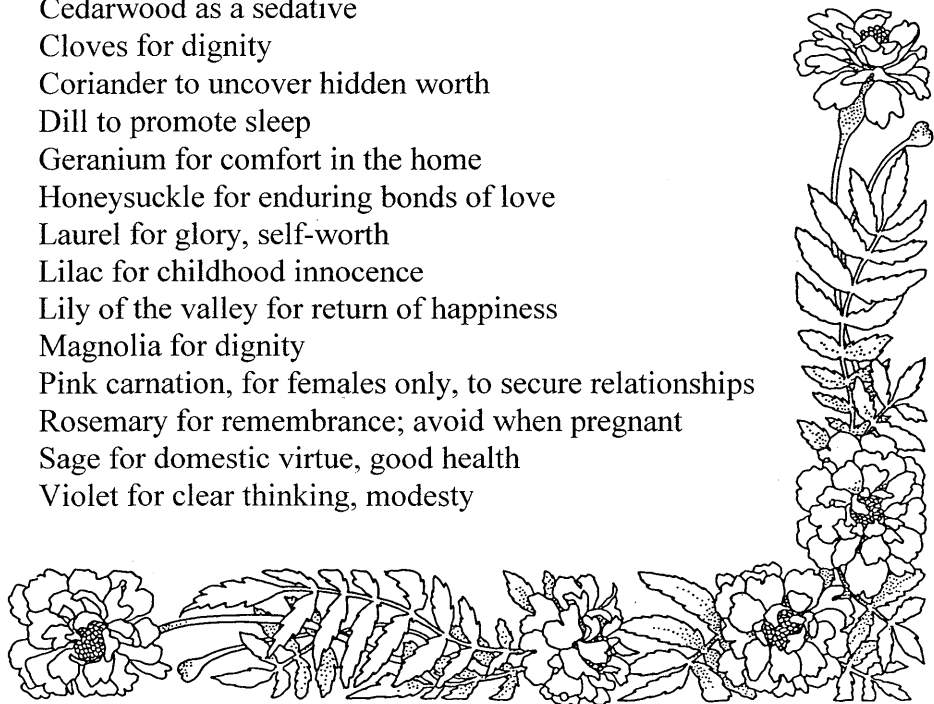
In Christian legend, the Virgin Mary took refuge with the child Jesus behind a juniper bush when fleeing from Herod to Egypt. Ancient Asians thought that the pungent smoke produced by the green branches would keep evil spirits at bay. Even today in Wales, chopping down a juniper tree is regarded as a misfortune, resulting in the likely death of a family member.

Oil of juniper is used in making gin and in treating urinary ailments and dropsy, possibly due to the effects of too many gin martinis. While fasting, sipping the juice from their purple berries benefits people with lung disorders and an infusion from the tree restores lost youth. A favorite of Princess Diana, juniper helps relieve cellulitis by detoxifying and enabling the body to throw off toxic wastes that accumulate. It is a flower of Libra and symbolic of longevity, asylum, and protection. Plant juniper beneath bedroom windows to enhance marital bliss. Avoid using juniper if you are pregnant.

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### **Also try:**

Allspice to increase compassion  
Angelica for inspiration  
Caraway for faithfulness  
Cedarwood as a sedative  
Cloves for dignity  
Coriander to uncover hidden worth  
Dill to promote sleep  
Geranium for comfort in the home  
Honeysuckle for enduring bonds of love  
Laurel for glory, self-worth  
Lilac for childhood innocence  
Lily of the valley for return of happiness  
Magnolia for dignity  
Pink carnation, for females only, to secure relationships  
Rosemary for remembrance; avoid when pregnant  
Sage for domestic virtue, good health  
Violet for clear thinking, modesty



Human beings have always turned to nature for serenity. In flowers, trees, and herbs we find the loving hand of God. The essence of aromas in Feng Shui is to heal, comfort, and uplift the hearts, minds, and bodies in a home with the scents of herbs and flowers. What could be more simple or beautiful?

Excerpted from  
*The Feng Shui Anthology*

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Feng-Shui-Interior Design

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