



CHEEKY HERBS

MONTHLY NEWSLETTER FROM TINDERBOX

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Be the awareness that observes that which always changes

NEW PRODUCT SHAPE SHIFTER INCENSE

WHAT IF we could affect the world at the level where it was first woven, like a spiritual magistrate?

This might mean changing what we believe to be the nature of reality or shifting the energy our body is emitting. It would mean using our imagination to work within the invisible world as wholeheartedly as within the visible.

The intent of Shape Shifter incense is to change how we understand the nature of reality; to experience a unified, interconnected world that is always moving and changing.

The meaning of this incense is to joyfully immerse in the profundity of our ever-changing nature and ride the incessant transitions with ease and grace.

Shape-shifter incense pays homage to the great shamans and healers of the world's indigenous tribes who lived intimately with the plant world and learned their healing directly from the plants themselves.

They burned plant incense to transform their consciousness enabling them to enter other realms of reality.

We too can burn certain plants to enter into the mystical web of life, that is the ground of non-dual reality.

We too can envisage the unending network of invisible linkages that interconnect things and people in inexplicable ways.

The great mystics knew there was no separation between themselves and the divine, and that the interconnection allowed them to perform miracles and to heal.

This consciousness is available to all people, but we have to make a fundamental shift in our beliefs to embody or vibrate with this type of consciousness.

The imagination-enhancing Shape Shifter incense assists us with the type of shift that invokes divine energy and puts us into a state of knowing where life always eludes stasis, and energy expresses itself into myriad forms of life.

Elevate awareness beyond the deluded sense of permanence and the known to embrace change and unknowing from one breath to the next.

The shaman will say that if you believe you are a hawk then you will become a hawk.

In essence we are what we know ourselves to be; shape-shifting means



becoming a hawk because we know we are hawk.

We don't always have to change our physical appearance to be shape-shifting we can just change our energy to closely match our surroundings, blending seamlessly into the environment to remain unseen if not invisible, if that is required.

Become the shape-shifter who can shift the energy of a gathering, from one that is aggressive into one that is more peaceful.

Visualise shifting successfully from an unhealthy organism into a healthy one. Embody the spiritual shape-shifter, who works within the subtle planes of existence to assume animal form as well as human form in spirit.

When we understand how the gross always informs the physical, we might follow the path of the adept who is able to change the earth-bound bipedal

human form into the magnificent wild animal.

Shape-shifter incense is a powerfully mystical scent that brings immediate awareness to who we are in this very moment; so that relaxed and self-witnessing, we just observe the unfolding story of the heart with an open mind.

Our attention becomes yoked to the sensory field and if we steadily maintain it there, we eventually become super sensitive to the subtlest emergences of sensation and feelings.

Individuality itself seems to dissolve and fade away into boundless being and we feel joined in an exuberant union with all else.

When shape-shifter incense unfurls its enigmatically fragrant fumes; tension drains away; we become softened and receptive as the construct of the false self falls away.

Imagine being dissolved into the universal pool; as the door to mystical nature opens and anything is possible.

This evocative scent of nature stirs our primordial memories, to empower our visualisation and sensory exploration of the life form that most inspires us.

Be imaginative, adventurous and brave. Feel your inner world merge with the power animal, see the magnified minutiae in nature, smell with the keenness of super senses, move with the speed and stealth of animal limbs, or sense the savage power and wild beauty of another creature.

Escape like an eagle to fly above earthly torment, transform to the mighty wolf exuding fierce courage in adversity and loyalty to the pack.

Follow your wild raw heart.

PAGE TWO: INCENSE A RARE FIND

A soulfully balanced body

SPECIAL FEATURE USING ESSENTIAL OILS IN YOGA

YOGA is much more than a form of physical exercise - it is a disciplined practice that touches upon the health and well being of the entire body, mind and spirit.

The familiar bending and stretching exercises (or asanas) are just one of many interrelated practices that connect and align all aspects of the practitioner into a state of complete balance. (Yoga is a Sanskrit word that means to yoke, or join together.)

Other aspects of this yoking process include breathing, withdrawing the focus from the outward to the inward, meditation, purification and the rejection of violence, greed and jealousy, to name just a few.

Like yoga, the practice of aromatherapy strives to support the well being of body, mind and spirit.

Aromatherapy achieves its effects through the application and diffusion of pure plant essential oils that influence physical wellness, a positive emotional state and mental clarity. Combining aromatherapy with yoga can powerfully enhance the yoga journey.

Like any system of self-improvement, the successful practice of yoga requires some motivation and diligence. Yoga is not a boot camp program. Nor is it focused soullessly on the creation of a hard and sexy body.

Yoga is a journey to a soulfully balanced body that is properly aligned with mind and spirit. Incorporating the powerfully effective properties of aromatic essential oils - often described as the souls of the plant - into your practice can help you fulfill your journey.

Key methods of application

Diffusing: aromatic essential oils are evaporated into the yoga practice space to create an inspiring/motivating mood and to enhance breathing.

Diffuse essential oils during your yoga session with an aromatiser, which consists of a bowl of water over a small tea light-style candle.

Half fill the bowl with water and just add six to 10 drops of essential oil and then light the candle. The flickering flame, coupled with the gentle release of aroma, will create a potent ambience during your yoga practice.

Purifying: essential oils are applied as powerful cleansing agents to wipe down and deodorise the yoga mat or used to clear the atmosphere. Create a purifying mist that doubles as a yoga mat cleanser and room deodorising spray. Combine 12 drops of sweet



orange, 6 drops of tea tree and 6 drops of lavender with 100mL of water in a spray bottle. Shake the bottle and mist over your mat and wipe it clean with a soft towel before and after each use. Or use the spray to mist the air of your practice space to create a clean, motivationally aromatic atmosphere.

Massage: essential oils are used in applications of massage blends to enhance body stretching and recovery.

Stimulating acupressure points will further enhance the effects of the oils. All true healing takes time and one should not expect results overnight, even when using the most appropriate oils. Although they can have an immediate effect, most disharmonies of a protracted nature will take patience of spirit to change.

Anointing: essential oils are worn as a scent to support visualisation, meditation and focus.

Natural plant odour can change our moods, bring memories back into consciousness, arouse sexual desire and generally make life more pleasant.

Their influence on our emotional nature bypasses the critical mind, giving us direct access to pre-programmed emotional states.

Scents act as the "essence of reality"; they bring us back to how things looked, sounded, felt and even tasted, because they are coded in the memory as whole images and have the greatest

impact on our autonomic nervous system.

Oils for the Spirit

- Tangerine and peppermint are inspiring and motivating;
- Eucalyptus and cypress open the breathing process;
- Sandalwood and vetiver are grounding and strengthening.
- Ginger and patchouli will be stabilising and earth-connecting
- Sandalwood and cedarwood are strengthening and centering
- Lavender, geranium and chamomile are calming and relaxing
- Myrrh, frankincense, eucalyptus and rosemary encourage the flow of energy, self-expression and help you achieve steady, deep inhalations and exhalations
- Bergamot, lemon and orange lend a sense of fulfillment and spiritual nourishment to your yoga quest
- Neroli, jasmine, ylang and rose promote transcendence and spiritual expression.

Oils for the body

- Stay cool and refreshed by adding a drop of peppermint oil to your bottled water; or rub peppermint oil on back of neck and soles of feet.
- To support stressed muscles, rub rosemary, frankincense and cypress on the bottom of the feet. They motivate

you to exercise even if you don't feel like it.

- Use juniper, marjoram, peppermint, eucalyptus, cypress and lemongrass on sore muscles and tendons. They add oxygen and make tissues more elastic to prevent strains. Use after practice to prevent cramping. Cypress reduces swelling. Layer each oil at a time with two drops.

- For stressed areas such as the lower back and shoulders, rub manuka, clove and frankincense to reduce pain.

- For a clear mind and focus, put a drop of frankincense or peppermint on chest and forehead to inhale during inward poses. Before meditation, put a drop of myrrh, sandalwood, juniper or bergamot on crown and forehead. Use any combination of these oils depending on what seems right. Layer one at a time.

Oils for the mind

To regulate nervous tension and relax: bergamot, chamomile, cypress, frankincense, geranium, jasmine, lavender, marjoram, melissa, neroli, orange, rose, sandalwood, ylang

To settle the mind from over-thinking and worry: benzoin, cardamom, chamomile, clary sage, coriander, fennel, frankincense, grapefruit, lemon, marjoram, myrrh, patchouli, sandalwood, vetiver

To calm and reassure during times of anxiety and apprehension: cedarwood, cypress, geranium, jasmine, lavender, melissa, neroli, rose, thyme, vetiver, ylang.

To clarify the mind and aid focus, helping poor concentration and memory: rosemary, basil, cardamom, clary-sage, coriander, frankincense, geranium, hyssop, lemon, marjoram, peppermint, tea tree, thyme, pine

To boost morale or where there is a lack of confidence and self esteem: caraway, cedarwood, fennel, ginger, hyssop, jasmine, juniper, pine, rose, rosemary, tea tree, thyme

To pacify the spirit in times of anger and frustration: bergamot, chamomile, grapefruit, lavender, orange, rose, neroli

To fortify the spirit when feeling disempowered or indecisive: benzoin, bergamot, cardamom, cedar wood, clary sage, cypress, eucalyptus, ginger, grapefruit, hyssop, juniper, orange, pine, rosemary, thyme

To uplift the spirit when feeling negative: bergamot, chamomile, neroli, rose, orange, lavender, jasmine, melissa, litsea cubeba, rose, rosemary, lemon, frankincense, myrrh, vetiver, tuberose, cacao, cypress

For love and friendship: cardamom, fennel, geranium, patchouli, ylang ylang, ginger, jasmine, rose, lavender, marjoram, neroli, peppermint, litsea cubeba, tuberose, sandalwood, benzoin.

**TINDERBOX
INCENSE A
RARE FIND
FROM PAGE ONE**

TINDERBOX Incense is a rarity when one considers its simplicity and purity, containing only specialised plant materials chosen for their intrinsic transcendent qualities. Burning incense has always been at the heart of all religious practices for purification, communication with the spirit world, inspiration

and transport of the soul. Tinderbox incenses are unique as they are not artificially scented. Incense sticks and cones often contain glues and nitrates to make them more combustible. In contrast, when a pure, botanical Tinderbox incense is inhaled it can reawaken our sense of smell.

The Tinderbox Incense range consists of:
Holy: for meditation and cleansing
Wild Heart: for gatherings of kindred spirits and high energy
Aphrodis: increase intimacy with the one you love
Shape Shifter: inspire imagination