



Aromatherapy - Essential Oils

The natal (birth) chart shows our strengths as well as what we came to work out in this lifetime. These challenges in life are depicted by the influence of our malefic planets as well as with any weak, debilitated or afflicted planets.

Each planet rules a specific area of our life and we can overcome challenges in these areas by using appropriate strengthening or propitiatory (peace making) planetary remedies. Based on your specific horoscope you can identify your rising sign and this will give you all of your favorable (functional benefic) and unfavorable (functional malefic) planets.

Traditional Vedic recommendations for strengthening favorable planets include wearing and surrounding yourself with the vibration of the planet(s) you wish to strengthen. Systems' Approach offers two of the most traditional and effective ways to strengthen favorable planets: gemstone and color therapy. These both carry strong vibrations and are associated with specific planets.

Although aromatherapy is not considered a traditional Vedic astral remedy, I have found great benefit in using essential oils. Since learning Vedic astrology, I have compiled a list of essential oils I personally use for shifting and raising my vibration specific to strengthening functional benefic planet significations.

I personally use and prefer the Melaleuca brand essential oils and would be happy to share information with you, if interested. Please contact me for more information: angie@floweroflifeastrology.com

****Please keep in mind these are considered to be my own planetary remedies and this should not be used as medical advice. Consult your physician to address any medical conditions you might have.***

Strengthening Favorable Planets

Use the following essential oil recommendations to promote and support the general significations of your favorable (functional benefic) planets.

Your favorable planets are determined based on your rising sign. If you need help determining your Vedic astrology rising sign, I would be happy to send you a complimentary report that includes your rising sign, Sun sign, Moon sign and the favorable planets in your chart. Please visit www.flowerofflifeastrology.com/contact-me for more information.

If you would like recommendations that are specific to your personal chart as well as recommendations that can help mitigate the effects of your unfavorable (functional malefic) planets, please request that I include this information when you order your personal reading: www.flowerofflifeastrology.com/services

Please note: I typically diffuse the oils listed below, but do use some of them topically (please ask if you are unfamiliar or unsure which are safe to use on the skin). I do not, however, recommend ingesting oils.

Sun

Favorable planet for the following rising signs: Aries, Taurus, Gemini, Cancer, Leo, Libra, Scorpio, Sagittarius and Aquarius.

Use the following essential oils to support:

- strength: peppermint and cypress
- father: lavender

Sun is an unfavorable planet for the following rising signs: Virgo, Capricorn and Pisces.

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Moon

Favorable planet for the following rising signs: Aries, Taurus, Gemini, Cancer, Virgo, Libra, Scorpio, Capricorn and Pisces.

Use the following essential oils to support:

- emotional balance: balsam fir, germanium, frankincense, juniper, sage lavender, sandalwood and orange
- the mind: basil, western red cedar, sacred frankincense
- mother: geranium

Moon is an unfavorable planet and should not be strengthened for the following rising signs: Leo, Sagittarius and Aquarius.

Mars

Favorable planet for the following rising signs: Aries, Gemini, Cancer, Leo, Libra, Sagittarius, Capricorn, Aquarius and Pisces.

Use the following essential oils to support:

- courage: clove, fennel and ginger

Mars is an unfavorable planet and should not be strengthened for the following rising signs: Taurus, Virgo and Scorpio.

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Mercury

Favorable planet for the following rising signs: Taurus, Gemini, Cancer, Leo, Virgo, Scorpio, Sagittarius, Capricorn and Pisces

Use the following essential oils to support:

- confidence: jasmine and sandalwood

Mercury is an unfavorable planet and should not be strengthened for the following rising signs: Aries, Libra and Aquarius.

Jupiter

Favorable planet for the following rising signs: Aries, Gemini, Leo, Virgo, Libra, Scorpio, Sagittarius, Aquarius and Pisces.

Use the following essential oils to support:

- abundance: cinnamon bark, bergamot, cypress, ginger and patchouli

Jupiter is an unfavorable planet and should not be strengthened for the following rising signs: Taurus, Cancer and Capricorn.

Venus

Favorable planet for the following rising signs: Aries, Gemini, Cancer, Leo, Virgo, Libra, Sagittarius, Capricorn and Aquarius.

Use the following essential oils to support:

- love: juniper, lavender and ylang ylang

Venus is an unfavorable planet and should not be strengthened for the following rising signs: Taurus, Scorpio and Pisces.

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Saturn

Favorable planet for the following rising signs: Aries, Taurus, Gemini, Leo, Libra, Scorpio, Sagittarius, Capricorn and Aquarius.

Use the following essential oils to support:

- hard-work/discipline: ravensara, rosemary, thyme, lemon, fir and rose

Saturn is an unfavorable planet and should not be strengthened for the following rising signs: Cancer, Virgo and Pisces.

Essential Oil Blends

My favorite oil blends that I make at home:

- raising my overall frequency/vibration/consciousness: spruce, rosewood, frankincense and blue tansy
- overall happiness & stress reduction: lavender, chamomile, clary sage, grapefruit and sweet orange

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