



Blue tansy (*Tanacetum annuum*)
Image: Adobe Stock

Tiffany Carole

THE INNER NATURE OF ESSENTIAL OILS

Contemplating an essential oil's "inner nature" inevitably leads one to a soulful reflection upon the self. In this journey together, we'll be exploring:

- *What is the inner nature of a plant spirit and essential oil*
- *Why is this understanding important at this time*
- *How to work with the inner nature of essential oils*
- *An example of the inner nature of one key essential oil*

As a scientist by training, and an artist of possibility by heart, my quest for more truth and a deeper understanding of the inner workings of life has been insatiable. After acquiring much knowledge on the biochemistry of plants and people, I still experienced a kind of emptiness at the core of my understanding. I felt I'd finally come home when I was exposed to the concept of "plant spirits" combined with teachings on the evolution of human consciousness. My rational mind and boundless heart found harmony, igniting my passion for trailblazing new frontiers in human understanding.

WHAT IS THE "INNER NATURE" OF A PLANT SPIRIT, AND HOW DOES THIS RELATE TO ESSENTIAL OILS?

The inner nature is the most subtle and intimate, vibrational expression of a particular plant spirit. The plant spirit is an animating force, unbound by material substance yet completely infused within the plant. This invisible force is essentially an information field that animates and governs the visible. It's very similar to the relationship between your body, soul, and spirit. Without anima, soul, and spiritual essence, you would be a machine of flesh and bones, but you are so much more than that. You are a vital be-

ing. Your body may be finite; however, your spirit is infinite.

Each plant carries its unique essence, much like every human being. We can engage the wisdom of plant spirits in the same way we might call on a friend when we are seeking guidance, and just as we might call on different types of friends for different reasons, so too might we choose plants that share resonance, supportive of our current circumstance.

The spirit essence and soul nature of plants act as allies and guides. They offer "advice" in non-threatening ways; plants do not betray trust, manipulate, or mislead; they are consistent in their broadcast.

“

What of the mysterious quality of Blue Tansy? I've so enjoyed getting to know this Inner Nature aspect over the years. I invite you to open in curiosity to what this mystery has to offer.

>

Image: Adobe Stock



> When you connect with them through their inner nature, they can directly transmit information from their invisible field. Once you become familiar with a plant's inner nature, you can be positively influenced by its powerful attributes and energetic transmissions that come through the fragrance itself. This exchange awakens latent gifts you may not have previously accessed.

Plant spirits guide us to our most robust naturalness. They wake us up to our exponential nature and incredible capacity as conscious co-creators of our unfolding experience. In this way, plant spirits serve as trusted advisors and support the advancement of culture by infusing more souls.

Freely and without discrimination, they transmit their holistic wisdom, watering the soil of the soul with the fragrance of sacred reciprocity. With this nourishment, we can connect with and "hear" the voice of our inner guidance with greater ease and fluidity.

WHY IS AN UNDERSTANDING OF THE INNER NATURE OF ESSENTIAL OILS IMPORTANT AT THIS TIME?

Essential oils, as the liquid essence of the plant itself, are the fragrant carriers of the plant spirit. Working with essential oils can give us direct access to the inner nature of the plant from which it is derived. We could say that essential oils are the fragrant bridge between the plant's spirit and our soul. Fragrance is an integral part of the "language" of the soul embodied because it is a primary director of the focus of the nervous system and perceptions.

For thousands of years of human development, we have navigated and survived thanks to the ability to smell. Fragrance impacts the communication pathways of the nervous and endocrine systems and directly influences our emotions and mental capacities. Fragrance connects us to the knowledge in our bones, to the instincts of our gut, our ancestors, and all of life. It can provide keys to our continued, grace-filled evolution, individually and collectively.

The gifts of the inner nature of essential oils support us in bridging the

gap between where we are and where we want to be. They do this by connecting us to latent capacities within the body and mind through principles of resonance. Just think of this like an ancient, vibrational instruction manual reminding and attuning us to our naturalness and, indeed, supernaturalness. Once one is connected to the inner nature of an essential oil, they have an ally for life – a spirit guide. The energetic transmissions of the oils can catalyze transrational, metaphysical, and physical integrations.

HOW DO YOU WORK WITH THE INNER NATURE OF AN ESSENTIAL OIL?

Getting to know an essential oil's inner nature mirrors the same process within yourself: One of getting to know, more intimately, your own robust soul nature and the many facets of brilliance in the "gem" that is you. Just as you develop

yourself through cultivating greater self-awareness, you can build your relationship with the inner nature of essential oils. This happens first through the desire to connect, coupled with curiosity and openness to listen and receive.

I recommend a combination of meditating with the essential oils, writing or drawing afterwards, and complementing this with a study of the oil. Below I offer an excerpt from my *Inner Nature of Essential Oils* book. I consider this a potent companion for anyone who sincerely wishes to connect with and understand the inner nature of essential oils.

BLUE TANSY INNER NATURE

ESSENCE OF FLOW AND BRINGER OF PLAY

Wood element

Dynamics of Fragrance:

Green and Sweet



Blue tansy (*Tanacetum annuum*)
Image: © 2023 Tiffany Carole

> Beloved Blue Tansy, distilled primarily in Morocco, is as intriguing and captivating as its deep indigo-blue colour. This unique fragrance is simultaneously simple and playful yet complex and mysterious. It has an uncanny way of opening up places within the psyche that have long since been closed off through the processes of socialization combined with religious and cultural conditioning – basically the process of becoming an adult. Just as spontaneous delight expressed through the innocence of a toddler can crack open the heart of even the most hardened, mature adult, Blue Tansy whimsically cartwheels its way into our lives – and we are left forever changed.

The first time I meditated with Blue Tansy, the visual that appeared in my mind's eye was that of an elaborately adorned Court Jester. He was sitting atop a tree branch with his legs dangling down, curled-tip green shoes with bells that jingled with each swing. Parts of his eye-catching outfit were bobbing and swaying and swinging. He winked at me mischievously and began his performance of improvisational and comedic acrobatics... All of which communicated two things to my Heart: there are no accidents, only opportunities for more imaginative and creative engagement with life, and there are no actual problems, only opportunities for our innate genius to emerge in its improvisational glory. After that experience, I was never the same. The Inner Nature of Blue Tansy had sparked a knowing within me, a knowing about "play as Medicine." A Soul-level reminder that I can choose to play as an option at any moment, as an answer to any problem that presents itself. The Jester delivered a transcendent truth through goofiness and discombobulations. Imagine that!

I later learned that the Court Jester was considered one of the only people who could deliver the hardest truths to the King. These truths were delivered through play, spontaneity and humour. There is a magical potency that disarms the psyche's defensiveness and denial before they can even get going. The Heart's knowing is reflected through novelty, surprise and humour. Once this



Image: Adobe Stock

knowing is allowed to circulate freely, the hypervigilant mind can at last *relax*, and the body's armour melts away. This level of embodied ease is something that we fundamentally desire but often don't know quite how to access in our day-to-day experience.

What of the mysterious quality of Blue Tansy? I've so enjoyed getting to know this Inner Nature aspect over the years. I invite you to open in curiosity to what this mystery has to offer. No matter how many times I inhale this delightful oil, there is always the paradoxical experience of familiarity and intriguing newness. To hold both in my being at the same time... well, I believe this is what activates the *power of flow* that Blue Tansy generously gifts. So much of life's experience seems to demand that we either know what we are doing or get knocked around enough that we surrender to not-knowing. What if part of Blue Tansy's Medicine for us is awakening our capacity to exist in, and as, the knowing and the not-knowing, gently encouraging our ability to dance whimsically between the two states? Blue Tansy inspires us to

laugh at the cosmic joke of it all.

The Inner Nature of Blue Tansy can be wrapped up in three delightful packages:

1. It activates and invites us into the Medicine of play,
2. It opens us to flow and flow states of being,
3. It resolves unyielding forms of anger and latent grief.

Blue Tansy was one of the first essential oils I began systematically experimenting with in clinical practice. As I reflect on that time, I can see what a gift it was to kick off a serious endeavour with such a playful and curious ally. Perhaps the initial vision of Blue Tansy guided me to place this oil on the Liver Meridian. In Chinese Medicine, the Liver Meridian, belonging to Wood Element, governs the smooth flow of Qi energy in the body and the emotion of anger. The Jester showed me a flow quality like no other understanding I'd previously held. If the liver governs flow, this silly Jester ability would surely be a delightful match for the liver. Indeed it was, a match made in heaven!

> I began to document the impacts of Blue Tansy (applied on acupoint Liver 3) on my patients' pulses and reported symptoms. While their experiences varied in nearly every case, the net result was one of greater relaxation, ease and flow. This could be observed physically with decreased pain; emotionally, with less fixation on emotions that cause tension; and mentally, with more spaciousness in relation to thought-forms that engender resistance and stagnation. Over time, I began to see the incredible impacts that Blue Tansy has on transforming twisted forms of anger and latent forms of unresolved grief.

In Chinese Medicine, anger is associated with spring-time growth and the surging energetics of "up and out". In other words, anger is the emotional energy connected to new growth and self-expression. Humans are inevitably stunted in the natural self-expression flow through conditioning and socialisation. This can build up anger energy – stemming from a frustrating inability to express fully and allow the energetics of anger to move. Healthy anger is meant to encourage the movement of dynamic up-and-out energy. When anger cannot find a way to move, it can lead to stagnation, tension, resistance and a gradual shutting down of fluidity within perspective. If this continues to be unresolved energetically, states of weakness, collapse, hopelessness and helplessness are the result. Deep grief festers when a Soul has lost its ability to aspire and

Blue tansy (*Tanacetum annuum*)
Image: Adobe Stock



express itself in life.

Anger and grief can take so many different shades of expression, from collapse and cowardice to chronic frustration and violent rage. In the case of anger

and grief, we range from a vague feeling of loneliness to a debilitating and pervasive sense of loss. When the energy of anger or grief cannot find a way to move freely, it can create all kinds of distur-

Image: Adobe Stock



> tions of flow within the body, mind and emotions. This is where Blue Tansy's Inner Nature is particularly powerful, bringing into your energetic circulation the Essence of Flow and Bringer of Play. Blue Tansy supports our ability to move spontaneously, utilising metaphorical acrobatics in our expression and helping us to flow and improvise with life. With this capacity, we are able to feel and remember the richness of our creativity. The creativity that indeed can unfold in any moment when we are not trying to control or be controlled by stuck anger and grief.

As you work with Blue Tansy, you might find yourself feeling increasingly spacious, easeful and able to express some of the things that you either didn't know needed expressing or didn't know how to release. Blue Tansy supports you in playfully disarming the landmines within your psyche. These are the places that are loaded with the intensity of anger that is directly connected to suppression, repression, hopelessness or helplessness. Likewise, in the places where we have become overly inflamed and overly reactive, blaming or shaming others or ourselves for what we think is wrong or bad, Blue Tansy somersaults in – and within no time, we can find laughter, and at the very least, a slight curling of the lips that begins to open the passageways for flow. In this way, toxic and suppressed expressions of anger can move out playfully and easefully. In cases where pockets of anger energy release with some force, Blue Tansy can remind us that any energetic unfolding – if we are able to present with it – can be part of an expression of the gift of truth from our own internal Court Jester to our Heart... the King and Queen of our be-

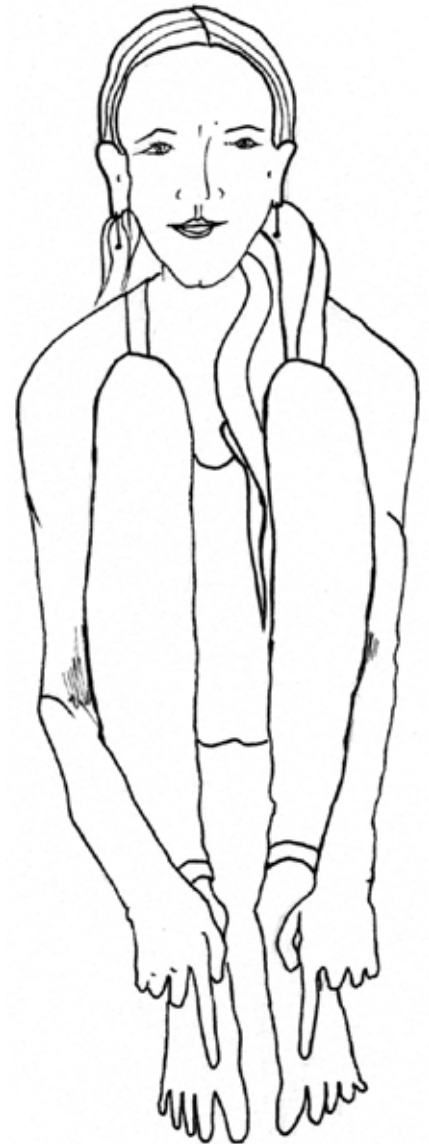
ing. Part of the gift of the Inner Nature of Blue Tansy is to offer our Child Spirit an important position on the Council of our inner experience. Play and silliness are allowed and needed for a robust and engaged life experience.

As we embrace the impishness and perhaps even the absurdity of the Court Jester, toxic forms of anger can be released, and our connection to play and our Child Spirit can be enhanced. We are then able to see more and more of what's true without internal or external warfare and the inevitable destruction that comes with such conflict. Blue Tansy guides us into a form of active and dynamic creative engagement with life, where our unproductive defences can be progressively softened. This way, we can flow with the twists and turns and the unexpected surprises that are a part of every life rather than accumulate resentment and regret over life experiences that we "don't want" to happen. We can allow these very unwanted experiences to be part of the fertilization of our Soul, guiding us into profound perspective and playfulness. Blue Tansy is one of the key allies in reminding us of the consciousness within that is always free from the bondage of right and wrong. As the poet Rumi expresses, "Out beyond ideas of wrongdoing and right-doing, there is a field. I'll meet you there". Indeed, if there is a playground for Blue Tansy, this would be its location.

AROMA POINT PRACTICE

Place one drop of 10–15% strength Blue Tansy on your finger. Now divide that drop between two fingers and place them lightly over acupoint Liver 3, *Tai Chong* – which translates to "Supreme Rush-

Image: ©2023 Anja Duchko-Zuber



ing". Hold lightly for 1–3 minutes. This is a powerful point for moving tension and stagnant energy throughout the body, mind and emotions. This practice can be done whenever the situation calls for the Medicine of Blue Tansy.

Tiffany Carole is an international teacher, successful entrepreneur, author and mentor. She offers a variety of innovative and heart-centred works in service to personal and collective empowerment. She illuminates emergent principles within science and nature so that we may consciously create the next stage in culture together. As a scientist and Chinese Medicine health care provider by training, Tiffany formerly owned and operated a holistic medical practice for 20 years outside of Seattle, WA. She is the creator of Aroma Point Therapies, and now runs an international online academy for healers, visionaries and Soulful entrepreneurs.



www.tiffanycarole.com