



Deepening Practices for Modules 8:

- 1: Practice contemplative aromatherapy with a range of oils that have different fragrance intensity levels, noticing when the sensations and perceptions arise. Keep a record of which oils you are using and what effects you get. Don't overdo it, keeping in mind that frequent inhalation can irritate or damage the sinus mucosa.
2. Use single note oils for enhancing concentration and mental energy, noting their effects. Try using them with different methods, including diffuser, direct palm inhalation and perfume strip, and notice differences of effects.
3. Make different blends from two and then three oils for enhancing concentration and mental energy, noting their effects.
4. Start using a specific oil when studying, observing the effects. Use the oil again at a later time, and practice recall of what you studied.
5. Use specific oils for aromatherapy treatment of headaches or nerve pains, as needed.