

## Rose, Queen of Flowers

Mindy Green



The fragrance of rose brings joy to the heart

"Rose is sent to earth by the gardeners of paradise for empowering the mind and the eye of the spirit."  
Rumi

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## Overview

- Historical intro to Rose
- Olfaction brief
- Aroma – link to spirit
- Rose and the heart
- Rose as food, herb and essential oil
- Blends and practical applications
- Research



With the Conqueror had captured the beautiful mosque Hagia Sophia to prevent conversion with after it was replaced with the same and covered in stone and later to be known as the temple to small beautiful. The mosque of both the Conqueror, smiling since design covering the floor of the mosque.

HerbalGram #96

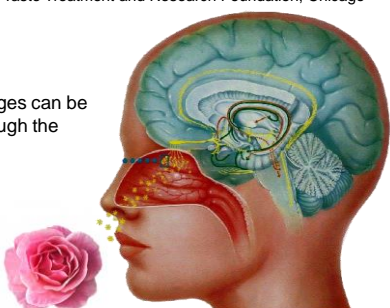
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- fossil evidence of Rose on earth for 40 million years
- Greek poetess Sappho (600 BCE) named Rose "the queen of flowers"
- sacred to Aphrodite, the Greek goddess of love, beauty and fertility
- revered for its connotations of love, fertility, femininity & transformation
- long valued as food and medicine: leaf, flower, fruit, seed
- Cold pressed oil - high in EFAs for dry skin
- leaf and petal tea: astringent, stypic, analgesic, cholagogue, liver detoxifier, emmenagogue, weak circulation (blood stagnation), digestive and skin disorders, cooling (pitta). emotional uses: sorrow, heart break, jealousy, anger
- create oils, jam, honey, tinctures, vinegars, sprays, elixirs, beads, tea, etc.
- Herb Society of America made rose "Herb of the Year" 2012 [http://www.herbsociety.org/herbs/documents/03.5.12\\_RoseGuide\\_pages.pdf](http://www.herbsociety.org/herbs/documents/03.5.12_RoseGuide_pages.pdf)
- HerbalGram Issue: 96 pp 40-53. Turkish Rose: A Review of the History, Ethnobotany, and Modern Uses of Rose Petals, Rose Oil, Rose Water, and Other Rose Products. by K. Hüsnü Can Baser, et al.

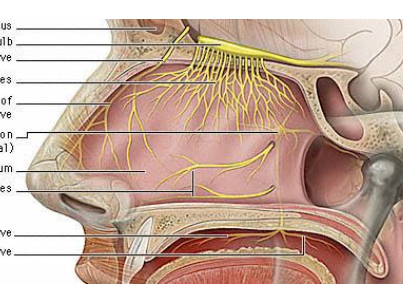
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"The quickest way to change a mood state -- quicker than with any other sensual modality -- is with smell." Dr. Alan Hirsch the Smell & Taste Treatment and Research Foundation, Chicago

Stress messages can be mitigated through the limbic system



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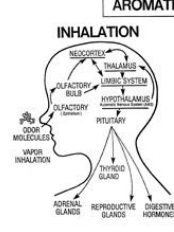
- Frontal sinus
- Olfactory bulb
- Anterior ethmoidal nerve
- Septal olfactory nerves
- Internal nasal branches of anterior ethmoidal nerve
- Pterygopalatine ganglion (in pterygoid canal)
- Nasal Septum
- Nasopalatine nerves
- Greater palatine nerve
- Lesser palatine nerve

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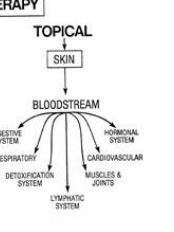
## The safest routes into the body

**AROMATHERAPY**

**INHALATION**



**TOPICAL**



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## Aroma – the interface between spirit and matter

(non physical and physical)




>Odor is a communication system; what is it telling us?  
I smell, therefore I am...



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## The nose is the doorway to the brain and the entrance for prana

Inhale = inspire

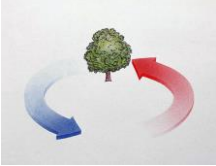




"Smells are surer than sights and sounds to make your heart-strings crack". Kipling

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## Symbiotic relationship between plants and humans

- Exchange of CO2 and oxygen is inherent in our existence – we are codependent

I saw the woods where thick the dead leaves lie, and smelt the fresh earth's scent – the scent of memory.  
---from *Leaves of Life* by Edith Nesbit

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## Connect with plants to increase awareness of our own Divinity

- Nature teaches us that collaboration is more important than competition
- The doctrine of signatures (unfolding rose petals, unfolding consciousness)



Rose has been cultivated for over 1,000 years

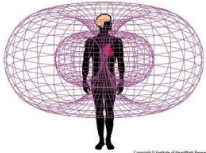
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## Heart vs. Brain

**The Heart is more powerful than the Brain**


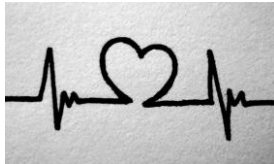
The Heart is about 100,000 times stronger electrically & up to 5,000 times stronger magnetically than the brain.

[www.heartmath.org](http://www.heartmath.org)



Avicenna (11<sup>th</sup> century physician) was the first scientist to emphasize rose fragrance as beneficial to heart and brain.

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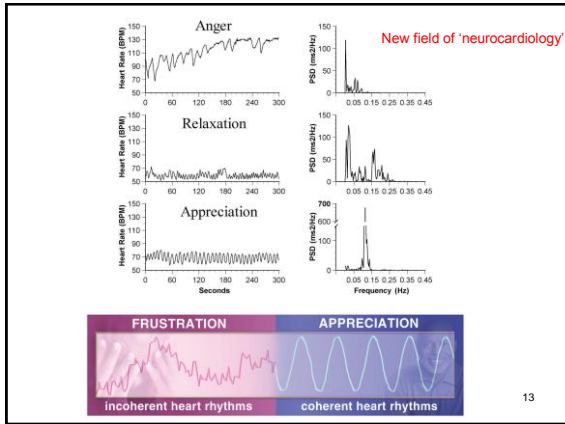



### Heart rhythm affects breathing / vice versa

Strong emotions can alter heart rhythm. Heart-lung affinity: core of rhythmic system. Rose for asthma (whether cardiac or emotional); has a heart / lung connection. Rose is the primary eo to balance brain/heart/lungs; especially useful for the unemotional, unfeeling, cold / excessively emotional, unreasonable, stubborn. Balances disturbed heart shen/spirit (depression, insomnia, fear, nervousness)

Teachings from Bruce Berkowsky, with permission. See also:  
<http://www.vitalitylink.com/article-homeopathy-684-art-spiritual-phytoessencing-soul-spiritual-homeopathy>

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4  
**HEART CHAKRA**  
*Mantra: "I love."*

Location: Heart  
Color: Green  
Glands: Thyroid gland

Physical: Heart, Thyroid gland, Lower lungs, Circulatory System, Hands, Skin, Upper Back

Illnesses: Heart disease, Varicose Veins, Immune disorders, Breast Cancer, Allergies, Rashes, Ache, Lupus

Associated Stones: Jade, Rose Quartz, Green Aventurine, Malachite, Peridot, Rhodochrosite, Onyxite, Green or Pink Stones and Crystals

Effects: Unconditional Love for Self and Others, Compassion, Emotional Balance, Ability to give and receive love, Acceptance of Self and Others.

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Heart mediates the 3 upper and 3 lower chakras

Rose for the 4<sup>th</sup> chakra

14

### Golden Ratio

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15

### Mystical Rose

- A symbol of love and devotion since ancient times; fragrance considered a mystical essence
- A metaphor for paradise and spiritual unfolding; exquisite beauty and purity of rose flowers placed on a thorny branch rooted in the earth symbolizes the mystic path to God (Sufi's)
- Virgin Mary dubbed "the thornless rose"
- Symbol for martyrdom (dying under torture)
- "Meeting Subrosa": secrecy, fidelity, loyalty and service
- Transforms romantic love to sacred love
- Rose has a strong affinity to the female reproductive organs.

Rosa Mystica

16

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### Original rosaries made w/real roses

The word *bead* is derived from Middle English - "bede", meaning prayer

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17

### DISTILLED ROSE OIL YIELD

If the yield of rose oil is 0.006 percent

$$\frac{100}{.006} = \frac{X}{1} = 16,666 \text{ oz.}$$

(Round this to 16,700 due to significant figures.)

16,700 ounces of rose petals are needed to make one ounce of rose oil/otto.

It takes 30-60 roses to make approx one drop of essential oil

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18

## Rose



2,000 flowers yields 10 pounds of dry petals

*Rosa centifolia* (absolute)



*Rosa damascena* (otto)

- Farnesol exhibits anticancer properties similar to its monoterpenic homologue geraniol. In animal studies, tumor regression has been observed when both compounds were administered after an onset of the tumor larger than 2 mm in diameter. Farnesol is also effective on leukemia cell growth. In toxicology studies, farnesol showed very low toxicity by both oral and dermatological routes in rats.

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19

Rose improves cardiovascular function: Kwon EK, et al. Flavonoids from the buds of *Rosa damascena* inhibit the activity of 3-Hydroxy-3-methylglutaryl-coenzyme A reductase and angiotensin I-converting enzyme. *J Agric Food Chem*. 2010;58:882-886.

Rose has extensive pharmacological properties including anti-HIV, antibacterial, antioxidant, antiaging, anti lipase, antitussive, hypnotic, antidiabetic, ophthalmic, and relaxant effect on tracheal chains: Hossein BM, et al. Pharmacological effects of *Rosa damascena*. *Iranian J Basic Med Sci*. 2011;14(4):295-307.



Eyedrops with Rose

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC358683/>

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20

## Anti-Cancer Research

Lasgatero JF, Baidouvi N, Vidal N, Pietri S. Anticancer activities of essential oils constituents and synergy with conventional therapies: a review. *Phytother Res*. 2014;10(1):1423-1446.

- Geraniol, a widespread unsaturated monoterpenic alcohol, is a major constituent of *Rosa damascena* EO. Many in vitro and in vivo studies support its efficacy against prostate, liver, colon, pancreas, breast, and skin cancers.
- The antitumor effects of geraniol are significantly increased by using it along with conventional chemotherapy such as 5-fluorouracil.
  - McAnally JA, Jung M, Mo H. Farnesyl-O-acetylhydroquinone and geranyl-O-acetylhydroquinone suppress the proliferation of murine B16 melanoma cells, human prostate and colon adenocarcinoma cells, human lung carcinoma cells, and human leukemia cells. *Cancer Lett*. 2003;202(2):181-192.
- Farnesol exhibits anticancer properties similar to its monoterpenic homologue geraniol. In animal studies, tumor regression has been observed when both compounds were administered after an onset of the tumor larger than 2 mm in diameter. Farnesol is also effective on leukemia cell growth.
  - Melnykovych G, Haug JS, Goldner CM. Growth inhibition of leukemia cell line CEM-C1 by farnesol: effects of phosphatidylcholine and diacylglycerol. *Biochem Biophys Res Commun*. 1992;186(1):543-548.
- In toxicology studies, farnesol showed very low toxicity by both oral and dermatological routes in rats.
  - Lapczynski A, Bhatia SP, Letizia CS, Api AM. Fragrance material review on farnesol. *Food Chem Toxicol*. 2006;46(11S):S149-S156.

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21

## more research on Rose

- "...several pharmacological properties including anti-HIV, antibacterial, antioxidant, antitussive, hypnotic, antidiabetic, and relaxant effect on tracheal chains have been reported for this plant." Boskabady MH, et al. Pharmacological effects of *rosa damascena*. *Iran J Basic Med Sci*. 2011 Jul;14(4):295-307.
- Study shows that aromatherapy with rose oil and warm foot bath reduced anxiety in the active phase of labor." Kheirkhah M, et al. Comparing the effects of aromatherapy with rose oils and warm foot bath on anxiety in the first stage of labor in nulliparous women. *Iran Red Crescent Med J*. 2014 Aug 17;16(9):e14455.

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22

- "...rose essential oil among the best to exhibit antibacterial activities towards *P. acnes*..." Zu Y, et al. Activities of ten essential oils towards *Propionibacterium acnes* and PC-3, A-549 and MCF-7 cancer cells. *Molecules*. 2010 Apr 30;15(5):3200-10.
- "Inhalation of rose essential oil significantly inhibited the following effects of chronic stress: 1) the elevation of trans-epidermal water loss (TEWL), an index of the disruption of skin-barrier function, in both rats and humans and 2) the increase in the salivary concentration of cortisol in humans. These results suggest that in rats and humans, chronic stress-induced disruption of the skin barrier can be limited or prevented by rose essential oil inhalation, possibly through its inhibitory effect on the HPA axis." Fukuda M, et al. Effect of "rose essential oil" inhalation on stress-induced skin-barrier disruption in rats and humans. *Chem Senses*. 2012 May;37(4):347-56.

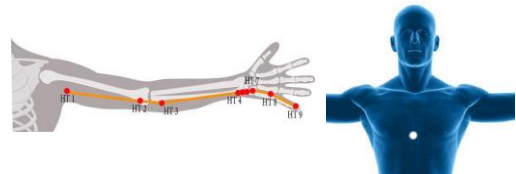
- EO is effective against *Staph aureus*; may reduce epileptic seizures
- other studies show that a water/alcohol extract of rose is antibacterial, analgesic, anti-inflammatory, and is high in flavonoid compounds (all studies on PubMed)

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23

## Acupressure Points for Heart

- Ren 17 (AKA Conception Vessel 17); relieves emotional stress / heart ache



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24

## Heart and Soul Tea

- 2 oz rose petals
- 1 oz rose hips
- 1 oz hawthorn berry/leaf/flower
- 1 oz hibiscus
- 1/2 oz orange peel
- 1/4 oz cinnamon



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25

## Simple rose hip syrup

- 1 cup dried rosehips (outer pericarp; no seeds, fuzz) soaked overnight in 2-3 cups apple juice
- cook on low stove to simmer 20 min, covered
- Sweeten as desired
- Add one drop rose essential oil
- Bottle and refrigerate; keeps 1-2 weeks
- Yummy on fruit, cereal, ice cream, yogurt, etc.



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26

## Rose facial scrub

- 1/2 cup oatmeal
- 1/2 cup dried rose petals
- 1-2 tbls rose clay



Grind oats and petals in coffee grinder; sift to remove any large pieces of calyx. Add clay pwd. Mix equal parts pwd with rose water (1 tbls) as a scrub or mask. Rinse and mist with rose hydrosol.

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27

## Blend # 1 ground/relax

- |                |   |
|----------------|---|
| • Rose         | 5 |
| • Geranium     | 2 |
| • Frankincense | 2 |
| • Atlas cedar  | 1 |



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28

## Blend # 2 inspire/uplift

- |              |   |
|--------------|---|
| • Rose       | 4 |
| • Grapefruit | 3 |
| • Clary Sage | 2 |
| • Angelica   | 1 |



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29

## Blending Options

- Stock bottle
- Massage oil
- Bath blend
- Body Lotion
- Perfume
- Inhalation
- Anointing oil



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## Basic Dilutions

- 2% 10 drops EO to 1oz carrier
- 1% 5 drops EO to 1oz carrier
- 0.5% 2-3 drops EO to 1oz carrier

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31

## heart affirmations



I consciously connect to my heart's wisdom and knowing. I release the illusion of separation and know that true love is never lost. I am deeply connected to Source Energy and am aware that all that needs knowing lies within.



I trust my heart to inform me of its innate wisdom. I go within and merge with the limitless flow of consciousness that is All Love.

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32

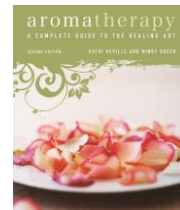
## Aroma, a tool for meditation



Rose, the heart of Christian mysticism; a metaphor for conscious unfolding. Rose has been used in ceremony to invoke higher states of consciousness and open the heart.

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33



[www.greenscentations.com](http://www.greenscentations.com)

Thank you!

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34