

QUICK REFERENCE SHEET

HYSSOP

Hyssopus officinalis



Plant Family:
Labiatae



Extraction Method:
Steam Distilled



Part Utilized:
Stems, Leaves



**Region of
Origin:**
Bulgaria

AFFINITY FOR:

digestive system, respiratory system, nervous system, circulatory system, heart meridian, stomach meridian, yang energy

THERAPEUTIC PROPERTIES:

anti-inflammatory, antiviral, digestive, diuretic, expectorant, febrifuge, hypertensive, nervine, sudorific

AROMATIC CONSIDERATIONS:

Hyssop is often diffused at the beginning of energy work or emotional healing sessions to clear and protect the environment. Hyssop is said to protect the auric field and strengthen personal boundaries.

APPLICATION:

Hyssop should be diluted and applied to the feet, the chest, or the back of the neck.

! CAUTIONS:

Hyssop is not recommended for use as a single oil; it is better used in a blend. Hyssop, as a single oil, should be avoided if pregnant, epileptic, or if you have high blood pressure. Always use caution and be sure to dilute well.

INGREDIENT IN:

^{Le}Benediction, ^{Le}Everlasting, ^{Le}Journey, ^{Le}Life Force, ^{Le}Unity, ^{Le}Visibility, ^{Le}Vision

EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

The herbaceous aroma of Hyssop is about freedom—freedom of movement in the body, freedom of expression, and freedom from sin. Hyssop is a symbol of spiritual cleansing and is used in purification rituals in many cultures and religions. The feeling it creates of freedom to express one's opinions makes Hyssop oil beneficial for family or group planning sessions.

It is a good oil to diffuse or wear when you sit down to journal and set goals. From a strong sense of our personal space and boundaries, we are better able to be tolerant, understanding, and accepting of others as they learn and grow. With the help of Hyssop, we can better live the commandment to love one another. In an energy work situation, Hyssop puts the customer in charge and in control of the direction and the depth to which the work will go. In many traumas and nearly all cases of abuse, the situation was out of the person's control. A sense of being in charge, being able to control the pace, and being able to choose the direction of the work is absolutely essential to healing.

PHYSICAL ASPECTS:

Hyssop is used to strengthen the lungs and prevent the recurrence of colds and flu. It is particularly helpful in drying up the secretions and mucous of pneumonia, bronchitis, and asthma.

In the digestive system, Hyssop is used to improve appetite, digestion, abdominal bloating, and the absorption of nutrients. It is considered helpful in expelling parasites.

Hyssop's effect on circulation and lymph drainage make it useful for discharging toxins and mucous, treating dermatitis and gout, raising low blood pressure, preventing or minimizing scar tissue, and the healing of infections and wounds.

Hyssop increases perspiration. Sweating is one of the body's ways of removing toxins and impurities. It also lowers body temperature. When the circulation is poor and the lymph glands are clogged, perspiration is unable to occur. This is a serious and health-threatening situation.

GENERAL INFORMATION:

Hyssop is mentioned several times in the Bible (Exodus, Leviticus, Numbers, 1 Kings, and Psalms).