

INTRODUCTION

WHEN WAS THE LAST
TIME YOU STOPPED TO
SMELL A ROSE?

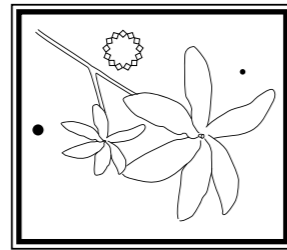
THE POETRY IS LOST
WHEN YOU REALISE THAT
OUR ROSES NO LONGER
HAVE A SCENT.

SMELL IS ONE OF OUR
MOST POWERFUL SENSES
AND YET WE HAVE
LITTLE AWARENESS OF
HOW EFFECTIVELY IT CAN
INFLUENCE US.

THE FRAGRANCE IS SAID
TO BE THE SOUL OF THE
PLANT, AND HAS BEEN
USED FOR CENTURIES
FOR EMOTIONAL,
PHYSICAL AND SPIRITUAL
WELLBEING.

JASMINE CREATIVITY & JOY

Jasmine means 'God's gift' in Arabic, and is a highly regarded essence. Studies found that inhalation of the fragrance made participants feel more positive, energetic and confident. This is something the ancient Chinese knew as they would use the oils in hospitals to support patients. Jasmine inspired such creativity that songs were written about it.



JASMINE RITUAL FOR CREATIVITY AND JOY

Use 3-5 drops in a diffuser (oil or steam). Allow to diffuse in the room for 10-15mins. Sit in a comfortable position with a pen and paper. Take 7 deep breaths. Now open your eyes and jot everything down.

ORANGE RESILIENCE & STRENGTH

A fragrance that one may already have memories associated with, but Orange is traditionally used to energise and uplift. Traditionally, it has also been used to support the immune system and cleanse a space after illness.

RE-ENERGISE CLEANING RITUAL

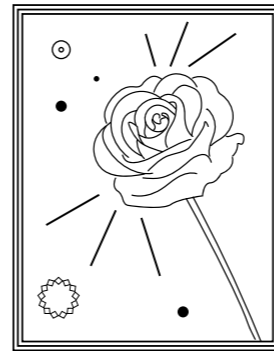
Clean and dry a mason jar. Make sure that the peels have no traces of fruit left, add to mason jar. Add in white vinegar. Close the lid tightly and let it sit in a dark and cool place for 2 weeks. Remove orange peels. Use as needed as is or dilute with distilled water to clean your home surfaces. You may add a few drops of Orange essential oil.

Before you clean the space, be aware of any feelings, smells or moods that you are feeling. Do you feel them in a particular part of your body or of the room. Now, as you begin to clean the surfaces, do so with attention and care. Are there any areas that the orange fragrance lingers, are there any changes to what you noticed before?



ROSE GRIEF/LOSS/PITY/LOVE

Rose has been used for centuries to uplift the grieving, heart broken and lost. It promotes a feeling of peace, love and tranquility. It is an 'emotional hug' bringing joy and comfort.



LOVING ROSE TEA RITUAL

Use 1-2 teaspoons of dried rose petals/buds/herb (organic preferred). Add boiling water and 1/2 teaspoon of honey. Breathe deeply.

Take 3 sips. Notice the smell, the warmth, the colours. Smile. Use this 'sip and breathe' technique especially when feeling overwhelmed.

FRANKINCENSE FEAR/ANXIETY/LETTING GO

It is deemed to be 'heavenly' as it removes stagnant energy making a space ready to be filled with prayer and meditation. It has also been used to help with mild depression, anxiety and is uplifting. No wonder it was always used in sacred and religious practices.



FRANKINCENSE CLEARING SPACE RITUAL

Place 1/2 teaspoon of dried resin on a hot charcoal disk, and allow for it to 'smoke'. The smoke can be moved around the room, house, bed and yourself.

As you walk around 'smudging' you can use this affirmation:

'I release from this space (this can also refer to your mind or body) _____ and I welcome _____ into this space.'

LAVENDER RELAXATION & SLEEP

Lavender is a popular fragrance, and is often deemed to be only good for sleep and relaxation. Science and traditional use agree that it is also effective in soothing mild anxiety, hyperactivity, headaches and anger.



LAVENDER AND BREATH

Place 1-2 drops onto the palm of your hand and rub both hands together; then cup them over your nose and mouth and take a breath in and breathe out away from your hands. Do this 7 times. Smile. Notice if any images came to mind. From now on, whenever you smell Lavender remember to breathe.



HOW TO USE THIS RESOURCE

This is a scent journal to record your personal relationship with smells and how they support, encourage and reconnect us to the different emotions that we feel. Take your time with each new fragrance and ritual. Be patient. Allow yourself to sit with each fragrance, and notice any memories, images, sounds, colours, thoughts or emotions. You can read your journal and eventually use your experiences to develop your own ritual of self care using fragrance.

CAUTION:
Do not use essential oils internally. Seek out the advice of an aromatherapist if you are pregnant or have any underlying health conditions.



bethlem
gallery



FURTHER READING



Dried Frankincense resin-
www.naqshistore.co.uk

Organic essential oils
www.doterra.co.uk
www.aromantic.co.uk

Dried Rose Herb
www.baldwins.co.uk



BETHLEM GALLERY'S MENTAL HEALTH AND JUSTICE PUBLIC ENGAGEMENT

Bethlem Gallery is funded by Wellcome to provide public engagement for research into mental health and justice. The public programme influences, and is influenced by, the Mental Health & Justice (www.mhj.org.uk) research team which is comprised of six inter-related research strands involving clinical experts, lawyers, philosophers, neuroscientists, social scientists and service users. Commissioned artists bring people together across these multi-disciplinary strands and across the delineations of service user, clinician, patient, public, artist and researcher to encourage conversations and learning through art practices.

RABIAH MALI

Rabiah Mali is a musician and herbalist whose works is centred around community healing and women's health. She runs workshops, retreats and herbal walks throughout the year.

OOMK/ LEVEL PRESS

One of My Kind (OOMK) is a collaborative publishing practice led by Rose Nordin, Sofia Niazi and Heiba Lamara. Working together since 2014, the trio make, publish and distribute books and printed works which arise from self-initiated and collaborative projects. As part of their commission for the Mental Health and Justice Public Engagement Project, OOMK worked with clinicians, artists with lived experience of mental illness and patients at Bethlem Royal Hospital to set up Level Press, a Risograph printing press based at Bethlem Gallery.

www.oomk.net

THE SCENT OF HEALING

RABIAH MALI