

Scentscape of the Soul as a Direct Channel of Communication with the Psyche and Physical Body

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Abstract : “When it take the kitchen middens from the latest canning session out to the compost before going to bed, the orchestra is in full chorus. Night vapors and scents from the earth mingle with the fragrance of honeysuckle nearby and basil grown in the compost. They merge into the rhythmic pulse of night”. William Longgood Carl Jung did not specifically recognize scent and olfactory function as a window into the psyche. He did recognize instinct and the natural history of mankind as key to understanding and reconnecting with the Psyche. The progressive path of modern humans has brought incredible scientific and industrial advancements that have changed the human relationship with Mother Earth, the primal wisdom of mankind, and led to the loss of instinct. The olfactory bulbs are an integral part of our ancient brain and has evolved in a way that is proportional to the human separation with the instinctual self. If olfaction is a gateway to our instinct, then it is also a portal to the soul. Natural aromatics are significant and powerful instruments for supporting the mind, our emotional selves, and our bodies. This paper aims to shed light on the important role of scent in the understanding of the existence of the psyche, generational trauma, and archetypal fragrance. Personalized Natural Perfume combined with mindfulness practices can be used as an effective behavioral conditioning tool to promote the healing of transgenerational and individual trauma, the fragmented self, and the physical body.

Keywords : scentscape of the soul, psyche, individuation, epigenetics, depth psychology, carl Jung, instinct, trauma, archetypal scent, personal myth, holistic wellness, natural perfumery

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