

# FES Benediction Oil at the Heart of Healing



Now featuring three product choices:  
Benediction Forte 1-oz roll-on  
Benediction oil pump-tops  
in 2-oz and 4-oz sizes

# Benediction™ Oil

## Heart Balm to Soothe, Center and Sanctify Body & Soul

by Patricia Kaminski

**Benediction Oil™** encourages us to respect and respond to our inner movements of soul: rites of passage, moments of transcendent awakening, and all stages of healing and transformation. Greek sages wisely recognized that not all time is the same. *Kronos* ruled over the everyday chronology of outer time. However, *Kairos* was a sanctified time which honored sacred passages in the annual calendar and in personal soul life. *Kairos* time is a holy opening, or “bleeding,” of the soul (from which our word “blessing” originally derives). Benediction is intended to be a heart balm which not only helps us open to the bliss of love, but also to the blessedness and bleeding of love. Through the use of this sacred anointing oil, we can gradually come to understand the meaning of any anguish or challenge that we suffer. The **Benediction Oil™** should be used to open and bless all the sacramental gateways of human experience: birth, coming of age and other rites of passage throughout life, marriage, illness and death. It should be considered for all sacred holy days and festivals, whatever one’s spiritual path may be. In general, Benediction should be used to help assist the soul to be conscious and receptive to any turning-point in time, both within Nature and within human experience.

### **The Benediction Formula**

The foundation of **Benediction Oil™** is the precious ruby-red oil of St. John’s Wort (*Hypericum perforatum*) in a base of certified organic olive oil. **St. John’s Wort Oil** was regarded by medieval mystics as the “blood of Christ” for its protective mantle of light. Certified organic essential oils of **Rose Attar, Angelica** and **Jasmine** instill higher awareness by opening the heart and soothing anxiety. Flower essences of Holly, Motherwort and Hawthorn strengthen and purify the heart; while Self-Heal essence helps the soul transform illness into wellness; and Angel’s Trumpet essence carries consciousness of the spiritual world.

## Indications for use

- **For all life passages:** use as a sacramental anointing oil during any major life celebration
- **Illness and transition:** a sacred unction to ease pain and assist body-soul alignment
- **Baby's birth:** to feel and accept the force of human love as the pathway to human incarnation
- **Dark Nights of the Soul:** when feeling depression, anguish, anxiety or bewilderment
- **Recovery from any violation:** such as violent attack, sexual abuse or other similar trauma
- **For chronic pain:** to help the soul accept and transform pain and suffering
- **Heart-centered sexuality:** to help body and soul experience heart-centered love

As a comfort care therapist with hospice, I have used the Benediction Oil™. Patients respond with letting go and calm.

— Karen Lohmann, Olympia, WA

I have consistently found that Benediction Oil works well for addressing the heart meridian.

— Lindsay Fauntleroy, licensed acupuncturist  
Brooklyn, New York



*Pure Rose essential oil is at the heart of the Benediction Oil formula.*

I recently used Benediction Oil™ with my father for his last two months here on this earth. I was deeply moved by his acceptance and openness to this product. He LOVED the smell!!! I massaged his feet, legs, hands and head with the oil at least two times a day; he looked forward to those moments. I thank you from the deepest part of my heart, with tears of gratitude in my eyes, for this magical oil.

— Heidi Hampe, Forestville, CA

Benediction Oil is regularly used in our care program at Windber Hospice. It provides calming, stabilizing support that is invaluable.

— Dr. Kelly Warshel, Windber Hospice, Windber, Pennsylvania



Benediction oil is a heal-all at our clinic in Haiti... . We rub the oil on the heart area and it brings the soul back to the body.

— Julia Graves

## Methods of Application

**Massage:** Can be used as a full body massage or applied to particular areas where the healing qualities of Benediction are needed. Since the Benediction formula is very rich, it can also be extended further with a neutral massage oil for full body treatments. Effleurage or gentle vibratory massage methods are most effective with Benediction. Other methods of subtle body healing such as Reiki and Therapeutic Touch are especially called for when using **Benediction**.

**Bath:** This is a highly effective method of use for **Benediction**, especially during times of trauma or suffering. Add up to an ounce of **Benediction** to warm bath water. If there is heightened trauma or pain, also add several dropperfuls of **Five-Flower Formula™** to the water. While in the bath, imagine being birthed from a sacred womb. Breathe slowly from the heart, and feel with each breath the contraction and expansion of the soul as it accepts and releases pain or fear. Wrap in large towels or sheets after bathing for at least 20 minutes and then lie quietly for approximately another 30 minutes.

**Compress:** Add up to an ounce of **Benediction** to an additional amount of warm olive oil. Soak pieces of flannel cloth in this mixture and then apply to the needed area. Cover with an additional heat source. This is a good method for addressing trauma or chronic pain, particularly when there is an acute soul dimension included in the suffering.

**Direct applications:** Over-all, this is the most common and effective way to use Benediction. This oil is especially compatible with the heart chakra and should be applied there regularly. Benediction can also be applied to each of the energy centers of the body, starting and concluding with the heart chakra as the balancer of the three lower and three higher chakras. After applying Benediction, its qualities can be greatly enhanced by folding the hands over the heart and offering a prayer which correlates with the particular need for which Benediction is being invoked. Additional topical applications are facilitated by the **Benediction Forte™** roll-on, described on the next page.

Application of Benediction oil on my hands and forearms prior to a live piano concert brought playing which was more confident; I could easily "let go" without any apprehension or fear.

—Véronique Muzy, pianist,  
teacher in the Conservatory of Avignon, France

# Benediction Forte™

To Protect and Nurture the Interior Light of the Soul

**Benediction Forte™** is a one-ounce double-strength concentrate version of Benediction Oil™ in a convenient roll-on for direct application.

**Benediction Forte™** can be conveniently used during travel, at work, in first aid or other high stress situations or to provide immediate heart centering for clients in your practice.

The roll-on applicator allows you to precisely target key pulse points and energetic centers. The acupressure point known as the Sea of Tranquility (CV 17), located in the middle of the breastbone, is particularly synergistic with Benediction Forte. Light pressure along with the application of Benediction Forte will bring immediate heart centering, releasing anxiety and stress.

After applying **Benediction Forte™** to C-17, you can also take a moment to fold the hands over the heart, and offer a prayer or affirmative thought to enhance the beneficent qualities of the oil.



Location of CV 17 point

I believe that the heart knows and we need to feel and live by that. There is so much in modern life that overloads the heart. I use the Benediction Forte roll-on many times a day to help my heart center. In my work as a healer, it is such a help for listening to what is needed. I love the new roll-on, it gives just the right amount and is easy to use.

— Margene Michnal, Tempe, AZ



I can see when I look upward  
Deep into the sun's bright orb,  
The world's great glowing heart.  
I can feel when I look inward  
Deep into the heart's warm beat,  
The soul-bright human sun.

~Rudolf Steiner~

I regularly use Benediction oil in my clinic. I apply it to the chest area when there is emotional pain related to grief.

— Dr. Lucas Vergnettes, DO, Paris, France



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