



# JACO

C. G. Jung Association of Central Ohio  
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**Saturday September 11 from 10 am to noon**

## **Aroma, Psyche, & Body: Creating New Narratives, with Erika Galentin**

“It has always been the prime function of mythology and rite to supply the symbols that carry the human spirit forward, in counteraction to those that tend to tie it back.” Joseph Campbell,

*The Hero With a Thousand Faces*

Join medical herbalist Erika Galentin, MNIMH, RH (AHG) of Sovereignty Herbs for a lecture exploring the role of plant-based aromas as useful tools for supporting the

psyche and our journey towards what Carl Jung referred to as individuation. We will begin with a brief tour of the inner workings of our sense of smell, how aromas are perceived, and their direct influence on our memories and emotions. This will be followed by a discussion on how emotions such as grief and shame can have significant impacts on how our bodies function. We will also explore how we can use aroma from plants to create new memories and emotions through the myths, metaphors, and stories they can carry directly to the psyche. Lastly, Erika will explore how aroma from plants can be incorporated into daily acts of self-empathy.



Erika is a MNIMH, RH(AHG) Clinical Herbalist and an ITEC certified Clinical Aromatherapist consulting from Sovereignty Herbs in Athens & Columbus, OH. She holds a degree in Herbal Medicine from the University of Wales, Cardiff, UK and Scottish School of Herbal Medicine, Glasgow, UK. She is a professional member of the National Institute of Medical Herbalists (UK) and the American Herbalists Guild (USA). She is also a proud member of Pi Alpha Xi National Honor Society in Horticulture (USA). With her dedication to medicinal plants native to Ohio and the Greater Appalachian region, Erika teaches, lectures, and writes on native medicinal plant conservation and applied ecology, propagation, herbalism, and clinical efficacy. She

also participates as a member of the Education Advisory Committee of the American Herbalists Guild as well as the Stewardship Committee of Appalachia Ohio Alliance, a non-profit organization dedicated to the conservation of land and water in Southeast Ohio. She is the author of *The Family Guide to Aromatherapy: A Safe Approach to Essential Oils for a Holistic Home*

**This is a free zoom event. Please RSVP online at [jungcentralohio.org](http://jungcentralohio.org) no later than 9:30 am 9/11/2021. A zoom link will be sent to you.**

