

Lemon oil works both physically and psychologically on the throat area (antibacterial) and helps to unblock speech if necessary (cleansing, communication). It's spirit is light and uncatchable, clear and clean as air. The Air element is related to mental processes and helps the individual to focus on the job in hand.

Through the card, the person can then self-identify with some of the information, opening up the therapeutic potential. Then when the essential oil of lemon is presented for therapy (perhaps through inhalation, topical application, meditation...whichever methods are most appropriate to their needs), this helps the individual not only on a physical level for their throat but also serves as an anchor/key/ reminder at a deeper level for their ongoing personal development.

**Table 1. Lemon's aromatherapy card translation (from Dutch).**

<b>name</b>	lemon, <i>Citrus limon</i>
<b>element</b>	air
<b>main component</b>	80% monoterpenes
<b>affirmation</b>	helderheid (direct Dutch translation = crystal clear)
<b>physical use</b>	antiseptic, antibacterial, astringent, cleansing, helps the immune system
<b>psychological use</b>	yang-Mercury (planet connected with archetype 'The Mediator') throat-chakra. Communication, concentration, freedom
<b>extraction method</b>	cold pressed
<b>plant part used</b>	peel

### An example of a collective archetypal experience

Recently the essential oil of the *Citrus sinensis* (sweet orange) was used in an experiment at the headquarters of the Rotterdam police as reported in several Dutch publications including De Volkstrant (Van der Storm, 2008). The experiment was led by Mrs Britte Evegaars of the Radboud University of Nijmegen. Orange oil was diffused intermittently at a barely perceptible level through the ventilation systems in the prison complex including the prisoner's cells over a six month period.

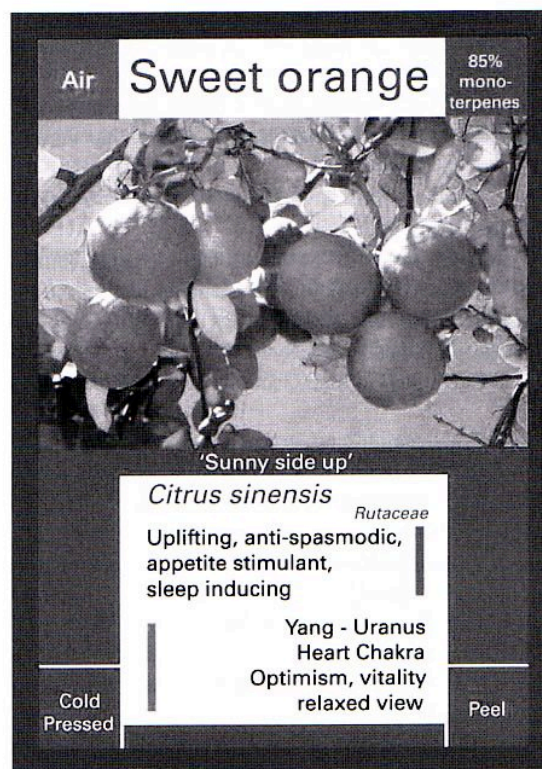
The results were very positive, with aggression of the detainees being markedly reduced. During the period of diffusion, there was also a reduced consumption (5-10%) of sedative medications providing the prison complex with a potential saving of 665,000 Euros per year. An additional effect was that detainees became more aware of their personal hygiene and asked more frequently to take showers and to use the toilet. Because of the success of this initial study, the experiment was extended for another six months and has potential for extending into other prison facilities with a goal of 'happier and cleaner' detainees.

From a psychodynamic perspective, the effects experienced in the prison mirror the effects one would expect from sweet orange. See Figure 2 for the English translation of the sweet orange aromatherapy card.

The archetype of sweet orange can be described as sunny and positive. Or, if you want to put it into a matrix, it can be connected to the Jungian archetype of 'The Jester'. To be more specific, the Jester is a kind of archetypal energy that is not afraid to take the next step and never worries. By its sunny nature, it helps us to see the positive side even when in dark situations.

The image of the orange can be likened to the sun. The orange itself and orange essential oil warms and feeds us physically (by what it contains, such as vitamins), psychologically (by its chemistry, to calm us) and spiritually (by uplifting the spirit and countering depression).

By mapping this information and applying it to the prison experiment, it shows us that even though the prisoners were in a stressful and negative environment, sweet orange helped them to be less aggressive about their situation. It also helped them to remember to take care of themselves by improving their personal hygiene. The focus of their dark circumstances seemed to have changed in return for a more sunny and relaxed view and behaviour.



**Figure 2. Aromatherapy Card of sweet orange.**

We know that scent affects cognition and behaviour even when the individual is not conscious of its presence. This was amply illustrated via three studies conducted in the Netherlands by Holland, Henriks and Aarts (2005). Here, the unconscious association between a citrus scent and