

SWEET MARJORAM - A Personal Goethean Plant Study with Christine Dennis - 2021

Origanum majorana

EARTH- JUST THE FACTS - EXACT SENSORY PERCEPTION

Description

Mediterranean region native; tender herbaceous perennial in the Lamiaceae family growing to 24 - 36 inches tall; leaves are small, grey-green, oval and aromatic; pinkish white flower in multiple inflorescences; annual in temperate regions;

Part Used

Aerial parts in flower

Harvesting

Summer and fall

Energetics

Warming, drying

Tastes

aromatic, sweet, spicy/pungent

Constituents

3% volatile oil- terpenes - myrcene, para-cymene, terpinen-4-ol, alpha-terpineol, sabinene hydrate, sabinene, linalool, carvacrol, flavonoids, caffeine acid, rosmarinic acid and triterpenoids

Actions

sedative, carminative, bitter, expectorant, anti-inflammatory, antiseptic, antimicrobial, anti-protozoic, anti-fungal, anti-spasmodic, myorelaxant - smooth muscle, diuretic, cerebral stimulant and vasodilator, antioxidant, emmenagogue, neuroprotective

Indications

Neurological - for nervous system and brain; relieves anxiety, headaches, insomnia, tinnitus, depression, memory loss; protect against neurodegeneration;

Gastrointestinal - relaxant and moves stomach qi; stomach tension and pain, indigestion, colic, nausea, vomiting, flatulence; opens/relaxes the liver and spleen

Respiratory - clears damp; coughs, colds

Muscular-skeletal - rheumatism, joint pain

Reproductive - promotes menstruation; dysmenorrhea, amenorrhea; promotes fertility; breast pain

Cardiovascular - moves blood and clear stasis

Integumentary - pain, inflammation, sores and ulcerations

Urinary - promotes urination

Uses

Culinary aid, sleep aid, soothing nerves, tinnitus, digestion tonic, stomach aches, poor digestion, regularized menstruation, coughs, throats, colds, tonsillitis, respiratory problems, gargle for mouth and throat, topical for wounds, swellings; relieves hay fever, headaches; use also as baths and pillows; rubbed topically for muscle pains, headaches and on chest

Contraindications/Side effects/ Interactions

N/K

Preparations/Dosages

Fresh tincture 1:2 40%; fresh dried 1:5 25%;

1tsp/cup infusion; 3 - 9 grams

T.i.d. doses

Modern Research

Anti-platelet, anti-atherosclerosis, anti-ulcer, anti-metastatic and anti-tumor; nephro-, hepato-, gastro- and cardio-protective; antihyperglycemic, antihyperlipidemic; inhibition of advanced glycation end products

WATER- SWIMMING IN THE GAPS - SPIRITUAL SEEING - IMAGINATION

History/Folklore

- Both Dioscorides and Pliny write of the use of sweet marjoram for gynaecological symptoms, describing how the strong scent of marjoram equated to the strength of the medicine. Long history regarding its scent alone.
- Romans - Symbol of happiness and love, and used to crown young couples
- Greek Goddess Aphrodite and Roman Goddess Venus, were both the goddesses of love, and that they each created sweet marjoram as a gentle symbol of happiness, and also love, peace, and harmony.
- Gerard- cold diseases of the Braine and head; eases toothache if chewed; put up nostril to provoke sneezing and drawers forth much flegme
- Culpeper described marjoram being ruled by Mercury, and under Aries, and as a remedy for brain and mind issues; a drop of its water in put in the ears eases the pains and singing noises in them; helps with "the loss of speech, by resolution of the tongue"
- used to make liquors and perfumes; potpourri and pillows; baths, waters, nose gays and posies - in all odoriferous preparations for ornament or delight
- Greek meaning oros - a mountain , games -joy.= joy of the mountains; brought joy to the dead. Planted it on graves to bring spiritual peace to the deceased. It was believed that if marjoram grew over a grave, the departed had found contentment.
- In medieval Europe, marjoram was thought to repel the devil and was strewn on the floor at funerals. It was also used as a charm against witchcraft and thought to keep milk from spoiling during storms.
- Associated with the Egyptian crocodile god - Sobek - "Lord of the Waters" - god of the Nile and fertility of the land.

Flower Essence

"for those experiencing grief, sorrow and vulnerability, particularly from the loss of a spouse, or a long-term relationship where roles were established and responsibilities shared"; brings comfort as it calms and soothes fears of being left alone and vulnerable; restores inner strength and joy and happiness and love;

Contemplation

The clusters of flowers ascend with such an assurity of purpose. The stacked flower heads, aligned at right angles to each other, look like beehives and I'm reminded of its Divine nature. They flower sporadically on these flower heads, looking like sparkles of light, like stars in the night sky, hovering above it lush grey green leaves. Being a perennial shrub, it's growth building upon itself each year. Marjoram is visually softer and tastes less harsh and intense than oregano. There is a sweetness with marjoram that oregano does not have.

AIR - SEEING IN BEHOLDING - SPIRITUAL HEARING - INSPIRATION

Marjoram got my attention when I was sick with Covid. I was so open that it just penetrated me and went deep into my heart. From that moment on I could not get enough of it. It opened and lifted my heart - Joy! And I felt so happy. First time in years. I started putting it on everything I ate. Everything. And every time I smelled it, again, it lifted my heart and opened it and filled it up again with its essence. After a whole year of eating it on everything, I knew it was calling me into deeper relationship with it. So I started to pay attention and turn inward when ever it "hit" me. I was noticing just how heavy my heart has been for sometime now, and it was lifting my heart out of that heaviness. And it was making me smile again.

FIRE - BEING THE BEING - SPIRITUAL TOUCHING - INTUITION

I was called to buy a bottle of the essential oil when I saw it one day. I would leave it out and pick it up and apply some when I walked by. And the familiar lifting and opening would occur every time. I would drink a cup of tea before bed and my nights would be filled with dreams, and I could remember them easily and with more encounters. I felt more of a clarity in my brain. I felt uplift both in mind and in spirit. It became my new best friend. I saw poetry when I saw her in flower - every individual flower rising up from the very heart of Her, being released in a word, together they tell a story, Her story. I felt Her story was healing my story.

Then I got news of one of my absolutely dearest friends, John Redden, had died. It took me some time to stabilize somewhat, even though his presence was so strong. A few days had gone by. And my heart was just so heavy. I remembered Marjoram, and reached out to her for help. Very quickly it brought lift to my heart and mind. And I could remember the good times, all the heart to heart conversations we shared. And I could connect with him without being overwhelmed by the grief for him that surrounded and

accompanies him. I felt a sense of responsibility with the grief. And how we each are responsible for processing grief, especially for those who are unable to.

ETHER - TRANSPERSONAL - THE "I" REACHES ABOVE, AND OUT OF THE SOUL'S EXPERIENCE IN THE BODY, FREE FROM SENSORY EXPERIENCE

I smoked a blend of 1/3 cannabis and 2/3 dried marjoram in a pipe - I felt this effervescence percolating up in my brain, like the rising up of the new growth of the flowers. Then it was forming foamy clusters in rings. And my crown chakra opened up and off I went travelling. Flying over beautiful landscapes. First I saw two old people walking together. They reminded me of the people in Italy. I recalled that Marjoram is native to Mediterranean region. She turned, looked deep into my eyes, a soul to soul connection, and showed me her old brother was oregano and together they roam the countrysides. And into the old villages and into the homes. I believe the landscapes she was showing me was of her home lands. The land she loves. And she is a highly respected elder there, a wise woman, with her broad and deep healing powers - clearing grief, sadness and tension, and opening to joy and happiness and love and harmony.

Coming back down and taking it in, I could feel a realignment, between my head and my heart, my mind and my spirit, my story and my purpose. Later there were many peaceful dreams - such as a Sister and I living happily high up in the mountains in a poor little shack, and feeling so rich; a happy wedding; family and friends together in celebration, joy and happiness.

ETHER - CATCHING THE BEING AND BRINGING BACK INSIDE

Marjoram is wonderful for both life and living, and also grief and dying. For all stages on this cycle of birth, life, death and rebirth. Marjoram is Elder Medicine; a wise woman with vast healing capabilities, due to her deep connections to and love of her land and all that it encompasses, and the people.