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The Tao of Essential Oil Blending: Archetypal Resonance, Spiritual PhytoEssencing, and the I-Thou Interface with Plant Souls

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Spiritual PhytoEssencing™ (SPE) represents a novel, qualitative therapeutic paradigm that reorients essential oil blending from a biochemical, symptom-centered framework (the “I-It” experience) to a soul-level, relational modality (the “I-Thou” relationship). Drawing from the foundational tenets of Classical Taoism, Chinese medicine, Kabbalistic cosmology, and Martin Buber’s dialogical philosophy, SPE posits that essential oils function as highly concentrated holographic carriers of plant souls.

This paper elaborates on the mechanism of archetypal blending, wherein customized essential oil formulations are engineered to mirror a patient’s inner soul-image rather than merely treat downstream symptomatic expressions (archetypal images). By establishing an intuitive dialogue within a designated “between space”—the boundary where material and spiritual planes meet—the clinician facilitates a profound resonance that empowers the individual soul to shift from a finite self-structure toward its eternal nature.

This synthesis incorporates insights from Chinese medicine, aromatherapy, classical homeopathy, anthroposophical science, modern physiology, and depth psychology to establish a systematic *Materia Medica* comprised of 125 unique botanical soul portraits. Ultimate clinical efficacy is achieved when this accurate mirroring reintegrates the personal self with the higher self, demonstrating that spiritual and psychospiritual wholeness constitutes an indispensable foundation for comprehensive mind/body wellness.

Keywords: Spiritual PhytoEssencing; Tao Te Ching; Archetypal Blending; I-Thou Relation; Plant Souls; Aromatherapy; Holistic Wellness; Kabbalah**Introduction**

The contemporary application of essential oils within complementary medicine is predominantly structured around an empirical, biochemical model. Within this prevailing framework,

essential oils are evaluated as complex molecular matrices whose specific constituents exert predictable physiological and minor psychological therapeutic effects. While this reductive approach yields reliable practical interventions for localized acute symptoms,

it frequently overlooks the primary core state governing chronic somatic dysfunctions and psychospiritual stagnation.

Spiritual PhytoEssencing™ (SPE) addresses this clinical limitation by proposing an ontological shift: focusing on the “mystery of mysteries” within the oils rather than the outward, material manifestations of that mystery. The theoretical structure of SPE, developed by Dr. Bruce Berkowsky, utilizes classical philosophy and mystical traditions to construct a methodology where blending is conceptualized as the soul’s natural condition of relationship with essential oils. By shifting focus from empirical utility to transcendental communion, SPE establishes a therapeutic paradigm designed to ameliorate deep-seated soul-level disharmony.

The Taoist and Kabbalistic Theoretical Foundations

The ontological framework of SPE is deeply rooted in Classical Taoism, particularly the cosmology articulated by Lao Tzu in the Tao Te Ching. The Tao is understood as the absolute, unnamable principle that underlies and animates all manifestations of the created universe and beyond. It simultaneously embodies non-being and primordial being in potentia; while it lacks formal material existence, it gives rise to all dualities, including yin and yang. As Lao Tzu noted, all things in the world emerge from being, which itself originates from non-being [1].

In the context of essential oil chemistry and blending, an oil’s physical attributes—such as its olfactory profile, volatile organic constituents, and therapeutic classification—represent the “named” or outward manifestations of its inner mystery. Conversely, the true origin of an oil’s healing capacity resides within the “unnamed” mystery, the vital spiritual essence that precedes physical form. SPE asserts that while analytical mechanisms cannot fully comprehend the Tao, an individual can achieve an operational resonance with it through deep intuition and the utilization of all “four windows of knowing”: sensing, feeling, thinking, and connection to. This theoretical posture mirrors the perspective of Chuang Tzu, who stated that the Way is to a person as rivers and lakes are to fish—the natural, indwelling condition of life [2].

This cosmological framework is further enriched by Kabbalistic metaphysics. In *Song of the Soul*, Rabbi Yechiel Bar-Lev describes the somatic body as an external vessel (Kli) that translates and reflects the internal light (Ohr) of its underlying spiritual potentials. The vessel reveals the character of the light through its localized actions, acting as its vehicle of expression [3]. Within SPE, this concept is directly applied to botanical species: the physical properties of an essential oil are driven by, and arise from, its spiritual roots.

The I-thou Interface: Dialogical Blending

To bridge the gap between human consciousness and the spiritual root of the plant, SPE incorporates Martin Buber’s dialogical philosophy, as elaborated in his seminal text *I and Thou*. Buber distinguishes between two primary modes of existence: the “I-It” experience and the “I-Thou” relation. The “I-It” mode is characterized by objectification, utilization, and superficial experience, wherein an entity is treated merely as a collection of properties to be categorized and exploited. Conversely, the

“I-Thou” relation represents a meeting of souls within a reciprocal, non-reductive “between space” characterized by genuine mutual recognition [4].

The conventional approach to aromatherapy functions almost exclusively within an I-It boundary, treating an essential oil as a scented collection of useful biochemicals designed to treat specific localized symptoms. In contrast, the central focus of SPE blending is the systematic development of an I-Thou relation with each essential oil in a formulation. This attitude transforms the blending process into a direct engagement between the consciousness of the blender and the consciousness of the oil, encouraging the plant soul to reveal its inner mystery. This mystery, conducted from the spiritual plane into the material world, serves as the primary source of the oil’s true therapeutic potential. Buber illustrated this level of awareness through his description of an encounter with a tree.

“The living wholeness and unity of a tree that denies itself to the eye, no matter how keen, of anyone who merely investigates, while it is manifest to those who say Thou, is present when they are present: they grant the tree the opportunity to manifest it, and now the tree which has being manifests it... What matters in this sphere is that we should do justice with an open mind to the actuality that opens before us” – Martin Buber

The Holographic Nature of Plant Souls

A core premise of SPE is that plants are living entities possessing souls unencumbered by ego, thereby endowing them with the qualities of purity and infinity. Drawing from anthroposophical science, SPE posits that fragrance formation represents a dynamic interaction between terrestrial and cosmic forces, serving as a vehicle for the plant’s union with the spirit. Consequently, an essential oil represents the most concentrated physical carrier of a plant’s soul. Furthermore, Kabbalistic doctrine states that while the taste of a fruit provides nourishment on a conscious, physical level, the scent of its volatile oil directly sustains the superconscious aspect of the soul. Because the human soul possesses a complex architecture containing animal, vegetable, and human spiritual components, humans possess an innate capacity to interface with plant souls on a reciprocal, soul-to-soul level.

An essential oil operates holographically; it is not merely a chemical extract, but an entire catalogued database reflecting the complete macrocosm of the plant. Archived within the inner soul nature of the oil is the plant’s morphology, its required indigenous growing conditions, its ecological relationships with neighbouring organisms, traditional folkloric associations, and historical spiritual uses. Even if an essential oil lacks the specific physiological mechanisms of an herbal extract from the same plant, the consciousness of those therapeutic actions remains preserved within its archetypal blueprint. To know an oil, the SPE practitioner must integrate this broad spectrum of botanical characteristics, chemistry, and historical metadata into a unified perception.

Archetypal Blending Versus Symptomatic Treatment

To implement this model in practice, SPE distinguishes between archetypes and archetypal images. An archetype is

defined as a unique, intangible construct of the soul that generates a characteristic pattern of potentials. In contrast, archetypal images are the perceptible outward emotional and physical expressions generated by those underlying constructs. In humans, these images manifest as personality traits, temperament, and diverse functional symptoms such as anxiety, depression, chronic fatigue, or gastrointestinal weakness. In an essential oil, its scent dynamics, biochemistry, and physical therapeutic actions constitute its specific archetypal images.

Using a physical metaphor, the immortal aspect of the soul (the “I” or “I-Am”) acts as the nucleus of an atom. The archetypes accumulated via genetic transference, past-life impressions, prenatal imprinting, and early constitutional modeling orbit this nucleus like electrons. Standard blending protocols focus strictly on matching an oil’s properties to the patient’s symptomatic archetypal images. SPE, however, utilizes archetypal blending, where symptoms are not treated as targets, but rather as diagnostic indicators to map out the underlying archetypal roots within the soul fabric. By synthesizing aromatherapy with Chinese medicine, doctrine of signatures, classical homeopathy, modern physiology, Kabbalah, depth psychology, and other traditional modalities, Dr. Berkowsky established detailed spiritual portraits for 125 distinct essential oils, compiled within Berkowsky’s Synthesis Materia Medica/Spiritualis of Essential Oils. Each oil represents a unique plant soul with a specific, predictable mixture of prominent archetypal qualities [5].

Clinical Methodology: Painting a Portrait in Oils

Because an individual human soul is governed by a highly complex, multi-layered array of archetypal patterns, soul-level healing cannot be achieved through a single essential oil; it necessitates a customized, multi-botanical formulation. The construction of an SPE custom blend is structurally analogous to portraiture, a process described as “painting a portrait in oils”. The ultimate efficacy of the therapeutic formulation depends entirely on the accuracy with which the combined plant-soul images mirror the patient’s inner soul image. When an exact holographic mirroring is achieved, the patient’s soul recognizes its own likeness

and absorbs the unencumbered soul-force generated by the plant-soul combination [6].

This infusion provides the spiritual impetus needed to reorient consciousness away from the finite, ego-driven self-structure back toward its eternal nature. This therapeutic reorientation follows a structured trajectory reminiscent of Plato’s “true order of going” outlined in *The Symposium*. The process begins with the initial sensory perception of the physical oil, mounts upward to the establishment of an I-Thou relation, proceeds to the blending of these individual soul potentials, and culminates in “fair notions”—true understandings of both the botanical essences and the practitioner’s or patient’s authentic self. This path leads directly to the inner point where the personal soul interfaces with the light of spirit, triggering deep mind/body wellness.

Conclusion

By integrating classical metaphysical concepts with a rigorous spiritual Materia Medica, Spiritual PhytoEssencing™ establishes a comprehensive, non-reductive framework for complementary medicine. It demonstrates that while local symptoms can be palliated through an I-It biochemical approach, deep-seated chronic disharmony and psychospiritual stagnation require an engagement with the unnamed mystery of plant souls. Through the mechanism of archetypal mirroring, customized oil formulations serve as a spiritual catalyst, resolving the estrangement between the personal self and the higher self, and restoring higher consciousness to its natural hierarchical authority within human health.

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