



AMAZING SCENTS.  AROMATHERAPY

LEARN WITH

Lianne

LEARN WITH LIANNE - Volume 13 dated 28 December 2021

Welcome to our new newsletter - ***Learn with Lianne***. Each week we will look at different oils, different topics related to oils and different ways we can incorporate them into our lives. We hope this newsletter will inspire you, uplift you and give you more education around your oils.

STARTING THE NEW YEAR OFF RIGHT

As we prepare to send 2021 off to the memory bank, we think forward to the new year and all its possibilities. Let's face it, it is always nice to put the old year into the past and move on with love and intention into the new year.

But how can we do this?

And how can oils help?



Reflecting on 2021

2021 was another tough one for many people, but within it, there were moments of love, joy and fun. There was some wins as well as some losses. Take some time out to reflect upon the year. Do some journaling, and answer the following questions.

1. What made you proud this year?
2. What did you do to take care of yourself this year? What did you learn about your needs?
3. How did you help your friends and family this year?
4. What relationships/friendships did you nurture this year? What relationships/friendships did you let go of this year?
5. What goals did you achieve this year? What action do you still need to take on some of those goals? Were there any barriers to achieving your goals? Are the goals still meaningful?
6. What were some of the biggest challenges this year? What did you do to overcome them? How are you working on them? What have you learned from them?
7. What new routines and rituals did you cultivate this year? What ones will you take into the new year? What ones will you leave behind?
8. Who helped get you through this year? Who did you help get through this year?
9. What helped you through this year the most?
10. What are you most grateful for?

Once you've written it all out, diffuse your favourite oil or blend, and celebrate the year. Even if it wasn't a good year, celebrate that it's over. Focus on the good bits, and let the bad ones go.





What oils will assist you to formulate your goals?
Sandalwood to still your mind and allow you to ground and contemplate your future,
Clary sage to give you clarity about what you really want and Rosemary to remind
you that you are the artist and can paint your life the colours that you want!

Preparing for 2022

As we start the new year, think about what your hopes, dreams, plans and goals are for the year. Some people choose resolutions, some choose focus words. All of these activities help you start with a good mindset.

One thing that many have found useful is to choose an essential oil to help support you on your journey in the new year. If you have [The Aromatherapy Insight Cards by Jennifer Jefferies](#), shuffle them, and ask which oil will support you in 2022. Then use this as your main oil for the year. Every time you feel unsettled or not on track, bring out the oil and remind yourself of your intentions.

Write your goals down. Share them with trusted friends to help you achieve them and make yourself accountable. Create a space within your home where you can work on your

goals and dreams in peace and quiet (if possible). Create a visual representation of your focus for 2022 - do it with pictures, words, phrases or quotes - it helps your mind's eye see what is possible.

Don't know where to start with goals for 2022?

- Think about how you want to feel?
- Think about what you want your world to look like?
- Think about areas like:
 - health,
 - finances,
 - home life,
 - work-life,
 - relationships and friendships,
 - spirituality (in whatever form that takes),
 - community,
 - contribution,
 - for just a few examples.



A lovely little diffuser blend to use when you're feeling overwhelmed,
stressed out and need to be calm

What is your favourite oil for assisting with stress? How do you like to use your oils when stressed out? Share your favourites with us via email or visit our Social Media sites.

Business Facebook

<https://www.facebook.com/amazingscentsaromatherapy/>

The Secret Oil Garden (private group but you are welcome to join)

<https://www.facebook.com/groups/2028287724106750>

Instagram

<https://www.instagram.com/amazingscentsaromatherapy/>

Pinterest

<https://www.pinterest.com.au/amazingscentsaromatherapy/pins/>

Also, if you are feeling stressed or in need of support, please connect with us and we will help where we can. There is always someone in our community that can offer a listening ear or be a sounding board for you. Also, if things are getting too much, reach out to public services such as LifeLine.

Got something to share or want to learn about?

Email us at socialmedia@amazingscents.com.au and we will share your stories in future editions of our newsletter.



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