



AMAZING SCENTS.  AROMATHERAPY

LEARN WITH

*Lianne*

### LEARN WITH LIANNE - Volume 14 dated 5 January 2022

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.

HAPPY NEW YEAR 2022

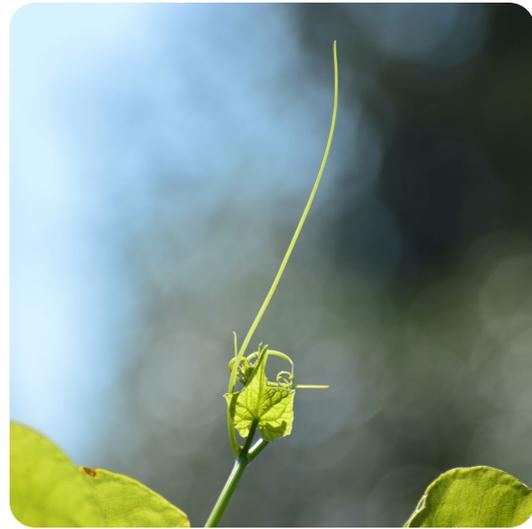
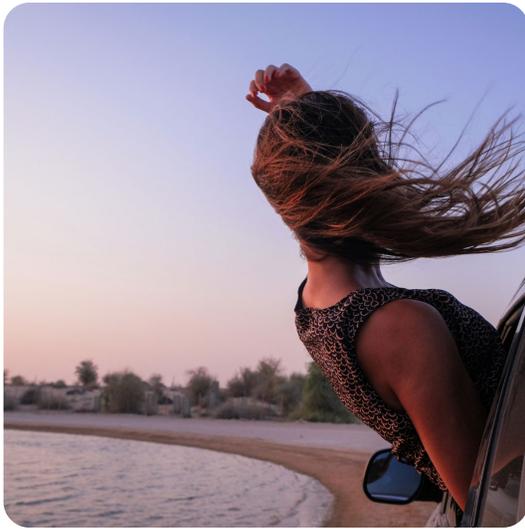
Happy New Year!

A brand new year with brand new opportunities!

A chance to review, renew and refresh your thinking, your actions, your life.

Many of us start new health programs, new fitness regimes, all as a part of resolutions to do better. Sadly few of us ever follow through with these resolutions and then we feel less of ourselves. I needed to find a more positive way and decided to choose a single focus word for the year. I found it helped to keep my mindset focused on a single thing rather than a long list of tasks that don't seem to get done. Who knows, this may work just as well for you.

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### **Choosing your one word to live by.....**

Instead of listing goals or resolutions for the new year, consider having a single word. A word to live by - just a single word to focus on. A single word can help focus your intentions and motivate you. It can help you filter out what you don't want and focus on just what you need. It brings simplicity, clarity and draws your attention in.

I chose a word that is focused but also broad in nature. Take for example the word 'Abundance'. Whilst we tend to think of money and finances, abundance should be seen as any reward you receive. Maybe you get a \$20 voucher from your favourite store or a free product. Maybe you are gifted some clothes, or given a 20% discount when you shop - that is abundance and part of an abundant mindset. All came into your path unexpectedly.

Perhaps you chose the word 'Connect'. Suddenly you are invited to an old school reunion and you reconnect with your long lost best friend. Or someone mentions you and your business to someone else and you connect with each other for mutual support. It could mean you connect with your inner child and remember to laugh and be joyful or you connect with your spouse on a whole new level.

The word you choose can be as broad or as narrow as you like and you also get to choose its meaning to you. I found a [list of great words on Pinterest](#) that might help you find your word.

Once you have your word, share it and its meaning with us in the Facebook group. Or create a vision board with all the things that the word means to you.





A Vision Board is a great visual representation of your goals, dreams, ideas, or focus. We are visual beings, so seeing pictures of what you want reminds us on a conscious level. You can use old magazines or prints to create one, or you can do it on a computer if you are gifted with technological talent.

### **Your words have power**

Last year I heard of a woman who chose the word 'FLOW' last year. In January, she underwent a hysterectomy so no more flow. Then she uncovered a huge water leak in her home causing a huge mould infestation. Her family had to move out of the home for about 6 months whilst the home was repaired and decontaminated. The whole family's health took a dive from the mould exposure. So, again, too much flow.

This story illustrates the power of our words.

It also serves as a reminder to choose your words wisely and to be careful of what you wish for. You need to be explicit in asking for exactly what you want.

### **Use Your Oils**

You may like to choose an oil specific to your chosen word, for example you may choose

Grapefruit if your word is Optimism, Cedarwood if your word is Courage or Clary Sage if your word is Clarity. Look up the metaphysical meaning in the Insight Cards or in our Amazing Scents Book.

Use your oils to support your word throughout the year. It can become an aromatic anchor, linking you back to your focus and purpose.



# Happy New Year

DIFFUSER BLEND

3	BERGAMOT
3	LIME
2	JUNIPER
2	ROSEWOOD
1	PATCHOULI

AMAZING SCENTS  
AROMATHERAPY

A lovely little diffuser blend to bring in positive energy for the new year, or a new day.

Make sure to follow us on all the social platforms. Like, share, and comment as much as you like. The more you do the wider audience we reach and the more people we can help with our gorgeous essential oil range.

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](mailto:socialmedia@amazingscents.com.au) and we will share your stories in future editions of our newsletter.



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