



AMAZING SCENTS.  AROMATHERAPY

LEARN WITH

*Lianne*

### LEARN WITH LIANNE - Volume 19, 9th February 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.

#### LOVE IS ALL AROUND

There are many kinds of love that exist. Love for family. Love for friends. Love for pets. Love for possessions. Love for our favourite things. Love for a significant other.

But the biggest and greatest love we ever have is with ourselves.

All love is great but how we love ourselves impacts our views with all other kinds of love. Therefore it is important to nurture ourselves often. When we hear the term self-love it all sounds like massages, pedicures and green smoothies. Now whilst those things are lovely, true self-love is something deeper and bigger than that. It is about trusting yourself; it is about being true to yourself; it is about being nice to yourself. It requires you to set healthy boundaries for yourself. And above all, it is about forgiving yourself when you aren't being true or nice to yourself.

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love \*  
\*  
YOURSELF \*  
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When we truly learn to love every part of ourselves, we show up in the world more confident, more secure and strong, and more empowered.

The lyrics to "Greatest Love of All" by Whitney Houston really sums it all up nicely.

I believe the children are our future  
Teach them well and let them lead the way  
Show them all the beauty they possess inside  
Give them a sense of pride to make it easier  
Let the children's laughter remind us how we used to be  
Everybody searching for a hero  
People need someone to look up to  
I never found anyone who fulfill my needs  
A lonely place to be  
And so I learned to depend on me  
I decided long ago  
Never to walk in anyone's shadows  
If I fail, if I succeed  
At least I'll live as I believe  
No matter what they take from me  
They can't take away my dignity  
Because the greatest love of all  
Is happening to me  
I found the greatest love of all  
Inside of me  
The greatest love of all  
Is easy to achieve  
Learning to love yourself  
It is the greatest love of all

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Learning to love yourself is the greatest love of all

Using the metaphysical meanings behind essential oils can really help us to unpack and unlearn those old, poor, self-defeating patterns of behaviour. So, what essential oils can help us on this self-love journey. Well, any and all of them can. But the key ones would be:

#### [Rose](#)

Rose is all about love. It helps renew a sense of well being in all areas of our lives, and brings a sense of warmth and comfort. It will help nurture us emotionally and regain our passion in life.

#### [Grapefruit](#)

To renew our zest for life, we can call upon the metaphysical properties of Grapefruit to support us. It will help release any self-doubt or frustrations we may be having.

#### [Fir](#)

When your self worth feels bruised and you begin to doubt yourself, Fir will comfort you as you heal. Be true to yourself and treat yourself with love and respect.

### Clove

Not one we think of when it comes to love and self-love, but Clove is an important addition to the mix as it helps us remove attachments, and empowers us to move forward and explore new possibilities and experiences.

### Patchouli

This oil will help unite all areas of our lives, and rise above any self-imposed barriers or boundaries we may have

### Thyme

Thyme will help us remove fears, dispel negativity and help us to emerge with self-confidence. It will help our willpower and give us strength to overcome whatever obstacles we have placed in front of ourselves - both physical and emotional obstacles.

These are just a few oils that can help us on the path to true love - a love with ourselves that is strong, pure and courageous.

*Magic Moments*  
DIFFUSER BLEND

3 green droplets	ROSE
3 brown droplets	SANDALWOOD
1 white droplet	SWEET ORANGE
1 yellow-green droplet	MOGRA

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What oils have helped you on your journey to self-love and acceptance? Share with us your story

in the Facebook group.

Remember to follow us on social media and keep up to date with all that is happening at Amazing Scents Aromatherapy.

**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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