



AMAZING SCENTS.  AROMATHERAPY

LEARN WITH

Lianne

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 AND FEAR

According to Elisabeth Kübler-Ross, there are only two emotions: love and fear. *She says that "all positive emotions come from love, all negative emotions from fear". From love flows happiness, contentment, peace and joy. From fear comes anger, hate, anxiety and guilt.*

It's true that there are only two primary emotions, love and fear. But it's more accurate to say that there is only love or fear, for we cannot feel these two emotions together or at exactly the same time. They are opposites - if we are in fear, we are not in a place of love. When we're in a place of love, we cannot be in a place of fear."

In light of the world and as it stands at present, we are currently being driven to the side of FEAR and turned away from LOVE. In this newsletter, we will look at love and how we can use our oils to live from a place of love.

***"You cannot always control what goes on outside,
but you can always control what goes on inside"***

Wayne Dyer

When things seem overwhelming or beyond our control, we tend to be operating from a place of FEAR. It is a downward spiral and we sometimes fall into pits of depression or let anxiety overwhelm us. To move upwards and out of these spirals, we need to move towards LOVE. Love is the answer and we can actively move towards that space each and every day, in every interaction we have with other human beings and ourselves.

Love yourself. Love other people, things, places and spaces. Radiate your heart, your light,

out towards the world.



In her book 'The Blossoming Heart', Robbi Zeck discusses emotional expressions and the Chinese Medicine (TCM) meridians. Our energy is said to flow along the meridians and are seen as vital to our overall health and wellbeing. If we have emotional blockages, we can create blockages in our energies. Thankfully, through her work and essential oils, we can unblock these points through acupressure or "The Heart Blossom Points".

The Heart Blossom Point for the Heart Meridian is between your ring and little finger, about a centimetre or two below the gap. Some of the oils she suggests you can place on this point include Rose, Neroli, Jasmine, Palmarosa, Melissa and Fragonia. It will help bring back balance for lack of joy, lack of self-love, feelings of unworthiness, forgiveness issues, anxiety, depressions, and loneliness. This can also manifest as physical body imbalances such as palpitations, dizziness, poor memory, poor circulations, insomnia and so much more. When we bring balance to our heart space these feelings and physical issues will ease. (Note that if these physical ailments continue, speak with your primary healthcare provider).

Don't have these oils? Head over to the [website](#) and add them to your cart.

Remember, as we continue to evolve do all things from a place of LOVE, not fear. LOVE is our way forward, love is the answer, and love really does conquer all.



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*Balance the Heart
Diffuser Blend*



*4 drops of Jasmine
2 drops of Palmarosa
1 drop of Patchouli*

To help bring balance to your heart and live in a space of LOVE,
try this diffuser blend.



What else can you do?

The key is to actively move towards love every day. Use the oils listed above on the Heart Blossom Point and try our diffuser blend. You could also make up your own LOVE roller bottle blend, cream or spray - the options are endless.

Let us know what you are doing to live with LOVE and what oils you use for support. Email us at socialmedia@amazingscents.com.au and we will share your stories in future editions of our newsletter. Sending you love xx



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