



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.

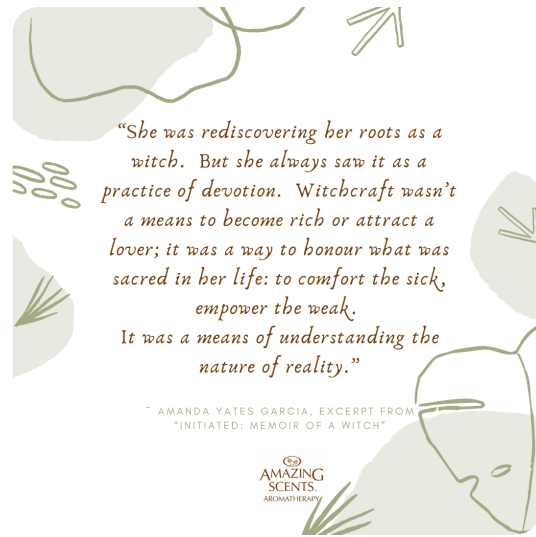
MAGIC AND WOOWOO

There is something almost magical about essential oils. Science can only tell us so much - we can learn about the chemistry of oils, we can learn about botany and the history of plants; but there is something deeper that happens when we blend a few oils together with intent for healing. I truly believe that a key component is definitely intent.

"What we think about, we bring about"

When we make a blend for healing, we think about the person we are trying to help. We think about what it is we want the oils to do. We use our witchy or woo-woo skills to infuse that magical essence into the blend.

Now don't be put off by the word witch or woo-woo. We are all capable of tapping into this part of us - some of us call it intuition, some of us call it womb wisdom, some of us call it our inner witch, but whatever you call it, tap into that energy as it can bring about some truly interesting and amazing things.



Working with your oils

When playing with your oils, use your inner wisdom to really enhance your creation. One aromatherapist I was speaking with recently said that she has a ritual she follows when blending. She makes the blend, then holds the bottle in her hands and infuses the intent of the blend into it. She holds the blend and says "this blend has been created for Betty to support her healing, to comfort her, to release her pain and to bring out much healing".

She then places the blend on the desk and surrounds it with crystals (she loves crystals too!). I often refer to this as adding a drop or two of love to enhance the blend.

If you know and love crystals, you can add them to your blends or surround yourself with them whilst you work. Rose quartz is for love and self-love. Amethyst is for enlightenment. Black tourmaline banishes negative energy and is grounding and provides protection. Just like aromatherapy, there is so much to learn about crystals. We have a number of people within the Amazing Scents community who are well versed in all things crystals, so if you have a question please ask in our Facebook group.

So, what can oils do?

To attract **abundance** into your life, add oils such as grapefruit, chamomile, juniper, lemon, mandarin, nutmeg, orange, rosewood and yarrow.

To explore **astral travel**, look at working with oils such as frankincense, geranium, ginger, jasmine, and sandalwood.

To banish **negative energies**, work with oils such as clary sage, clove, geranium, jasmine, juniper, lavender, melissa, peppermint, rose, rosemary, sage and ylang ylang.

To **inspire hope**, work with oils such as niaouli, hyssop and fir

To bring some **luck** into your life, work with oils such as basil, bergamot, cedarwood, cinnamon, geranium, jasmine, lavender, oakmoss, patchouli, spearmint and vetiver.

To encourage **money** to increase in your life, work with oils such as bergamot, cedarwood, chamomile, clary sage, ginger, peppermint and patchouli.

To maintain **vitality**, add oils such as cedarwood, frankincense, ginger, lemongrass, lime, myrrh and valerian.



Add more woo-woo to the essential oil blends with raw plant materials, crystals, and spells. There is no right or wrong way to go about it. Do what feels right for you and your belief system.

I encourage you to get your oils out. Play with them, sit with them and hug them. Listen to the stories they have to tell you. Explore and develop your intuition with your oils. It really is a fun and interesting way to use your essential oils.

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



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