



AMAZING SCENTS.  AROMATHERAPY

LEARN WITH

Lianne

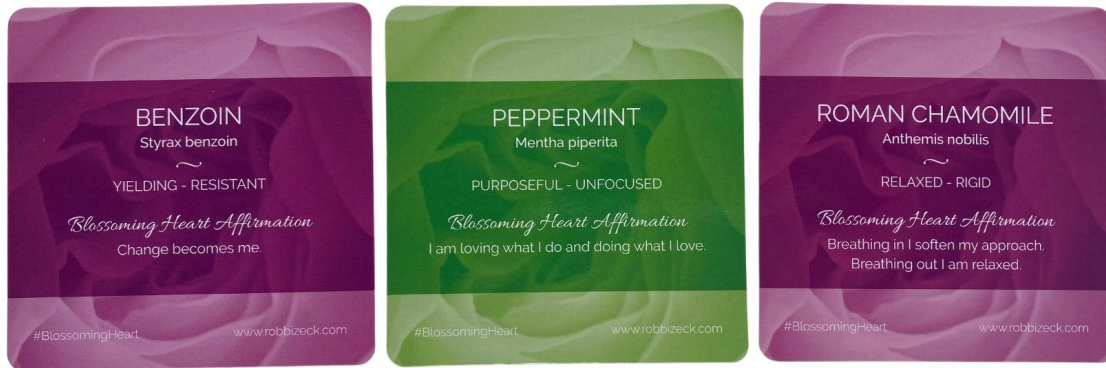
LEARN WITH LIANNE - Volume 22, 2nd March 2022

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.

GUIDANCE FROM CARDS

With so many heavy things happening in the world, both locally and globally, I felt overwhelmed, frustrated, sad and left wondering what was next. Instead of allowing it to completely overwhelm me, I decided to use the beautiful Blossoming Heart Cards by [Robbi Zeck](#) to see what oils could assist me in this current environment.

I hope the guidance and wisdom from these beautiful cards gives you some hope too.



Benzoin

This oil helps move us from being *Resistant to Yielding*. It helps brush away resistance to change and brings us into alignment with change. When we change, all things change, so we need to celebrate the changes that abound. Robbi states that "when there is a challenge in accepting new situations, notice where your resistance lies". Benzoin will help us to acknowledge and integrate what has been changing in our lives.

The Affirmation that supports Benzoin is "Change Becomes Me"

Peppermint

Peppermint moves us from being *Unfocussed to Purposeful*. It helps us reconnect us with our vital passion, taking us away upon the winds and wings of purpose. It focuses our desires to extend ourselves, with our own selves as the driving force, onwards and upwards. Robbi states that "Peppermint assists in the digestion of the idea of living a life that is purposefully on track."

The accompanying affirmation is "I am loving what I do and doing what I love".

Roman Chamomile

Roman Chamomile moves us from *Rigid to Relaxed*. We are all feeling tense and uptight, so pay attention to what your breathing is like. Slow down and breathe. Breathe. Breathe. Remove some of life's blocks with Roman Chamomile and learn to relax the body fully and wholly. Direct your breath into your heart space and allow it to soften, relax, deeper and deeper, feeling all that rigidity go and only softness remains.

The affirmation for Roman Chamomile is "breathing in I soften my approach, breathing out I am relaxed".

Side Note

You could try [German Chamomile](#) instead of Roman Chamomile if you like. Interestingly, German Chamomile moves us from feeling *Imposed Upon to Freedom*. That seems to be a consistent theme of the past few years. The affirmation for it is "I let go and let be".

When we look at the negative emotions from these cards they are "Resistant, Unfocused, and Rigid". Do you feel any of these emotions? Or do you feel that the world may be feeling this way? Ponder it, and journal any issues or concerns that come up. It is always interesting to look at the negative emotions as much as the positive ones to as they help us understand ourselves a little better.

Now what?

Use these oils to help move out any stagnant energy, moving forward with purpose, being relaxed and yielding. You could add these oils to a lovely footbath, your diffuser or a nasal inhaler. Say the affirmations that go with them and feel the tension go from your body.



Just Be
DIFFUSER BLEND

	ROMAN CHAMOMILE
	BENZOIN
	PEPPERMINT

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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?

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