



AMAZING SCENTS.  AROMATHERAPY

LEARN WITH LIANNE



A weekly newsletter all about learning more about your precious essential oils and accessories from Amazing Scents

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.

WINTER SOLSTICE

Today is a special day - the longest day of the year. Winter solstice, also called hibernal solstice, is one of the two moments during the year when the path of the Sun in the sky is farthest north in the Southern Hemisphere (June 20 or 21). The other happens in December for the Northern Hemisphere Winter solstice (December 20 or 21).

On the winter solstice, the Sun travels the shortest path through the sky, and that day, therefore, has the least daylight and the longest night. In winter everything lies dormant in the silent earth, it's a time of rest and reflection before the awakening and the slow build toward brighter days.





In Latin, solstice is made of two words: sol– meaning “the sun” and sistere meaning “to make stand.” Winter Solstice is one the most significant points of the year as the axis of the Earth pauses, shifts and moves in the opposite direction. For three days around the solstice points, we experience the power of standing still and the shift of direction. The sun standing still is a metaphor for the energy available to us at the Winter Solstice to change the direction of our lives with intention and build on this energy as we enter into the new year.

After experiencing the longest night and darkest day, the nights grow shorter and the days grow brighter until the Summer Solstice.

For the Winter solstice, you may want to slow down, stop and reflect. You might diffuse some oils to help you during this time. You might like to try Fir, Ginger, Cinnamon, Nutmeg, Frankincense and Black Pepper to warm your soul. You might want to use Eucalyptus, Sandalwood, Myrrh, Vetiver and Juniper to hold it all together. You may like to invite the energy of the oils of Rose, Jasmine and Lavender to bring love into your heart.

Think about all those warming oils. Think about your energy. Think about your inner heart light and where it might be guiding you.

It can be a wonderful time of year to go back over your overall year goals and plans you have set yourself. Reflect upon what you planned to achieve for the year, and use the restful energy to reflect upon their purpose in your life. Is that truly the direction of your heart's desire? Are you truly on track with your life's purpose? Do you need to revisit your goals, and amend them?

I encourage you to take a little time out of your busy life, and reflect. Use your oils to help you too.



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[Winter] appears outwardly to be dormant, yet is full of latent power – of energy gathered in states of germination, gestation, rest, and hibernation.

GABRIEL MOJAY

Do you have a story to share about essential oils? Remember to share your stories, your wins, your gains, and your fails, in the Facebook group, The Secret Oil Garden, so that others can learn tips and tricks. Every time you post in the group is an entry into our monthly giveaway.

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

Remember to follow us on [Facebook](#) and [Instagram](#), and like, comment and share our content with your friends, family and the local community. If you aren't already a member of our private group please head over and join in the fun in [The Secret Oil Garden](#) - there is so much information in here that's on tap all the time!

Please note that we will only email you 3 times a week. The newsletter on a Tuesday, the weekly specials on a Friday and the upcoming workshops on the weekend. The only other time would be a last-minute update on a class or something extremely important.

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