



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.

## INTUITION AND OILS

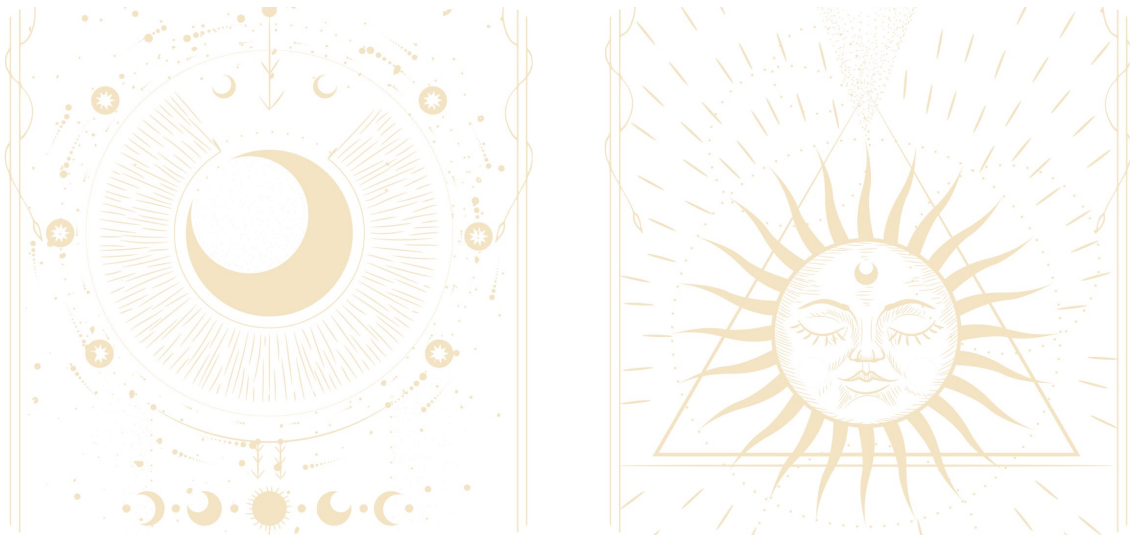
In The Secret Oil Garden (our private Facebook group) there has been discussion around using intuition to choose your oils. I mentioned this can be scary for newbies and some may not know how to or even what it all is. I thought it was an interesting topic, so here we are talking about it further in this newsletter.

### **What is Intuition?**

The dictionary defines intuition as the ability to understand something instinctively, without the need for conscious reasoning. Some may call it a "gut feeling" or an "inner voice", Some may call it a "sixth sense", but whatever you call it, we all have it, we all do it, and we all use it to differing degrees.

People use their intuition to make faster, more accurate and more confident decisions. But somewhere along the way, we've been told not to trust our instincts or gut feelings. Now we could debate the difference between instinct and intuition, but I am using them interchangeably because to me, its about relying on our own thoughts and actions, not someone elses.

So how can we develop our intuition when it comes to essential oils? Can we even do that?



When starting out with essential oils we all follow the recipes we are given. Same goes with cooking, we initially follow the rules and guidelines given to us by those with more knowledge. This is a good thing because we don't know what we don't know and we could be potentially harming ourselves. When we start to feel more comfortable, we can start to experiment. Believe it or not, most of my recipes started with experimentation - way back then there were only 3 books about aromatherapy in the local library. Dave and I experimented with many oils to find the right blends for our issues and these are what we've shared with you all.

Start by getting to know your oils better. Read about each oil - I read about one each night before I went to sleep as I remembered it best that way. No need to memorise them, great if you can but don't stress if you don't. Read about its therapeutic properties and how they can assist multiple things in your life. Just keep reading and learning.

Initially most will follow the recipes we teach, but we slowly encourage you to branch out and learn to tweak blends to tailor them to you. Pay attention to how using each oil feels for **you**. When you smell Lavender how does it make **you** feel? Where do you feel it in **your** body? Write these feelings down in your oil notebook (I know you all have multiple notebooks and if you don't, start one today!). If you like to meditate, sit with each oil as you meditate and see what message you receive about the oil. Take note of that.

Then once you start to feel comfortable with your oils, start to experiment. Instead of following the recipes to the letter, change it up a little. Instead of following the exact number of oils, change them. Say the recipe calls for 3 drops of Orange, 2 drops of Lime and 1 drop of Vetiver, change it to 2 drops of each. Smell it, and take note of the difference in smell. Do you like it more? Less? This will develop your nose.

Then start to swap oils in a recipe. If a recipe calls for Eucalyptus, look at why it is in the recipe and choose another appropriate oil based on your intuition. Perhaps Cajeput might be an option. Perhaps Fragonia might be the right replacement. Perhaps Tea Tree. It will vary depending on whether you are changing it for aroma purposes, therapeutic purposes

or metaphysical purposes. The 'Blends well with' list at the bottom of each individual oil description in our Amazing Scents Book can help you if you get stuck. (I'll let you in on a secret - we are working on a "oil substitution" list for you all which will help you if you can't choose which oil to change).

Of course if you don't want to trust your intuition just yet, use Jennifer Jefferies Aromatherapy Insight Cards. They are a great way to bypass the conscious thought process and trust the universe to provide the right oil at the right time. Below is a blend that may assist too.

*Developing Intuition*  
DIFFUSER BLEND

- FRANKINCENSE
- GRAPEFRUIT
- BAY
- SAGE

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I highly encourage you to play with your oils. You might create some truly stinky blends, but you will create some AMAZING ones too that are unique to you and for you. You really can't make a mistake - as perhaps your mistake is your inner knowing talking to you..... Just relax and enjoy - some of the best blends have come from those that have no idea what they are doing!

#### **Follow Us on Social Media**

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](mailto: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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