



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.

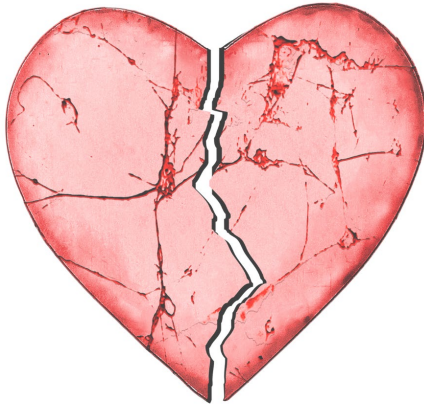
GRIEF

It has been a week of reflection for me as the anniversary of my fathers passing 31 years ago has rolled by. The loss that I feel now is still as strong as it was way back then, the difference is that the sadness has dimmed and I have become accustomed to him not being here. I feel safe now, knowing that he is always in my heart.

The slightest things bring back vivid memories - Bette Midler singing 'Wind beneath my wings', the smell of freshly cut timber or lawn clippings. The hair standing up on the back of my neck from time to time, as if he is here with me in times of need. Even writing this I have a tear or two in my eyes.

Grief isn't always about the loss of a loved one, but it is about loss. Loss of a pet, loss of a job, loss of freedom, in short grief equals loss. We need to work through the roller coaster of emotions that come with grief in order to move forward in life. Healing from grief isn't linear, moving from one phase to another. Be aware that we can move forward and backward numerous times. I really believe that for some of us, we may never truly heal from grief and loss, but it is important to process the many and varied emotions that come along with it.

Grief is one emotion we can't avoid. If left unaddressed it can lead to further issues and concerns. It's not a nice subject to look at but is one we need to consider, as many we know and love are dealing with and slowly processing the fallout of grief. If you are experiencing grief from the loss of a loved one, you have my deepest sympathy and empathy. Feel comforted that ultimately most will come to honour grief as the price we pay for love.



Thankfully for us we have the healing powers of essential oils to help us with the grieving process. The first oil I think of is **Rose**. We know Rose oil is all about love. Love for self, love for others. It can gently hold our hearts as we experience grief.

Neroli is another wonderful oil for these times. If the grief we experience arises as a shock, then Neroli is a must. Neroli is known as the rescue remedy of oils and its abilities to support people who are in shock. We don't need much, just a drop or two. Too much Neroli can overwhelm you so less is more, even when diluted.

Kunzea is another one we can reach for during grief. Robbi Zeck says it helps us feel safe. It also helps ease stress, anxiety and overwhelm - assisting us to release both physical and emotional pain.

Jasmine is a favourite of mine. Susanne Fischer- Rizzi describes it beautifully. 'The oil of Jasmine influences the emotional part of us. The fragrance penetrates and diminishes fear. Jasmine does not simply lighten our mood, it brings euphoria to darkness. Jasmine offers little choice other than optimism.

Frankincense comes from the resin of the tree and oozes out of the tree to heal its own wounds. This is one of the reasons why we can call upon Frankincense to support us. To help heal our emotional wounds. We also know that Frankincense is all about protection.

How to use

Each of the oils listed, even in small amounts can support our emotions during grief and

loss. However as one of my aromatherapy colleagues pointed out, it might be prudent to make a unique grief blend due to the strong memory link and use it for that purpose only. If we use just one oil to help us, we can start to associate that oil with grief and it mightn't be as helpful in other situations. Creating a grief blend allows us to create something tailored to the situation, unique to the loss and unique to the person or thing we are grieving over. My blend that helped me through my Mums death is listed below - you may choose something different. Tailoring it to suit your love and memories is what makes aromatherapy so amazing.

Remember that grief is about honouring things we value, things we love. Don't hide from the emotions of it all but acknowledge them, honour them and support yourself lovingly.



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 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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