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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Aromas to Heal a Broken Heart

By Francoise Rapp

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Too often people write off break-ups as just another page to turn in the book of life. There is some truth in that, but break-ups should be taken a bit more seriously. After all, this is the end of a relationship. And this loss can be as painful as losing a loved one in death. To heal it takes time, self-care, and conscious processing of your emotions. It is vital that you allow this healing process to occur, and take advantage of the situation to treat yourself with gentleness and nurturing.

Here are some other things to keep in mind during this transformative time:

- Avoid any big decisions.
- Go into the pain and the feelings. There is no way out but to get through it...and you will!
- Take long aromatherapy baths with appropriate holistic blends. See recipes below.
- Cry when you need to. Don't let others tell you to just get over it.
- Be VERY selfish.
- Surround yourself with positive and happy people.
- Dare to ask for a lot of hugs.
- Get a dog or cat, or cuddle with the ones you have.
- Write really awful, bitchy, letters to your ex. Write everything you would love to say. Burn them in the sink.

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Run the water to make it go away.

- Love yourself. Look in the mirror as often as you can and say wonderful things about yourself aloud.
- Write your way through the feelings.
- Connect with other people who understand and can relate: friends, counselors, message boards on websites, etc.
- Have a healthy lifestyle: eat well, exercise (at least get some fresh air on the beach, at the park, etc.).
- Nourish your soul with beauty: watch movies, read poetry, go to museums.
- Meditate.
- Stay alone and appreciate the tranquility of your aloneness.

There's no rule for how long the pain of a heartbreak will last. It may take weeks, months or even years. But using the following special aromatherapy blend and ritual will soothe your heart, nurture your wounded soul, and envelop you in comfort. I recommend following this bath ritual every night until you feel the pain has faded.

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**Your Daily Bath Ritual to Ease Your Broken Heart**  
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Prepare your aromatherapy blend by adding the following essential oils to a 10-oz bottle and filling with organic vegetable oil:

- 4 drops Rose Essential Oil
- 15 drops Sandalwood Oil
- 9 drops Lavender Oil

Order what you need to create the blend yourself:

====> <http://www.aromalchemy.com/aromatherapy/ouroils.html>

OR

Order it ready-to-use!

====> <http://www.aromalchemy.com/aromatherapy/featured.html>

Run some warm water for your bath and add 10 drops of your aromatic blend. Light some candles and

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turn off the lights. Close your eyes and place your hands on your heart. Visualize yourself filled and surrounded by a pink color. Take a few deep breaths. Feel the color soothing your being. Say aloud, "I am love myself." Take a few deep breaths again. Soak for at least 15 minutes.

After you get out of the bath, pour a few drops of the aromatherapy blend into the palms of your hands and anoint your heart chakra (the seat of love: healing, grieving, acceptance), and the third eye (integrating, detachment, connection with your Higher Self).

In Good Health,
Francoise Rapp
<http://www.AromAlchemy.com>

(c) Francoise Rapp, 2002. Internationally renowned aromatherapist and alchemist, Francoise Rapp, shares her expertise in using essential oils to heal and revitalize body and mind at <http://www.aromalchemy.com>. Highlights include aromatherapy classes, pure & organic essential oils, recipes and aromatic treatments for health and wellness, and a free weekly newsletter. Discover the power of aromatherapy today at <http://www.aromalchemy.com>!

Internationally renowned aromatherapist and alchemist Françoise Rapp shares her expertise each week in her free ezine, the Arom'Alchemy Newsletter. To subscribe, visit www.aromalchemy.com/education/newsletter.html.

Get A Big Picture View Of God's Goodness and Mercy

By John Tyler

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God's goodness and mercy in your life will always be part of a larger picture.

When Jesus used Peter and John to heal the crippled beggar in Acts 3, it had several powerful effects.

The first of which, obviously, was a man received freedom from an incredibly painful, life-long ordeal. This is just another portrait of the compassionate nature of our God, to touch us and heal us where we hurt the most.

But secondly, this miracle had a residual effect for the kingdom of God. Others were touched by God's kindness and mercy in this man's life.

When all the people saw him walking and praising God, they recognized him as the same man who used to sit begging at the temple gate called Beautiful, and they were filled with wonder and amazement at what had happened to him (Acts 3:9).

We don't know precisely how long this man had sat crippled outside the temple gate, but the word

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does tell us he was there every day. That means many people knew of this man's condition and former way of life.

We may not have walked out of a wheelchair, or been healed of a life-long sickness or ordeal, but there is not one of us who hasn't been greatly touched by him in some way. In itself, the fact he has saved us from our lost, sinful state is a miracle.

I know we are all immensely grateful for God's love, mercy and goodness in our lives. Where would we be without it? But God wants that goodness to not only flow to us, but through us as well.

I don't know about you, but when people look at my life, I want them to clearly see his hand moving there. Just like in the case of this crippled man, I want them to say, "There is something different about him today." I want his touch in my life to bring glory and praise to Jesus.

Isn't that what we all should aspire to?

After God performed this miracle, Peter announced to the onlookers:

Why do you stare at us as if by our own power or godliness we had made this man walk? The God of Abraham, Isaac and Jacob, the God of our fathers, has glorified his servant Jesus (Act 3: 12b-13).

The truth is, everything God does for us is part of a larger plan. God's ultimate goal in everything is to exalt his son and touch others through us. Paul wrote to the Corinthians that God "comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves have received

from God" (2 Cor. 1:4)

Did he heal you of a broken heart? Be on the lookout for the broken heart he wants you to help heal.

Did he bring you through a painful sickness or a season of doubt? Keep an eye open for the sick and doubting around you.

Did he save you, wipe away your sins and set your feet on solid ground? You are literally surrounded with people to reach out to.

This week, I encourage each of us to examine how God's touch in our life should touch others.

That is my desire today, and I hope it is yours. Let's concentrate on letting others know about his goodness and mercy in our lives, and always give the credit where credit is due.

That is the only way this Christian life will appear appealing to those who haven't met him yet. And, spreading his goodness and love around is why we are here.

John Tyler is a Houston-based writer and public relations professional who publishes an online column on Christian living. Be Transformed! Vist <http://www.JohnTylerMinistries.com>



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