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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!**

**Aromatherapy to Overcome Your Financial Fears**

**By Francoise Rapp**

**Aromatherapy to Overcome Your Financial Fears by Francoise Rapp**

For many people, the menacing and overpowering awareness of their financial state is enough to keep them awake at night. And it's no wonder, since we spend so much of our daily lives doing mental accounting of our finances, paying bills, and watching our paperwork pile up. This financial anxiety can be paralyzing for some, keeping them in an endless poverty consciousness cycle that actually prevents them from attracting the abundance they so desire.

If you suffer from these self-sabotaging fears, it's time to learn how to release their hold on you. And you may be surprised to learn that the remedy is really no different than treating a physical ailment.

When you are sick, you take herbs and nurture yourself in order to regain your health. Apply this principle to your emotional state and use action to relieve your symptoms. Include a simple ritual and a customized aromatherapy blend to your daily routine and you will soon find yourself free from the financial fears that were holding you back.

Start by taking the following actions to welcome prosperity into your life:

**--Clear the Clutter--**

Are you apprehensive about your accounting, allowing it to pile up and clutter your life? Consider the negative message that sends about your abilities to manage your finances. Eliminating clutter is a major principle in Feng Shui. When you clear it, you also eliminate the emotional clutter as well. Do a major de-cluttering this week. Make it a point to organize your papers, file your receipts, etc. Then, make sure to maintain your new sense of order.

**--Change Your Perspective on the Situation--**

We are often reluctant to address our finances because we are afraid of what we will find. Will we find more debt? Will we discover we have less money than we need? Change your perspective today by doing an inventory of your life. Make a list of all your goods: possessions, relationships, success stories, health, etc. See how much you have on hand instead of how much you lack. And remember, no matter how bad it gets, there is always a way out.

## Aromatherapy to Overcome Your Financial Fears

—Aromatic Blend to Transcend Your Financial Fears—

This blend will boost your confidence, willpower, and courage. In a 10–ml bottle, add the following essential oils and fill with an organic vegetable oil:

- 5 drops Bay leaves Essential Oil
- 5 drops Rosemary Essential Oil
- 4 drops Cinnamon Essential Oil

Anoint the solar plexus, lower back. Pour a few drops into the palm of your hands and breathe it in deeply. Use it in the morning, when feeling scared or anxious about a financial situation.

Order the oils you need to prepare your blend:

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

—Your 10–Minute Ritual—

This exercise will replenish your body and mind in positive energy, thus helping you attract abundance into your life.

Sit silently in a quiet place for several minutes. Visualize yourself surrounded by and absorbing a golden color within your entire body, each organ, each cell. Imagine it radiating out. Hold this vision for at least 10 minutes. Feel how your body is full of this golden color.

Pour a few drops of the aromatic blend into the palms of your hands and breathe it in deeply. Say the following affirmation three times aloud:

"I am the creator of my own wealth and take action today toward abundance"

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](http://www.aromalchemy.com/education/newsletter.html).

## Five Tips For Buying The Best Aromatherapy Oils

By Vincent DeLuca

## Aromatherapy to Overcome Your Financial Fears

Walking into an aromatherapy supply store can feel like walking into a slice of heaven. The sweet scent of aromatic skin care solutions excite the soul while the tantalizing aromas coming from scented candles steal the show. However, the aromatherapy connoisseur knows that not every scented oil and sweet smelling candle on the shelf contains healing power. Here are five tips to help you find only the best in aromatherapy products.

Tip #1: Check the bottle. If your aromatherapy essential oil is in a clear bottle or a plastic bottle, then you should not get it. Light has a damaging effect on oil and truly essential aromatherapy oils can be contaminated when stored in plastic bottles.

Tip #2: Check the label. Keywords such as "perfume" or "fragrance oil" are a big sign that the oils contained within the bottle are not pure essential aromatherapy oils. Even though the bottle may have the term aromatherapy printed on it, if you see natural identical oil or fragrance oil on the label, then your aromatherapy oil more than likely contains unwanted perfumery chemicals.

Tip #3: Check for dust. If you see an aromatherapy product on the shelf that has dust on its cap or around its container, then avoid getting it. Dust generally means that your aromatherapy product is old. Like many other types of oil and solutions, as aromatherapy products age, they lose their healing powers and aromatic scent.

Tip #4: Check the price. Different types of aromatherapy oils demand different prices. Pure therapeutic oils that are exotic cost more than aromatherapy oils that are more common. If every bottle of aromatherapy oil is the same price, you may want to reconsider.

Tip #5: Do your research. Each type of aromatherapy oil has a different therapeutic quality. The scent of aromatic essential oils such as cypress is good for treating coughs and asthma. However, the scent of Patchouli is used for anxiety, depression, and healing skin conditions.

Don't let the sweet talk of the salesman override the natural therapeutic power of pure essential aromatherapy oils. Whether you are purchasing your aromatherapy supplies from one of the many great online retailers or from the local establishment at the shopping center down the road, by following these five tips you can avoid the pitfalls and start enjoying the healing power of aromatherapy.

Vincent DeLuca is author of "Healing Health from Home." To learn more about aromatherapy and purchasing aromatherapy supplies, look at the aromatherapy resources available at



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