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Impair Healthy Healing In People Over The Age Of 30!

Celebrating Love

By Francoise Rapp

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While Valentine's Day is a special holiday to celebrate our loved ones, it serves as a reminder that we should honor the ones we love throughout the year, too. We should celebrate the precious value of our relationships and appreciate them with much consciousness everyday.

The day-in, day-out routine of our daily lives tends to wash away the excitement that comes with new love. We forget that our eyes used to sparkle when our sweetheart would enter the room, that the time we spend together is cherished, that we are each a foundation for the other.

To keep the love and excitement alive, we need to remember how love is magical, unique, deep (yet subtle), mysterious (yet tangible), passionate (yet gentle) and safe. Love is an inherent drive and emotion that can lead us to our greatest accomplishments. Love animates our lives with many colors and much joy. The best way to deeply appreciate its uniqueness is by embracing the present and be fully aware of love's presence in every moment; remaining conscious of what we feel for our true love; being here and now to enjoy its gentle warmth as it envelops us.

This week, use the following aromatic blends to help you celebrate the love you feel for your loved one, to honor the feeling, to be in the present and fully enjoy its energy. The affirmations included with each blend will help to raise your consciousness and channel the right energy you are working on at that moment.

To create these custom aromatic blends, add the essential oils in a 10-oz bottle and then add organic vegetable oil to fill.

Bringing Pure, Loving Joy

- 2 drops Rose otto
- 3 drops Bergamot

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-3 drops Grapefruit

Anoint the heart chakra and abdomen. Pour a few drops into your warm bath water and soak for at least 15 minutes. Pour a few drops into the palm of your hands and inhale deeply.

Say the following affirmation aloud three times while applying the blend: "I fully enjoy the happiness that love brings me."

Honoring Your Feelings

-2 drops Rose otto

-2 drops Jasmine otto

-4 drops Sandalwood

-3 drops Cypress

Anoint the heart chakra, the solar plexus and sacrum. Pour a few drops into your warm bath water and soak for at least 15 minutes. Pour a few drops into the palm of your hands and inhale deeply.

Say the following affirmation aloud three times while applying the blend: "I honor my feelings toward the person I love."

Enjoying the Present

-1 drop Rose otto

-4 drops Cedarwood

-3 drops Cypress

-4 drops Orange

Anoint the heart chakra, the solar plexus and sacrum. Pour a few drops into your warm bath water and soak for at least 15 minutes. Pour a few drops into the palm of your hands and inhale deeply.

Say the following affirmation aloud three times while applying the blend: "I consciously enjoy the present and all its gifts."

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To learn more about the essential oils in these blends, visit
<http://www.aromalchemy.com/aromatherapy/ouoils.html>

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In Good Health,
Francoise Rapp
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Resistance to Celebrating

By Margaret Paul, Ph.D.

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The following article is offered for free use in your ezine, print publication or on your web site, so long as the author resource box at the end is included. Notification of publication would be appreciated.

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RESISTANCE TO CELEBRATING Margaret Paul, Ph.D.

Some people really love celebrations - birthdays, anniversaries, holidays - while other people seem to dislike them. Derek will tell you that he could go through life very nicely without celebrations. To Derek, celebrations are a bother, a nuisance. They are meaningless and commercialized, created by big business to make money. Derek does not want to fall into the trap of being like everyone else.

Bonnie, Derek's wife, is just the opposite. She loves celebrations. She loves to buy just the right gifts for people. She loves to celebrate people on their birthdays and anniversaries. She loves Thanksgiving, Christmas, as well as Chanukah, since she is half Jewish. To Bonnie, celebrations are times when she can express her love and appreciation for people and her gratitude for her life. Bonnie is sad that Derek doesn't like to join her, and often feels lonely at holiday time because Derek is so resistant to celebrating.

How did Derek get this way? What causes him and others to dislike celebrations?

Derek grew up with a very controlling, invasive mother. She tried to control Derek in many areas -

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how he wore his hair, who he dated, how he spent his time, what courses he took in school, what major he had in college. In addition, she exerted much control over him during celebrations. Not only did he have to get her a terrific present, but whatever he got was never good enough. For Derek, celebrations were not fun at all.

Now, as an adult, Derek is in resistance to being controlled. He has transferred his anger and resistance toward his mother onto society and big business. Now it is society and big business that are trying to control him. Now, because he is an adult, he no longer has to give in as he did with his mother. Now he can resist being controlled.

The problem is that it is not really an adult who is making the decision to hate holidays - it's a

wounded, angry resistant adolescent who just doesn't want to be controlled any more. Derek actually has a little child inside – the happy, playful, loving child - who would love to be celebrated on his birthday and would love to celebrate others, but this tyrannical, controlling adolescent part of him (who is just like his mother!) won't let him. So, like Bonnie, his little inner child ends up feeling sad and lonely on holidays and birthdays, while the adolescent part of Derek thinks he is beating the system.

Derek will never be able to experience the joy of celebrations until he starts to care more about what is truly loving to himself and others, rather than being controlled by his resistance to being controlled. As long as not being controlled - by Bonnie, by his mother, or by society and big business - is more important to him than taking care of the little child inside who loves celebrations, Derek will be in resistance.

One way of moving out of this resistance is to find something he does want to celebrate. Can he celebrate his love for his wife? Can he celebrate the loving part of himself? Can he celebrate the fact that he is free to resist and rebel if that is what he wants? Can he celebrate his freedom to choose, his free will to determine what will bring him joy? Derek has the choice to move out of celebrating what others say he should celebrate and discover what he wants to celebrate. Then he might discover the joy of celebrating!

Meanwhile, Bonnie needs to take care of herself and find people who would enjoy celebrating with her. Rather than being stuck in her loneliness around special days, she needs to find friends to celebrate with her. She needs to let go of trying to get Derek to join her - which only taps into his resistance - and figure out how to take care of herself in the face of his choices. She will just lose out if she tries to have any control over his resistance. However, if Derek is open to learning about his resistance and open to learning about what he could celebrate, she can certainly engage in those discussions with him. If she lets go and he opens to exploring, perhaps they can discover new and joyful ways of celebrating!

Margaret Paul, Ph.D. is the best-selling author and co-author of eight books, including "Do I Have To Give Up Me To Be Loved By You?", "Do I Have To Give Up Me To Be Loved By My Kids?", "Healing Your Aloneness", "Inner Bonding", and "Do I Have To Give Up Me To Be Loved By God?" Visit her web site for a FREE Inner Bonding course: <http://www.innerbonding.com> or <mailto:margaret@innerbonding.com>



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