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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!

Discovering Your Truth

By Françoise Rapp

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You've heard it said that we create our own realities. Whatever your inner state-of-mind or emotional condition, you will see it reflected in the situations and people surrounding you. If this is so, then how do you determine what the truth is versus what you have created as your own reality?

The truth is held in the moment, and it is your responsibility to feel the truth within your heart. Whether you call this intuition or instinct, you can master this skill through regular exercises and meditation.

For years I have practiced the methods I will share with you today. As a result, I've been able to live a "true" life. I've enjoyed healthy relationships, made more of what I consider to be the right decisions, and have experienced a profound sense of knowing what is right for me. Today it is my pleasure to show you how to make this happen in your life, too!

~4-week Program to Discover Your Truth~

Practice these exercises daily for one month to gain wisdom, become grounded, and clear your mind. After four weeks, you will notice an increased sense of truth, allowing you to be more profoundly in-tune with your life path.

Your Evening Ritual:

- *Light a candle.
- *Sit quietly and comfortably. Close your eyes and take a few deep breaths.
- *Anoint yourself with the following aromatic blend as indicated below.
- *Say this affirmation aloud: "I am in the present and fully appreciate its truth."

Blend to Experience the Present Truth

Prepare this blend by pouring the essential oils in a 10-oz bottle and then adding organic vegetable oil to fill. Anoint the third eye, sacrum and solar plexus. Pour a few drops into the palm of your hands and

inhale deeply:

- 9 drops Sandalwood
- 5 drops Cypress
- 5 drops Pine
- 4 drops St-John's Wort

Order what you need to create it yourself at:

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

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.

That One Magic Word

By Gail Hornback

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I still have a vivid memory of the exact moment that I caught my very first glimpse of that banner ad! It said that I could Get Paid to Surf the Web!!! I immediately knew it wasn't going to take me very long to be bringing in a steady income!!!!

Little did I know, that was the beginning of a not so long journey to discovering the vast black holes of opportunities that lie out there on the internet!!! Actually, it was an answer to prayer. And the journey continues!!!

What it all boils down to, though, is one basic,

underlying truth, that I feel that too many people are being duped into ignoring. **THERE ARE NO MAGIC GET RICH QUICK PROGRAMS!!!!** There is one "secret" to being successful in an internet business (of any kind) that I believe we all know deep down in our hearts that is always true -----**PERSEVERANCE**. Hard work. Keeping at it. And at it. And at it!

With that in mind, let's look at the word **PERSEVERANCE**, and take it a step at a time!!!! Within that word, are some timeless truths that will **ALWAYS** help you to succeed in the end!

P – Pray and Plan – in that order! You can't get anywhere without either!

E – Expect to get discouraged. Nothing goes perfectly, and **NOTHING** happens in 1 day!

R – Read everything you can get your hands on about business on the internet. Develop a discernment about what is hype and what is truth.

S – Submit, submit, submit. Keep at it **DAILY**. Use all your resources.

E – Everyone is **NOT** an expert. They may sound like

one, or claim to be one. But they had to start at the beginning just like you.

V – Value is not always in dollars! Give yourself to your customers! Give the **REAL YOU!**

E – Even if it means not making a sale, **ALWAYS** be honest! You'll earn more in the long run.

R – Rest. Don't burn yourself out. This is **NOT** all there is to life!!!!

E – Enjoy Yourself!!!!!! Have fun at what you do. You'll **EVENTUALLY** be successful... **IF.....You PERSEVERE!!!!**

Gail Hornback is a stay at home mom of 5, editor of WebWorksAtHome Weekly Update, and author of the WebWorks Website at <http://www.webworksathome.com>. Email to: perservere@sendfree.com



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