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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!

Harness Your Personal Power

By Francoise Rapp

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Being in control of your life is more than simply feeling in control. After all, while you may believe you are consciously making controlled decisions, your actions may actually be sabotaging your life.

To harness your personal power is to become more assertive, to act in your own best interests while maintaining a global awareness of the world in which you live. By harnessing your personal power, you will become healthily responsible for your own emotions, thoughts and actions, and stop giving yourself away without your conscious consent.

Harnessing your personal power is a simple and true commitment to yourself and the life you want to enjoy. The process entails taking the following steps toward the changes you want to see in your life:

- *Know yourself: what brings you joy, comfort, drive, love?
- *Dare to be you.
- *Ask for what you want and what makes you feel good.
- *Treat yourself in accordance to your needs and wants.

On your path to unleash your inner power, you may have difficulty adjusting to a new paradigm. But you must hold true to your commitment if you are ever going to feel complete and achieve your full potential. With your newfound personal power you will truly be able to enjoy genuine and healthy relationships with others, feel content with life's goods and gifts, and view life as an opportunity and gift.

Begin harnessing your personal power to gain control in your life now by incorporating the following routine into your daily life:

- * Maintain a journal expressing your needs and wants;
- * Prepare the aromatic blend below. Pour a few drops into the palm of your hands and inhale deeply several times throughout the day.
- * Anoint your solar plexus and sacrum with the aromatic blend while saying the following affirmation

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three times aloud:

"As I harness my power, I recognize the strength and beauty of who I am."

Blend to Harness Your Personal Power

To prepare the blend, pour the essential oils in a 10ml bottle and then add an organic vegetable oil to fill, such as sweet almond, jojoba or safflower.

–10 drops Rosemary

–9 drops Lemon

–7 drops Bay leaves (or Laurel)

–7 drops Cypress

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Order what you need to create it yourself by visiting

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

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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.

Want To Be Able To Tell Your Own Fall Story? Always Wear Your Climbing Harness!

By Benny Carlson

A fall story is very common among all rock climbers who have been climbing outdoors for more than a few months. Those climbing sport or trad routes can take some pretty big fall than those in a gym climb which only allows for a few feet fall.

The biggest fall I ever had was a twenty–five footer which ended with my head hanging only five feet or so above some jagged rocks.

Why didn't I hit the ground? You may ask. My belayer saved me from bashing head on the rocks. It caught me and because all my gears, including my climbing harness, the most important pieces of

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gear were working perfectly.

Let me briefly describe climbing harness for you. It allows a rope to be safely and comfortably attached to a climber which stops him or her from hitting the ground.

The rope is passed through one or two webbing loops (depending on the harness) and these loops are one of the most important parts of the chain of protection that stops your fall.

These are the rope, rock protection and belay device. The webbing loops allow you to attach a belay device to your harness, thus allowing you to belay your climbing partners.

All the manufacturers of climbing gear make sure that their climbing harnesses meet rigorous safety standards but it's highly advisable that you pay attention to your gear and inspect it for any wears or tears.

It's safe if the nylon webbing of your climbing harness is a little fuzzy, a result of wear but if it's torn or has any visible damage, you're advised to get a new one.

There are different ranges of sizes and designs of climbing harness and it can be pretty tough to get climbers to agree on what climbing harness is ideal. However, all climbers are agreed on one point.

For a climbing harness to be safe, comfortable and effective, it must fit the climber properly. Aside the fact that an ill-fitting harness is uncomfortable, it is also dangerous.

Therefore, it's advisable that you try it out first before buying a climbing harness. Your gear store should be able to attach you to a rope and allow you to hang in the harness for a while to make sure that it's comfortable to walk around in and hang in.

You can either go for the stripped-down ice climbing harnesses made to be worn over layers and layers of insulation or bulky, padded harnesses which you could sit in all day. Whichever you go for is completely up to you.

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