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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!

Honoring Your Life's Purpose

By Francoise Rapp

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We all have a specific life's purpose. The presence and experience of others in your life helps you grow in consciousness, creating a chain-like reaction that has a profound effect on the collective awareness on the planet.

It is the ultimate goal for all living things to fully express our gifts and talents, to exalt and uplift the spirit of those around you by being and expressing the beautiful gift you are. If you are like most and are still trying to find your life's purpose, there are vital spiritual questions to ask yourself:

- *What is the unique gift held within me?
- *What is my talent and soul's purpose?
- *How can my purpose serve others?

Allow your true, innate talent to blossom and put it at the service of others. By accepting your gift, you honor yourself and the nature of life itself. By living each day with the goal of being who you really are, you not only awaken the souls of others, but also allow them to express themselves with confidence and trust in their infinite possibilities.

But identifying and keeping in touch with your life's purpose can be a challenge. Below you will learn how to keep in touch with your essence and its message. It is vital to practice these kinds of spiritual exercises, but easy to lose touch with our spiritual goals. As important as it is to your body to exercise, it is equally important to give yourself a regular spiritual workout. Commit to practicing these exercises often and be true to yourself and your essence.

~Your Spiritual Workout~

Sit in front of your altar or in a quiet place where you feel very comfortable and at peace. Close your eyes, stay silent and relax. Then choose the appropriate aromatic blend below and apply it on the crown chakra (fontanelle), third eye (between the eyebrows), and the solar plexus. Also apply the blend every morning on the solar plexus, crown chakra and third eye. Pour a few drops into the palm of your hands and breathe it in deeply.

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Focus your attention by following the steps below:

- *Be still and the here and now.
- *Ground your mind by visualizing yourself "sitting" in your head.
- *Feel.
- *Pay very close attention to the essence which animates your body and spirit
- *Open and awaken your heart. How does it feel?
- *Ask yourself what your gift is, and stay still.
- *Keep a journal to write down the different images or messages you envision while using the blend.

Everyday you should ask yourself what your talent is and how it can help others. Express it without fears and wonder. This is what will bring you the most joy.

To prepare the following blends, add the essential oils to a 10-ml bottle and fill with organic vegetable oil.

Awaken Your Life's Purpose

- 2 drops Jasmine otto
- 4 drops Sandalwood

Trust in Your Life's Purpose

- 1 drop Rose
- 5 drops Frankincense
- 4 drops Cedarwood

Act According to Your Life's Purpose

- 4 drops Cypress
- 5 drops Sandalwood
- 3 drops Jasmine otto
- 3 drops Frankincense
- 2 drops Patchouli

Melusine Alchemical Perfume

<http://www.aromalchemy.com/perfume.html>

Use this fragrance daily to align your chakras and open yourself to who you really are and what you wish to accomplish.

In Good Health,

Honoring Your Life's Purpose

Francoise Rapp
www.aromalchemy.com

(c) Francoise Rapp, 2001. Discover the life-transforming power of aromatherapy! Internationally renowned aromatherapist and alchemist, Francoise Rapp, shares her expertise through her informative web site, in aromatherapy classes designed for working adults, and in her free weekly ezine, The Arom'Alchemy Newsletter. All this and more can be found at www.aromalchemy.com.

Internationally renowned aromatherapist and alchemist Françoise Rapp was trained in the sacred ancient arts of anointing and practicing alchemy by priests and alchemists in France more than 10 years ago. Her talents have been featured in many national media outlets, including RedBook Magazine, New Age Journal, Self.Com, and the nationally televised program "Men are from Mars, Women are from Venus." Visit her on the web at www.aromalchemy.com.

LIFE'S PURPOSE

By Onaefe Umenu Edebi

To every life, there is a purpose; a purpose of will and a purpose of choice. A choice to make the right or wrong decisions and the will to act on the choices made.

There is no life that exists that is without a purpose, for everyone exists for something or someone. It may be one single act to which one is born; maybe an act of five minutes. Not so long compared to a life time you would say. But most people live their whole life without having lived—without having lived their purpose.

To many, life is a cycle—a routine, it does not end but goes on as birth to youth, youth to adulthood, then to old age and death, which would normally come after one has given birth, thereby continuing the cycle.

Now, what is the purpose to one's life? Unless God makes it known to a man, no one can tell, but that you look deep within yourself, as it is placed within you to know your reason for existence.

A man who lived twenty years on earth and achieved his purpose for life is exceedingly greater than one who lived a hundred years and never achieved his purpose.

A difference between them is that one's name would be written in The history as an achiever, while the other, it would have been better if he were not born.

Therefore pray to the Father—God, to make known to you your purpose for this life. And most importantly, **LIVE OUT YOUR PURPOSE**

Onaefe Edebi is a teacher, instructor and motivational speaker.

LIFE'S PURPOSE

What's Your "Purpose"?

What's Your Purpose?

Freedom Through Purpose

Do You Know What You Are REALLY Feeding Your Pet?

How to Gain and Retain More Customers

Control your Headache!

The Toaster's Handbook

How to Use Your Mind for Study

AX Gold's Website Guardian



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