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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!**

**Massage Your Mind!: Are You a Fanatic?**

**By Maya Talisman Frost**

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Are you a fanatic?

No, really. Is there something that you do that has taken over your time and energy?

Life is full of responsibilities. As parents, partners, employees, children, siblings or pet owners, we have duties.

But our goal as an excellent human is to fulfill our roles while maintaining a balanced life. And, although it may take a bit of creative juggling, it's generally quite possible to do so.

One of the interesting things about duty is that it has a way of making us go to extremes. Sometimes we choose to avoid a particular duty altogether. Other times we start off with the best of intentions, but somehow end up going overboard.

Think about it. Whether it's work, money, relationships, health and fitness, sex, or happiness, we know people who have become fanatics about one particular area to the point that they ignore others.

Nothing should be all-consuming. NOTHING. If you find yourself devoting more time and energy to one area than most others combined, you need to take a good look at WHY you have taken a duty, converted it into a passion, and then catapulted it into your avoidance technique of choice.

What are you avoiding? What area are you ignoring? WHY?

How do you react if someone accuses you of becoming a fanatic about something? Do you laugh, knowing it isn't true? Do you smirk, knowing that on some days it may be true?

Do you frown, wondering why everyone can't see that it's just your passion?

Do you get angry and defensive, because people are always accusing you of being a fanatic?

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Check in. Are you in balance? If you are running 6 miles a day and have everything in your life perfectly balance, that's one thing. If you are running 6 miles a day and all hell is breaking loose at home or work, then you are simply running away from your life.

Think about it. Use your mind. You can't be excellent if you aren't balanced.

And you DO want to be excellent, right?

Keep thinking!

Maya Talisman Frost is a mind masseuse. As a teacher, facilitator and mediator, she has been helping others engage their formidable frontal lobes since 1983. Her popular course, "Massage Your Mind!: Defining Your Life Philosophy", has inspired thinkers in over 60 countries around the world. Her free weekly e-zine, the Friday Mind Massage, is designed to ease you into a thoughtful weekend. To subscribe, visit <http://www.massageyourmind.com> today. Thanks for thinking!

## Relax With Aromatherapy Massage Oils

**By Bryan Josling**

After a hectic day at work, your husband complains of every part of his body aching with pain. Will a good night's sleep refresh him for the next hectic day? Not necessarily. With a similar schedule each day, he is adding to his pain, which within time will transform into a fatal disease. You being a caring wife, will you want this chain of events to continue? If no, then aromatherapy massage oils are for you.

Aromatherapy massage oils will go a long way in giving the much-needed relief to a person after a long day at work. Massage is both physically and emotionally stimulating for the body. When the massage is supplemented with essential oils, the person gains from the synergistic influences of a calm mind and a radiant skin.

Aromatherapy massage oils may be used in two ways. Inhale the massage oil vapours, which refresh your mind too. Alternatively, apply it to the skin. This method ensures that the massage oils are directly absorbed by the body from where they reach the blood stream. This has impact on one's health and skin.

After a massage with aromatherapy massage oils, one actually feels splendid. These oils have been known to have special therapeutic qualities. This finds them large-scale use in healing common diseases like cold, flu, pain in the muscles, headache etc.

For the purpose of massage, people often mix more than one essential oil to give the desired effect. The most common of these is the lavender, clary sage and lemon blend. It is known as the stress blend. The essential oils in concentrated form can be dangerous for use. Therefore, aromatherapy massage oils are mixed with carrier oils before applying it on the body. Similarly, one can prepare an aphrodisiac blend with essential oils of sandalwood and jasmine. Just have an idea of what purpose

## Massage Your Mind!: Are You a Fanatic?

the aromatherapy massage oils will be used for and go on with the blending.

Aromatherapy massage oils are used largely in spas and physical and mental healing centres. Trained masseurs will help you in relieving stress and give you an ecstatic feeling.

If you want, you can also get massaged in your home. Massaging your loved one with fragrant aromatherapy massage oils is the best way to convey the concern for him or her. Aromatherapy massage is also recommended for the infants to give them a glossy skin and strong bones.

Aromatherapy massage oils work wonders with your skin and provide mental calmness. It is also used as a cure from several diseases.

Bryan Josling is working with the Horticultural Research Station in Adelaide. He has also been involved with research on Plants. To find Aromatherapy essential oils, Aromatherapy Massage Oils, essential oils wholesale visit



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