

News From The Grove!

I'm back from my trip to London and feeling refreshed. The holiday season is beginning and this newsletter is filled with tips to help your season be stress free and fun.

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This section is all about introducing you to new experts, wise men and women who have enriched my life!

All About (Essential) Oils



'Tis The Season for Essential Oils - Part One

The holidays are filled with scents like cinnamon, clove, and orange. Not to mention a little Frankincense and Myrrh. Over the next two months we are going to explore how these essential oils and others help us through holiday stress and rush?

One of my favorites is Cinnamon Bark. This scent reminds me of being young and going to the candy store for candy redhots.

- **Cinnamon Bark** was reported to be part of the Marseilles Vinegar or Four Thieves Vinegar used by grave robbers to protect them during the black plague. Among other properties it is an anti-inflammatory, powerfully antibacterial and circulatory stimulant. This is included in Young Living's

Thieves essential oil blend for its antibacterial qualities. The fragrant influence is said to attract wealth and is included in the Young Living blend Abundance. I rub Abundance on my hands prior to going out shopping in order to help attract the best sales.

Interested in purchasing this essential oil, [click here](#).

Sign up for one of our monthly essential oils classes by [clicking here](#). The tele-a-class is \$49.95 and the first 10 students will receive a free bottle of Lemon and a list of everyday uses!

Working the Intuitive Muscle

By Jennifer Urezio

Don't Let Holiday Shopping Exhaust You?

A couple of years ago a friend of mine suggested we go holiday shopping the day after Thanksgiving. At first, I thought she was a little crazy going shopping on the busiest day of the year. Then I had a second thought, I would take this opportunity to work my intuitive muscle.

Like most people, I'm an empathic, unlike most people I understand this about myself and follow some guidelines to avoid getting caught up in others emotions. Before going shopping this holiday season, you might want to follow these steps and see if it makes a difference in your shopping experience.

- Declare ahead of time how you want the shopping experience to develop. Example: I'm grateful that today shopping will be easy and stress free.
- Conduct an emotional and mental check list prior to leaving the house and continue to stop a take a second to determine how you are truly feeling.
- Hydrate and eat properly. When our physical needs are not being met it affects our psychic selves. Recently, a friend gave me an amazing water bottle from www.enviroproductsinc.com. I recommend getting a water bottle and carrying it around with you.
- Stay in gratitude and joy. Fear or anger cannot be present in your body at the same time as these two emotions.

Tell Us About It!



Tell Us About It!

This submission comes from Linda Hunt, founder of The Money Conversation. She helps people understand their relationship with money and adjust it to reach their full potential.

"My puppy, Bella has a very sensitive stomach and after speaking with Jen about her symptoms she suggested I rub her belly with Peach & Calming - and it worked! Bella has not had a belly issue since and she really loves the smell of the essential oil - no matter where she is in the house, when I open it she comes running!"

You can learn more by contacting her at Linda@themoneyconversation.com.

Want to submit a story of your own? Submit oils stories at info@bloominggrove.net and who knows you might see your name in print.

Also, one lucky entry will be highlighted in this section and receive a free Essential Oil Quick Reference Guide.

What's Happening

Events and Happenings

Thanksgiving, November 22nd -- If you feel overstuff this holiday, have some peppermint tea it will help with digestion.

Thursday, November 23rd -- Sun in Sagittarius. Knowledge is the key to those that are in this sign. This sign is represented by the Centaurs and in ancient Roman mythology these were the intellectuals.

There still time! We only one more slot for our Intuitive Program. During these classes students will learn the following:

- Not to take on the emotional baggage of your clients/family and friends, while still being empathic and compassionate.
- Release your own baggage that can impact your intuition
- Sharpen your intuitive skills and utilize them like second nature
- Gain insight into your own healing and how that impacts your life
- And much, much more!

To learn more and register contact us at info@bloominggrove.net.

Introducing -- The People Who Enrich My Life!

The True Essence

I have been using flower essences for about six months now and I have some profound experiences. Andrea Mathieson has created some unique flower essences called Raven Essences. Created in her garden near Toronto, Canada, the essences are amplified with sound. The poetic definitions provide metaphors for healing, creativity, and personal growth. As well as working with these remarkable essences, many people use her Raven Essence Manual as a divinatory tool for daily inspiration.

Andrea's communication with the plants honed her intuitive skills for working with clients. Working in-person or long-distance, she is able to go gently and precisely to the heart of an issue. Creating personal combinations from the 300 Raven Essences, her detailed interpretations offer insights into a person's inner life, witnessing their journey and assisting them to work co-creatively with the essence. Working intimately with Nature, Andrea's consultations combine intuitive heart-knowledge, eco-psychology, and plant-spirit medicine.

Andrea spent a year in semi-sabbatical communing with the spirit of the earth, listening through 120 single-flower essences for Gaia's wisdom in these turbulent times. Her book of poetry, Gaia's Invitation, and meditative CD, Gaia's Song, offers remarkable entry-points for people to remember their deepest connection with the sacred earth. The book and CD help us pause and listen beyond our fears of global warming.

For more information about Andrea's work, see her website. www.ravenessences.com It includes the definitions for all 300 essences and an extensive meditation section with 45 beautiful photographs to inspire insights on different areas of your life.

To reach Andrea directly, you can contact her at 905-832-8245, or by email at: info@ravenessences.com.

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