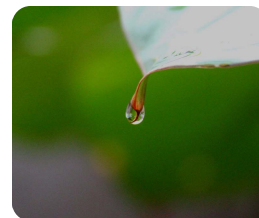


# Essential Oils Then & Now Newsletter

- By Joanna Barrett, RN, CNHP, FCCI



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## OVERWHELMING

In May, I wrote of regaining and maintaining health with essential oils. It's cool working in the environment where I have the tools to not only help others, but myself too. I have also written about the emotional aspects of essential oils. It's fun watching people get physically well; it's even more rewarding watching them become free. Many hurting people are bound by emotionally based repeated misfortunes of poor choices from false beliefs we may have acquired early in life or inherited. In a CARE Instructor chat group I responded that I feel so blessed doing what we do in our office, that sometimes it's 'overwhelming'. One astute Instructor asked "why are you overwhelmed?" and suggested I search for the root of feeling overwhelmed, with past experiences of "overwhelmness", and with our emotional release resources.

I really didn't think feeling overwhelmed was necessarily bad - I've been overwhelmed by sweet things in life too. Besides, the "research" sounded too... Overwhelming! However, she planted a seed and I began remembering. Looked up overwhelming in a resource book I had and found that the root cause is feeling undeserving. Whoa. The essential oil to release that false belief is a blend of oils called Envision applied to the right temple. I usually enjoy the fragrance of Envision - but that day - I didn't like it! When someone doesn't like the fragrance of a pure essential oil, it means it's needed. It stirs up toxins, - physical, emotional and/or spiritual that needs to be freed. I even have an oil for being able to deal with toxic people!

Suddenly I felt like I could take on the world - God's challenges to me - community, cities, and countries - Countries, Lord? Well maybe nationalities I rationalized. I laughed inside and said OK, give me Rochester (my most difficult city), and NYC, well hey - all the cities we teach in! Later that day I got an e-mail from a guy in Rochester who was looking forward to being in a class with us; a call from street-wise belligerent NYC person who after I talked with her about the oils was excited to sign up for our class in NJ. Then a call from someone in Canada wanting to know if we had past seminar students in NYC who could do Raindrops. We had 4 - the last person I mentioned was Carlos and stumbled over pronouncing his last name when she gave it to me. You know him? I asked. No, but, she was so excited, it's a Spanish name and my girlfriend is Spanish - it was perfect. City, country, nationality!

I had actually suggested Envision to Mer months ago for his stress at the overwhelming amount of work he has to do. Perhaps he felt he didn't deserve this. Once he poured out too much Envision and shared it with the whole department...peace and focus descended. The next day one lady said she slept well for the first time in a long time.

Imagine That,

*Joanna*