



Message Scent News

ANCIENT SECRETS FOR A MODERN AWAKENING



Happy New Year! Over a thousand years ago in America, a prophet called the Peacemaker brought unity to a group of warring tribes in upstate New York through the "Great Law of Peace." These five

Native American Tribes - the Mohawk, Oneida, Onondaga, Cayuga and Seneca - joined together to become the Iroquois Confederacy, in a brilliant structure of democratic rule that later influenced the Founding Fathers in their creation of the Constitution of the United States. The following greeting (edited for length), called the "Words Before All Else", recognizes our unity and invites thoughts of Peace.

We give thanks and greetings this year to the People, and we think of the People that have been, the ones that are, and the ones that will be. We ask for protection for all People. We thank all People for performing their duties to the best of their abilities. We give thanks and greetings to Mother Earth. It is she who is the life-giver. The Earth has given us all the food, clothing and shelter that we need. We give thanks and greetings to the Plant Life. Plants bring us beauty, encourage our minds and make us think well of all our surroundings. We give thanks to the Medicine Plants. There are the roots and the barks, the berries and the leaves and the small plants; all of these medicine plants serve all life. It is the plant life that sustains our bodies and spirits. We give thanks and greetings to the Bodies of Water on the land where the fish and water plants live. And we thank the Bodies of Water that are up in the air that as they fall to earth to sustain life everywhere. We give thanks and greetings to the Animals. We thank the four-legged, the two-legged, the winged ones, the finned ones, the crawling ones, and the ones that live in our homes as our friends. And we give thanks to the Eagle, the one who can fly highest and see the farthest, providing us with beauty and songs that please our eyes and calm our minds. - "Words" sent in by James Niederland. In gratitude, from all of us at Message Scent.



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AROMATIC ART WITH CHRIS OLSON BY RUBY GIBSON



Chris Olson in early stages of her mandala design.



The mandala, called a visual prayer, is taking shape . . .

Aromatic Art by Ruby Gibson

Adorned in an apron and shining eyes, Chris Olson, a whimsical woman with creative vision and a generous heart, invited us into her lovely home in the Washington Park area of Denver. The air inside was filled with the aroma of freshly baked chocolate chip cookies and wolfberry tea sweetened with orange oil and basil honey. Numerous plants offset pastel canvassed artwork, making the room a visual, dreamy adventure. In one corner, a small hutch was filled with scented creations – bath salts, soaps, teas and salves – which served as a

artful display of unique holiday gifts. With warmth and laughter, we gathered ourselves around the dining room table. Olena Ellis, dear friend and essential oil lover, and I had come to discuss ideas with Chris about art, essential oils and healing.

The owner of CLO Studio, Chris decided to be an artist by the age of five. Born in Utah to a mother who had a ceramics business, Chris has lived most of her life in Colorado as a self-employed muralist and painter. For twenty-five years she has been teaching art and painting murals in private residences and in public places – most notably are the 15 floor murals of team mascots on local school gym floors. With art shows in Colorado and New Mexico, Chris has a B.A. in fine art and a wide array of background studies including psychology, Monart, ceramics, printmaking, Feng Shui, aromatherapy, meditation, Reiki, Kuaruna Healing, gardening, herbology, calligraphy and shamanism. Her daughter Brittany is an art major at the Denver School for the Arts – a painter following in her mother’s footsteps – getting ready to graduate.

Since 1999, Chris has been a Young Living distributor and aromatherapy student. She has been playing with incorporating essential oils into her life, her art and her work. In fact, she re-

cently faux-painted a bedroom in Carl and Debby Janicek’s new home, to which Carl added the essential oils of **Envision**, **Into the Future** and **Purification**.

Chris explains, “**Inspiration** essential oil blend is great to sniff to get inspired while I am painting. I will think of an essential oil and think of the project and then put them together. I wanted joy in my house, so I put **Joy** blend in the paint for my windows. A drop or two will do. I approached my house with three coats – one essential oil for the primer, one for the mid-coat, and one for the top-coat. I used **Purification** in the base coat, and **Joy** in the top-coat. When I painted a room in Carl’s house, he put 10 drops of each oil into a gallon of glaze.”

“Did it change the quality of the paint?” I asked. “No,” Chris replied. “Actually, I thought it went on better, reacted better and performed better. Typically you are not supposed to put oil based

Currently a large display of Chris’ Fine Art may be seen at Pilates of Cherry Creek in Denver. For more information go to www.clo-studio.com or call Chris Olson at 303-282-5389.

products in acrylic based paints. It seems to work okay because it’s in small concentration.”

She adds, “I use essential oils in my oil painting. I set my intention so that the art moves to where I want it to go. Essential oils add a lot of vibrancy. My

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images are more energetically enhanced, infused in a way that makes a stronger impact; as if more of the visual affects you in your body.”

Chris’ recent brainchild is something she refers to as **Prescription Art**. The idea is to have a person, a couple or even an organization present a dilemma or a dream. Chris meets with them to identify their needs and paints a visual cure; using essential oils to enhance it. The painting is done to gather energy. More than just the brush to the canvas, the painter and the person that want the art join energies and ideas that spiral up to create it – and then the painting weaves the energy back to them.”

Chris would like to work with people who are depressed and are looking for their joy; or groups and families with a desired outcome to manifest a visual representation of their systems, symbols, goals, dreams and their strengths all wrapped in color and shapes, the light and dark of it, revealing what they are conscious of and what they are unconscious of.

Prescription Art could also be marriage counseling – a painting that a couple could hang in their bedroom or living room to represent their bond – a visual prayer that infuses the relationship, establishing a place to meet or connect or to learn how to relate to each other in a new way. This could be a great wedding gift,



The completed mandala, A Visual Prayer for Peace, by Chris Olson, on display at Ruby’s office.

created as a small piece or big enough to fill a whole wall.

“What does love look like?” I asked. Chris told me with much enthusiasm, “I have a good visual camera – I cannot turn it on at will yet. Sometimes it just comes to me as I dance or meditate or pray. I paint with my body, with a desire to marry the painting, the dancing, the meditation, the essential oils in an intuitive way. It takes time. I don’t know how to put it all together yet. I am still dreaming and learning to trust my inner wisdom.”

“What has drawn me into these issues is the desire to make my art more than something that hangs on the wall. I want to engage people in their internal process, and assist them to align with their focus in life and who they want to be in the world. **Prescription Art** becomes a visual focus of energy – visual prayers are an opening or a blessing for a new flow.”

Last fall, Chris designed a medicine wheel, or a mandala, which we painted on a large

piece of canvas for our non-profit group Freedom Lodge. We called it a Visual Prayer for Peace. Many children and adults added their prayers and hand-

prints in multi-colors to give deeper meaning to the mandala. The idea was to link peace consciousness with others, to help us all dream in the same direction.

Chris explained the inspiration for the mandala. “After a number of ceremonial healing workshops that I had done with Ruby and Thaayrohyadi, a spiritual leader from Mexico, I was looking for imagery that represented the work we had done together. I thought about the symbols we used. I brought the yin/yang into it to find balance and flow. I got images of the Hopi sun, the white buffalo, the eagle and the condor. You were the vision, it was my interpretation.”

After delightful tea and conversation, revitalized from our meeting and inspired by the countless possibilities for using essential oils, it was time for us to leave. Olena and I made our way back into urbanity with cookie crumbs on our lips and dreams of aromatic art dancing in our heads. Thanks Chris!

Keeping Your Hormones Happy with Young Living by Allyn Breech (and grandsons)



The last few years I've had more than my share of hormonal symptoms. The most disturbing was extremely heavy bleeding. This seems to be quite common in pre-menopausal women. I thought I was doing everything right – eating a healthy diet which includes mostly organic vegetables, fruits, fish and meats, with no white sugar and I drink lots of water; exercising regularly; as well as working on the emotional aspects surrounding the symptoms I was having. I have read many books about natural hormone replacement,

but was at a loss to understand this “extreme imbalance” I was having. I worked with an MD that supposedly understood natural hormones, and began down a path that would eventually lead me to take stronger and stronger progesterone. I had my hormones tested and was estrogen dominant. I had a few conditions, including fibroids that were supposed to shrink while taking the natural progesterone. The doses were getting to the highest levels. Nothing worked – the bleeding was taking its toll and I was anemic.

I used my knowledge of Young Living supplements to keep me walking around. I had also been diagnosed as hypo-thyroid a few years earlier and am on Armour thyroid medication. There seems to be so many pieces to the hormone puzzle. I went to a doctor who specialized in laproscopic hysterectomies, but still resisted the idea and instead had him shoot me up with Deprovera (a synthetic progesterone). There was a small improvement, but only temporarily. I began hemorrhaging last Thanksgiving Day. My doctor was out of town. I let them shoot me up with Premarin (estrogen from horse urine). Oddly enough, after spending the night in the hospital, the bleeding stopped. I was able to go home. A few days later, however, I was back in the hospital having the laproscopic hysterectomy. Actually, this turned out to be a blessing. I still have my ovaries. I was walking around the next day!

A year later, I have used the Young Living products to help me balance the estrogen and the progesterone naturally. Since the liver and heart are responsible for producing hormones, I have taken **JuvaTone** for quite a few years now. I began taking a few drops of **JuvaCleanse** internally and have gone through 3-4 bottles. I have also added a few drops of **Sclaressence** internally every day to balance my estrogen. I use the **Ultra Young Spray** three times a week and I apply the **Progescence** cream to my stomach as per the instructions on the jar to balance my progesterone. I have taken quite a few bottles of **CardiaCare**, since anemia weakens the heart. I was losing my hair as well and found the **Lavender Shampoo** and **Conditioner** helped. I made a spray from distilled water with 10 drops each of **Rosemary**, **Lavender** and **Cedarwood** oils. I take **Vitagreen**, **JuvaTone**, and **Ningxia Red** daily, and **Coral Sea Calcium** before bedtime. I have added weight training to my Pilates and Yoga exercise regime.

Finally, I feel things are in balance! I know it seems overwhelming, but it sure beats the alternative. For the record, I have yet to experience any hot flashes and I am 52. For those of you working with hormone related issues, I recommend having a saliva panel hormone test done that costs about \$60. There is a place to send for one listed in the Essential Oils Desk Reference. Educate yourself by reading a few good books on the subject. I have found *The Wisdom of Menopause* by Dr. Christine Northrup and *What Your Doctor May Not Tell You About Premenopause* by Dr. Lee to be helpful.

Editor's Note: Please forward your stories about hormones and Young Living Essential Oil products to messagescent@earthlink.net.

Tidbits from the Medicine Wheel Team

Ruby's Moisturizing Face Oil

In our dry, high altitude climate here in Colorado, it is imperative to hydrate our skin. This tested and true formula aids in not only keeping my skin moisturized, but also helps to restore elasticity, to ward off premature aging and for skin regeneration. Use daily on your face and neck, or on sensitive areas that need special care.



Here is the basic recipe – smells good and feels great on your skin.

In a 4 oz. bottle of high quality, organic, Jojoba oil add the following Young Living Essential Oils:

- 20 drops of Lavender
- 20 drops of Sandalwood
- 20 drops of Patchouly
- 10 drops of Frankincense
- 10 drops of Geranium
- 10 drops of Myrrh

For youthful aging and further enhancement of your skin, you can include any of the following YL essential oils:

- 10 drops of Ylang Ylang
- 10 drops of Roman Chamomile
- 10 drops of Cypress
- 8 drops of Clary Sage
- 8 drops of Spikenard
- 8 drops of Helichrysum
- 3 drops of Rose

Note: It is best to use a dark, glass bottle for long term storage your Moisturizing Face Oil.

Carl's ART Bottle Recycling

When you are done with your ART Foaming Cleanser bottle, unscrew the top and put 1 oz. of Thieves Cleaner in and fill with water. You can add other oils, such as orange, lemon or purification. Now you have an essential oil foaming hand cleanser, handy at your kitchen sink or in the bathroom. Good for cleanup or to take off grease or dirt.

Ruby's Sore Throat Recipe

Put 8–10 drops of Thieves Essential Oil blend into half a glass of warm water. Stir well. Gargle vigorously with half of the mixture, then swallow. Repeat with second half of the Thieves water. Do this morning and night until sore throat is gone. Happy Gargling!



Ningxia Red Fruit Salad by Ruby

This delightfully fresh fruit salad mixed with a creamy high protein almond butter dressing serves as a well rounded breakfast, dessert or mid-day snack. With the addition of Ningxia Red, we have a powerhouse of nutrients and immune supporting flavors. I recommend using all organic fruit, if possible. Adapted from a recipe by my friend, Zacciah Blackburn. Enjoy!

Serves 2-3. Mix together in a large bowl until creamy:

- 3-4 T. toasted almond butter
- 2 oz. Young Living Ningxia Red Juice
- 1 T. maple syrup (or more to taste)

Add in your choice of diced fruit. I usually include:

- 1 ripe banana
- 1 crispy apple
- 1 ripe, yellow pear
- 1 ripe mango
- 6 sliced strawberries, or 1/2 cup of raspberries or blueberries
- a handful of shredded coconut
- a handful of chopped nuts, walnuts or pecans

Curbing and Conquering Your Cravings For The New Year By Kelly Hayford C.N.C.

The topic of food cravings is a complex issue. That's why most people are unable to overcome them. How many times have you failed to follow through with an earnest resolution to adopt and maintain healthier eating habits? Can't remember? Then this article is for you. Let's discuss why overpowering cravings are almost always the cause for inability to follow through with your dietary changes. With a little understanding and practical know-how, you can successfully quell cravings and adopt a balanced way of eating.

There are three main areas that need to be understood and addressed when it comes to unveiling the secrets to overcoming food cravings. First, it is critical to understand that food cravings are your body's way of speaking to you. Your body is begging you to feed it properly, and it won't stop begging until you do. When you give your body/mind system adequate amounts of the nutrients it needs and stop giving it substances that trigger insatiable desires, the cravings will go away. To start, follow these simple, yet vitally-important recommendations to be sure your body is getting what it requires:

1. Eat three regular meals a day consisting of 70-100% natural, unprocessed, preferably organic foods, such as fresh fruits and vegetables; whole grains (i.e. brown rice, oats, millet, quinoa, etc.); legumes (i.e. white, red, mung or aduki beans); and fresh meats, fish or poultry.
2. Take a "green food" supplement daily, especially if you crave sweets. Young Living's **Vitagreen** is one of the best green food supplements available. Because it comes in capsules, it is also convenient.
3. Make sure you're getting enough of the "good fats." Consume 1-3 Tbl. extra virgin olive oil, sesame oil, virgin coconut oil or raw, unsalted nuts and seeds daily. Also, take an essential fatty acid supplement daily (i.e. Evening Primrose oil, flax oil, fish oils, etc.)
4. Because the overwhelming majority of people today are depleted of nutrients in general, it is also wise to take a broad-spectrum, whole food supplement every day. **Ningxia Red Juice** is at the top of my list because it is especially effective at reducing cravings for poor quality foods.
5. Supplementing with extra minerals such as **Mineral Essence** is also helpful because our soils and processed foods are so deficient in these essential nutrients.

When introducing supplements into the body, it is wise to start with one at a time, taking half the recommended dose and gradually build up from there. I know people who have quelled their cravings by taking the above-mentioned supplements regularly without making any changes to their diet. For best results, however, it is best to avoid or eliminate altogether substances that trigger cravings, such as the following:

1. Stimulants including caffeine, refined salt, alcohol and refined carbohydrates (sugars, high fructose corn syrup, white refined flour, etc.) These substances act like drugs in the body sending your biochemistry soaring out of balance, which can cause powerful, addictive desires for them.
2. Common food allergens including, but not limited to, wheat, dairy, soy, corn, etc. Most people today are sensitive to one or more of the common food allergens, which are also notorious for inducing unnatural cravings.
3. Processed foods, especially those that contain monosodium glutamate (MSG), aspartame (NutraSweet) or hydrogenated oils. MSG and aspartame are neuro-toxic additives that trigger the brain to crave more food in general. Hydrogenated oils, or 'bad fats', deplete the body of essential fatty acids causing cravings for fatty foods in particular. Because they do not nourish the body, none of the above can truly be classified as food. These substances are known as anti-nutrients because they deplete the body of existing nutrients in order to process them through.

Look for more help with this complex topic in upcoming issues of Message Scent. In the mean time, get yourself moving in the right direction for the New Year. Follow the above recommendations consistently for the next 30-90 days and I guarantee your cravings will start to fade. You'll also start feeling better and have more energy to do all that you desire!

Kelly Hayford C.N.C., is the award-winning author of *If It's Not Food Don't Eat It! – The No-Nonsense Guide to an Eating-for-Health Lifestyle*. Contact her at 303-746-8970 or visit www.FoodFitnessByPhone.com



Young Living's Essential Rewards Autoship Program Explained by Ruby Gibson

Are you enrolled in the Essential Rewards Program? If not, you are missing out on one of the best opportunities our new compensation plan has to offer. I must say that I have been enrolled for 8 months now and did not know how to retrieve the PV points that I had earned. Ooops. So, I did some research and here is what I learned. I hope that this information helps you to make the most of your autoship participation.

1) SIGN UP

You must be signed up for the Essential Rewards Autoship Program to qualify. You can do this on line from your personal web page on the Young Living site (www.youngliving.org) or enroll by calling customer service at 1-800-371-3515 or by faxing a signed agreement to 1-866-203-5666. This will replace any existing autoship order you have on file. Note: By participating in Essential Rewards, you agree to place a continuing order with a minimum of 50 PV to be shipped on a monthly basis and charged to your payment method of choice on a recurring, monthly basis.

2) EARN CREDITS

You will earn credits each time you place an order on your Essential Reward Autoship. These credits may be redeemed for FREE products. They are calculated as PV, not as dollars. Credits are earned with each consecutive month of participation. So, in the first six months of participation you will earn 10% of your Essential Rewards Autoship order (30 maximum credits per month). In the second six consecutive months of participation, you will earn 15% of your Essential Rewards Autoship order (50 maximum credits per month). And in the 13th month and beyond, you will earn 20% of your Essential Rewards Autoship order (75 maximum credits per month). Therefore, the longer you are enrolled, the more benefits you receive!

3) REDEEM CREDITS

You can redeem the credits you have earned after two consecutive months of participation. Remember, you must call in to get them - your credits are not accessible on-line. You use them as a separate order from your autoship. You can use all your points at once, or use a partial amount and save some for later. These credits are valid toward full PV products only. The credits are generally equal to one wholesale dollar and may not be used toward shipping and taxes. There is no expiration date on your credits, but once you hit 300 PV, you max out and will not accumulate further points until you spend what you have acquired. It is best to spend your credits on a regular basis or build up to purchase a higher priced item. Please note that if you cancel your autoship, you will lose your points. So, if you need to cancel, make sure you spend your points first. Products purchased with ER credits have no Personal or Organizational Volume. Credits may be redeemed by contacting Distributor Network Services (DNS) at 1-800-371-2928.

5) SHIPPING DISCOUNTS

Essential Rewards members pay a reduced shipping charge on their monthly autoship order. Essential Rewards members pay a \$5 flat fee for shipping charges on their monthly order (up to 7 pounds) within the continental US (FedEx ground shipping only) and a \$10 flat fee for shipping charges (up to 7 pounds) to HI and AK (FedEx 2Day Air).

6) ADDITIONAL BENEFITS

Essential Rewards members will also be eligible to participate in "members only" specials, as well as educational opportunities and training materials, including a FREE monthly audio-training CD and product research updates.

7) CANCELLATION

You must contact Distributor Network Services at 1-800-371-2928 to cancel Your Essential Rewards Autoship. If you do not notify YLEO, your Essential Rewards Autoship order will continue to be shipped and your payment method charged. Cancellation or return of any Essential Rewards Autoship order forfeits all unused Essential Rewards product credits and resets the monthly participation in the program to zero.

Team Spirit

A Vision of the Coming New Year by Carl Janicek

When I go to my son's hockey games, I notice that no matter how good or bad the game might be going that we always have a family of team supporters who show up and cheer on our team and coaches. The team always has its circle of players gather on the ice rink before the games to unite in a stretch, then they chant out loud to raise their energy toward a common winning outcome - and every so often, they win!

If a player gets hurt, even a player for the rival team, our players respectfully clatter their sticks on the ice in unison as a show of support for the wounded warrior. I am often more impressed by this simple display of spirit then when they come from behind to win. They have taught me that spirit matters, and helps to create our world.

As representatives of Young Living, we have the grand opportunity to work as a team to make our world a better place - a place of respect for life and all living things - especially for the plant kingdom, which we are completely dependent on for our "daily bread" and the air we breathe.

Being able to earn an income as we choose to grow and share our businesses organically, while being in touch with products that create magic, healing and passion in the lives of thousands of people, is a dream come true. Yet, there are thousands more praying to find these bountiful gifts of our Creator. Our globally ethical business is a fantastic tool for those who envision a life with more personal freedom - freedom which includes the ability to help others while tending to our own health of spirit.

I find myself thinking, believing and living beyond my individual persona, beyond the corporate world, beyond the global economy and into the nexus of Young Living. There is web of connection that we hold as Young Living team members. It is as energetic, spiritual and tactile as we choose to make it. We can cheer each other on, share in our successes and learn from our failures. I have grown so much in my life, love and human spirit since I began my own Young Living journey over 10 years ago, and my blessing for the new year is for all of you to find the love of your own living. Blessings and Gratitude for each of you!



**HAPPY NEW
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