



Winter 2010
Volume 5 Issue 1

The Aromatic Goddess

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Welcome to the *Aromatic Goddess*.

Cherished Clients,

*Let yourself be silently drawn
by the pull
of what you really love.
--Rumi*

This is what seems to be happening to me more and more each day. I awake and allow the silent calling to occur and pull me to it. Of course the most precious of all these callings are the ones I hear from the plants.

In the temple of the Goddess Aromaetica this season you will find old friends and new friends that may call to you. Meander through the garden of the Goddess and let the plants silently draw you to them.

Listen and you will hear them. Your spirit will awaken when you sense that beautiful plant spirit medicine reach out to you. Your spirit may even sigh as you connect to something that feels right for you this season.

I encourage you to listen, act and then devour the plant's wisdom and energy, and become aware of why it is there at this time in your life. Become intimate with the Goddess that is alive within it.

Let its essence tell you the story of why it has called to you. I promise new information and wisdom will be revealed to you. You just have to listen.

My desire is for you is to joyfully meander through the seasonal offerings of the Goddess Aromaetica like you were walking in a sacred garden, forest or temple. Let your intuition guide you to what your body, soul and spirit may need... to empower your own spiritual journey this season.

I am here only to be a vessel for her love and in doing this – I am filled with great joy. Solstice Blessings are upon you.

Aromatic & Solstice Blessings!

Joan





The Goddess Aromaetica

I have a few new offerings this season-- new passions that the plants called me to create. I will outline them for you but other than that-- allow yourself to hear that silent calling, and then let the magic, mystery and alchemy of your choices nurture your body, mind and soul during this beautiful winter season.

My favorite's aromatic treasures to play with this season:

Essential Oils - Aroma Therapeutics:

Saro – Cinnamosma fragrens (Madagascar), 15ml, \$19.00

Plai – Zingiber cassumunar (Thailand), 15 ml, \$19.00

These two powerful and effective essential oils were chosen for their ability to support the immune/respiratory system this season. Both of them are highly qualified to assist replenish, restore, empower and nurture the body from seasonal conditions such as the flu, colds, bronchitis, sinus infections, body aches and pains.

Both of these oils blend well with the different eucalyptus oils as well as frankincense, rosemary, black pepper, pine, peppermint, tea tree and fir.

Aromatic Inhalers

I have been obsessed with creating inhalers for the past few seasons. I use them in all of my own healing work as well as in my classes. Imagine this: Inhaling the beautiful scent of blood orange and aligning it with a powerful affirmation that plays on this essential oil's organic energy.

*"Life is Good, Be Happy,
Something Good is going to happen to me today!"*

Just close your eyes, take a whiff and voila-- your brain chemistry is changed, and the aromatic molecules of joy, love, happiness begin to circulate within you. It's that easy. And then work with your affirmation. It's my favorite way to begin to change the old ways of thinking... to new ways of being. The plants are here to help us live more fully and to assist us in becoming our finest and most powerful selves.

The inhalers are perfect for physical conditions – colds, flu's, headaches, and sinus conditions, traveling and also for spiritual and emotional stability and empowerment.

I have whole selections of inhalers to choose from and each one has an affirmation that comes with it. They are great gifts for the body, mind, heart and spirit.

Now here is my invitation to all of you aromatic junkies-- *become part of the great aromatic sniff and lift club*. I believe healing, happiness and more joy and love are only a "sniff" away. Take a whiff for joy, a whiff for greater health, a whiff for energy a whiff for calming, and a whiff for anxiety.

Inscen-uate the positive and let go of everything else.

*The planet will be healed through the flowers.
-- Mayan Saying*

Inhalers are great stocking stuffers, Goddess Gifts & for Children to take to school with them.

Cost: \$4.50 each, 3 for \$12.00, 3 with 5ml diffuser blend to refill-- \$24.00 .

* **I Can Do It**-- (concentration) – rosemary, basil, lemon blend.

* **I'm Healthy**-- (immune system) – ravensara, saro, eucalyptus.

* **Chilled Out**-- lavender, rosewood, marjoram

* **Just Be**-- lavender rosewood.

* **Be Happy**-- blood orange, grapefruit

* **Meditation**-- cedarwood, frankincense

* **Travel Bliss**-- chamomile, lavender

* **Travel Support**-- eucalyptus, lemon, peppermint

* **Energy**-- peppermint, spearmint, fir

* **Nature's Anti-Depressant**-- blood orange, rosewood

* **Sweet Dreams**-- lavender, chamomile

* **Standing Firm**-- vetiver, cedarwood

* **Joy**-- grapefruit, lime

* **Self Love**-- patchouli, rosewood, neroli

Parfum Balms

These lovely little gems are so delightful to carry, and the perfect gift for any Goddess. They can be worn separately, together or used as a base for your own special blend.

They are simply a joy to play around with-- so you can create your own sensational perfume art yourself.

Jasmine-- \$12.50

Rose-- \$12.50

Neroli-- \$12.50

Patchouli-- \$10.50

Triple Goddess (purchase a package of 3)-- \$35.00

The Scent of the Goddess is with You!

New Anointing Blend for the Season-- Amazing Grace

Created to anchor in the power and presence of gratitude; foster the ability to go deeper within to experience the amazing gift of life/the moment/the journey; and tie it all together to bring us closer to the divinity within ourselves. Beautiful for rituals, ceremonies and self empowerment. To Life! Amazing Grace...how sweet the gift. \$40.00

Rose Alchemy

Most of you reading this know about my passion for working with the plant spirit alchemy of the Goddess **Rose** and how I believe it has the most powerful healing abilities for body, mind, soul and spirit.

This September-- while in France and visiting the village where Nostradamus lived (Alet les Bain)-- I remembered the sage's connection to the alchemy of the rose for its healing properties and how he dispensed it during the time of the plague. It is said he would drop little rose pills in the mouths of those suffering from the plague and tell them to suck on it, for it would make them feel better.

I don't know about you but that makes so much sense to me with all the healing properties that rose has inside of it. >>>





So, if you are looking for healing, any of the rose products can assist you. Spiritual enlightenment, soul healing, emotional healing, physical healing – it does it all.

Rose Package-- Heartmend Rose Tincture, 4 oz **Rose Hydrosol** and **Rose Parfum Balm**. \$75.00

Diffusers – Environmental Fragrancing

Love is in the Air...

I was awakened with this thought one evening-- "Love is in the Air"-- and then I heard the plants calling me to my lab.

Love is in the air? "No," I heard the plant spirit of fir say. "Love needs to be infused into the air. There are so many toxic emotions clouding out the love. Fear, worry, sadness, confusion, frustration, grief. All of these emotions are really not allowing the abundant love to come forth from the universe."

If we are cleaning up the water with our prayers these days; and understanding the power of words to cleanse ; now we have to do this same healing work with the air we breathe. What kind of air do you desire to be breathing?

So put some love into your air. The plants are pure love and many of them have anti-viral, anti-bacterial and antiseptic properties to help change the air quality in your homes, offices, cars, sacred spaces. They can help cleanse and purify the air you are breathing.

Use the **Environmental Mists**, **Cleaning Products** and **Diffuser Blends** to keep your environments full of love.

Your thoughts have power, your words have power and energy, and all that energy goes into the air. Keep it healthy with aromatic molecules of love.

Our suggestions for Love this season-- lavender, raven-sara, eucalyptus lemon, fir balsam, rosewood, fir, or our aromatic synergies of-- **Love Magic** (rosewood, fir) , **Lemon Twist** (lemon, eucalyptus), and **Energy** (peppermint, spruce, fir).

See website for diffuser blends and aromatic environmental products.

What's New?-- Present Moment Yoga

The **Present Moment Yoga** series that we have been holding here at Luna Bella in the **Goddess Yoga Studio** has been a tremendous benefit to my work and my own spiritual growth. Sharing with other women the power of the body, mind and spirit to connect with the present moment through the use of sacred movements, plant spirit alchemy, soul chanting, energy therapy and hands-on healing has truly been a lovely gift.

Working with the chakras and the alchemy of this system has also empowered the importance of present moment living.

Group Sessions are 4 weeks long - \$100.00 per session which includes materials. Space limited.

Next Group Starts: Thursday, January 7th, 6:00 p.m.

Joan of Art-- give the gift of he"ART"



Perhaps it was the flowers
that made me a painter.
– Monet

I have been dabbling more and more with altered books and sacred art in different ways this year. I am enjoying creating the sacred rattles, prayer shawls, and other multi-media projects that come from a place of service. Art is always alive in me and it seems like everything I see I am thinking....hmm...how can I use that to create art ?

gatherings in my home so that women can come and create as well as share their magic and creativity.

Seasonal art – so check my calendar to see what we will be working on and then sign up for a class or two.

We are working on posting new art that has been done in the past year as well as updating our websites.

Commissioned work is available as well.

In the new year my desire is to have open art

Goddess Retreats Tours & Classes



Spring Equinox Gathering – Glastonbury, England. March 19th-27th, 2010.

A magical and powerful trip to the Isle of Avalon where the Goddess traditions were honored, cherished and practiced with reverence. Come join us as we explore the magic, alchemy, and the power of the Goddess within and without. Together we will connect not only with the **GMS Teachings** we have been working with but with the spirituality of the earth.

This is a gathering to celebrate the Spring Equinox and to celebrate and give thanks for the earth and her seasons, rhythms and power of her essence that lives inside of us.

Glastonbury is a very special and unique place. One that honors the presence of the Goddess and where she is alive and honored with great joy.

Full details can be downloaded from my website. Cost \$2,950

Pilgrimage/Goddess Mystery School Teachings – South of France. Sept. 11th – 19th, 2010.

The Goddess Retreat/Pilgrimage/Goddess Mystery School Teachings throughout France that

we took in Spring 2009 can not be explained in mere words. The power of this journey still lives on within me and is still being integrated.

11 amazing women walked the path of the Goddess and in doing this found parts of themselves along the way. Each one of us committed to opening our hearts to the Goddess so we could find more of our authentic essence.

Living and working with the **Goddess Mystery School Teachings** was a complete honor, and one that I am passionate about and committed to doing each year until I fully can BE each of these teachings in its fullest expression.

Please visit my website for details. Cost: \$3,500

7th Annual Moon Goddess Retreat – Hawaii. October 21st-25th, 2010.

Our annual Moon Goddess Retreat will be in Hawaii this year. The details will be available shortly. Mark the dates on your calendar. The dolphins are calling you!

Powerful, Passionate Women for Peace

Take the Peace Challenge....

in unity and harmony?

Here in the heartland we have decided to BE and live as **Powerful, Passionate Women for Peace** more and more; and together we have committed to gathering as a group one day each month to share sacred connection.

We invite you to do the same in your community and join us. Once you do, let us know, so we can let others in your area know where they can join and gather together with other like-minded women.

We have stories to tell, gifts to offer, rituals to explore, songs to sing, music to dance to, people to pray for – so why not do it together

T-Shirts - \$16.00 – **Peace & Love Auric Mist** - \$22.00

Goddess Gifts!

Gifts, Gifts, Gifts! Gift Certificates are available for the Goddess Aromaetica, for Energy Sessions, Classes, Tours or Retreats... basically all of my products and services.

Shawls, Custom-made Goddess Jewelry, Sacred and Intuitive Goddess Art, and Goddess Signature Scents– Custom Blended Creations specially designed for that one special person alone (and who says it can't be you?!).

Give the Gift of the Goddess and spread her Magic and Alchemy to those you love. How 'bout: Goddess T-Shirts, the Moon Goddess Oracle Deck, Goddess Prayer/Blessing

And a helpful tip ladies: When choosing a stocking to hang... make it an old pair of nylons. They stretch to hold more!



The Pet Alchemist-- a specialty line of natural petcare products



What's happening to our pet's immune systems?

Today my holistic vet, Kathy King, and I were talking-- after our beloved dog Spirit got his acupuncture and light therapy treatments, about how sensitive the animals are becoming to the earth changes.

Our dogs that never lick or scratch, have been plagued by these: so hard on them, and at times, so annoying to us.

Kathy theorized, "The earth as we have known it is dying, Joan. And the animals are feeling it on their bodies and reacting to it from an emotional level as well."

Of course, the earth is dying. She is being re-born as we are. New energy fields, vibrations and toxins are swirling; and our pets are sensing it and feeling it most times even before we are.

There are new energies floating around in the environment and it is affecting our pet's routines, and challenging them on some levels.

An aromatic lifestyle can improve you pet's lifestyle in the same way it supports ours.

It's important to keep our pet's environments alive with natural products as well. It's important to massage life-empowering energies into their body temples, and essential oils and plant spirit medicines are available to assist them. These will keep their immune systems strong and healthy.

We have a list of wonderful environmental and pet cleaning products to help assist your pets, as well as a complete line of immune system products.

Your pets deserve prevention during these changing times.

Ravensara Rub, Peppermint Peppy, Rosemary Respiration are just some of the wonderful offerings for this time of the year.

Please check our website for the complete **Pet Alchemist** line, as well as the **Environmental Fragrancing** section of the **Goddess Aromaetica**.



Joan Clark's Palais Aromaetica
... believe in the Power, Magic and Beauty of your own he"ART".

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