



## Allergies

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### The Seven Wonders of the Essential Oil World

Young Living offers three powerful single oils and 4 blends which are packaged together as the Essential 7. This kit offers portable peace of mind—it's your go-to kit for body and soul. The Essential 7 has 5 ml bottles of the following singles and blends: peppermint, lemon, lavender, Purification®, PanAway®, Joy®, and Peace & Calming®.

The trouble with Allergies is that it can be triggered by many factors—food, pollen, environmental chemicals, dander, dust and insect bites, which can impact the following areas of your body:

**Respiration**—wheezing, laboured breathing

**Mouth**—swelling of the lips or tongue, itching lips

**Digestive tract**—diarrhea, vomiting, cramps

**Skin**—rashes, dermatitis

**Nose**—sneezing, congestion

Food allergies are different from food intolerances. Allergies to food involve an immune system reaction, where it

involves a gastrointestinal reaction.

A thorough intestinal cleansing is one of the best ways to combat most allergies. Some folks have indicated a trip to your local Homeopathic Doctor can help to combat the effects of these types of Allergies.

Hay Fever is an allergic reaction triggered by airborne allergens like animal hair, feathers, pollen and dust mites that cause the release of nasal passages and sinus-related areas.

These allergies resemble asthma, which affects the chest and lungs. Inflammation in the nasal passages, sinuses and eyelids can cause sneezing,



Lavender field

runny nose, watery, red, itchy eyes and wheezing. A good dose of Lavender oil diffused in a cold air diffuser just before bedtime can help alleviate these symptoms.

Others have also reported that diffusing the Transformation Essential oil blend in the morning has helped them to tremendously combat the effects of allergies.

## Why is Weight Gain on the Rise?

The number one cause for weight gain is *simply* taking in more calories than you burn. Other factors that contribute to weight gain include:

- (1) Sedentary jobs;
- (2) Modern conveniences (fast food and supersized food),
- (3) Skipping meals,

- (4) Choosing high-sugar, high-fat, high-sodium convenience foods,

- (5) Environmental toxins. A study presented in the *Journal of Lipid Research* in 2002 indicates that unwanted weight gain (excess body fat) may be

strongly linked to hormone-disrupting contaminants. In fact, many of these chemicals act like estrogen mimickers (xenoestrogens), elevating the body's fat-storing hormones.

Start to eliminate the effects of weight gain by trying the

## 4 Sacred Seasons of Nature



In the past, like nature, our forefathers were able to adapt to life's circumstances as they moved through the seasons of Life. There was a sense of predictability and certainty when it came to knowing when to sow in the Spring, reap in the Summer, gather in the Fall, and store for the Winter.

There was also a trust in knowing that Nature had the answers to our physical ailments as well—our forefathers were able to find the answers in the healing powers of plants and trees.

Nature itself is an uncontrollable force. Human beings have tried to predict, control, and harness its powers, but to no avail. She will not be put inside a neat little box, nor live in one no matter how much we try to cojole her to do so.

Maybe this is where the turning point of our evolution began. Knowing that we cannot control her, we turn to technology for our answers (for control).

What I find really fascinating, is as we choose to more or less get “plugged in” with the latest gadget, our ability to adapt over time, lessens. We become orphans in a strange land. We find ourselves inheriting complex issues related to our health, our relationships and our environment. For example, in our current situation with the weather, there is a sense of unpredictability and uncertainty. It has become difficult to tell where Winter ends or Spring begins. Could it be that as we move further away from nature towards this thing called technology, and now AI, that we are in fact, moving further and further away from that source which heals, restores and balances us?

We have perhaps replaced Nature as Healer and now look towards technology as having the answers to our complex issues.

My dream is that if we are able to find our way back to Na-

ture, that what we will feel is a sense of release (and relief) that we have come home from a very, very, long and strange journey into a neverland that we inadvertently stumbled upon. And because of our curious nature as human beings, we played the game, until we realized it was a much larger gameboard where we didn't know who the players were, or even what the gameboard looked like. Just like the board game “snakes and ladders”, we find ourselves jumping from one end of the board to the next, not really sure how to end the game (really), except to quit. Maybe that's all it takes to come home: saying “ok, that's enough, I quit this game; it's no longer an enjoyable one. I'm going home.” Maybe that's what will bring on the miracles that we are seeking—the power of Nature, combined with the power of our intention.

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## The Evolution of Human Consciousness



*Spring in the Forest*

Is there such a thing? How can you connect to it on a conscious level? If we were to follow the success formula that Nature provided, you probably can recognize that we too have 4 Seasons that we grow and evolve into from one Season into the next:

- (1) **The Season of Discover** is about Connection. It is related to you discovering how you respond to life: do you respond defensively, offensively, numbing out, saying “it doesn't matter, or by withdrawing? If you recognize that you're at this stage of con-

sciousness *and* that you created the circumstances in which you find yourselves in (without trying to change it or make it go away), then you're probably ready to move into the next phase of Consciousness: Transformation

# Human Consciousness (cont'd)



Summer

(2) **The Season of Transform** is about taking Conscious Action—choosing to create the life you want; reaching forward to wanting more of life. It’s about you choosing what you want instead of what you don’t want. You are driven to stretch yourself, to know yourself through your conscious participation with life and others, having “discovered”

what worked and what didn’t from the previous season of Discover. The fire of transformation can burn brightly for decades, fueled by your desire to be who you are, and be done with the illusions that have kept you away from your dreams becoming a reality. And, as you prepare to resolve the discrepancies within yourself, and in your environment, you move into a State of Awareness.

(3) **The Season of Awaken**—is about awakening through Expanded Awareness. It is about surrendering to your calling in life. Sometimes there may be a sense of urgency at this stage, as well as a sense of eternal waiting—a

spaciousness inside where you and the stars are one; where the desire is for universal connection to all souls. You will find the giving and receiving is one and the same. That even in that there is no separation. Magic, synchronic-



*As the seasons change, wishing you renewed energy, new clarity, and the joy of experiencing what is!*

ity, graciousness, gratitude are experiences that you seek to give and share. A birthing and a rebirthing happens: the birth of a conscious community where all souls recognize their connection with one another, as well as their gifts; and the rebirth of your true and infinite and immortal self. There is no fear of death, dying, or aging. As you evolve, and become seasoned in living your life, you move into the next Season:

(4) **The Season of Integration**—is about developing Mastery; you become highly attuned to each Season and flow with it as Nature does from one Season to the next. You move through life like a wave on the ocean, brimming with joy and wonder, feeling gratitude for the journey as you consciously choose to move back into the Season of Discover so that you can discover new ways of contributing, new gifts within just wanting to burst forth into reality; and fueled again by that desire to manifest your

dreams into reality, you consciously participate in the Season of Transform, and the Season of Awaken so

that humanity can benefit from your divine inspiration. You dance between the Seasons knowing that everything is in divine order: You become the Creator, the Mother and Father of every cell that is within you. From there you become an unstoppable Force of Nature: A Conscious Evolutionary in the Universe.



Autumn

Sometimes there may be a sense of urgency at this stage, as well as a sense of eternal waiting—a spaciousness ...



Winter

## Oasis Resource Center

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**OASIS RESOURCE CENTER**

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Oasis Resource Center provides workshops, services and products to facilitate the following processes:

- . expanded awareness and knowledge;
- . clarified thinking and manifestation;
- . increased awareness and connection;
- . profound healing and alignment.

We can assist you in connecting to that sacred space within you which will help unlock a level of clarity that will empower you to take action and create the life you are meant to live.

As you develop and expand your consciousness, you become re-aligned with the forces of nature that will further facilitate a profound level of healing and alignment.

You can use your newfound awareness and resources to guide you in creating and living a balanced, harmonious and empowered life.

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## *Eliminate the Effects of Weight Gain*



*Eat a healthy mix of Fruits and Vegetables*

following:

- (1) **Take a Break**—If you sit more than 2-3 hours a day, take a 10-15 minute brisk walk (remember to breathe as you walk and concentrate on your activity vs. thinking about all the things you still have to get done—this will ensure you have a physical as well as a mental break).
- (2) **Plan your meals** ahead of time will help eliminate the need to buy supersized fast food. Planning ahead helps you to also be relaxed about your meal intake the next day.
- (3) **Eat regular meals**—skipping meals can slow your metabolism down and promote fat storage.
- (4) **Exercise at least 3-4 times a week.** Choose an activity that you truly enjoy and that fits your schedule: e.g., Cycling, Walking, Hiking, Strength and Core Training .... It is important that you choose an activity that you enjoy because your body will be inspired to participate in that activity again! Exercising is known to help the body and mind destress from life, as well as improve your mood.
- (5) **Choose Healthy Foods**—e.g., meats that are naturally grain fed, or organic foods and vegetables that are not chemically treated is a good
- (6) **Drink at least 10 8-oz of water/day** – this will help flush the toxins from your system.
- (7) **Supplementation**—taking your daily dose of vitamins and minerals can help support healthy body functions – e.g., digestion, absorption, elimination, protection, etc..