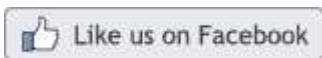




Quick Links

- Green Valley Aromatherapy Wholesale Login
- Aromatherapy Articles
- Newsletter Archive



Quotes

"People become quite remarkable when they start thinking they can do things. When they believe in themselves they have the first secret of success."

Norman Vincent Peale

"In the spring, at the end of the day, you should smell like dirt."

Margaret Atwood, Bluebird's Egg

Age is mind over matter; if you don't mind...it doesn't matter.

Find out what you're missing!

For those of you who haven't yet checked us out on Facebook, here are some great reasons to:

1. We often post advance notice of sales and specials
2. We share aromatherapy ideas,

Green Valley Aromatherapy

April 2013

Greetings!

Happy Spring to all our aroma friends!

Our clocks went forward 1 hour on the 16th of March. As usual, it created chaos. Even when all the clocks are sorted, my body clock is still telling me it is an hour earlier or later.

Our weather has been good. There are signs of spring all around. The snowdrops, daffodils, primroses, winter jasmine and crocus are all blooming, so it is time to tidy up all the fallen branches and leaves from around the garden. It is also a great time to take a walk through the woods looking for spring flowers.

Time marches on regardless of what is happening in the world or how we feel and every year older I get, the faster it seems to go. I was watching an episode of Glee on TV recently. My mind was telling me I was 18 and I wanted to get up and dance, but my body said no, no, no! You are too old!

I found this article about [Scent and the Brain](#). As Aromatherapists we know that Rosemary helps with memory, but it is great that science is now backing it up.

I have been using [Rosemary](#) essential oil for a while to help my memory. I add Rosemary to everything I use and I surround myself with its wonderful, uplifting aroma. As I get older, I find I need more help. It does not seem that long ago that I was bringing up a family, running a business and immigrating to Canada, which I took all in my stride. At one point, while we were in Britain, we had a restaurant in North Wales and lived near a village called Llanfairpwllgwyngyllgogerychwyrndrobwllllantysiliogogoch. I cannot remember how to pronounce it now but you can follow this [link](#) to learn more about it.

All the best,



- news and articles of interest
3. We share discussions on aromatherapy.

Barb

Some of the topics in February 2013 were:

- Caring for the elderly with essential oils
- Valerian Root
- Cocoa Butter



Essential oil Profile

[Cornmint Essential Oil](#) (*Mentha arvensis*)

Cornmint, or field mint, is a good plant to have in your garden. The butterflies love the pretty blue/pink flowers and if you plant them around your tomatoes they deter pests. This plant is steam distilled in Nepal and has a stimulating aroma. It's properties are similar to peppermint except that Cornmint has a higher menthol content. A large percentage of growers sell to cigarette companies who just want the menthol extract.

[Valerian Essential Oil](#) (*Valeriana officinalis*)

Valerian has an interesting aroma, you either love it or hate it. If you like the earthy, musty aroma you would probably like it. I don't. I am more for flowery aromas, which fortunately blend well with it. If you suffer from insomnia, try adding Bergamot essential oil and Geranium essential oil. If you are already taking sedative medication, seek medical advise before using Valerian.

This article was written by a customer of ours in India, we really appreciate that he is sharing his findings with all of us who are seeking healthier and happy lives.

[Aronidra \(Psychic Sleep\)](#)

"Aronidra" is a method of meditation adapted; integrating yogic breathing by inhaling steam distilled essential oils. The relaxing effect of essential oils activates the subconscious mind by shutting down or relaxing the conscious mind. Aronidra eliminates all stress related disorders bringing about a total transformation and optimistic approach to life. It has the ability to cure acute and chronic physical and psychological illness. It is the key to penetrate the latent realms of mind, and train the mental faculty to access the tremendous powers of the subconscious mind. During "Aronidra", the body, mind and intellect are completely relaxed with the sub conscious mind awakened at a deeper level. Hence "Aronidra" is 'dynamic sleep' or 'psychic sleep' which enables the practitioner physical, mental and emotional relaxation; at the same time exploring the tremendous powers of the subconscious and unconscious mind.

In this deep relaxation state of Aronidra, the mind is in a state between sleep and wakefulness, with the subconscious mind more active than the conscious mind. By practicing Aronidra you can completely train your subconscious mind. Then the ordinary conscious mind and intellect will follow suit. The subconscious and the unconscious minds are the most



powerful forces in a human being. In Aronidra you learn how to access these powerful forces to gain knowledge, cure diseases, increase creativity, and to realize your true self. When the consciousness is connected to all the senses, the receptivity is less while in the deep state of relaxation, the senses are withdrawn and the receptivity is much greater. When you withdraw your mind from the outer world, you are neither in deep sleep nor completely awake, whatever impressions you plant at that time grow and enrich your life.

Aronidra is an ancient practice that is intended to induce full-body relaxation and a deep meditative state of consciousness. Aronidra is a systematic method of complete relaxation, holistically addressing our physiological, neurological, and subconscious needs. The yoga teachers use variety of techniques-including guided imagery and body scanning to aid relaxation. However in Aronidra, mind is allowed to travel through our internal connections of the brain to different organs of our body. Aronidra allows enough time for practitioners to physiologically and psychologically sink into deep relaxation. The practitioner begins by quieting the overactive conscious mind, and then moves into a meditative state, gradually finding a state of "ultimate harmony," in which the brain waves slow down and a subtle euphoria emerges. Though most practitioners are able to slip into deep sleep, they are not able to return to the wakeful stage at the end of the practice. They still tend to emerge feeling rejuvenated. "Aronidra uniquely unwinds the nervous system, which is the foundation of the body's well-being.

In order to practice Aronidra, you need to know the basics of Yoga. There is no difference between the yogic sleep other than enhancing oxygen content into the inhaled air enriched with pure essential oil. Practiced in the lying position, it is one of the most popular meditation techniques because it induces profoundly deep state of rest. It is effortless, enjoyable, soothing and recuperative. Aronidra takes your awareness deep into your internal organs that you normally cannot access because of tensions. Removing tensions allows you to penetrate your awareness into the unconscious areas of yourself. You become aware of and can connect to your inner abilities and potential. This expands your sense of self by expanding your awareness of the deeper and subtler parts of you.

Various centers in the brain control, modify, and affect our bodily functions through its neuronal pathways. In fact, there is a center in the brain for every act, whether willful or reflex, physical or mental. Experimental data have identified many such specific centers. Stimulation of these centers leads to appropriate actions, be they motor or sensory, secretory or emotive, affective or cognitive. Thus we have a holographic representation of the body on the brain. In Aronidra the exactly opposite process is used to make the brain centers active by focusing awareness on the internal parts of the body in a definite sequence. Thus, the person tries to stimulate various parts of the brain by focusing the awareness on the corresponding parts of the body. Scientific experiments with Yoga demonstrate that our brain waves measured on advanced practitioners follow the exact pattern during Yoga meditation as they would during regular sleep but much more relaxed and controlled.

Amongst the numerous fascinating aspects of the Aronidra state is that advanced practitioners develop the ability to remain fully awake and aware and yet fully asleep. In other words you become aware as an external witness of your entire physical, mental and emotional experience, and it is from this perspective that you are able to see or feel and or experience some of the many aspects and absurdities that affect your bliss, be they past, present or future projections and influences.

Once the Aronidra practitioner reaches the deepest state of physical and mental relaxation the mind becomes receptive to new concepts. By reaching this stage through the specific sequence of mind-activating visualizations, one will access the subconscious part of the mind which is in fact our controlling aspect processing around 4 billion bits of data while the conscious mind can only handle around 4 bits. This gives us a unique opportunity to effectively implant an affirmation of our choice.

Aronidra usually takes twenty to forty five minutes to complete. The process is carried out by first practicing a few yogic postures, then lying on the back in shavasana (corpse pose). Eyes are lightly closed, arms are kept with palms facing upwards, and breathing is natural and quiet.

Courtesy of www.aroyama.com

Would you like to receive a FREE 60ml jar of Emu Cream with your next order?

If so, read the riddle below and see if you can figure out the answer. Email us at Green Valley Aromatherapy (orders@57aromas.com) with the correct answer and we will add a 60ml jar of this amazing product to your next order! The correct answer will be given in our next months newsletter.

Mary's father has 5 daughters - Nana, Nene, Nini, and Nono. What is the 5th daughter's name?

Best of luck!!

Last weeks answer was ISABEL. Congratulations to all those who answered correctly.

Recipe

Spicy Creamsicle Butter Cream Recipe

30ml [Virgin Coconut Oil](#)
60ml [Shea Butter](#)
30ml [Castor Oil](#)
30ml [Fractionated Coconut Oil](#)
15ml [Vegetable Glycerin](#)

Melt solid butters over low heat in a stainless steel bowl or pot. Once liquid, remove from heat and add castor oil and coconut oil. Pop back into freezer to cool until white shell begins to form around the outer rim of the

blend and the blend becomes semi-opaque. Remove from freezer and begin beating with an electric mixer. Once mix becomes fluffy, begin to drizzle the glycerin while still blending at low speed. Once glycerin is completely blended in, whip again, scraping down the sides of the bowl with a spatula to ensure an even mix. Whip for 5-10 minutes till you get a fluffy creation. Pour into containers and enjoy.



Did You Know?

Aries the Ram 21st March to the 19th April, Planet Mars, gem stone Diamond. Aries people are usually leaders. They are outgoing, active and love adventure. They are not talkers, they are doers. They are enthusiastic and make great friends.

Order a Deluxe personnel Inhaler and receive a 10ml Lavender....FREE!!

We have lowered the price of our [Deluxe personnel inhalers](#). Deluxe personnel inhalers are a "must have"; great for gifts and for introducing people to the benefits of aromatherapy. At this affordable price you can give one to your clients with some of your blend in it along with your contact information, keep one for yourself for when you feel the need to be stimulated, and keep one on hand to calm yourself down.

As we still have some of our beautiful French Lavender left, you will receive a free Lavender from France with every purchase of a Deluxe personnel inhaler (Limit of one bottle of Lavender per order - while supplies last).



**Spring Special - We are starting Spring off with a bang. Enjoy free shipping in April! Please use coupon code 'Spring2013'.
Canada and USA only**

