

Hello Friends,

As promised here's what I have to share this week.

I used to sit in the tub looking through catalogs filled with “stuff” that I would even order lots of. This last training opened my eyes to the fact that it was just “stuff” that did not fill the void I had in my life. She talked about clearing the clutter and to date I have given 5 large bags of stuff away and it feels great! Lots more stuff to go. While catalog shopping I usually listened to motivational stuff as well but now instead of looking at those catalogs filled with stuff that I don't need, I take notes to pass onto to you about what I am learning. I'm choosing to be a source of information and inspiration to others. This allows me to stay in the practice of giving back and it strengthens what I'm learning every time I share it.

I'm confident if you practice what I share with you and you invest in yourself with many of the things your life WILL improve.

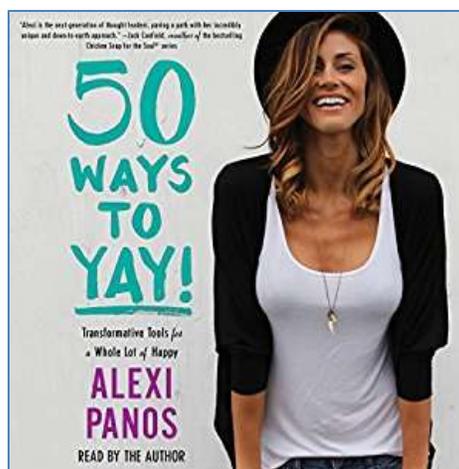
Please remember this is a never ending process. You will get out of life what you put into it and that's in all areas; career, finances, relationships, spirituality, health and your feelings. I put a lot of work and trainings into my business and it flourished. I put little work and no trainings into my relationships or even my physical body and it ended up showing.

It was brought to my attention that these emails are great but they missed the oil information I used to send. I miss it too. I feel I lost a part of who I was when it was no longer allowed to send the testimonies and great information but life is about change and now there's a time and a need for this kind of information. So, it's all good.

Many years ago, in the days of cassette tapes, Chip listened to [Anthony Robins](#) and I thought he was crazy. Look how life has changed. I started listening to [Wayne Dyer](#) on cassette which helped me in my early days of personal growth. In the early days of the Young Living conventions there were no speakers other than Gary and it was great, but now every year they bring us motivational speakers. We can learn

from great teachers in so many ways. CD's, YouTube, books, live events, webinars, etc. There is no excuse not to grow and be better than we were before other than “ourselves”. We alone stand in our own way of having everything that we desire.

[“50 Ways to Yay” by Alexie Panos](#), she says, “the great poet Rumi has given us these words. “Yesterday I was clever so I wanted to change the world, today I am wise so I am changing myself”, and “When we change, the world around us changes”, finally “When we work on being the most amazing



version of ourselves, on [transforming our hearts and our minds](#). We can let that goodness ripple out and effect the world. That’s twice I’ve heard “transform your heart! Needless to say [Transformation](#) is my favorite oil right now. I wear and diffuse daily.



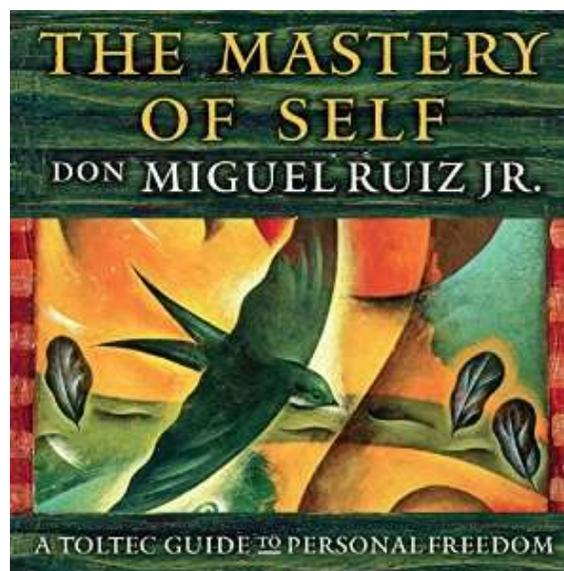
I know now every unpleasant event that occurred in my life. Every fear based, non-peaceful encounter was a direct result of how I perceived it. The action or reaction I had resulted in the outcome. We cannot go back but we can move forward and the first step is in forgiving yourself for everything you feel or may not feel guilty about. You may still be stuck in blaming others. I was for many years. “Many of us are anxious to

improve our circumstances but we are reluctant to improve ourselves. We want the incredible life, but we don’t want to do the work. We can’t change the world until we are willing to change ourselves. Because ultimately our view of the world is a direct reflection of how we’re personally showing up in it. In any situation where we feel something is lacking it’s usually something within ourselves that’s missing from the equation.” Alexie Panes – 50 Ways to Yay!

In December of 2015 my life was not good. I partied a lot and one night when the girls were over I dropped to the floor and did pushups. It was a certain song that I did this to. That was my exercise. The next day my shoulder hurt and continued to hurt for many months. I went to the chiropractor, acupuncture, massage, bottles and bottles of supplements and oils. In March I had an X-ray which showed a little arthritis they said. They offered a cortisone shot which I declined. In May, it was not better so I requested an MRI. They declined and offered the cortisone shot again which I reluctantly took. A week or so later the pain disappeared and I was pain free for June & July. In August, the pain returned only worse. I could not lift my right arm. I had to use the left arm to lift it to do my hair & put on my makeup. I did more therapies, including physical therapy with no relief. I was in constant pain. In September, I requested an MRI, this time they said yes and told me I had two complete tears in my rotator cuff and I needed surgery. I cried for three days because they said I could not move my arm for 4 weeks and then 4-6 months' rehab. I scheduled surgery and then canceled it. I knew in my gut that was not the answer for me. I had total faith there was another solution. I even had a phone consultation with the Dr. from Utah that does stem cell injections. Long story short, per [Louise Hay](#) chronic pain is self-guilt. Guilt I didn't even know I had. Yes, I have physical injury but the emotional clearing that I experienced at that training took me from a pain level of 8 on the plane ride to Texas to a 0 on the return flight. I am doing Yoga, meditation, prayers, tapping to name a few and most the time I am pain free. This is a miracle and I have FAITH!

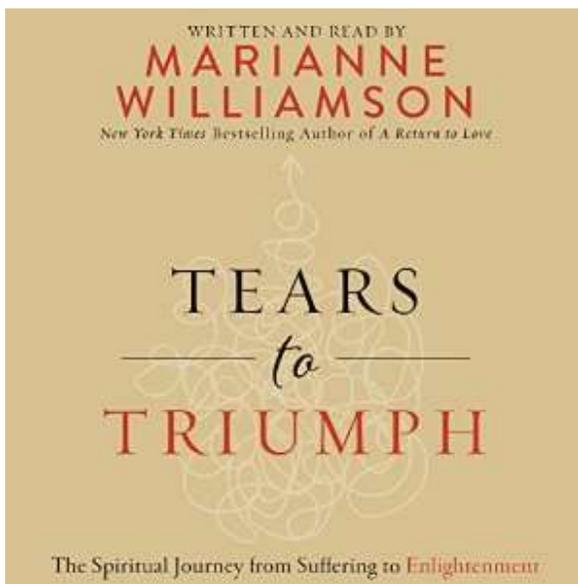
With that, you can see why I feel it so important to share this with you as I know I am not alone in feeling pain; both physical and mental.

There is a solution. I also feel this shoulder thing happened "for" me. It slowed me down and made me take care of myself. I cannot help



anyone if I don't take care of me first. "Everything that happens to me is the best possible thing that can happen to me" [Don Miguel Ruiz – The Mastery of Self](#). He says print that and put everywhere so you can see every day. I had 1000 business cards made on Vista print that say just that. If you want some, send me a self-address stamped envelope and I will mail you some. My mailing address is at the bottom.

[Audible](#) is how and where I am getting these books from. Audio is best for me so I can listen over and over, like at least 15 times. If you are not familiar with Audible, it is part of Amazon and many books are available for much less in this form. It's an app you get on your phone or tablet and you can listen on your computer as well. I use my phone with it all the time. I can listen in my car, when I'm in the tub, cooking dinner and I take it to bed with me so I can listen or when it's time to sleep I listen to meditations on you tube. I will discuss that in more detail later.



As I was listening to [“Tears to Triumph” by Marianne Williamson](#), she stated “I was feeling no happiness, no love. I could relate. Life was not good although I had what many of you would think everything. I had that physical pain that no one could see on top of the emotional pain. “This book seeks to reveal these principals for they are coded messages pointing not only to the source of our suffering but also to its healing. Healing the heart is in fact Gods specialty. Spirit reorders

our thinking upon its request, in so doing bringing peace to our hearts. Inner peace does not immerge from intellectual shift but from a spiritual process that affects both body and soul.”

There are only two core emotions, Love and Fear.

**Love Expresses as...**

- Gratitude
- Acceptance
- Forgiveness
- Happiness
- Trust
- Care
- Appreciation
- Satisfaction
- Joy
- Compassion
- Truthfulness

**Fear Expresses as...**

- Anger
- Jealousy
- Need to control
- Shame
- Inadequacy
- Sadness
- Loneliness
- Hurt
- Guilt
- Anxiety
- Depression

Fear is the absence of love.

I highly recommend these books but not everyone has a voice we resonate with so be sure and listen to the sample first to be sure their voice is for you.

That's all for this week and since you made it to the bottom, you will possibly be rewarded. Email me back with your member #, name and address and you will be entered into a drawing for a free surprise.

Many Blessings headed your way,  
In love,

*Kathy*