

balance - use that blend to re-energise the chakra."

These are blends designed for women and they resonate with our psyche. "In our sampling," explains Anita, "we found that almost every woman has a reaction or feels a connection with at least one of the oil blends - this is her body telling her the state of her chakra. By using that blend in a way that is personal for her, she will be helped to restore balance - to her energy centre and her life."

At the Mind Body Spirit Festival in Melbourne recently, Anita found that 90 percent of women found Athena (for the throat chakra) a little off-putting. "It's not surprising really - self-expression and speaking one's truth is a chronic problem with women, especially those who were raised to be subservient and non-assertive."

As a trial, she placed one drop of the Athena blend onto each woman's throat and advised that when the aroma became pleasant (and it would), it's a sign the chakra had come back into balance.

"Some women didn't get five steps away before they turned around yelled, (yes yelled), 'that's amazing! It smells divine!' laughs Anita. "Their throat chakras obviously only needed a nudge to get them back into balance, but for some women it took a couple of hours before they came back to tell me how much they were enjoying hearing their voice speaking their truth once their throat chakra had opened up."

Using the oils are as easy as smelling each one in order of the chakras starting with the base chakra blend (Kali) and if a blend is not likeable right away this suggests that the related chakra is out of balance.

Anita suggests "Use this blend to re-energise that chakra.

Work with it until the aroma becomes pleasant to you. Then continue using the blend to maintain that chakra's vitality on a daily or weekly basis to keep the chakra buzzing with vitality."

There are many ways to use the oils. For example, you may apply a drop onto the chakra point; burn in an oil-burner or diffuser; add the blends to massage or carrier oils, bath with a few drops, infuse linen or underwear in the clothes dryer; or use in an atomiser and spray the room.

The oils come in a set of seven bottles, and include:

Base chakra

KALI - *Reclaim your independent spirit*

Sacral chakra

ISHTAR - *Be playful, supercharged and sexy*

Solar plexus chakra

PERSEPHONE - *Believe in your gifts and abilities*

Heart chakra

KWAN YIN - *Give and receive love freely*

Throat chakra

ATHENA - *Find Your Voice and Speak Your Truth*

Third eye chakra

ISIS - *Trust in your own wisdom*

Crown chakra

NUIT - *Understand your destiny*

For more info on the Goddess-ence's 100% pure essential oil blends go to www.goddess.com.au and follow the links or contact Anita Ryan on 0404 495 846, goddessence@goddess.com.au (Trade enquiries welcome)

Tell us what you think of this issue of Annym and WIN

100% pure essential oil blend
Goddess-ence



Simply fill in this form and post it into Annym and receive a free copy of the Summer 04/05 issue.

PLUS Seven Lucky readers will each win a bottle of Goddess-ence's valued at **\$27.95** each.

Thanks to Anita Ryan, Melissa Cooper and Goddess.com

Name _____

Address _____

Phone _____

What did you think of this edition? _____

What was your favourite? _____

What was your least favourite? _____

What would you like to see in future editions? _____

Please mail to Annym: 10 Seabreeze St Safety Bay WA 6169.

For further information on this free giveaway please contact us on: (08) 9527 4790.

Offer ends November 30 2004. Please note that your details for this promotion will be passed onto Anita Ryan author of Goddess.com, and Melissa Cooper for follow up on the Goddess-ence promotion for this issue.

We respect your privacy and guarantee that your details will not leave our offices unless otherwise stated.

- Please send me information on Advertising.
- Please send me information on Submitting an article.
- Please keep me on your database for upcoming offers and promotions.

FREE GIVEAWAY