

# Aromatic Kinesiology and The Blossoming Heart

with Robbi Zeck ND

- Begin the journey of awakening your heart
- Create the best possible conditions for your body to heal itself
  - Be supported and inspired by the power of essential oils
    - Be energised, happy and focused on your dreams
    - Enhance the spirit, look and feel of your life
  - Discover techniques that will change your life forever

Welcome to *The Blossoming Heart*. We invite you to begin the journey of awakening your heart.

This extraordinary program will empower you with an understanding of essential oils, aroma and the soul. *The Blossoming Heart* embraces beauty, transformation and balance, focusing on how to influence your physical health, your state of mind and your connection to spirit through exploring aromatherapy from an emotional perspective.

*The Blossoming Heart* offers an innovative journey within, looks closely at what is important in your life through a process of contemplation, inquiry and gentle, purposeful intent. The powerful effect of simply recognising your uniqueness can be pivotal in directing the flow of your life.

The power of *Aromatic Kinesiology* will guide you through the process of connecting to your emotions through the sense of smell and the subtle influence of essential oils.

Love is the key to transforming a person's life. There is a gift of love embedded in this work through understanding the potency of fragrance, combined with the positive effect of quiet reflection. The moment you connect to the power of your own heart-light, you create the best possible conditions for healing your body, mind and heart, enabling you to bring out your best and step up to making a difference in the world.

When emotions are harmonised with the effects of essential oils strong intention and genuine heart, the body gently responds as it was designed – as a self-restoring network. The key to wellbeing is to allow self-care to become an important practice in your daily life. Influenced by the powers of scent, your energy flows and your lifestyle will be refreshed and invigorated as you learn new skills for your own development and also for those whose lives you touch.

Success comes through the way of the open heart. Manifest your desires and make your dreams come true. By defining your life vision clearly with intention you will inspire the spirit look and feel of your life – a life that genuinely shines. Celebrate what sets you apart and honour the difference you make in the world. Let essential oils and the path of *Aromatic Kinesiology* lead you into a broader way of thinking and feeling, enhancing your wellness and your vision for successful living.

The greatest power of all is the power of self-love and this evolutionary journey awakens the force of *The Blossoming Heart*, allowing you to connect deeply with yourself and to inspire others as you continue to live in the direction of your self-love, joy and care of your soul.

**What you will learn:-**

How emotional patterns affect your health and wellbeing.

Techniques that reframe emotional issues and reduce stress using creative imagery, guided visualisations and affirmations.

Kinesiology – muscle testing as a biofeedback tool

Counselling skills

Practical skills to relax the body/mind while deepening awareness of the connection between essential oils, emotions and the body, mind and spirit.

How essential oils influence the acupuncture meridians and the chakra energy system.

Exploring how daily use of essential oils can enhance and change your life.

The pursuit of beauty - understanding beauty from within – beauty transforms, generates pleasure, is healing and connecting – why we love beauty.

**Topics covered will include:-**

- Kinesiology – a conversation with the body to hear, feel and understand the body's voice.
- How our emotions impact our health
- Emotions, energy, movement and change
- Emotional stress release
- Essential oils and the emotions
- Blossoming Heart meditations
- Uplifting love and gratitude practices
- Physical and emotional signs of stress
- Daily rituals of The Blossoming Heart
- Blossoming Heart Affirmations
- Essential Oils and meridian relationships
- Setting clear personal boundaries at home and in the work place
- Balancing work and play
- Practical tools for loving self and raising your energy vibrations
- Wellness strategies
- Essential oils as metaphors for change