



# Fit For Life Newsletter

## Recipe of the Month

### Essence of Gratitude

Put 20-25 drops of Young Living's, oil of gratitude in your diffuser. Run the diffuser for 20 minutes 3 times a day.

## Health Tip of the Month

**The Alchemy of Gratitude** according to the dictionary, "gratitude" is a sense, or feeling, of thankfulness in response to receiving a tangible gift or abstract gesture of kindness.

Another view, **gratitude is a conscious choice** to focus on life's blessings rather than on shortcomings. In this understanding, the practice of gratitude is a *way of life*. Every moment is filled with opportunities to fill our consciousness with feelings of gratefulness, thankfulness and appreciation. From the littlest flower we see in the garden to the traffic jam on the way to work, we can choose to be grateful. In the relatively new field of "positive psychology," research shows how participating in regular, deliberate appreciation improves almost everything. By having the research participants keep weekly or daily gratitude journals and practicing self-guided exercises, the researchers discovered their participants slept better, exercised more, had increased positive emotions, had more rhythmic heartbeats, progressed toward personal goals more quickly, and helped others more often.

A well-known figure in alternative healing circles, Dr Darren Weissman, while working with a deaf chiropractic student, realized that signing the symbol of 'I Love You', actually caused weak reflex muscles in the body to strengthen.

All around the world, people are creating venues to support and reinforce each other in remembering and practicing the principles of gratitude.

## Upcoming Events

**Make plans now to attend the Young Living Convention Sept 16-19, 2009 Minneapolis**  
***Celebrate the Season with Young Living Refer to your Seasonal Essentials holiday catalog.***  
**CARE Cheyenne, Wyoming Feb 5-7, 2009**

Some believe a critical mass of consciousness, united in gratitude, can turn the tide on the planet.

Dr. Masaru Emoto shows how the vibrational pattern of love and gratitude at an atomic level creates the most beautiful water crystal formations. Imagine for a moment - people, from all walks of life, coming together in a "convergence zone" of gratitude. This creates the space of miracles.

As Rupert Sheldrake points out in his theory of morphogenetic field resonance, the "100th Monkey Effect" occurs when enough people drawn together by a shared purpose, are holding the same thought all at the same time, the rest of the world, in varying degrees, will experience an internal shift.

Think of it. The nerve center of the entire planet touched and enlivened by simply sharing an expression of genuine thanks. Could it really be that simple? Yes!

What Are You Grateful For? Begin now and enjoy the benefits of incorporating a daily log of writing out 3-5 things/people you are grateful for.

You can choose to be an active participant is spreading **waves of gratitude** across the globe, undetected by the mainstream press, yet felt in every grateful heart?

## Feature Oil ~ Gratitude



Gratitude™ is a soothing blend of therapeutic-grade essential oils designed to elevate the spirit, calm emotions, and bring relief to the body while helping to foster a grateful attitude.

## For More Information

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