

May Specials

15% off

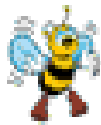


LeConnection



LeSunburst

LeUnity



Cedarwood

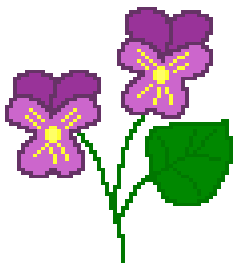


Citronella

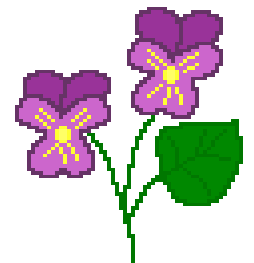


Yarrow (Super Blue)

Buy all six and receive 20% off



1-888-747-3021



LeConnection

Designed for people who are characteristically over-enthusiastic and have unrealistic expectations of themselves, others and life in general or have a tendency to make hasty choices. Can also be useful for those who escape too often into their own fantasy world. Consider using this one as part of a journal and prayer session to see where you have parted company with reality!

Ingredients: sage, spruce

Affinity for: emotional balance; root chakra

Aromatic Considerations: delightful aroma; centering, grounding, emotionally balancing

Application: Apply on the back of the neck or temples.

Resonance: spiritual and emotional

LeSunburst

A favorite among Citrus blends; relaxing and calming, especially for children. Promotes a sense of well-being and is an excellent remedy for insomnia; good for energy on waking; has been used in treatments for anorexia and bulimia; circulatory problems and lymphatic congestion; immune stimulant; varicose veins; useful as an antiseptic; anti-bacterial in the washing machine, dishwasher or throughout the house. Diffuse to purify the air and to remove odors.

Ingredients: orange sweet, tangerine, lemon, citronella, grapefruit, spearmint, lemongrass

Affinity for: circulatory system; immune system; lymph system; emotional stability

Aromatic Considerations: Diffuse to purify the air or just to enjoy a delightful citrus aroma (put on a cotton ball and simply place it on a desk or in a vent).

Application: Apply over heart, wrists; use as a perfume or cologne; add to bath water.

Resonance: physical and emotional

Yarrow (*Achillea millefolium*) (Super Blue)

Yarrow varies from clear through pale green to a deep blue shade and is one of the truly great oils. We have had many amazing experiences with both the herb and the essential oil in use with both people and animals. All yarrows contains properties that make it phenomenal for pulling together the edges of wounds, healing cuts and scapes and contracting swollen veins and blood vessels, but the deeper the color the stronger these properties are. Yarrow is also highly anti-infectious so it prevents and controls infection at the wound site and throughout the body. While the pale green one would be very effective and is what we have used for years, consider keeping the blue one on hand for extra effectiveness with cuts, deep wounds, sunburn, varicose veins and general vein health.

Ingredient In: LeSolitude LeVisibility

Therapeutic Properties: Anti-inflammatory, antiseptic, astringent, styptic

Application: Apply to cuts and wounds, undiluted; excellent diluted with distilled water as a wash for cuts, wounds, scrapes and sunburns.

Aromatic: Especially good for people whose moods swing rapidly between highs and lows, moderating

Contra-indications: Caution during pregnancy, prolonged use may result in skin sensitivity

Cedarwood (*Cedrus atlantica*)

Traditionally used by the Indians to enhance spiritual communication. Calms anger and is good for nervous tension and ailments related to stress. Particularly good for cystitis, urinary infections and water retention. Also useful for chest infections, coughs, acne, general tonic, cleansing, rheumatism, asthma, scalp disorders (dandruff & hair loss), cellulite, psoriasis, anxiety, anger. Often used as a deterrent to moths and as an insect repellent, particularly for spices and other foods

Ingredient In: LeBelieve, LeExhilaration, LeIQ, LeSanctuary

Therapeutic Properties: Antiseptic, tonic, anti-fungal, anti-seborrheic, regenerative, astringent, diuretic, expectorant, fungicidal, stimulant to circulatory system, but sedative to nervous system - this is a rare and powerful combination

Application: Appropriate areas on feet, directly on areas of concern

Contra-indications: Avoid if pregnant, be careful when using with small children

Citronella (*Cymbopogon nardus*)

Belongs to the same family as lemongrass and palmarosa. Combined with cedarwood, citronella makes an excellent insecticide. Citronella may help with colds, fatigue, flu, headaches, minor infections, migraine, neuralgia, excessive perspiration, and oily skin. Can be used as an antiseptic to sanitize and deodorize food preparation surfaces. This oil is hardly ever used alone in therapy, but is a valuable addition to many blends.

Ingredient In: LePurify, LeSunburst

Therapeutic Properties: Anti-bacterial, anti-fungal, anti-inflammatory, antiseptic, antispasmodic, deodorant, insecticidal

Application: Always dilute before applying to area of concern

Aromatic: May be stimulating to cardiovascular system

Contra-indications: Frequent use can cause extreme sensitive reaction; use with caution during pregnancy; can cause contact sensitization; inhaling citronella can increase the heart rate

LeUnity

Promotes physical and mental well-being; reduces stress levels; promotes harmony within ourselves, with others around us and with our Creator.

Ingredients: orange Bitter, sandalwood, palmarosa, sage, angelica, neroli, mandarin, spikenard, hyssop, ylang ylang, frankincense, spruce, lavender, geranium, rose geranium, rose

Affinity for: chakras; emotional balance; spiritual growth

Aromatic Considerations: Diffuse in groups where incompatibility or quarrelsomeness is a problem.

Application: Apply over each chakra, beginning at the base and working up to the crown; on the feet, over the heart, on areas of poor circulation.

Resonance: emotional, spiritual

Comments: LeUnity can be used to eliminate or minimize reactions to oils that are caused by suppressed emotions or a toxic system. Apply the oil to the palms of the hands and place the hands over the navel and the thymus. Hold for 20 seconds and then change hands and hold for another 20 seconds or more.

**Footzone training is
now available in
Bountiful Utah
Have you given any
thought to becoming a
footzoner, now is the
perfect time to learn.
New Seminars begin
May 1st, 2nd, and 3rd**

**Questions? Contact
Kris Anderson @
801-347-7980, or email
bk4manderson@msn.com**

Herb Walk



We are pleased to announce that we will be having another herb walk again this summer. The walk will be held on Friday, June 27th and Saturday, June 28th.

The cost is \$30. Spaces are very limited and reserved only by payment. The class will last all day.

We will be doing plant identification in the Cub River area. Participants should bring a lunch and plenty of water.

To join us in this exciting adventure call
1-888-747-3021



Institute of Healing Arts

The School That Teaches Emotional Release Therapy

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SPRING IS HERE!

After such a long winter we are looking forward to warmer days with sunshine and blue skies. We are watching for signs of new life. We are waiting for the bright, vibrant colors of the flowers as they brighten our view and remind us that even a harsh winter cannot stop spring. It is a good time to sweep away dead leaves and dry grasses from our flower beds and beautify and trim our yards.

The same is true for "cleaning up" emotionally and physically. The spring offers an opportunity to "let go" of what no longer serves and to participate in creating something new. This could include letting go of clutter or other debris on a physical level or letting go of old emotional patterns and behaviors.

***At the Institute of Healing Arts
we focus on the emotional connection to healing.***

At IHA we support individuals in becoming aware of emotional patterns that are no longer working and present opportunities for change. We love combining emotional release work and clearing emotional toxicity with essential oils. Essential oils help facilitate letting go, release and support when there has been trauma.

Essential oils have been something that we include in our curriculum here at the school as well as being used by individual practitioners and clients. The benefits are phenomenal. When someone is releasing emotionally their energy is shifting and moving. The oils bring to the surface emotions that need to be addressed or bring a calm and soothing effect for pain and trauma. Essential oils bring balance to the emotions.

Our psychology becomes our physiology.

Physical pain as well as patterns of anger, apathy, and depression can be symptoms that are directly related to unresolved feelings from the past. These feelings affect physical and mental health in present time. Our physical and emotional health can change when we change old patterns of negative thinking and self-talk. Our “personal” stories of hurt and fear are recorded in the body. Our pain becomes part of our thoughts and feelings and is then manifested in the physical world through “dis-ease” and illness.

Healing Cycle: Challenge / Choose / Change

To embrace emotional health we must **CHALLENGE** old patterns of anger, depression, jealousy, addiction and abuse. In challenging old behaviors we can begin to unlearn old belief systems and let go of old emotional patterns. We must use our personal power to stop destructive patterns and **CHOOSE** a new way. We must educate ourselves and learn to manage our feelings and increase our skills in the area of emotional health. We can make new choices that will bring **CHANGE** for those yet to come. Change often brings resistance, but after the resistance comes growth, progress, and freedom.

The Process: Revisit / Release / Renew

A technique that facilitates the emotional connection to healing is called The Process. It is a combination of many modalities organized in such a way that produce effective life changing results. It includes muscle response testing, guided imagery, inner child work, NLP (neuro linguistic programming) and role play.

The process provides an opportunity to safely **REVISIT** past trauma and experiences and **RELEASE** negative emotions and toxic thinking. After releasing the negativity it then opens the space for the heart to move to forgiveness and healing. In doing emotional clearings the body can **RENEW** itself with a positive effect on the immune system and increase flow of energy throughout the body.

Even when we feel we have been destroyed because of trauma or grief, what we come to understand is that even the harshest winter cannot stop spring from coming. It may appear that life was taken from us or that we have been left barren as we pass through the winter of our soul. But, life still flows through our veins even though we are shut down and with some nurturing and cultivating the heart can heal. We add heat from the sun and release the pain through tears that waters the heart and life can be renewed and restored to its original beauty.

**The illiterate of our time will not be those who
cannot read and write, but rather those who
cannot learn, unlearn, and relearn.**

--anonymous

Emotional Health and becoming emotionally literate is the challenge of our time. It is this generation that has the opportunity to unlearn patterns of abuse and dysfunction and move toward forgiveness. In healing and forgiving we experience better health, joy and freedom and we will be more successful in attracting the results in life that we say we want.

We want to thank Butterfly Express for their support to us here at The Institute of Healing Arts, our students and our clients. They are committed and dedicated to bringing beauty and healing to the lives of those they serve. They do this by sharing their knowledge and skills about essential oils and herbs. Thank you for allowing us to be a part of your service.

If you are interested in learning more about our Emotional Release Certification program and classes offered at IHA check us out at www.ihafutah.com . We offer on-campus and off campus classes with our distance learning program.