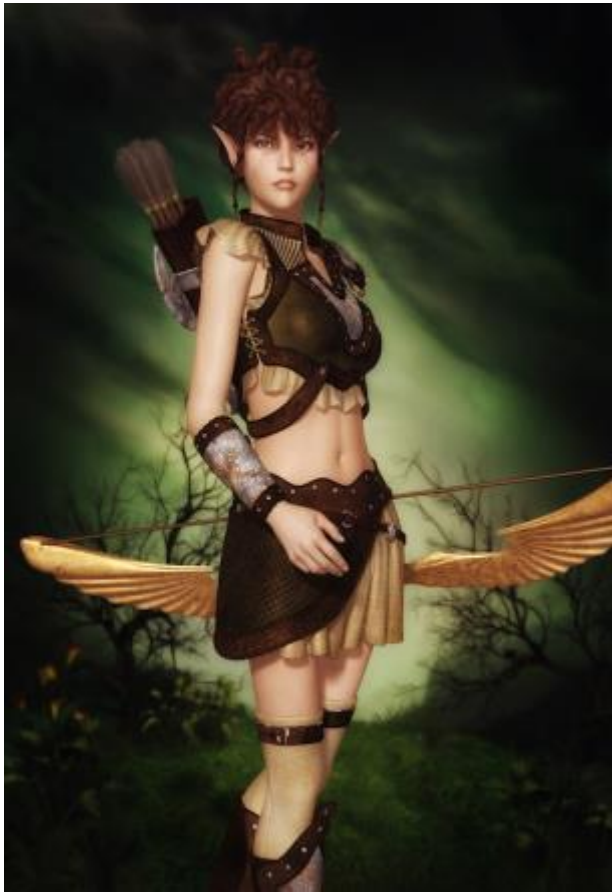


Unit 2A- Get Ready for the Journey



Get Ready for the Journey -Unit 2A



Transformations:

- 1) Renew your commitment to the Apprenticeship Adventure-
- 2) Align with your goal of learning and completion.
- 3) Get better at listening to your voice of resistance.
- 4) Make a strong plan with structuring time, finances and family support to aid your commitment.

You know something about commitment, as you have completed Practical Potions 1, and are now onto the next level of accomplishment. You are now stronger in your resolve and credible with your commitments. You know that creating

anything worthwhile involves aligning your will and heart.

Practical Potions 2 is another deep journey. This journey will increase your knowledge and skills in aromatherapy.

Practical Potions 2 will strengthen your relationship with aromatherapy.

You will learn how to create more professional product for your home, life and even to market. You will learn more about the essential oil families.

You will be offered advice on how to cook, clean and do more first aid with these plant allies. Your knowledge level will increase, along with your sense of competency.

Exercise- Write out a commitment about your intention to complete this course. (Before doing so, try a bit of a meditation. Relax, breathe deeply and feel the desire in your heart to deepen your journey with essential oils. Imagine what this knowledge may bring into your life).



Write Out Your Commitment-

How might you grow with this knowledge?

How might your day to day life shift?

How might you bring in more pleasure?

How might you engage with your apprentice ship adventure?

What can you do to stay in the moment and enjoy the journey?

Sign and date your commitment.

Exercise:

Carve out time on your calendar- 4-20 hours per week for course work.

You will have the opportunity to read, watch videos, fill out your journal, do exercises and create simple products.

Arrange this time off with others in your family or work situation.

Reassess Your Resistance-

Resistance is a carnivorous beast that destroys what we can become, taking away our creative edge and our soul growth.

In the Practical Potions E-course Adventure we called this beast the Pirate and there is one aboard every ship!

How did your personal pirate manifest before or during Practical Potions Introductory?



How did you quell this pirate?

How is this inner complex working inside you now?

How will you approach it for Practical Potions 2?

One way to disarm the pirate is to listen to his/her story. Does he/she present anything logical? If so, address its concerns briefly. Think of doubt as a character with a voice. The way it will often speak when we start something new is to say- "I do not have the money or time".

“I am not good enough, or the program is not good enough.”

Speak back to doubt. If I am committed to something new and it speaks to me I might say, “I have a plan worked out, I have arranged my time and finances for this new endeavor and proceed.”

Ensure what you tell doubt is true and be sure to act on your words and get your ducks in a row.

The pirate is a psychological force that tries to derail us-we need to be prepared to not let this force steal the treasure we strive for.

Exercise: Listen to the voice of your resistance, (the pirate on the ship). The pirate may be weaker for Practical Potions Advanced, as it knows you keep your commitments.

Has it changed in anyway?)

Has the pirate developed new tricks?

What does the pirate say?

How do you respond?

What have you done about arranging your time, money and other responsibilities to heighten your ability to succeed this time around?



Is there anything else you could do to sail safely toward your commitment?

Counteract resistance with a good financial plan, schedule, commitment and passion. Take concrete, consistent action toward accomplishing your goals.

Imagine yourself using the essential oils in every room of your home.

Allow this luxurious scent to permeate.

Which scent will repel the pirate and leave you to create with great joy?

