



**FIND THE
COURAGE TO
*LIVE YOUR
BEST LIFE***

BY CHRISTENE LOWETH



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**HEALING YOURSELF
IS CONNECTED WITH
HEALING OTHERS.**

YOKO ONO





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INTRODUCTION

Thank you for choosing to embark on this journey with me through the pages of this little book. It is an opportunity for us to learn together, share our ideas, and grow as a team. We come together with open minds, accepting where each and every one of us is at in our life's journey. I warmly welcome you and see you as an integral part of this team.

Have you ever paused to consider how your thoughts, behaviours and beliefs impact your life?

This book is a guide to exploring various aspects of your life, with the intention of raising your awareness so that you can take control of your life and experience transformation.

Within these pages, we will delve into 12 essential elements that can make a profound difference in how we live. In this world, I am aware of a shifting focus and belief, as we move away from the traditional Newtonian style of thinking and embrace the influence of Quantum Physics. It is crucial to become aware of our thoughts, feelings, and actions because each of these aspects carries its own energy that radiates out into the Field of Potentiality. Every thought and every feeling we have holds the potential to manifest into physical form, shaping the life we desire.

Each day, we have the power to operate in different ways. We can find ourselves living in a state where we feel and think that everything is happening to us, often referred to as the victim mode. In this mode, we may believe that we have no control over our circumstances and that things cannot be changed. However, we also have the capacity to transition into an empowered stage where we feel and think that everything is happening by us, the action/manifestor mode. This stage is driven by taking deliberate action, but it can become exhausting if our motivation wanes. We may find ourselves saying, "I have to do this, I have to do that - then, my life will be better." In such instances, we can slip back into the victim mentality.

Yet, there is an opportunity for further progression. We can enter a state of inspiration, where our energy rises, and we are fuelled by a deep desire to achieve. This state, known as the Through Me mode, is distinct from mere motivation. Motivation often arises from a place of moving away from something, seeking to escape pain or discomfort. Inspiration, on the other hand, is a force that propels us towards something, igniting our passion and purpose.

Finally, the ultimate step on this journey is to align our thoughts, feelings, and actions. It is in this state of As Me mode that everything flows effortlessly, and our dreams and desires manifest abundantly. By bringing these elements into harmony, we unlock our true potential and create a life that resonates with our deepest desires.

Remember, each day offers an opportunity to shift our mindset, take intentional action, and align ourselves with our aspirations. Let us embrace the transformative power within and manifest a life of purpose and fulfillment.

By presenting this introduction booklet, my aim is to draw your attention to areas in your life that may require attention. Just like a car needs regular servicing and maintenance to run smoothly, reviewing our thoughts, feelings, and behaviours is like giving ourselves a service check to prevent potential breakdowns in the future. We live in a growth-centric world where life presents us with continuous opportunities for personal growth and contribution. If we don't take the time to review our own lives, how can we create the beautiful life we desire?

Challenges are inevitable, and they can knock us sideways or halt us in our tracks. It is easy to revert to the victim mode during these times. When we have the tools in our tool belt to cope with these growth experiences, we can pick ourselves up and put things into action to move towards personal growth. This doesn't mean living a "Pollyanna" life but rather having the grace and skill to face challenges and grow from them.

Dealing with the loss of a loved one is a profound challenge. We can choose to let our lives fall apart, or we can allow ourselves the time to grieve and then move forward to celebrate the memories and appreciate the time we shared with them.

"Life can be a bed of roses."

When I think about this statement, I am aware that most roses have thorns on their stems. These thorns represent the challenges that may jolt us into growth. Above all, I am here to celebrate and appreciate life! My hope is that as you journey through this book, you will gain a deeper understanding of yourself and discover what you wish to bring into or change in your life.

I began my journey into aromatherapy in 1992 when I enrolled in a local college in Hitchin, Hertfordshire, UK. Initially, it was just a hobby to stimulate my mind, but I quickly discovered the incredible qualities and benefits that essential oils offer. They became a valuable resource for supporting myself and my young family. When I moved to New Zealand in early 1993, I made the decision to continue my studies in aromatherapy, despite the challenges of raising three young children under the age of five.

Little did I know at the time that aromatherapy would become not only my passion but also my profession. As a solopreneur and solo mother, it provided me with the flexibility to care for my children while pursuing a career that aligned with my interests.

As the saying goes:

"When you start doing what you love to do, you will never work another day in your life."

Alongside my love for aromatherapy, I had to develop essential business skills to establish and grow my practice. This involved reaching out for help when needed,

networking, and confidently sharing information about what I do. I actively engaged with the community by giving talks, participating in fairs, and joining professional organisations such as Massage New Zealand, where I served as the Chairperson.

Currently, I hold the position of Chairperson for the New Zealand Register of Holistic Aromatherapists. Through these roles, I continue to learn from my peers and clients, deepening my knowledge and expanding my skills.

In this little book, I have provided a workbook for you to jot down your takeaways and reflections. My hope is that it will serve as a tool to reinforce your learnings and assist you on your own journey of self-discovery and growth.

Please enjoy this book and embrace the wonderful world of aromatherapy.

Christene Loweth x

THE RESILIENCE COACH

THOUGHTS

Our thoughts are like the continuous chatter inside our heads, a stream of passing ideas and beliefs. They have the power to shape our perception of ourselves and the world around us. Unfortunately, when we are in a low state of being, these thoughts can often turn cruel and destructive. I refer to **this negative inner voice as my Critic**. On the other hand, when we feel supported and loved, positive thoughts can inspire and uplift us. **I call this my Champion**.

Have you ever heard that cruel voice inside your head, criticizing your abilities, appearance, or choices? It can be relentless, bombarding you with self-doubt and negativity. If you find yourself in the presence of your Critic, I invite you to pause and take a moment. Acknowledge its presence and say, *"I am here. I'm listening. What is it you really want to say? How can I help you feel at ease?"* Then, allow your Champion to speak up and soothe that aspect of yourself that longs to be heard.

Who are you listening to?



Your Critic?



Or your Champion?

This internal dialogue can be compared to a tantrum-throwing toddler who is told they cannot do something. The child expresses their anger and frustration through screams and tears. Just like a loving adult sets boundaries for a child, we can calm our own Critic by acknowledging its concerns and providing a compassionate response. This doesn't mean giving in to negative thoughts; instead, it means setting loving boundaries and helping ourselves find a place of calm and reason.

After your Champion has successfully calmed down the Critic, it is beneficial to affirm, "I love myself. Life loves me!" Spend about five minutes repeating this mantra. At first, it may feel awkward and challenging to say these words to yourself. But I encourage you to persevere. With time and practice, it becomes easier, and you will experience a shift in your self-perception and inner dialogue. I can personally attest to the power of this exercise.

The key is to become aware of when your thoughts are being unkind, to pause, and to repeat the affirmation, "I love myself. Life loves me." Persevere through any initial discomfort, knowing that it will get better. You deserve to cultivate a loving and supportive inner dialogue, and by practicing self-love, you create a foundation for positive transformation.

EXERCISE

Notice when your thoughts are being unkind. Whenever this happens, stop, and repeat

“ I love myself, life loves me. ”

This may feel awkward, and difficult to say, persevere, it does get better, I know I have done it.



ENERGY

Everyone is made up of energy. In fact, when we break our bodies down to minute particles/atoms all we consist of is energy.

Energy is the essence that flows through everything, including our own bodies. When we break ourselves down to the smallest particles, we find that we consist purely of energy. It permeates our existence and has a profound impact on our lives. We even use energy-related terminology in our everyday vocabulary, such as "going with the flow," "resisting," "current," and "positive or negative." These words allow us to express and describe the feelings and experiences we have.

There are positive and negative energies.

Not only do our bodies emit energy, but everything in the universe does as well. Different cultures have acknowledged this concept through ideas like yin and yang or the meridians of the body. Nothing is truly "dead" because energy simply transmutes into another form. To truly understand energy, we must start by recognising and exploring the energy within our own bodies.

We all possess the ability to sense the energy in our environment. Have you ever walked into a room and instantly felt if there was tension or a positive atmosphere? By paying more attention and becoming aware of our own energy, we can deepen our understanding of how it responds to the energy around us.

Even medicines carry an energy signature, regardless of whether they are considered "natural health" or "allopathic." Vibrational energy is present in all forms of medication.

Experts like Dr. Joe Dispenza have extensively written and conducted workshops on the relationship between energy, meditation, and healing. I personally utilise various modalities, such as Bach Flower Remedies, Pranic Healing, and Reiki, all of which are based on working with energy to promote healing in the body.

To live a more joyful life, it is crucial to be able to ***work with energy consciously***. We can learn to feel it, embrace the light and the dark, and understand the subtle differences that exist.

How do you calm yourself when you feel agitated?

How do you soothe your nervous system?

How do you connect with the vibrations within your body and environment?

Different archetypes also carry different energies:

Lover: represents making connections and choosing from a place of love

Warrior: embodies taking action, defending what is right, and creating movement

Magician: taps into creativity and finds innovative solutions

Sovereign: makes difficult decisions for the greater good, and brings balance

In my work, I have encountered clients who can be described as "energy vampires." These individuals would come to my practice, especially when I was still establishing my boundaries and unsure of my own value and worth. Since developing my awareness in this area, I have been able to avoid attracting such clients into my life. Energy vampires drain the energy from you. They enter feeling low and depleted, and then they feed off your energy, leaving you feeling drained once they depart. It is essential to establish strong and clear boundaries because constantly giving without replenishing is not healthy.

It is also important to cleanse the energy in your home and work environment. Like many practitioners, I work from home, and I make sure to cleanse the energy around my space. I use Sage or Palo Santo to clear any stagnant or negative energy. I also pay attention to cleansing the energy around my computer and car, as they too carry an energetic imprint. Essential oils can also be utilised to create different atmospheres and cleanse the energy in your home.

By acknowledging and working with these energies, setting boundaries, and cleansing our environments, we can create a harmonious and energetically supportive space for ourselves and those around us.

EXERCISE

Sit down comfortably, ideally outside with your bare feet on the ground. Close your eyes and settle your body. Then, practice square breathing by **inhaling for a count of 3, holding for 3, exhaling for 3, and holding for 3 again**. As you do this, allow yourself to feel the breeze on your skin, notice the temperature, and pay attention to any scents or tastes in the air. Now, let your mind wander and feel your body relaxing.

Next, visualize your front door. Observe its colour, any cracks, its material, and how it feels. Notice if it's heavy or light to open, if it has a window, locks, or handles. Does it make a sound when you open it? Is it easy or difficult to open? Consider the weather—could a breeze catch it and make it slam, or is it a warm and peaceful day? Is there a door number on it? What shape does it have?

Now, imagine walking through the door, taking a deep breath, and feeling at home.

Every aspect of this meditation, every sense and feeling, was created through visualising your door. It highlights the incredible power within you as the creator of your own life. I encourage you to use your energy intentionally and consciously to manifest and create things that bring you joy.



PHYSICAL

Take the time to become aware of what you are feeling in your body. Notice any aches, pains, or tension that may be building up. Can you pinpoint where in the body you are feeling this? What is your body trying to communicate to you?

When I feel tired and in need of sleep, it's because I have pushed my body too hard, and it is asking for rest. Ignoring this signal can lead to illness or injury as a way for my body to force me to stop and listen.

So, when you experience pain, nervousness, or tension in your body, it is crucial to **STOP** and allow your body to speak to you.

I encourage you to increase your awareness by being still and open.

Focus on the sensations you are experiencing in your body. Can you name them? Can you locate where in the body they are residing? You may initially think you're not feeling anything (extremities, stomach, heart, breathing, head, where exactly are you feeling it) or that you're numb. But with practice, it is possible to tune into your body and its signals.

We have three brains. ***The Mind (Intellectual brain), the Heart (feeling brain), the Gut (the intuition brain)***. When these three are in alignment we make great decisions for ourselves.

EXERCISE

One helpful exercise is a body scan.

Close your eyes, take a deep breath, and gradually direct your attention from your feet to your head, scanning each part of your body.

This practice can be enhanced by going outside and taking off your shoes, allowing your bare feet to connect with the earth. By doing this you are grounding yourself and feeling the sensation of the grass or earth. Notice the sensations—whether the ground feels warm, cold, or soft under your feet. The body scan helps identify areas of pain or tension in your body.

At each point where you feel discomfort, pause and allow yourself to fully acknowledge how it feels. Send loving energy to that spot and observe if the sensation eases. You can perform this exercise while standing, sitting, or lying down. The key is to focus and truly feel what is happening in your body.

The final part of this exercise is to express appreciation and gratitude to your body for all the incredible things it does for you. Thank your blood for flowing and nourishing your cells, your stomach for digesting food, your muscles for carrying and supporting you, your heart for pumping, your nerves for transmitting messages, your eyes for seeing, your mouth for tasting and communicating, and your breath for inhaling and exhaling. Thank every part of your body!

By sending love and appreciation to each aspect of your physical being, you acknowledge the magnificence of your body. Be still and know that you are the glorious creator of your own body.

Then, be still and know you are the glorious creator of your body!



COMMUNICATION

English Dictionary - imparting information given; intercourse; access or means of access, passage.

Communication is a multifaceted process that involves various forms of expression, including verbal, nonverbal, and written communication. The way we communicate can greatly impact how others perceive and understand us. The choice of words, tone, body language, and even punctuation can influence the interpretation and reception of our messages.

Our communication style can also be influenced by our self-identity and personal archetypes. Different individuals may express themselves as timid or courageous, leaders or followers, enthusiastic or cautious. These variations in self-expression can shape the way we deliver and interpret sentences, often influenced by our internal or external focus. Metaphorically, people can express themselves through different archetypes like ***The Magician, The Warrior, the Lover or Sovereign.***

Each of these archetypes will interpret the way a sentence is delivered in completely different ways. It also depends on whether a person is internally based or externally based. Internally based people process through their emotions, whilst externally based process through actions/outer world experiences.

Consider how you communicate with different people in your life. Do you adapt your communication style based on the relationship? Are there specific expectations or rules you follow in your communication? Do you prefer face-to-face interactions, video calls, phone conversations, or texting? I personally find that text messages can be misconstrued and miscommunication happens, I would far rather pick up the phone and speak with someone, then I can hear the tone of their voice, if on a video call I can see the expressions on their face, these are all forms of communication that can be hidden in the written word unless you are an excellent wordsmith.

The COVID-19 pandemic has brought significant changes to communication dynamics. The words we choose to use hold power, it is like spell casting, as they contribute to the field of possibilities and can manifest outcomes in our lives. It is crucial to be mindful and deliberate in our language, opting for clarity and brevity.

Awareness in communication is essential for creating the life you desire. Words spoken in anger can cause harm, while calm and thoughtful communication can foster understanding and prevent conflicts. Our choice of words can be healing and can contribute to maintaining harmonious relationships.

Clarity is important to make sure there is no ambiguity in our communication, if we are not clear miscommunication and misinterpretation happens.

Take a moment to reflect on the language you use in your daily life. Pay attention to the words that flow effortlessly from your mouth and the phrases you frequently use.

Remember that the power of words extends beyond spoken communication. The repetition of certain sentences or phrases can influence the outcomes we experience, as our words hold the potential to shape our reality.

I remember saying once over and over again, "I could do with a little break!" And guess what happened? I fell over and got a small fracture in my wrist. I got exactly what I was asking for!

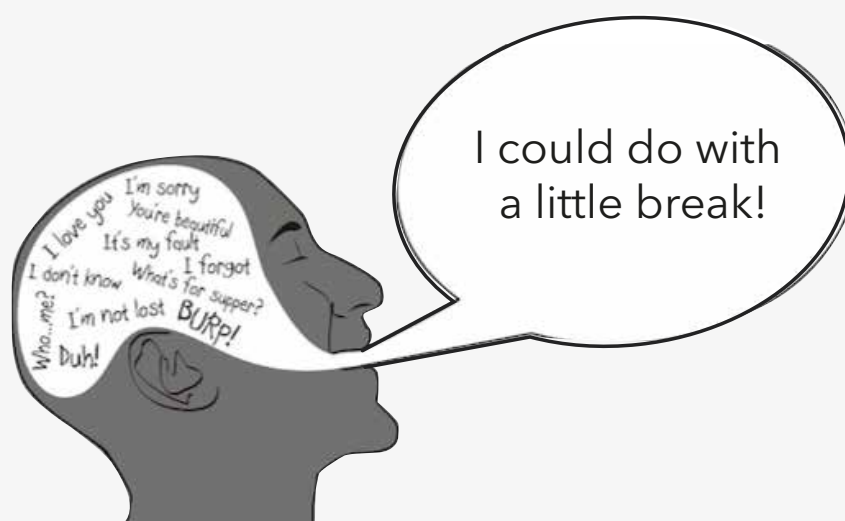
EXERCISE

Make a note of how often you use the following words during your day:

- Try
- I can't
- I won't
- It's not possible
- I'm busy
- That's impossible

or the likes...

When in your life have you repeated a sentence as I did and it happened for you?



Are you aware of how you are communicating through your body language? It is possible to build rapport or disconnect simply through our facial expressions, and how we use our body and position ourselves.

Body language, including facial expressions, gestures, posture, and eye contact, can convey a range of emotions, attitudes, and intentions. Positive and open body language, such as maintaining eye contact, using open gestures, and having a relaxed posture, can help build rapport, trust, and understanding with others. Conversely, closed-off or defensive body language, like crossed arms, avoiding eye contact, or tense posture, may create a barrier and hinder effective communication.

Being aware of our own body language and how it may be perceived by others is crucial in establishing effective communication. It allows us to align our non-verbal cues with our intended message and ensure consistency between our words and body language. Additionally, being attentive to the body language of others helps us better understand their emotions, reactions, and level of engagement, enabling us to adjust our communication approach accordingly.

Ultimately, being mindful of body language and its impact can enhance our ability to connect, empathise, and effectively communicate with others.

IT'S WHAT YOU *DON'T* SAY THAT COUNTS

TAKE THE TIME TO LEARN, AND UNDERSTAND
NON-VERBAL COMMUNICATION.



FINAL THOUGHTS

5 Tips:

- **Everybody has highs and lows** - tomorrow is another day
- **Your thoughts become your reality** - become aware of them
- **Each day is a new beginning** - never stress over yesterday
- **Put your oxygen mask on first** - before helping others
- **Watch the words you say and write** - spellcasting

**REMEMBER
THOUGHTS - WORDS - ACTIONS**

BOOK A DISCOVERY CALL

Are you interested in learning more about 'Grow as an Aromatherapist? Book in a discovery call with author, Christene Loweth, also known as the Resilience Coach.

<https://calendly.com/christeneloweth>

Christene Loweth x



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FIND THE COURAGE TO *LIVE YOUR BEST LIFE*

*This little book covers 4 steps of my **Life Awareness model**.
The opportunity for learning, agreeing to be open and
accepting. I welcome you along this pathway to be in
partnership with you and see
you grow.*

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