

CHOICES!

My Life My Choice Radio Show

June/July/August 2010

Volume 2, Issue 1

Why Say "Yes" When You Mean "NO"?©

Lemon



Lemon: Citrus Limonum gives the unique flavor to "Lady" Earl Gray tea.

Lemon essential oils is one of the top notes found in many household cleaning products and fresheners.

I think we form an emotion attachment, or detachment to the word **NO** during our formative years when we were taught, or shown, which behaviours are considered socially acceptable.

In most cases we were instructed that yes was good, and **NO** was bad, and when we were told **NO**, it probably meant we had done something that other people considered wrong.

Those unfortunate children whose parents or guardians imposed mental, physical or psychologically punishments for wrong doings, were simultaneously taught that the word **NO!** could hurt them on many different levels.

If, at any stage whilst growing up we did something that WE considered acceptable, and then someone influential came along and told

see page 3

The Pearls Of Wisdom That Botanicals Bring!



No matter your belief system one cannot deny the beauty of flowers, plants and trees. Their majesty and

wisdom intertwined with their joy of living and **giving** brings us *pearls of botanical wisdom* that we can apply to our lives.

Each plant in creation has its own purpose for being. Just like we do. The only difference between plants

and us, is that the plant knows well its purpose and is comfortable with that knowledge.

Do plants respond to life like we do? Yes they do. Just like us they need love, care and nurturing to thrive.

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Monthly Challenge

- Note how many times this month you said Yes when you would have rather said no?
- See how you feel and it impact your life
- Meditate 5 mins per day, how do you feel



Meditation Tree



Aroma of The Month *Lemon*



Pearls of wisdom to affirm life by

If you choose not to choose for yourself...someone will choose for you!

Latin botanical name: Citrus limonum

Common Name: Lemon

Obtained from: Peel

Method of extraction: Cold expression

Personality: Encourages a new fresh outlook. If you have been neglecting to take care of yourself and both you and your life feel sluggish...lemon can help dispel those feelings. Lemon is like a zany and zest friend who has boundless energy, and inspires, and encourages you to meet each day as a new and precious gift.

Properties & Abilities

Anti-infectious, anti-bacterial, anti-septic, anti-viral, anti-parasitic, anti-sclerotic, litholytic, calming of nervous system, stomachic, carminative

Application

Insufficient action of liver, pancreas and gall bladder

Gout

Rheumatism

Kidney and gallstones

Respiratory infections

Insomnia

Phlebitis

Thrombosis

Contra Indications: Photosensitizing. May cause skin irritation due to citrals. May act as an anticoagulant. Do not apply directly to skin...dilute with carrier oil.

Aromatherapy Terminology:

Aromatherapy like any other science has its own language. To build your aromatherapy glossary each month you will receive new terms and definitions.

Glossary of terms and definitions:

Contra indications - the essential oil used may trigger a certain unwanted response, i.e. raising or lowering blood pressure, stimulation or sedation etc.

Properties Abilities - what the essential oil(s) can be used for.

Application - how to apply.

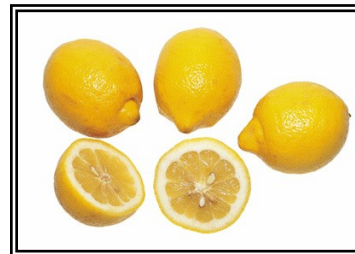
Blending – mixing instructions. Dilution – how many..... (see page 3)

Continue from page 2 Aroma of the month...lemon

drops of essential oil to use in carrier.

Vegetable Carrier Oil - used to dilute concentrated essential oil and is readily absorbed into the skin taking essential oils with it: Grapeseed oil is a very light vegetable carrier that is excellent for massage. (Grapeseed is also a culinary oil)

- Anti-sclerotic:** Treats warts
Litholytic: Aids in dissolving stones
Stomachic: Aids in the relief of gastric disorders



Disclosure

Information found on our website or in our newsletter is **not intended for medical use or to replace the advice given by your health care provider.** Always consult your healthcare professional for advice regarding healthcare options.

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us our actions were wrong, unacceptable, or disappointing, it may have instilled in us a sense of unfairness linked to the word NO. Thus, seeds of self doubt were planted somewhere in the back of our minds that linked injustices to the word NO. It may also have highlighted a realisation that leaned toward not having much control over our life, and on a subconscious level placed doubts regarding our ability to show good judgement over our own decision making processes. The unfairness may also have had a knock on effect that decreased our self worth, because subconsciously, we began to believe that our ability to make correct decisions should be based on somebody else's *interpretation* of what was right for us.

Now a multitude of the NO's that we hear as children are said for excellent reasons, but, as children, (even when we are given an accompanying rational explanation) there can still be a sense of injustice. And it is that sense of injustice that works on the subconscious mind into pre-teens and beyond.

When we take all of the above into consideration, it is not surprising that just the thought of saying NO! can instantly cause us to feel confused. Many adults still find NO to be one of the hardest words to say.

When was the last time you heard your self saying, YES, when inside you were screaming, "NO! I DON'T WANT TO DO THIS"

The most common reasons is, **NOT WANTING TO FEEL GUILTY.** The dictionary definition of Guilt is "a self-reproach for supposedly being inadequate, or for doing something wrong." In this instance, guilt is a double edged sword, because we feel guilty for saying NO, but also, on a subconscious level, we feel guilty for saying yes when we really want to say "NO!", BECAUSE it validates what we are still incapable of making the decisions that serve us best.

To say NO!, is a right of passage. We know when something feels right to us...when we listen to our internal dialogue. Any person who constantly disrespects your **choice** to say NO!, is not serving a positive purpose in your life.

Realise that you are the one person that knows you best; therefore you know what is best for you.

The solution: TRUST yourself.

By Olivia Lashley

Chicken in wine Sauce

4 Chicken boneless breasts flattened

1/2 c. white wine

3 tablespoons lemon juice

1 1/2 c. light cream

2 cloves garlic minced

4oz sliced mushrooms

2 tablespoons olive oil

1 tablespoon butter unsalted

1/4 c. all purpose flour

1/4 tsp. Garlic powder

1/8 tsp. Ground thyme

Salt & pepper

Slice of lemon and capers to garnish



Wash chicken and pat dry. Then flatten each chicken breast half to about 1/4-inch thickness by pounding each between wax paper or plastic wrap. Season flour with garlic powder, thyme, salt and pepper. In a large pan melt butter and olive oil. Coat chicken in flour. Cook until both sides are browned. Reduce heat slightly. Continue cooking turning occasionally until done. Remove chicken from pan and set aside in serving dish keeping warm. Pour off excess oil and on medium heat, add minced garlic and cook until fragrant 20 – 30 seconds. Add mushroom and cook for about a minute stirring all the time. Deglaze pan with white wine, add lemon juice and simmer for approximately 10 minutes. Add cream and simmer until desired thickness is reached adjust seasoning. **Do Not Boil.**

Add capers. Pour sauce over chicken garnish with lemon and serve. **Bon Appétit!**

Salmon with Basil & Lemon Cream

Sauce

4 salmon steaks, weighing 4 oz each.

1 tbs. shallot, minced

1/2 Tbsp. garlic, minced

1/4 cup fresh-squeezed lemon juice

1/4 cup butter unsalted

1 cup cream

1/2 cup white wine

2 teaspoons olive oil

1/2 oz basil, chopped.

Salt and Pepper to taste.



Pre heat oven to 375: In a large oven proof frying pan, sauté garlic and shallots until fragrant in a 1 tablespoon of butter 2 teaspoons olive oil. Then sear the salmon steaks on both sides in that pan. Finish in oven at 375, for about 5 minutes or until flash is light pink and flakey. Remove salmon from pan and set aside to keep warm on serving dish.

Deglaze the pan by adding the white wine. Add the remaining butter and the cream. Reduce this by one quarter. Add lemon juice, salt and pepper.

Plate fish on warm plate and top with sauce, garnish with basil. **Bon Appétit!**

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On The Radio

Join me **on Wednesday's @ 1.00pm PST** 4.00pm EST & 9.00pm GMT for my radio show **My Life My Choice.**

A radio show that that is all about you, all about me, all about us creating the life we want to live thought the power of conscious choice!

For up coming show details, archived episodes or to participate live log on to

www.blogtalkradio.com/mylifemychoice

June/July/August schedule episodes

- **Feeding The Troll**
- **The Art of Surrendering!**
- **Forgiveness**
- **Meditation The Missing Link**

Healthy Eating For Mind Body & Soul



**Healing foods for the mind body
& spirit**

Summer-time Lemonade

Ingredients

6 lemons
1 cup white sugar
6 cups cold water

Sprig of mint

To make your labor easier, **FIRMLY** roll the lemons between your hand and counter top before cutting in half and juicing.

Blend 1 cup water and 1 cup sugar well in small saucepan. Bring to a boil, stirring frequently, until

sugar dissolves completely. Let cool and refrigerate. (This is the simple syrup.)

Add lemon juice to the syrup and mix well. add the remaining 5 cups of cold water.

Pour over ice and serve with a sprig of mint.

For a little something different

Strawberry Lemonade

Add 1 can strawberry daiquiri mix and 8oz sparkling water to lemonade

Bon Appétit!