



Tools for Thought



TOOLBOX JOURNEYS "A SOURCE OF TOOLS FOR YOUR JOURNEY"
WWW.TOOLBOXJOURNEYS.COM

November, 2009

Do you have SCENTS?

Aromatherapy, simple put, is using essential oils.

- Did you know that hospitals use *lavender* in their ventilation systems as a means of mood elevation to promote healing.
- Did you know that sniffing *rose or sandalwood* on your wrist or tissue will provide you with a sense of relaxation.

Aromatherapy is a physical and psychological healing method that has been around for a long time. The ancient Chinese, American Indians, and many others cultures used herbs throughout time to heal wounds, cure disease and to worship their gods.

The use of aromatherapy combines art and science in a unique way and is able to provide your spirit and mind with invisible ecstasy.

"HOLIDAY TENSION"

Thursday, November 19th, from 7pm to 9pm, Toolbox Journeys will feature a workshop : "**Awaken Inner Peace and Well Being**". Speaker Lori Kirwan will talk about aromatherapy as well as crystals, crystal water, and chakra balancing. She will have a live demonstration of energy balancing using semi-precious stones.

It's all about You!

Spring Thing!

Toolbox Journeys is busy working on an all day workshop on **Saturday, April 24th, from 9 to 4.**

Check for details on website soon.

Rules for Being Human

1. You will receive a body. You may like it or hate it, but it will be yours for the entire period this time around.
2. You will learn lessons. You are enrolled in a full-time informal school called Life. Each day in this school you will have the opportunity to learn lessons. You may like the lessons or think them irrelevant or stupid.
3. There are no mistakes, only lessons. Growth is a process of trail and error, experimentation. The "failed" experiments are as much a part of the process as the experiment that ultimately "works".
4. A lesson is repeated until learned. A lesson will be presented to you in various forms until you have learned it. When you have learned it, you can then go on to the next lesson.
5. Learning lessons does not end. There is no part of life that does not contain its lessons.
6. "There" is no better than "here". When your "there" has become a "here", you will simply obtain another "there" that will again, look better than "here".
7. Others are merely mirrors of you. You cannot love or hate something about another person unless it reflects to you something you love or hate about yourself.
8. What you make of your life is up to you. You have all the tools and resources you need. What you do with them is up to you. The choice is yours.
9. Your answers lie inside you. The answers to life's questions lie inside you. All you need to do is look, listen, and trust
10. You will forget all this!

Let's Get Melted!

The MELT Method is a revolutionary approach to pain-free longevity that helps you stay healthy, youthful, and active for a lifetime. This patent-pending, pro-active self-treatment technique is backed by science and acclaimed by thousands of devoted MELTers. Day-to-day living creates tension within our bodies. New science reveals that this stress is literally trapped in our connective tissues. However, when

connective tissue is hydrated and free of roadblocks, our bodies function at a more optimal level. MELT rejuvenates tissue hydration and relieves the tension that gets trapped in our bodies. MELT is easy to learn and is truly for everyone. **For more details visit Custom fit of Brevard at www.customfitofbrevard.com**

Coming Next Year!

"Working with Psychometry" with John Rogers

Thursday, January 21 from 7-9pm

"Relationships & The Law of Attraction" with Karen Steil

Thursday, February 18 from 7-9:30pm

Toolbox Journeys would like to wish everyone a Blessed Thanksgiving!