



Winter 2009  
Volume 4 Issue 1

# The Aromatic Goddess

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## THE MESSENGER

"Just as we want to take in only healthy food to fuel our bodies, we also want to feed our minds and emotions a steady diet of empowering thoughts; to cover our bodies with uplifting and self-healing messages in order to infuse them deeper into our being. and, thus, to send them out with increasing conviction farther into the world. These lovely t's are the Goddess Wear of the future." Visit the products page at [www.joanclark.com](http://www.joanclark.com)

## Welcome to the Aromatic Goddess.

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### Solstice Blessings!

It's just such a magical time of the year. A time when we feel so many different feelings. Our hearts seems to experience feelings of great joy as well as deep sadness.

It truly is a time of the heart center-- for we feel so much at this moment in so many different ways.

As the Solstice draws near and I am preparing for the gathering that the women in this area will be partaking in and the rituals we will celebrate, I want each of you to know that you will be with us in spirit.

We shall speak your name. We shall place your name lovingly in the fire and offer gratitude for your presence and we shall ask the Goddess to bless you and your loved ones more-- to help you walk through these glorious changing moments in time with faith, courage, joy, trust and gratitude.

Together we have become a circle of Love & Light. A global sisterhood of women who share one heart, mind and spirit-- we walk the path of love and honor the Goddess within and without. We are medicine women, each in our own ways working with the Goddess and her plant spirit blessings--which she bequeaths to us so graciously each season.

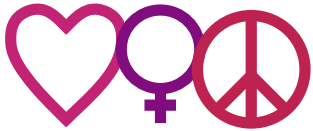
Together we are being fine-tuned to our own inner alchemy that lives within this path that we have chosen. We are becoming more and more aware of how the plants are not only our healers and nurturers, but also our teachers that walk us more deeply into the I AM presence when we use them to support our spiritual path and our divine feminine awakenings.

This Solstice-- here in the heartland we will speak your name and offer it to the Goddess in gratitude and joy-- for each one of you reading this newsletter is a part of this sacred circle now and for eternity.

May your ceremonies this season be filled with the power and presence of the Goddess for She has risen, She is alive-- in you! Blessed Be!

Bright Blessings you are!

Joan



Powerful Passionate Women For Peace

## Powerful, Passionate Women for Peace

As Powerful Passionate Women of Peace holding the vision for peace within ourselves and the world I invite you embrace this simple yet powerful prayer below from the master of peace himself.

I offer you peace. I offer you love. I offer you friendship. I see your beauty. I hear your needs. I feel your feelings. My wisdom flows from the Highest Source. I salute that Source in you. Let us work together for unity and love. (Gandhi's Prayer for Peace).

May this prayer of peace bless you as you recite it and allow its alchemy to transform you from the inside out.

This holiday season give a PPW4P Gift Set :

T-Shirts - \$20.00  
4 oz Peace & Love Mist - \$22.00  
Both- \$38.00

[www.powerfulpassionatewomen4peace.com](http://www.powerfulpassionatewomen4peace.com).



## The Goddess Aromatica: highlighting Rosemary for the Season of Winter

*"Where rosemary flourished, the woman ruled"*

When I was working in the lab today I went over to all my aromatic beauties and asked, "Which one of you has a message for us this season? Who wants to tell her story? Which one of you wants to be a part of our spiritual journey during the season of winter?"

I heard a sweet whisper reply, "I will. I want to be the guide this season." And as I reached my hand forward I picked up a bottle of Rosemary.

I grinned, knowing how appropriate it was for me personally— because of the journey that I had taken with the Goddess this past year to the South of France— where I held her in my hand while walking the labyrinth at Chartres, as I was being downloaded with sacred teachings for the remembering of the divine feminine essence, her work, alchemy, truth, and passion.

*"I am for remembering. There is so much to remember and I will help you. In the dreamtime— while you rest— I will penetrate your energetic blueprint and infuse new codes of light into your spiritual dna".*

We are awakening our spiritual memories of the divine feminine mysteries and there is not a more perfect plant-spirit essence to help us with this than that of our beloved Rosemary.

Rosemary is said to be the rose of Mary and is sacred to the Virgin Mother. It is she who calls all women to remember the power and privilege of being woman, and guides our way as we walk the path to our own spiritual truth and divinity.

Rosemary— taken internally— can help shift our internal alchemy and raise the vibrational frequency. It can help activate the cellular structure, infuse it with light and awaken the spiritual chi within— for sacred remembering.

Rosemary used on the body temple will allow the body to revive and remember a healthy state of being. It will empower the etheric body and the aura as well.

*Where will rosemary guide you this season? How will she awaken your ancient wisdom and the stories inside of you that wish to come forth?*

*How will you use her daily to empower your divine*

*body temple and your inner alchemical fortress? What is the significance of rosemary at this time of the year for you on your sacred path?*

*Rosemary has been called the scent of remembering and has been used for centuries for mental clarity and stability. What thoughts within you are awaiting clarity, empowering, remembering? How can you use rosemary to reframe thoughts and emotions that no longer work for you?*

*We are our thoughts and we are our actions. How can rosemary help us to align and remember our highest thoughts and actions — our purpose this season?*

This holiday season welcome the presence of Rosemary into your home.

Use fresh rosemary on your altars. Make products with rosemary, cook with rosemary and most of all take her into your sacred temple through tinctures and teas, so she can awaken your light body.

I love having a blue candle— the color of the rosemary flower— on my Goddess altar in this season. Make a space for this plant spirit this season and enjoy her wisdom, scent, and stories she has to tell.

**A little Rosemary History:**

This perennial evergreen gets its name from the Latin *ros maris* which translates to "dew of the sea" indicating the geographic preference of this Mediterranean native.

It later came to be known as the Rose of Mary in honor of the Virgin Mother. The Spanish dubbed the shrubby plant Romero as they believed that Mary took shelter under a large rosemary bush while en route to Egypt.

In France, the herb was sometimes referred to as *Incensier* since it was an economical alternative to incense and was often burned in ceremonial rituals.

Rosemary has long been associated with improving memory and recall of past and present events.

Scholars and students of ancient Greece often wore bands of rosemary about their heads to help them retain their facts, especially while taking exams.

Rosemary Essential Oil 24.00 /15 ml; Rosemary Tincture \$35.00 /1oz; Rosemary Infused Oil for creating products, body oil, massage oil \$22.00/4 oz



## The Goddess Aromaetica: additional Specials and Suggestions for the Season

### Blends for Ceremonial Work:

**Three Graces**-- an earthy and grounding blend of vetiver, valerian, spikenard, frankincense, blood orange, palo santo, and much more. Use for ceremony, ritual and meditation. I created this to honor the energy and presence of the Divine Mother which give birth to all of creation.

**Bright Blessings**-- A ceremonial blend to use during your rituals and moon ceremonies this season. Cistus, myrrh, amber, sweetgrass, frankincense and more.

**Winter Tincture**-- the tincture for this season is **Rosemary**. The season is about remembering our spiritual

lineage and our own spiritual dna. The divine feminine lineage is waiting to be rejuvenated, awakened, remembered more fully. The mystery schools are within us.

The rosemary tincture is infused with flower essences and a crystal. \$35.00/1 oz bottle (concentrated, you can add spring water to use it more as a homeopathic if desired).

### For Aromatic Gatherings & Day Dreaming:

**Dream Peace Tea and Honey**-- a fun combination to use at gatherings or when you are just taking time to reflect, meditate and do some sacred work.

## Healing Treatments: Energy Therapy Sessions with Plant Spirit Alchemy:

What a fabulous journey this work has been for me this year. So many women committed to truly becoming more of their Goddess presence. In each session I am amazed at the power of love to help us move through, open up and become more of our authentic selves.

I want to celebrate all of you who have worked so hard this year to empower your divine essence more and to congratulate you for understanding the importance of keeping yourself energetically aligned so that you can live your best life as Goddess.

The most common question I get regarding treatments is, "How often do I need an energy treatment"? I usually always answer this question with, "You will know".

I have assumed that most people would know, and that has been my mistake. I apologize for that. Some of you just getting involved in energy/healing/remembering work can perhaps use some assistance until

you get back in touch with your natural rhythms and flows.

Our lives can get so hectic-- with our bodies, minds and energy screaming, "*Do something!!*" And we don't hear these cries because we are no longer trained to. So here is my new response:

Each season the energies change. As we watch nature we can see these shifts. If you would give yourself an energy tune up each season that would be so healthy and helpful...and then as you open up, you will be more aware of when you need to offer yourself this gift of kindness. Once *you* become a priority in your life -- you will know. You will say-- *I need an energy tune-up. I need some assistance.* And voila -- you will pick up the phone and make an appointment.

Gift Certificates are available for Energy Healing Sessions.

\$125.00 per session.



## Gifts for the Holidays

**Goddess Blessing/Prayer Shawls** are great gifts for loved ones. I can create one just for you or you can choose from ones I have already designed. Prices vary from \$175--375 and on up.

**Heart Rattles** are fabulous gifts as well. Prices range from \$25--75 depending on rattle.

**I Am What A Goddess Looks Like T-Shirt** - \$20.00

**Moon Goddess Oracle Card Deck**-- \$16.00

**New delicious perfume balms in -- Rose and Jasmine.** Nice and creamy. \$12.50

## The Pet\*Alchemist-- a specialty line of natural petcare products

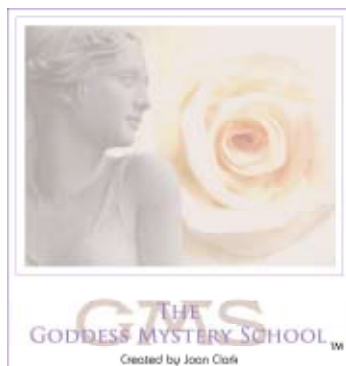
It's been such a fun year working with our beloved pet clients and hearing all of the wonderful feed back.

If you are looking for a stocking stuffer we have our **Eau Dog Colognes**, our **Puppy Love Syrup** (organic honey treat for the immune system), **Homemade Scarves** and **Medicine Bags**, as well as a complete line of organic

products which you may review on our website.

This season our special blend is **Solstice Magic** for keeping your pet healthy and happy. Contains essential oils of, sage, wintergreen, eucalyptus hydrosol, ravensara, black spruce, frankincense and more. \$15/4oz, \$29/8oz.





## Classes, Workshops, Retreats

### End of the Year:

December 20th– **Solstice Gathering**. 6:30 p.m. till ? Joan's House. Bring a Goddess snack to pass. Dress warmly. RSVP required.

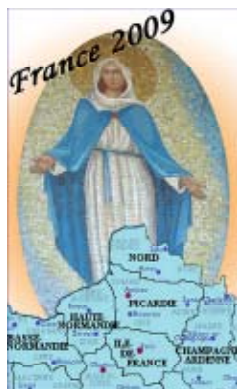
### Upcoming Classes for 2009:

**The Goddess Mystery School Teachings (TM)**. This year when traveling to France and walking the path of the Goddess I was given– from my spiritguide Mary Magdalene– a sacred block of mystery school teachings which I shared at the Goddess Retreat this year.

These teachings– as I was instructed by MM– are pathways to the *ascension consciousness*. For me they are the keys to the chakra system, which are the stories inside of us. And now we have the keys to begin the essential journey to self enlightenment.

For each teaching I was guided to create an anointing oil and tincture to help with the integration and the assimilation of the work.

My desire is to now travel and share these teachings across the country. Most of the classes this year will be the sacred Goddess Mystery School (GMS) teachings and how to use plant spirit medicine to empower your own spiritual journey with these teachings.



## 6th Annual Moon Goddess Retreat– South of France– September, 2009

Since your stockings are hung and they need something in them, **why not ask for a gift certificate** for this year's Moon Goddess Retreat, to be held in the South of France next September (tentatively Sept 12th-20th). The cost of the trip is being worked out and depending on the euro will be around \$3,200.00, not including airfare. More details will be available on my website after the first of the year.

So– tell your friends and family members to purchase gift certificates for the holidays, your birthday, etc., for your trip to France this year!

Some of the special places we will explore and create ritual, aromatic blends, and magic are... Paris– Ooh la la; Lourdes– AMAZING; Chartres Cathedral– Beyond Words; Rennes les Chateau– Intriguing, Mystical &

If you are interested in joining a class or hosting a class in your area– please e-mail me, for I am setting up classes at this time.

### Joan's Tentative 2009 Schedule:

January. **Rattle making class**. (Lawrence, KS) \$45.00. RSVP required. Also– **Present Moment Yoga Classes**. (Lawrence, Kansas)(if interested in this, please contact me class forming for this season).

February. **The Goddess Mystery School Teachings** (New Jersey).

March. **The Goddess Mystery School Teachings** (Los Angeles).

April. **The Goddess Mystery School Teachings** (London, England).

May. **The Goddess Mystery School Teachings** (Arizona).

July. **France Pilgrimage**.

August. **The Goddess Mystery School Teachings** (Chicago).

September. **6th Annual Moon Goddess Retreat** (South of France).

November. **The Goddess Mystery School Teachings** (NYC).

Life changing; St. Marie del a Mer– Holy Sacred Ground; Carcassonne– Fabulous & Fun; Avignon– Delightful & Beautiful; and the St. Baum Grotto of Mary Magdalene– Inspirational & Breathtaking.

We will also experience – local markets, the festival of lights at Chartres – the local landscape, and find new parts of ourselves!!

If you are at all interested in this – please let me know for I am making arrangements for rooms, transportation now. Space is limited. Once the price is confirmed a non-refundable \$500.00 deposit will be required to hold space.

Limited single room requests are available so if you desire a single room an estimated extra cost of ~\$650 will be required.

### Your Assistance is Needed!!

\*\*If any one is willing to share a testimonial regarding the Goddess retreat so we can update the web page that would be most appreciated.

\*\*Also, if anyone would be willing to send me a picture of themselves in their Goddess

shawl – I would love to place that on our website too.

I would like to put together a little booklet on the power of blessing shawls. Thank you for your kindness Goddesses!

### Merci Beaucoup!

This year, because of your support of the Goddess Aromaetica, we were able to give back as well. We supported charities that touch our hearts, and your support of us helped others as well:

Women to Women International  
Trees for the Future  
Defenders of Wildlife

Child to Child  
Make a Wish Foundation  
Love Planet  
One Hundred Good Women  
Humane Society  
Angel Sanctuary – France  
She's My Sister – Goddess Retreat Fund  
Best Friends

### Calling all Goddesses who attended the 2008 Moon Goddess Retreat:

Last but not least....any Goddess who attended the Goddess Retreat this past year and would like to work with me on a research project to further the work we did with writing our "Yoni" stories, please contact me. I have been guided to continue the work in a

much deeper way and would like some trusted companions to assist with the research.

Someone has fondly called it "Yoni Camp with Joanie!!! Whatever!!!

*Check out the website for your essential oils and aromatic products--  
your all-time favorite aromatic blessings.  
www.joanclark.com*



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