



# imagine...create...transform

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*imagine...create...transform* is a monthly newsletter for inspired, passionate women in middle life who want to live a life of total wellbeing. If you like it, please pass it on to a friend. To change your subscription details or unsubscribe, please email me at [dallys@dallysbaker.com](mailto:dallys@dallysbaker.com). Or go [here](#) to subscribe.



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## This month

**From my desk:** Loving what you do

**Main article:** Do your environments support you?

**Essential oil tips:** Oils ain't oils: buying quality oils

**Reflections:** Old friends

## From my desk

Hi everyone

Welcome, especially to all my new subscribers since last month!

At the end of March I had the pleasure of spending a week in Vanuatu. This Pacific nation of over 80 islands is a study in diversity, and populated by truly wonderful people. In a week, we experienced scorching tropical heat and dripping humidity, ash in the sky from the eruption of a volcano on a neighbouring island (making amazing sunsets!), and many hours of torrential rain from the tail of a cyclone. Talk about diversity!

What struck me most was the attitude of the local people. More than one told us that they like tourists, because they mean a stronger economy and employment for many. They weren't just tolerating the influx, they really appreciated the benefits. How different from my home town, where many locals consider tourists a seasonal nuisance.

We also met a special young man whose task it was to tend coral in the lagoon where we were staying. The idea was that not everyone would be a strong enough swimmer to snorkel on the fringing reef due to strong currents, so they would bring the coral closer, that way everyone could see the variety of marine life. "Yankee" knew all the chunks of rock and coral, and knew if any had been moved or damaged. His gentle pride and obvious joy in his work showed in his winning smile and careful answers to our questions. Wouldn't it be fabulous if we could all have this feeling about our work?

I hope you enjoy this edition, please pass it on to your friends if you like it!

Abundant blessings

*Dallys*

*Stunning effects of volcanic ash and a nearby cyclone - Mother Nature showing beauty even in her most awesome aspects!*



## Main article: Do your environments support you?

I'm not talking about saving the planet here, in fact something much closer to home! Each part of our home, plus our car, our workplace and other places we choose to spend time are our environments. If they are not supporting us, we have lost the opportunity to positively reinforce what we are trying to do in life.

To begin, look around you now. I'm guessing you're in front of your computer, but what is the environment like around you? Is it quiet, or filled with pleasant music? It is tidy and clean? Are you comfortable in your chair, and how is your posture? Do you have all the tools you need around you? We could go on...

As another example, let's think about the dining room, especially the table. Is it clean and free from clutter, perhaps with a vase of flowers or an attractive cloth? Are you able to use it for family meals and for special meals with friends? Is the room one in which you can relax to enjoy good food and company?

I've chosen these two examples because they can be challenges in our homes. How many of us have a dining table covered with piles of old mail and catalogues, maybe children's homework or your craft work, it might even be the family office. Likewise the area around your computer. It can be a collecting ground for all manner of stuff that quickly turns into energy draining clutter.

Now before you start thinking I'm advocating perfect housekeeping here, let me get to the point. We first need to know the purpose of each of our environments, and then set them up to support that purpose.

By making this decision first, we can create environments that are a pleasure to be in, serve their purpose and give us a sense of calm. Whether you are consciously aware of it or not, if your environment is out of sync with what you're trying to do there, it will be hard to achieve your aims.

Here are some common challenges that are at odds with supportive environments in the home:

- ✓ Electronic equipment such as TVs and computers in bedrooms are a real problem. Bedrooms are places for rest, intimate time and perhaps study. Electronics are stimulating and distracting - not conducive to the purpose of the room whether you are a child, teenager or adult!
- ✓ Dining or kitchen tables and kitchen benches seem born to collect paper clutter and other debris. These flat surfaces are often where we dump things we bring into the house: the mail (especially junk mail), handbags, keys, bills to be paid, shopping and so on. This is OK if they are only temporary visitors, but not only can this turn into persistent clutter, it's often where important papers get lost.
- ✓ Most of us have issues, large or small, with our garage and/or shed. If you can't put your car in the garage, ask yourself whether the stuff in there is worth more than your car. And if you're storing stuff for other people (even your grown kids!!) ask them to make other arrangements and claim your space back. This space can be out of sight, out of mind, but trust me that if your garage is full of old, dusty stuff, you will feel the energy drain and feel blocked in some area of your life.

These are just a few quick examples, but you can start to see that if you define the purpose for each space, you will be able to decide more easily what needs to stay and what needs a home elsewhere. Remember that its new home may be in the recycling, at the charity shop or in the bin, but that's a story for another time.

Take back control of your environments, a bit at a time if necessary, and see how your ability to achieve your dreams is enhanced by supportive environments.

I love to hear how these articles help you so please come to my [blog](#) and tell us all about it!

## Essential Oil Tips

### Oils ain't oils: buying good quality essential oils

Top quality essential oils are like rare and precious gems - not always easy to find, but worth it when you do. Not only do they provide truer and more beautiful aromas, their therapeutic value is much greater than inferior or synthetic products.

One of my most respected aromatherapy teachers suggested that we think of essential oils like fine wines, looking at their provenance and all aspects of their path from growth and harvest through to processing into a final product. I find this fascinating, but for those of us buying quite small quantities of oils, we need to find a supplier who we can trust to do this work for us.

Here are some tips that will help you to buy good quality essential oils:

- Don't buy synthetic or "fragrant" oils - not only do they smell nasty, they will likely give you an uncomfortable headache! All bottles will be the same low price.
- Look for the words "100% pure essential oil", and also the botanical name of the plant from which the oil is made, on the label.
- True essential oils will be all different prices, from the very reasonable citrus oils through to the very expensive resin and wood oils. Be suspicious if all bottles are one price.
- Check the use by date, citrus oils particularly should be very fresh and not have a use by date that expires soon after you buy them.
- Buy your oils from an outlet that has a high turnover if possible, this helps to ensure fresh oils.
- Use your nose!! Always smell the testers, you should enjoy the experience, and even an inexperienced person will be able to tell if an oil is flat or "off".
- Always buy oils in dark bottles, and then store in a dark cool place. Citrus oils have a longer life if stored in the fridge.
- Be aware that some oils, like Indian Sandalwood, will be adulterated with other oils and synthetics, simply because the raw material is now so rare. Substitute the closely related and wonderful WA Sandalwood, which is grown sustainably in plantations.
- Expensive oils such as rose, jasmine and the chamomiles can be purchased pre-diluted in vegetable oil (usually jojoba). The usual dilution is 3%. This is a great way to access these precious oils, and you can add them to blends for skin or bath. I don't recommend using them in your vapouriser though, as they leave a residue that can be hard to remove.
- Be cautious about oils that have been repackaged by the retailer, you really don't know what you're buying. Better to stick with a reputable brand.

I don't sell or endorse a particular brand of essential oils, but some reputable ones to look for in your local new age shop, health food shop or pharmacy are Perfect Potion, Springfields, Auroma, In Essence, Oil Garden and Sydney Essential Oil Company.

If this all sounds a bit daunting, take heart! Take a little time to build your collection, trying a few different brands until you find one you love. Then enjoy filling your world with sensational aromas.



***Please always remember these essential oil cautions:*** always keep your essential oils away from children and pets, dilute them in vegetable oil or plain cream before using on your skin, and don't take them internally. Dilute oils in a small amount of full cream milk, vodka or solubiliser before adding to a bath. Be aware that some essential oils cause sun sensitivity (most citrus), and others may burn or inflame sensitive skin. Check with your aromatherapist or a good reference if you have any questions.

## Reflections: Old friends

The universe moves in mysterious ways sometimes, and recently I've been delighted by a number of "out of the blue" contacts from old friends.

My most interesting reconnection has been with a school friend who I haven't seen or heard from for over 30 years. When we all went from Year 10 to Year 11, she moved to a different suburb and a different school, so I didn't see her much after that.

She is now a professor of musicology at a university in the USA, where she has lived since the mid 80's, exactly what she talked of doing when we were at school. How cool that she's achieved her dreams so completely!

Just on a whim, she looked me up on the internet and sent an email. We've since been able to catch up for lunch while she was in Australia visiting her parents just up the coast. It was quite weird, she hadn't changed a bit, and we started back into conversation like we'd seen each other the week before.

These opportunities to reconnect with long lost contacts has really made me think about the importance of the many people we interact with in our lives, whether we were close at one time, or if it was just a fleeting acquaintance. I know none of these encounters are by chance, and I'm making it my business to pay more attention to the people, events and circumstances that "just happen" to come into my life.



*Rugged St Baume area of  
Provence, Southern France*

Dallys is excited about helping women in middle life achieve total wellness, so they can pursue their dreams with purpose and passion. Over a varied and fascinating career she's been a high school teacher, a jet-setting executive and a coach for horse-riders with disabilities. In recent years, Dallys once again followed her dreams to become a qualified aromatherapist and Reiki master, undertaking study with internationally renowned teachers in England and France. One of her ongoing passions is researching and using the law of attraction and related principles to make life flow with ease and grace. She is now combining all her skills, knowledge and experience into her work as a wellbeing coach.

[Contact Dallys by email.](#)