

LETTER FROM THE PRESIDENT OF NAHA



Dear Members,

The National Association for Holistic Aromatherapy has been growing strong this past year. There are many areas of availability to share your gifts and talents by volunteering your time. It doesn't take but a few hours of

action to make a difference and knowing that you have given back to your industry is immeasurable. Please go to our website to see what volunteer opportunities are available. If you feel you have an area of interest that is a possible NAHA need, do not hesitate to let your Board of Directors know by filling out the application from www.naha.org and complete the process from there.

In our daily lives there are many areas of interest we are curious about, many we engage and even more we do not. I have been recently inspired to participate in innovative ideas that will create a beauty in our industry as well as the world. It only seems like an overwhelming task when you do not focus on one life at a time; one little act can make all the difference to one. In a quote from Ghandi, "Be the change you want to see in the world." This change can be anything in any area of consideration.

I would encourage you to take a moment to consider the colleagues within your area. If you are able to consider the billions of people within the world and know that we are all making a difference either positive or negative. With the infinite diversity we all encompass there are many ways to create change as well as to appropriately tolerate and embrace areas of people we do not connect with. In all aspects of life there are beliefs and guidelines we align ourselves with. When running a business and/or practice we do the same. There is beauty in our diversity as well as the diversity of those we

serve. We draw to ourselves those who resonate to similar levels, and sometimes those who do not and thus conflict may arise. When we understand and acknowledge the sociology of people's actions, while letting go of our experience filters, judgment and upset seem to be less profound than before. Situations tempered with love first are always better tolerated and embraced as well as resolved.

In the Aromatherapy industry there is so much business to be found and so much to be discovered and integrated. It is an exciting time for all of us. We all have something amazing to offer and add to our field and to those we work with and for. Even if we differ in some areas we have the capacity to be open to the potential of the unique and powerful human mind—the phenomenal spirit. When you add brilliance and love in a creative way, the possibilities of health, healing and practice are endless. Therefore, we may find ourselves in disagreement in areas of life and career but to be open is the ultimate beauty of our free spirit to choose to be the change we want to see in the world, everyday.

I would like to take the opportunity to honor in memoriam a lovely Director volunteer for NAHA. We as well as her world of contact miss her and will continue to do so. She was a sparkle in NAHA's eye, and we appreciate all that she has done in service to this organization. As a response, we have started a NAHA scholarship fund in legacy to her memory. I know that many of our directors and volunteer staff have had several struggles and trials in life recently with deaths, illness and the like. We honor you also in our support for you in any and every way possible. Many blessings to you all.

Please enjoy this issue of the journal,

Michele A. Miller
NAHA President

