

Wisdom of the Earth... The Journey Begins ~ January 5, 2010

Welcome to the first week of our new program, Wisdom of the Earth; Founder Barry Kapp, his wife Cynthia Olivera de Kapp, and business partner Audre Gutierrez will be introduced and their vision of Medicinal Aromatherapy will be the subject matter for the next ten weeks

This premier show, Barry will present the planned content of this new and enlightening program, as well as give an overview of how Medicinal Aromatherapy interfaces with every level of relationship know to humans on Mother Earth.

- Barry will guide the listeners to connect in their hearts and heart mind, which is the only effective method to reach the vibratory frequency of the Earth, Plants, and Trees, and to receive their messages.
- We will all take a brief journey back through history to remember the origins of this Original Medicine of Gaia: The Essences from the Tree and Plant Kingdom.
- Audre Gutierrez will bring her unique perspective and transformational experiences from coming out of the Corporate World to courageously embrace the Natural World.
- Cynthia Olivera de Kapp will relate her experiences with movement and dance therapy, and how the essences have brought a deepening of healing into her talents and modalities.

The Love Frequency of the Plants and Trees ~ January 12, 2010

This hour will be dedicated to discussing the important and very necessary realization that Medicinal Aromatherapy is based on Pure Divine Love and NOT Fear. Barry will share some of his childhood experiences of this lesson and how his parents taught him to trust the Plant and Tree Kingdom, and to never doubt it. There will be essential essences (essential 'oils') that will speak to this topic from Barry's perspective and experience.

- Audre will also share her experiences on Love versus Fear, coming from a small steel- mill town in Pennsylvania, and some of her first memories with the Plant and Tree Kingdom which have helped shape her life. Through her insights and hindsight, she will speak of the long and determined journey through the Corporate World and what happened to her childhood awareness of Mother Earth. She will share the essential essences that have been exceptionally dear to her during this particular part of her journey, choosing love over fear.
- Cynthia will speak of her experiences and reflections from the perspective of ethnic America, raising three boys as a single mother, and how Mother Earth has influenced her from her earliest to most present memories. She will share the essential essences that have stood by her through the rough times, and have showered her with Love.
- Towards the end of this discussion, the important issue of boosting your immune system will be touched upon. In our current society, there is much fear-based thinking along these lines, especially regarding things like H1N1. We will share essential essences that can aid immensely, as well as share Mother Earth's concern for us in these areas of life.
- Some practical information regarding how to use the essential essences with sense, trust and wisdom, will be offered at the end of this hour.

Pure Essences Can Change Your Life ~ January 19, 2010

"If Seeds in the black earth can turn into such beautiful Roses, what might not the Heart of Man become in its long journey toward the Stars?" --G.K. Chesterson

Barry will begin this hour with the following "WAKE UP" statement:

- Are you truly aware that Medicinal Aromatherapy faces square on the Superiority Complex of our species? She certainly does, and in no uncertain terms. In the momentous times we are living in the subject is a foundational paradigm that must change, and is changing. We will be addressing that this week openly and frankly. The

question is, are you flowing with the change or bucking up against it constantly? If you are open, you will hear keys of how Medicinal Aromatherapy can help us with this enormous saga of humans returning to Gaia.

- Audre and Cynthia will share their experiences and reflections individually on this most important topic as they are led by their guides, the Trees and Plants, and others. They will share essential essences that have spoken to them and their clients in reference to this topic.
- In a round-table discussion, Audre, Cynthia and Barry will share further examples and experiences of how PURE essential essences can change lives. They will include discussion of essences for respiratory, digestion and central nervous system support, and the issues that can arise from constantly living in a paradigm of superiority versus oneness.

Virtue of Surrender ~ January 26, 2010

"Earth's crammed with Heaven, And every common Bush afire with God: But only He who sees, takes off his shoes -- the rest sit round it and pluck Blackberries." --Elizabeth Barrett Browning

"He who is born with a silver spoon in his mouth is generally considered a fortunate person. But his good fortune is small compared to that of the Happy Mortal who enters this World with a Passion for Flowers in his Soul." --Celia Thaxter

Our theme this week is the truth about how Medicinal Aromatherapy brings us to the Remembrance of what Surrender and Vulnerability are all about.

- Barry will be speaking about what the Trees and Plants have taught him about these necessary virtues that are inherent with Medicinal Aromatherapy, and living in harmony and peace with all species here on Earth and beyond.
- Audre and Cynthia will speak on this topic from women's perspectives as well as addressing topics as menopause, sexuality issues, sexual abuse, hormonal issues, and reproductive issues. Creating new stories and saying good-bye to the old stories is imperative to healing these issues.
- Barry will speak about 'man'opause and how men must Wake Up and be accountable for their own actions and deal with their issues in this area also. There is very little open discussion about this subject in our current society.
- They will all share essences that will aid immensely with these challenges. If time permits, Barry, Audre and Cynthia will continue on this subject sharing stories of reflections and examples that will help you truly "get" what they are talking about.

Heart Feelings, Experiences and Explorations ~ February 2, 2010

In this hour Barry will express the importance of our feelings, experiences and explorations and the role they play in our growth in consciousness. The question is, "Do we really understand the importance, and then apply it?"

By now many of us are aware that all things contain energy, but do we really 'get this' when it pertains to our health and medicine? There is a definitely disconnect with us as humans about this. We will explore this disconnect and collaborate with the Tree and Plant Kingdom, for they have much to say to us about this life changing realization.

Don't forget to come to the program with your special pure essence on your crown chakra. The essence should be a grounding one like a root essence, conifer or other Tree species.

- Audre and Cynthia will both express some of their experiences in relationship to this important topic of pharmaceuticals versus pure essential essences, and how they have felt about these experiences.
- We will have a round table discussion about specific essences to use which help us to feel our feelings, experience our experiences fully, and commune with our explorations.

"Every Child is born a Naturalist. His eyes are by Nature, open to the Stars, The Beauty of the Flowers, and the Mystery of Life." -R. Search

How Do We Listen and Speak To, and then Follow the Guidance of Trees and Plants? ~ February 9, 2010

"The Tree and Plant Kingdom are unique species from Creator, On Earth Mother. As mentioned before, they give us the four basic building blocks of life: carbon, hydrogen, oxygen and nitrogen...."

"To explore how Trees and Plants do all these things, and more, is the beckoning that comes forth from them to us. When we pursue divine love and peace, humility of true recognition of who we are and who we are not, the Trees and Plants bid us, "Welcome! Come sit at our feet, and we will teach you to remember how we do what we do. We will show you how you can interact with us in harmony and peace without regret, shame or guilt....Divine Love is the way home...." Paraphrased from the book, Wisdom of the Earth Speaks the Truth about Medicinal Aromatherapy by Barry B. Kapp

During this hour, Barry will impart the protocol for listening and speaking to Trees and Plants.

- Audre will share some of her first experiences on how she learned to communicate with Trees and Plants without fear.
- Cynthia will share how the Trees and Plants first communicated with her, and what they told her.
- Don't forget to come to the program with your special pure essence on your crown chakra. The essence should be a grounding one like a root essence, conifer or other Tree species.

"Don't try to force anything. Let Life be a deep let-go. See (God/Spirit/All that is) opening millions of flowers every day without forcing the BUDS." --BHAGWAN SHREE RAJNEESH

Medicinal Aromatherapy's Ability to Help Us Reconnect with Gaia, Earth Mother ~ February 16, 2010

Barry will introduce this topic by sharing about one of his clients, who had a life-changing experience when he used two different varieties of Eucalyptus on her for a chronic sinus condition; in addition to addressing her physical condition, these Divas also reconnected her in a deep and joyful way with Earth Mother.

- Barry will then share some additional thoughts about the history of Medicinal Aromatherapy.
- Audre and Cynthia are going to address this topic by sharing their own experiences with the essences and how they facilitate reconnection with Mother Earth. Audre will also discuss how to apply essential essences, including how to work with hot (temperature) or skin sensitive oils, as well as various application techniques that address respiratory and joint problems especially well. Cynthia will discuss how to use the inhalation technique and the preparation of teas using pure essences for the facilitation of healing.
- During the last part of the show we will address some of the questions that are frequently asked of us, including "Do vitamins and minerals exist in essential essences?" and "What essences can be used for yoga, dance and sport injuries? Also, remember that we are open to any questions you have that we can address in upcoming shows.

If you can, come to the show with one or two essential essences to place on your crown chakra so that we can all begin the show with a brief breathing exercise to align our energies. See you then!

Medicinal Aromatherapy Helps Us to Believe in Ourselves, and Gives Us the Will and Initiative to Take Our Power Back ~ February 23, 2010

Barry will open with thoughts and poems that reflect on this topic, for starters. Then he will propose to program listeners "Why have you given your power away at different times in your life? Is giving your power away serving you so that you can be the grandest version of the highest expression of who YOU REALLY believe YOU ARE? He will share a story or two to help ground this to your heart of hearts.

- Audre and Cynthia will then commence to share some of their thoughts and stories on this most profound and pertinent subject.
- We will then discuss a practical & important topic regarding medicinal aromatherapy -- The cost of pure plant and tree essences. The subject of blends, which is controversial because of their dominance in the world of commercial aromatherapy, will be explored; you will learn Wisdom of the Earth's philosophy on blends, which is based upon guidance Barry received from the Trees & Plants over the years.

Don't forget to come to the show with one or two Essential Essences to place on your crown chakra so that we can all begin the show with a brief breathing exercise to align our energies. See you then!

Medicinal Aromatherapy's Abilities in the Physical Realm of Our Lives ~ March 2, 2010

As the saga with Wisdom of the Earth continues, this week is focused on specific physical dis-eases that are prevalent today. Barry introduces the program making it very clear that pure essential essences address all physical dis-ease in the human body. He then touches on the much acclaimed abilities of EE's as aphrodisiacs. Not everyone is aware of their abilities in this area. Barry will also discuss suggested protocols for different types of bone, ligament, cartilage and tendon pain.

- Audre once again graces the program with a conversation on the importance of finding the core issues of any dis-ease and working with EE's that would support these issues. She will address migraines, post-surgical situations, muscle issues and digestion. There are many powerful EE's for these problems.
- Cynthia brings her expertise and will address EE's for burn victims, cuts and bleeding. She will also address the domestic question of can one use EE's for bed sheets and general house cleaning in lieu of poisonous cleaning chemicals. She will enlighten us as to the energy difference between poisonous household products versus the essential essences.
- The program will end with the round table discussion on using EE's for smudging and clearing a space or clearing a person, which is absolutely connected with the emotional and spiritual issues that one might be experiencing.

Don't forget to come to the show with a couple of pure EE's to place topically on your body. Also feel free to send us your questions via our website.

Medicinal Aromatherapy's Abilities in the Emotional Realm of Our Lives ~ March 9, 2010

This week Barry, Audre and Cynthia will talk about one of the most current topics among humans as we enter the Shift of the Ages. The emotional realm is so pertinent today and EE's offer an unparalleled ability to help facilitate permanent change and growth. Barry shares a conversation about whether we are really willing to change old stories and create new stories for our Happiness, Peace, Joy and Harmony. In this discussion, he will share how Wisdom of the Earth continually receives 'Thank You, and statements such as 'You Helped Change My Life' from people who invite the EE's to help them on their journey. Barry will address EE's that work with emotional blocks, and feelings of separation and how you can use essences to change your life.

- Audre will share her experiences, focusing in on using such EE's as Tansy Wild for finding Core Issues. She will address having Anger issues and the EE's that speak to anger for calming and creating harmony in our lives. The conversation will continue with essences that help you to feel connected to yourself.
- Cynthia will add to the discussion by addressing issues of abandonment, ethnicity, self-hatred, broken hearts, self-regret, guilt and shame. She speaks to one of the Universal Truths that guide our lives.
- The round table discussion closes the program with the Importance of our Farmers who with heart and soul harvest and distill pure EE's.

Don't forget to come to the show with a couple of pure EE's to place topically on your body.

Medicinal Aromatherapy's Abilities in the Spiritual Realm of Our Lives ~ March 16, 2010

What is spirituality anyway? How does it differ from the emotional realm? Barry will start this week with some explanations about spirituality as he has been taught by the Tree and Plant Kingdom. Those of you listening this week who are in their hearts will feel tingles on their skin as Barry shares such simple truths that have alluded us for so long. One of the great secrets shared by the Ancient Master Yeshua will be discussed to bring clarity to the question of what spirituality really is.

- Audre and Cynthia and Barry will then discuss in depth, Essential Essences that will address a number of spiritual issues that we humans are facing right now in 2010.
 - Essences for Chakra Balancing
 - Essences for Living in the Heart and Not Your Brain Mind
 - Essences for Spiritual Blocks
 - Essences for Spiritual Love
 - Essences as a Spiritual Meditation Aid
 - Essences for Spiritual Remembrance

This particular topic will continue throughout the month of March. This is in answer to several request from folks who were asking that we take time to speak in length about these topics. We thank you for your input. Don't forget to come to the show with a couple of pure EE's to place topically on your body.

Continued Discussion from Last Week on the Spiritual Uses of Essential Essences ~ March 23, 2010

- Essences for Spiritual Transition and Ascension
- Essences for Disbelief in Source (Creator)
- Essences as Spiritual Aphrodisiacs
- Essences for Renewed Spiritual Appetite
- Essences for Spiritual Religious Abuse
- Essences for Spiritual Discernment

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Continued Discussion from Last Two Week on the Spiritual Uses of Essential Essences ~ March 30, 2010

As this is our last week on the Spiritual Uses of EE, we will finish any of the discussions that were not completed and continue on with the following:

- Essences for Spiritual Contentment/Joy
- Essences for Finding Your Spiritual Partner
- Essences that will help you Trust your Heart
- Essences for contacting other Realms

We thank everyone who has contributed with questions and comments. Please keep them coming.

Get Prepared for the Month of April!!! We will have 4 HOT TOPICS that the Tree and Plant Kingdom have asked us to speak about. You won't want to miss it.

Don't forget to come to the show with a couple of pure EE's to place topically on your body.

The Myth of Motherhood ~ April 6, 2010

Introducing one of our family members at WOTE, Marah Marlette, who has written a book titled, "The Myth of Motherhood." This book is a long overdue expose of what women experience in societies around the world, but especially in America, about Love relationships, having babies, and having to cope with a relationship that no longer is working yet children are involved. Through Marah's explorative views and story, she also includes how Essential Essences have helped work through these life-lessons, which many are experiencing worldwide.

1. Being the only male on this show with Audre, Cynthia and Marah, Barry as the host will open up this topic with one perspective and thought that has troubled him for years about this subject.
2. Marah will speak from her heart about her book, "The Myth of Motherhood," and enter into the Why's, What's and How's of this experience that has changed her life in ways she never imagined. She will also mention specific Essential Essences that had a dramatic effect in facilitating the process back to her authentic self, her Accountability (taking 100% responsibility for her own actions), and staying True to Her Heart.

ROUNDTABLE DISCUSSION WITH ALL FOUR OF US:

We must not bury our truth no matter what, and be brave enough to face it. We must not betray ourselves. But what happens when these truths don't match what we think they "should" be? What are some Essential Essences to support this?

1. How do we go about keeping the priority of the love between two people who made vows to each other, then have children together whom they also love, but...? Essential Essences to support working through this.
2. What would love do now? How does Divine Love summarize this intense topic? Essential Essences to support this.

Prepare your hearts for this revealing and pressure-cooker subject!

Don't forget to have EE's on you while listening to our programs.

New Paradigm Community and Essential Essences ~ April 13, 2010

Community, community, community..... so many of us hear a lot of talk about Community, but what are we really talking about? Do we have any examples on our precious Mother Earth via other species that are successfully living in community, that live in peace and harmony without fear? Of course we do. Let's talk today about the Tree and Plant Kingdom as living vibrant examples.

Truths that we can glean from Trees and Plants about Community are:

1. EE's work from Divine Love only, not Fear.....in other words, No Duality. Essences for helping us to view this properly.
2. EE's like to be recognized individually and when that is accomplished love working together. Essences for our self-esteem.
3. EE's have voice when single & pure, but no voice when blended together. How does this work with us as humans. Any Essences for this?
4. EE's are facilitators working together with our body's immune system. They are helpers & do not feel slighted when there are other helpers alongside them. Their worth and self-love is not affected when they are not made the center of attention. Essences to assist us with this?
5. EE's work with the body to facilitate healing from Our Core where a good foundation can be built. EE's are not interested in trying to fix a faulty foundation. Essences for this?
6. EE's are tireless helpers not looking for constant affirmations beyond themselves because they are self-affirmed with their relationship with Source. Essences for this?

This is going to be a fabulous look into Community Realities of another species that we rub shoulders with daily. They love us so much!

Don't forget to have EE's on you while listening to our programs.

Sexuality and Essential Essences ~ April 20, 2010

WOTE decided to spend a whole program on this because like many other subjects, there is so much to discuss. In Barry's many years of counseling with men, women and couples, he has inevitably found that 98% of our problems are unresolved sexual issues from A to Z. Essential Essences have been extremely successful in facilitating healing for such an intimate and personal topic. We will share EE's that WORK if YOU are willing to take 100% responsibility for your actions and DO your work to resolve your old stories and create new ones.

1. Pure EE's absolutely help us as humans in so many ways for sexuality issues. From emotional, to hormonal, to complex. They act as amazing aphrodisiacs and really affect us. We will discuss different EE's that will enhance your spiritual, emotional and physical Sexual experiences.
2. Pure EE's encourage heartfelt spiritual sex, full of Divine Love; Not mechanical, cold, mindless, predatorial, or macho sex.
3. Pure EE's facilitate anti-bacterial, anti-fungicidal, anti-viral help with STD's. What are some of the Essences for these problems?
4. Pure EE's enhance our spiritual sexual experiences so that we might grow in consciousness. Essences for this please?
5. Pure EE's teach us that walking in Divine Love is not an absence of expression but assuredly demonstrates the ultimate expression for humans at this time via spiritual and physical sex.

EE's facilitate and grant us permission to experience spiritual and physical bliss via orgasms. This in turn facilitates growth in consciousness through the depths of feelings, experiences and explorations. Essences to support this?

Again this will be an intense open discussion with Barry, Cynthia and Audre with all the love and frankness that they are known to bring forth. If you are one of those dear ones who thinks a lot about this topic, but has not been able to speak your truth because of whatever.....then listen in!!! You will find keys for your evolvment if you are ready!

Don't forget to have EE's on you while listening to our programs.

The Gay Community and Essential Essences ~ April 27, 2010

WOTE has stated many times that there is not a level of human experience that cannot be touched and blessed by pure EE's. This week we are going to explore how EE's have facilitated healing spiritually, emotionally and physically to our gay community of beloved humans.

With us this week, we have two dear friends, John Odlum and Larry Purifory, who will speak from their hearts about some of their experiences and how EE's have played an intricate part.

1. John will speak from his heart on the issue of intimacy. What is Intimacy and how EE's can help attain deeper levels.
2. Larry will add his heartfelt thoughts on this and share an Essence experience on this to support the Intimacy issue.

Round Table Discussion will bring in Barry, Audre and Cynthia to ask questions that support consciousness in the divine love paradigm:

1. EE's are the most intimate part of the Plant and Tree Kingdom. How can they bring that remembrance to us and help us with our own Intimacy issues?
2. The heart of desiring to facilitate healing the deep, deep wound of human's disconnection from our Precious Mother Earth. This is the Root Cause of all intimacy and relationship problems. Essences please?
3. Blending.... the manifestation that mirrors the desire and fear that causes us to want to blend our identity, subdue our full expression based on past hurts, exclusions, abuse, societal demands, etc. The Gay Community must stand in its power and express themselves fully: no more, no less. We will share EE's that can help bring people back to authentic expression.
4. Will ask the question about the examples of our ecosystem of millions of species working together in harmony; no fighting, no blame, no shame, no guilt, no regret, no games....just a deep connection to Our Mother Earth, Solar System and the Universe. With the forgoing knowledge and wisdom we all help support each other for the greater good of the whole. Essences for this please?

This topic is a start to help stir heart-thoughts that will be keys for not only the Gay Community and Lesbian Community but any Community that will stand the test of time as we know it at present.

Don't forget to have EE's on you while listening to our programs.

Horses Do Heal Humans & the Ability of Essential Essences to Interface with Both ~ May 4, 2010

Barry will open this week with a Horse Healing experience he had with Maggie to introduce this amazing and timely topic.

- This week we are inviting Richard Sherlock as a co-host to share his experiences of the healing work of Horses especially focusing on Maggie who works with healing humans. Richard and his wife Dona have been doing this work for a number of years and have marveled at how healing can take place. The case in point is that not only can we as humans use therapy such as EE's to work with sick horses but also more important in this discussion is how horses with EE's can facilitate healing in humans.
- Richard will take us on a journey of how this particular angle of Horse Healing started and what his heart-felt view of this is. He will share EE's that have been instrumental in this whole process.
- We will ask Richard the following questions to help those of you who have horses to better understand what Rich and Dona are experiencing with Maggie.
 1. How did it begin and how did you know that Maggie was a healing horse?
 2. Could you share a couple of experiences and the EE's that you used during those experiences?

3. Is Maggie a unique horse or can all horses be healing horses?
4. How can a person prepare themselves to successfully participate in a horse healing session?
5. What do I do if I have fear of horses, yet know that I am being called to have a horse aid in my healing process?

Don't forget to come to the show with a couple of pure EE's to place topically on your body.

The Chakra System and Essential Essences ~ May 11, 2010

Many people through the years have asked for suggestions for essential essences in relation to the basic 7 Chakra's in the human body. We will take a look at all 7 during this discussion. Come with pen and paper for an intriguing journey into the World of the Devas and how they interact from the Root Chakra to the Crown Chakra in a most profound way. Many of us are experiencing ascension and transformation aches, pains, weird dreams, sickness, nausea, etc. All of this plays a part in the shift of Mother Earth with our physical, emotional and spiritual bodies, and the Chakra Centers are the epicenters of this shifting.

Don't forget to come to the show with a couple of pure EE's to place topically on your body.

Essential Essences Interfacing with Vision Therapy, Autism & A.D.D. ~ May 18, 2010

This week we are pleased to have with us Dr. Sam Berne to share his experiences with using essential essences as he works with vision therapy, Autism and A.D.D. He will spotlight his results on the different essences that have provided facilitation of healing with the various conditions addressed for both children and adults.

Sam says, "Although I received a strict medical education in optometry school, I had an awakening in my late 20s when I went through a treatment of vision therapy and completely reversed my own nearsightedness. It was during this process that I realized vision is a mind-body experience, whereas conventional eye care only focuses on physical symptoms and treats the eye as separate from the body.

Conventional eye care focuses on physical symptoms and treats the eyes as separate from the body and mind, but "vision" is how your eyes, brain and body work together. Your movement, attitudes and beliefs, posture, and energy field patterns significantly influence both how you see and react to life situations. Dr. Sam Berne has developed a holistic approach to eye therapy that gives you tools to create your own new vision. For more than 25 years, Dr. Berne has customized vision therapies for his private practice patients. Most are successful at re-educating their eyes, brain, and body to work together with more harmony - and greater vision has emerged!

Go beyond a mechanistic set of eye exercises to daily practices for improving mind-body integration and balancing your health and vision. These include vision therapy, movement and vestibular stimulation, color therapy, cranio-sacral therapy, nutrition, and medicinal plant/tree essences. When your vision is relaxed, you see with an integrated brain and respond to life in a balanced and harmonious way."

Barry, Audre and Cynthia will interact with Sam and answer questions his clients as well as Sam himself has on:

1. The spiritual effects of the EE's that he is using.
2. Parents are asking where to apply the EE's on their children's bodies; how many drops?
3. What EE's should they use for heavy metal detoxing?

Dr. Sam Berne, O.D., is board certified in Behavioral Optometry and is a certified cranio-sacral therapist and a fellow in light therapy in The College of Syntonic Optometry. He has written three books and produced a DVD on holistic health, autism, and vision therapy. He is an adjunct faculty member at Santa Fe Community College, where he teaches courses on child development and learning, and at The Esalen Institute in Big Sur, California.

Don't forget to come to the show with a couple of pure EE's to place topically on your body.

Chemtrails and Essential Essences ~ May 25, 2010

In these days of exciting changes as well as sad realizations, it is time to openly talk about how humans are being affected by chemtrails. We have many people who call us about this and how EE's might aid in the respiratory ailments; skin dis-ease that is increasing due to the mucking up of the skies.

Barry, Audre and Cynthia will discuss openly the pros and cons of this disaster and how to cope.

1. What EE's are we using for this almost everyday occurrence and why?
2. What results are we experiencing?
3. What about our pets and animals?

This is going to be very informative and I would suggest you take notes so that you can make use of the information not only for yourselves but also for your loved ones.

Don't forget to come to the show with a couple of pure EE's to place topically on your body.

Essential Essences and Menopause ~ June 1, 2010

Did you know that EE's can help you work through Menopause in about 8 months without the use of hormone replacement therapy or the patch? We invite you to come and listen to Audre and Cynthia share their stories on how Essential Essences' did just that!

We welcome Kat Diamond to our show who is in the beginning stages of menopause and how she is using the EE's to help support her transition.

Barry will come with a number of questions for the three of them pertaining to specific issues that women come to him about in relationship to the process of Menopause, including:

1. How should women face this change in their lives when little has been taught about this "Rite of Passage?"
2. How does one enter the Rite of Passage with elegance and grace?
3. What are the benefits of Menopause? What newness does it bring to your life?
4. What essences can be used to support some of the common physical aspects of Menopause, including hot flashes, heart palpitations, low libido, night sweats and insomnia?
5. What essences can be used to support some of the common emotional/psychological aspects, including irritability, depression, anxiety and fear?

Please send any and all questions for us to discuss to www.wisdomoftheearth.com or call 928-649-9968.

Your Children and the Shift - Part 1 ~ June 8, 2010

This week Kat Diamond shares her experiences in working with children and families at this auspicious time of Shift and Change. We invite you to bring pad and pen along to take notes as you glean wisdom and tools to help your children navigate these times without the use of pharmaceutical drugs.

Kat lives and works in the Aspen Valley of Colorado as a Medicinal Aromatherapist and Healer.

The topics for discussion will come first in the form of questions that have been heard.....

1. Mommy, is the world coming to an end?
2. Mommy, nothing is really wrong at school but I feel something strange is going on and it makes me nervous and anxious.

3. Mommy, I heard about an awful oil spill and my heart hurts because I love fish and birds.....Mommy, why do we people have to hurt others?
4. Mommy, how do I talk to the Earth with my heart? I have heard you and Daddy talk about this.

With Earth Changes upon us, ongoing issues within our society and culture are being amped up and causing increased stress for our children. It is imperative that we educate ourselves as elders and pass this information on to the ones who have chosen to incarnate at this time on the Mother.

Please send any and all questions for us to discuss to www.wisdomoftheearth.com or call 928-649-9968.

Your Children and the Shift - Part 2 ~ June 15, 2010

Points for discussion will be:

1. Children of single parents.
2. Peer Pressure.
3. Poor nutrition/compromised immune systems, children's bodies paying the price of generations of abuse.
4. Competition.
5. Dysfunction and non/peace at home.
6. Children seeking power through bullying and sexual promiscuity.
7. Where to find integrity in a world of lies and personal irresponsibility?
8. And finally, we must also treat the parents as we heal the children for now we are looking at the societal issues and we a "Where are the Wise Teachers, Fathers and Mothers, Grandfathers and Grandmothers?"

Please send any and all questions for us to discuss to www.wisdomoftheearth.com or call 928-649-9968.

Your Children and the Shift - Part 3 ~ June 22, 2010

This is the third and last week on today's children, their experiences, and essential essences.

This is the last program on this important topic so come and bless yourselves and your children.

Please send any and all questions for us to discuss to www.wisdomoftheearth.com or call 928-649-9968.

Men's Sexuality and Support - Part 1 ~ June 29, 2010

This week, we are going to begin a discussion about Male Sexuality problems that is far overdue. The denial is so wide spread that most men run in the opposite direction when confronted with the truth! If you are a male who thinks you have it all together, and you adhere to one of the age old paradigms listed below, then DO NOT TUNE IN.

- Barry has invited Eric Scott and Craig Kalloch this week as co-hosts in hopes to shed light on this important topic.
- Barry is going to speak very straight on this topic with no-holds-barred. The Essential Essences will be speaking loudly also. If you know a man who should listen to this show (hello, most of us out there), then tell him to listen in, or join World Puja and check the archives.
- What does it mean to be a Spiritual, Sexual Man??? There will be thoughts shared here openly that you have thought about perhaps, but never had the bravery to speak about. If you are one who desires to really help yourself or other male brothers get a grip on their sexuality wounding's, then this is for you.
- We will be speaking about common old-age paradigms that are deeply rooted in mens' psyche, such as "The Macho Man," "Be Strong and don't cry or feel your feelings", as well as "The Warrior Man," "The Wounded Man," "The Hero Man," and not least, "The Abused Man."
- We touch on the power of intentional abstinence, particularly for finding your soul mate.

Please send any and all questions for us to discuss to www.wisdomoftheearth.com or call 928-649-9968.

Men's Sexuality and Support - Part 2 ~ July 6, 2010

Tonight we are going to get into the Spiritual and Emotional problems that we as men have in our quest for Spiritual Sexuality for ourselves, and then out to our significant other or spouse.

Awakened Women speak about their sexuality and ask for healing when they need it. We men typically do not.

1. Points of Conversation Include:

1. What about Intimacy?
2. Ecstasy from within Spirit, and not through a pill, Brother?
3. How does a REAL Spiritual Man share his love?
4. What does being available mean?
5. Do you Feel Your Feelings? I'm talking about really feeling, Brother.
6. Can you surrender?
7. Being vulnerable.
8. What about forgiving yourself?
9. Sexual predation, preying and being preyed upon.
10. Psychic boundaries, knowing where, when and how to draw the line.
11. Knowing when your psychic boundaries have been crossed.
12. The power and ramifications of verbal innuendos "guy talk, girl talk"

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Men's Sexuality and Support - Part 3 ~ July 13, 2010

After two hours of sharing this subject, let's talk about the most obvious and, many times not so obvious, results of not resolving our Spiritual and Emotional Issues on Spiritual Sexuality. It is time for us Brothers to buck up and help Mother Earth in Her Shift and Changes into the next level of consciousness by taking 100% responsibility for our own actions and bodies, starting with the healing at our own doorsteps. We welcome you dear ones!

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Questions & Answers from Listeners ~ July 20, 2010

WOTE will spend this week on catching up with questions. Join us to listen to questions coming from our listeners:

1. In Mexico there is a term, "mal de ojo" or evil eye. What EE's are available for this and what is this really about?
2. From a Scandinavian listener; "What do I do for total fatigue and inability to function which keeps me basically bed ridden?" EE's for this?
3. From the Gulf States they ask, "What EE's for the anger and rage and hopelessness that I am feeling from the BP fiasco"?
4. From USA a listener asks us to go in depth more about EE's for interfacing with ET's?
5. From USA a listener asks us to go in depth about EE's for Transformation and Ascension?
6. From GB a listener asks us to go in depth about the anxiety they feel about Mother Earth, Her condition and what peaceful people can really do besides the usual meditation & energy work? EE's to figure this out?
7. From USA, EE's to help me figure out where I am supposed to be during the Earth Changes? Also why is it not more crucial to me; I can hardly keep myself awake with all the 3D around me?

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Moving Forward with Mother Earth ~ July 27, 2010

This week WOTE will explore more in depth Essential Essences that can help facilitate courage, healing & moving forward with our lives into HIGHER CONSCIOUSNESS.

1. Mother Earth is moving forward and how do we flow with her and feel safe? What is entailed with this statement?
2. We will address any further pertinent questions that come to us via email this week also. Join us for clarifying tips on how to handle the current HUMAN situation.

Please send any and all questions for us to discuss to www.wisdomoftheearth.com or call 928-649-9968.

Reclaiming Our Teenagers with Essential Essences ~ August 3, 2010

Are you the parent of a teen who is taking Ritalin or other pharmaceutical drugs so that he or she will succeed/fit in at school? Is your teen advanced physically, emotionally and/or spiritually compared to the previous generation of kids...or the kid next door? Are you feeling pressured to vaccinate your teen (girl OR boy) against HPV with Gardasil...and don't know what the right answer is?

Teen years used to be a relatively light-hearted time of transition from childhood to young adulthood. But instead of being playful while exploring responsibility, some teens are "turned off and tuned out." Many prefer texting rather than face-to-face conversation, and "poking" someone via Facebook instead of actually touching them in person. Are they so different than when we were teens? Or when OUR kids were teens?

Essential Essences (EEs) can help bring "high touch" to a "high tech" world, and give teens the sense of being grounded which so many are desperately seeking. EEs can also offer the comforting and stabilizing connection to the Natural World that so many of us (especially teens) are lacking today.

We will share our experiences as parents and advisors in hopes that you will be blessed and pass it on. Join us for "Reclaiming Your Teenager with Essential Essences" ...and bring your teenager with you!

- Essences with the "new" children... Indigo, Crystal, Rainbow.
- Essences for teens on pharmaceutical drugs for ADD/ADHD, depression, etc.
- Essences for teens searching for "who they authentically are."
- Essences for teens in place of (or with) vaccinations for cancer, etc.
- Are things so different today, or are the tumultuous teen years the same for every generation...just packaged in today's culture?
- Essences for teens torn between helping Mother Earth and the corporate paradigm.

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Astrology and Aromatherapy ~ August 10, 2010

Over the last 1500 years +/- western astrology has been revered by many religious institutions regardless of their opposing dogmas. Yet today, the Zodiac, with its deep truths, not only survives, but powerfully lives on; helping many understand aspects of why they are the way they are and their innate strengths and challenges.

We are remembering that we have chosen to arrive on this Precious Mother Earth on a specific date and at a specific time... and that MEANS SOMETHING. This week, WOTE will discuss key aspects of each sign, and essential essences that support them, including those which can be helpful for harmony, peace, joy and well-being.

- EE's for the Aquarius?

- EE's for the Pisces?
- EE's for the Aries?
- EE's for the Taurus?
- EE's for the Gemini?
- EE's for the Cancer?
- EE's for the Leo?
- EE's for the Virgo?
- EE's for the Libra?
- EE's for the Scorpio?
- EE's for the Sagittarius?
- EE's for the Capricorn?

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Answering Your E-mailed Questions ~ August 18, 2010

Kerrie welcomes you to email her your questions; she will read the answers to the questions over the air. Questions help teach all of us. You can learn from others experiences.

Topics to be covered:

Questions from listeners

- We all can learn from each other
- Energetic Alignment to strengthen your core energy fields

Tips for Internal & External Beauty for Both Women & Men via Pure Essential Essences - Part 1~ August 24, 2010

The next two weeks will provide you with many tips for keeping yourselves looking young, healthy and vibrant. We will also get into the mostly forgotten truth that PURE EE's are the original perfumes of humans for as long as we have been here. Somehow, we have quickly forgotten, in less than three generations, that humans knew much about the fragrances of EE's and used them for natural perfume.

We will travel down the 16 different sub-topics and see how far we get on the 24th and finish up on the 31st.

Join us and find out how Mother Earth via the Tree and Plant Kingdom has always been able to address these issues without Pharmaceutical side-effects.

Topics will include:

- Face and facial skin care
- Hair from baldness to vibrant and healthy hair
- Nail & Toe fungus
- Staph under nails
- Varicose veins, spider veins
- Acne and Rosacea
- Teeth and gum care
- Weight problems
- Anorexia and Bulimia
- General skin care; rashes, insect bites, etc.

- Skin tags, age spots, pre-squamous spots
- Body Odor
- Bad Breath
- Breast enhancement
- Chapped skin in general/Chapped post-shave skin
- EE's as perfumes for both women & men

Please send any and all questions for us to discuss to www.wisdomoftheearth.com or call 928-649-9968.

Tips for Internal & External Beauty for Both Women & Men via Pure Essential Essences - Part 2 ~ August 31, 2010

The next two weeks will provide you with many tips for keeping yourselves looking young, healthy and vibrant. We will also get into the mostly forgotten truth that PURE EE's are the original perfumes of humans for as long as we have been here. Somehow, we have quickly forgotten, in less than three generations, that humans knew much about the fragrances of EE's and used them for natural perfume.

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