



# **Renew Your Mind**

with Oils + Scripture

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# contents

**03**

ESSENTIAL OILS  
FOR EMOTIONS

**04**

2 MINUTE MINDSET RESET STEPS

**05-06**

FAVORITE VERSES TO  
MEMORIZE & MEDITATE ON

**07-08**

GETTING STARTED WITH  
ESSENTIAL OILS

**09-11**

STARTER KIT OILS

**12**

FAQ

**12**

HOW TO ORDER

**13**

LINKS & RESOURCES

**13**

LINKS TO HELP

# FAVORITE ESSENTIAL OILS FOR EMOTIONS

RENEW YOUR MIND WITH OILS + SCRIPTURE

## MY PERSONAL FAVORITES



- Frankincense
- Valor
- Orange
- White Angelica
- Bergamot
- Release
- Northern Lights Black Spruce
- Believe

## HORMONE BALANCING OILS



- Progessence Plus
- Clary Sage
- Dragon Time
- Sclaressence
- Lady Sclareol

## OTHER OILS FOR EMOTIONS



- Peace & Calming
- Stress Away
- Joy
- Trauma Life
- Sara



# 2 MINUTE MINDSET RESET STEPS

Did you wake up on the wrong side of your bed? Or did your kids? Feeling discouraged or grumpy about something or nothing in particular? Stressed with too much to do today? Frustrated?

You need a 2-minute mindset reset!!

- Stop – whatever you're doing, you can at least take 2 minutes and STOP.
- Take a few deep breaths. This will calm you physically and emotionally.
- Put a drop of your favorite essential oil into the palms of your hands, cup hands around face and take a few MORE deep breaths. The combination of deep breathing WITH essential oils is SO good for your limbic system. You are helping your brain to literally replace those negative thoughts and rid your body of toxins.
- Be grateful. Start naming things you're thankful for. It's impossible to complain and be ungrateful AND grateful at the same time! Start naming things until you feel your mood lifting! The combination of oils +gratitude is AMAZING.

If you want to hear me chat about this mindset reset, here's a [quick 10 minute video for you!](#)

# FAVORITE VERSES TO MEMORIZE & MEDITATE ON

## SCRIPTURES FOR SPEAKING LIFE

- Romans 5:8
- 1 John 1:9
- Psalm 16:5
- Joshua 1:9
- Psalm 139:14
- Psalm 23:1
- Psalm 37:3
- Psalm 90:17
- Philippians 4:4
- Philippians 4:6
- James 1:5
- 1 Peter 2:9
- Colossians 3:3
- Philippians 4:8
- Jeremiah 29:11
- Isaiah 26:3-4
- Ephesians 3:20
- Isaiah 42:9
- Romans 8:37
- Romans 8:38-39
- John 1:12
- Hebrews 6:19
- Ephesians 2:10
- 2 Corinthians 12:9
- 2 Corinthian 5:17
- Romans 12:2
- 1 Corinthians 15:57
- 2 Corinthians 1:4
- Galatians 5:1
- Lamentations 2:23



# FAVORITE VERSES TO MEMORIZE & MEDITATE ON

## SCRIPTURES TO OVERCOME FEAR

- Genesis 15:1
- Deuteronomy 31:6-7
- Joshua 1:9
- 2 Chronicles 20:15
- Esther 4:14
- Proverbs 31:25
- Proverbs 2:24
- Psalm 3
- Psalm 23
- Psalm 27
- Psalms 34
- Psalm 46:1-3
- Psalms 56:11
- Psalm 91
- Psalms 112:6-9
- Psalms 118:6
- Psalm 121
- Isaiah 43:1
- Isaiah 41:10
- Jeremiah 17:7-8
- Lamentations 3:56-58
- Matthew 6:25-34
- Matthew 10:31
- Matthew 14:25-27
- Luke 1:29-31
- Luke 2:9-10
- Luke 8:24-26
- Luke 12:28-30
- Ephesians 6:10-20
- Philippians 4:5-71
- John 4:18

# GETTING STARTED WITH ESSENTIAL OILS

Getting started with essential oils does not have to be overwhelming! In fact, you will have your own personal team of oily/wellness coaches to guide you on your new journey! (That's me! Yipeeee!)

Young Living has taken the guesswork out of "which oils should I start with?" and placed 12 of our most versatile and well loved oils in a kit just for beginners that includes a diffuser, some Thieves samples, Ningxia samples (our antioxidant juice drink,) and 2 roller tops that fit on the Young Living oil bottles. You can see these 12 oils on the page called "Embrace Wellness" with a little description of each!

The best part: the best part of clicking my link and ordering your kit is OUR COMMUNITY. I don't think I would be where I'm at today on my wellness journey if I didn't have the community.



WITH OILS + SCRIPTURE

RENEW YOUR MIND

# GETTING STARTED WITH ESSENTIAL OILS

First, our team leadership consists of myself and two dear friends of mine. We love helping people on their wellness journey! We have a private Facebook group where we have daily education and 1-2 classes per month for our members. If you happen to be local to me, we also 1-2 local classes per month! It's more fun to do this TOGETHER!

One more amazing resource you will have available to you is teaching from my dear in-real-life friend Dr. Edie Wadsworth. You may know her from her blog, Lifeingrace. She was a medical doctor until she stopped practicing medicine to homeschool her girls. She does so many classes and videos for us and we have SUCH good teaching inside that group for our members as well. She has classes on hormones, gut health, winter wellness, and so much more!

You can get a taste of Dr. Edie's teaching AND a look at the starter kit oils by watching [this video](#)! You will love her! (This kit has been updated a little bit but is mostly the same!)



# STARTER KIT OILS

RENEW YOUR MIND WITH OILS + SCRIPTURE



## LAVENDER

- Helps the body adapt to occasional stress
- Diffuse at night for a calming aroma
- Soothes and cleanses healthy skin
- Add to shampoo, lotion, and skin care products
- Swiss Army Knife of essential oils



## FRANKINCENSE

- Calms and relaxes
- Maintains radiant skin
- Smooths the look of healthy skin
- Includes the naturally occurring constituent alpha-pinene
- Apply topically after activity



## CITRUS FRESH VITALITY

- Provides an internal boost with antioxidants and cleansing properties
- Add 2-3 drops to water to add a burst of flavor
- Add 1-2 drops in a capsule to support general wellness



## PEACE AND CALMING

- Helps promote relaxation at bedtime
- Calming for adults and children
- Use for a calming back massage before naps or bedtime
- Diffuse to refresh play and study places

# STARTER KIT OILS

RENEW YOUR MIND WITH OILS + SCRIPTURE



## VALOR

- Grounding for massages and aromatic uses
- Promotes a positive attitude
- Wear as a bold, empowering scent
- Inhale directly from the bottle or massage it onto neck or wrists



## DIGIZE VITALITY

- Supports normal digestion
- Add to a veggie capsule
- Use with meals to support wellness
- Use as a dietary supplement
- Add 2-3 drops to honey



## RAVEN

- Cleansing aroma
- Dilute and apply to chest, neck, and throat areas as needed
- Rub on feet or chest before exercise to uplift
- Energetic aroma helps you stay motivated
- Use for spa-like massage



## STRESS AWAY

- Promotes wellness
- Helps reduce mental rigidity and restore equilibrium
- Combats normal stresses that creep into everyday life
- Helps encourage relaxation

# STARTER KIT OILS

RENEW YOUR MIND WITH OILS + SCRIPTURE



## THIEVES VITALITY

- Supports overall wellness
- Supports a healthy immune system
- Sweet, spicy flavor
- Combines Lemon, Clove, Eucalyptus Radiata, Cinnamon Bark, and Rosemary essential oils
- Comforting seasoning in warm food and drinks



## PANAWAY

- Apply topically following activity
- Soothes the skin while providing comforting warmth to muscles after exercise
- Massage onto bottoms of feet for a relaxing experience



## PEPPERMINT VITALITY

- Bright, cool flavor
- Supports normal digestion
- Supports healthy gut function
- May support exercise performance
- Add to tea or recipes



## LEMON VITALITY

- Includes the naturally occurring constituent limonene
- Add to food and water to enhance flavor
- Placed 1-2 drops in a vegetable capsule
- Use in place of lemon zest or juice

## FAQ

**Do I have to sell oils?** NO! You never have to sell and we will never pressure you to do so! Probably 80% of my team are just happy oil users and not doing the business at all!

**Do I have to purchase every month?** NO! You are not making any kind of agreement when you purchase the starter kit. The starter kit gets you your "wholesale membership" which saves you 24% off the site, kind of like a Sam's or Costco. And we do have an amazing monthly subscription program where you earn a percentage back in points AND freebies every month! But that is OPTIONAL

## HOW DO I ORDER THESE AMAZING OILS?

**Here are the steps for getting your kit ordered!**

- Go to the **Young Living** site and click "become a new member" on the top right of the screen.
- Put my member number in both boxes: 3387390
- Choose the kit you want to start with (I recommend the Desert Mist diffuser, I love it!)
- Put in all your personal information and check out.
- Now your oils will be on their way!
- Send me a message or friend me on facebook and then I can get you added to our amazing member groups and you can jump in and start learning right away!

# MORE LINKS & RESOURCES

## Favorite Books for Mindset & Wellness

- A Mind of Your Own
- Forty Days to a Joy Filled Life
- Hinds Feet on High Places
- Mindset (Dweck)
- One Thousand Gifts
- Switch On Your Brain

Find my favorite mindset books [here](#).

## LINKS TO HELP

[My Wellness Journey](#)

[My Journey Off of Anti-Depressants](#)

[My Weight Loss Journey](#)

[Resources for Praying the Scriptures](#)

[Free Scripture Writing Plans](#)