

# The Oily Oracle™

Twin-ssential Oils™ Group

• Oily Wellness Newsletter, Volume 1, Issue 4

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## Welcome, Oilers!

The Oily Oracle monthly newsletter is brought to you by twin sisters and oilers, Liz Casey and Kristen Guzman. So glad you're here! We're independent Young Living™ Distributors with a deep love of using essential oils to support physical and emotional well-being, promoting clean living, and spreading happiness. Each issue brings you information about the monthly promo, articles about wellness, EO recipes, business information, and more. Let's oil!

## September PV Promo



In life, the best defense is a good offense. Whether your goal is to take charge of your health or build your business, September's PV promo has what you need to thrive personally and professionally.

### MultiGreens, 120 capsules

- Cover your bases. Support your glandular, nervous, and circulatory systems with three capsules, twice daily of MultiGreens.\*
- Fuel your hustle. Care for your body with this nutritious chlorophyll blend packed with pure essential oils and super greens.\*

### Raven, 5 ml

- Get your second wind. Inhale Raven to make deep breathing feel easier, whether you're getting pumped up for your morning workout,

calming a fussy child, or clearing life's daily hurdles.

- Ace your bedtime routine! Before you pull up the covers for the night, rub this cool, calming blend of Ravintsara, Eucalyptus, Peppermint, and Lemon essential oils on your feet.

### Inner Defense, 30 softgels

- Prevent unnecessary time-outs. Slam dunk your way to a healthy immune system with a softgel a day of Inner Defense.\*
- Recruit immune system defenders. With Inner Defense on your team, you'll have the power of Thieves, Oregano, and Thyme on your side.\*

Sept., 2019



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# September Promo, Continued

### KidScents® SniffleEase™, 5 ml

- Bench the blocked-nose blues. When your children have stuffy noses, have them breathe in SniffleEase for a refreshing and stimulating scent.
- Don't sweat the sniffles. Add a few drops of SniffleEase to a warm compress and place it on your child's chest while your little one gets some R & R.

### Ginger Vitality™, 5 ml

- Try this game-changer! Spice up your cooking game with a drop or two of Ginger Vitality added to your favorite stir-fry, salad dressing, and marinade recipes.
- Tea up! Add a splash of Ginger Vitality to your tea to tackle healthy digestive system support.\*

**100 PV Retail value: \$17.76**

- Ginger Vitality

**190 PV Retail value: \$36.18**

- Ginger Vitality, 5 ml
- Inner Defense, 30 softgels

- KidScents SniffleEase, 5 ml

**250 PV Retail value: \$57.89**

- Ginger Vitality, 5 ml
- Inner Defense, 30 softgels
- KidScents SniffleEase, 5 ml
- Raven, 5 ml

**300 PV Retail value: \$111.84**

- Ginger Vitality, 5 ml
- Inner Defense, 30 softgels
- KidScents SniffleEase, 5 ml
- Raven, 5 ml
- MultiGreens, 120 capsules



*time to thrive*  
**SEPTEMBER**



**\$100PV\***    **\$190PV**    **\$250PV**    **\$300PV**  
 GINGER VITALITY 5ML\*    + SNIFFLEASE 5ML\*    + RAVEN 5ML    + MULTIGREENS 120 CT  
 + INNER DEFENSE 30 CT

\*Available on Essential Rewards orders



## Kristen, Droppin' Some Oily Wisdom



Hi, oil-lovin'-friends,

The old adage is true: You teach what you most need to learn. I've been working on an oily wisdom gathering class called "The Seven Signs of Stress: Essential Oils to Ease Our Adrenals."

It's been mostly slow-going because I'm slammed at work and, well, stressed most of the time. So, yeah, I've been meaning to develop this class for a while because I know I'm not alone in this. Adrenal fatigue from stress is one of the biggest health problems in our hectic, money-driven, workaholic culture. So many of us are sick from stress.

People are tapped out and feeling the pressure of having to do it all: raise and manage a family, get exercise, eat right, relax, work, commute, deal with emotional wounding, pay the mortgage, shop for food, pay for that car, and all the other modern-day problems we have.

The little bit of research I've been doing on the oils and nutritionals we have is heartening, though. The Young Living lineup has gobs of stuff to help us with these common issues. I'll tell you about a few of the support products we have:

### Single Oils for stress:

- Lavender
- Roman Chamomile
- Blue Tansy
- Cedarwood
- Frankincense
- Marjoram
- Neroli
- Rose
- Royal Hawaiian Sandalwood
- Sacred Frankincense
- Sage

- Valerian
- Vetiver

### Blends for stress:

- Believe
- Common Sense
- Grounding
- Harmony
- Humility
- Peace & Calming
- Peace & Calming II
- RuTaVaLa
- Sacred Mountain
- Stress Away
- The Gift
- Tranquil
- Trauma Life
- TR Care
- Valor
- Valor II

### Nutritional products for stress:

- Super B
- Super C
- MultiGreens
- Master Formula
- MegaCal
- OmegaGize
- MindWise
- CortiStop

I hope to finish this oily wisdom gathering module soon so Liz can post it on our Web site for everyone. Until then, I hope you are staying stress-free and happy. Please let us know if we can do anything to help you, team. All our best!



#youngliving



## Liz, Droppin' detes on grief gathering!

Hi, Oily friends and family!

Last month, we helped guide a truly transformative gathering at Village Acupuncture in the Village of Oak Creek. It was a profound couple of hours.

We named the oily gathering "Good...Grief: Using Essential Oils to Honor and Heal Grief" and, boy, did we ever cross some ground together and collectively move toward deep emotional shifting together. I could feel it.

Nothing gives me greater joy than seeing other people shift inside, whatever that looks like. Seeing the emotional abundance in the room, even though there was some sadness, was amazing. I could feel other people softening to the idea that grief is our friend and all of our emotions are vital to us and our expansion as human beings.

I could feel people opening inside of themselves, however minutely, and it was awe-inspiring. To see Father/Mother God in the faces of other people and to see them "connecting" with their deeper selves was the most beautiful thing I've witnessed in a long while (other than the mind-blowing nature all around us here and our sunsets).

This is the thing that's so amazing about these oils and nutritional products. They are microscopic but mighty helpers to every system of the body, even the emotional parts of us.

We have at our disposal thousands of naturally-occurring botanical powerhouses to help us with life's issues. Everything from wellness and returning to physical balance to house cleaning, spiritual journeys, and emotional clearing. It's all here in these beautiful Young Living bottles. We have it now.

It's my firm belief that we're in some serious upheaval on the planet right now and mankind can no longer continue in the ways we've been. We need to heal the deepest places inside of ourselves or drag the planet down with us.

We collectively know that "something" is

happening. Regardless of belief system, religion, or ideas about things, we know something big is happening on Earth right now.

In my belief system, it's a breaking up of the "power-over" paradigm and shifting into the "power-within" paradigm.

Power over has led us to a wildly out of balance state of being. For a long time, we could get away with it because the Earth was plentiful, there were fewer people. But, that has changed. We now know that we can no longer dominate the Earth, each other, or our bodies. We can no longer act like we have been.

This collective shift comes with some serious tumult, stress, fear, and grief. We're losing the familiar terrain. What we used to do no longer works for us. We don't know where to turn. We're used to looking "outside" of ourselves for relief, but now we need to get down to basics, to clear what we've been shoving away inside of ourselves for so many thousands of years. We need to change.

Healing our grief is just a part of that process and so gatherings like this mean everything.

When we assemble in a room and hold each other's emotions and "beingness", big, important things happen. We begin to heal. We help each other do that. We love. And, love is all that matters now. Join us in the shift, my friends.



*Good...Grief*

*Using essential oils to honor and heal grief*



💧 Oily Wisdom Gathering 💧

Day: **Sat., August 17, 2019**  
 Time: **1:00 - 2:30 PM**  
 Where: Village Acupuncture, 50 Bell Rock Plaza  
 Village of Oak Creek, AZ 86351  
 RSVP: Liz Casey: (928) 274-6436  
 or the office: (928) 284-4038

Join us for a discussion (and demo) on using various essential oil protocols to hold, honor, and then transform grief.

We'll be talking about using therapeutic-grade essential oils for emotional exploration with an emphasis on honoring, then clearing loss and grief.

\*\*\*\*\*  
 Feel free to invite a friend, but please RSVP by 8/14. Class is free for our Young Living family, \$3 for non-YL members.

Oh, and we'll talk a little bit about the YL business and we'll have handouts. Bring a pen and paper to take notes.

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### How exactly do Young Living

## Essential Rewards work?

- You must be a **wholesale member** to join. If you don't know how to become a member, reach out. We're happy to help.
- You must place an **ER order of at least 50 PV every month**. If you're a business builder, you might want to make your orders 100 PV per month so you get all of your commissions. But, this isn't a requirement.
- You earn reduced shipping rates on your monthly ER order, faster order processing, and **REWARDS** back on every purchase, depending on how long you've been a part of the program:

**Months 1 – 3, Earn 10%**  
**Months 4 – 24, Earn 20%**  
**Months 25 +, Earn 25%**



Members also receive a gift at months 3, 6, and 9 **PLUS** a special "Loyalty Oil Blend" at 12 months!

Twin Essential Oils Group;

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 -OR- Liz Casey: 928-274-6436; liz@lizcasey.com

# People Over Profit

## D. Gary Young, Young Living Foundation



### Projects and Partners:

- Young Living Academy, Ecuador
- Rebuild Nepal
- Hope For Justice
- Sole Hope
- Healing Faith Uganda



**Twinessential Oils Group has one guiding principle for everything we do: Love. If it's from Love, it's from the right place, intention, and energy.**

Twins, Kristen and Elizabeth (Liz) are Independent Young Living distributors dedicated to sharing our love of Young Living essential oils and wellness with the world. We're committed to raising the energy frequency of humankind one oil and person at a time.



We're dedicated to continuing our personal educational and wellness journeys using Young Living essential oils and sharing our experiences with others who can benefit from the products and lifestyle.

We work to build solid, communicative, hard-working teams who equally love the products and enjoy helping others succeed. We work with bright, articulate, loving, patient, and kind people only. This means that we attain the greatest wellness and prosperity that's possible *together*.

# TRUTH BOMB

@ENTREPRENEURQUOTE

Healthy grocery shop - \$100 - Too expensive  
Dinner date - \$100 - **Reasonable**

Months supplements - \$100 - Can't afford that  
Night out drinking - \$100 - **Weekly** occurrence

Start a business - \$1000 - I can't justify that  
iPhone XR - \$1000 - The newest model is a **necessity**

Personal growth seminar - \$250 - Crazy talk  
Gucci belt - \$250 - **Need** to have it

60 mins at the gym - I wish I had time  
60 mins watching Netflix - Time flies, watch **another one**

Everything in life is about **priorities**. And what you prioritize will dictate what your **life** looks like.  
Where will you be in **5 years**?



# Welcome to the Twinssential Family!

We have some amazing new team members that we'd like to welcome. We're so glad you lovely souls are here and adding to the power, heart, and reach of our oily tribe. It's important work that we're doing here together. Thank you for putting your and your family's wellness first, for being here, for trusting us, and adding to the light and love of the group.

## Welcome!

Paige Allsup

Jerry Anthony

Sonya Davis

Gina Linder

Brenda Taylor

Judi Rahner

Donna Nolfi

Allison McCabe

Shelley Murphy

Vincent Patten

Norma Vance

Beg Rahner



## Contact Us:

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