

The Abundance Team

W I N T E R , 2 0 0 5

A B U N D A N C E T E A M E - N E W S L E T T E R

Welcome to the
Abundance
Team E-Newsletter!

Abundance Team
leaders are
committed to offer
knowledge, support,
and inspiration to all
our Young Living
organization . E-
newsletters such as
this one and our
members-only
website,
www.abundanceteam.com,
are two of the ways
we fulfill these
commitments.

In this issue:

- ***Introduction to the
Abundance Team
website
www.abundanceteam.com***
- ***Lifting our Spirits
with Essential Oils***



Emily Laurel, Anointing Spirit Team Leader, is responsible for the Abundance Team Website.

For those of you new to our team, we welcome you! Please take time to check out our new members only website, www.abundanceteam.com. The purpose of this website is to provide you, our team members, with the

SAY HELLO TO

WWW.ABUNDANCETEAM.COM

knowledge, resources, and assistance you need as you work and play with these precious essential oils and other products from Young Living Essential Oils.

The website is not intended to substitute for your personal relationship with your enroller, sponsor, or other team members, so if you have questions or concerns, please seek the help you need. If the person who introduced you to our team is not available, contact

Abundance Team Leader Judy DeRuvo at Essence320@aol.com or by telephone at 512-868-0877.



Judy DeRuvo is Abundance Team Leader.

[Plan to visit often as we are committed to bringing you the latest and most useful information, support, and inspiration!](#)

LIFTING OUR SPIRITS WITH ESSENTIAL OILS

About this time of year we hear about the "Winter Blues" (also known as Holiday Blues) and "S.A.D" or Seasonal Affective Disorder. When we understand the impact these health challenges can have on our well-being, we can use that understanding to help ourselves and others. Remember that our companion animals may also be subject to these challenges.

Winter Blues. Wintertime and the holiday season are considered the time for joy, cheer, parties, and family gatherings. However, for many people, it is a time of self-evaluation, loneliness, reflection on past failures, and anxiety about an uncertain future.

What Causes Winter Blues? Many factors, including stress, fatigue, unrealistic expectations, over-commercialization, financial constraints, and the inability to be with one's family and friends, can cause Winter Blues. The demands of shopping, parties, family reunions, and house guests also contribute to feelings of tension. People who do not become depressed may develop other stress responses, such as headaches, excessive drinking, over-eating, and difficulty sleeping. Even more people experience post-holiday let down after January 1. This can result from disappointments during the preceding months compounded with the excess fatigue and stress.

Seasonal Affective Disorder. Throughout the centuries, poets have described a sense of sadness, loss, and lethargy which can accompany the shortening days of fall and winter. Many cultures and religions have winter festivals associated with candles or fire. Many of us notice tiredness, a bit of weight gain, difficulty getting out of bed and bouts of



TODAY IS A NEW DAY!

"the blues" as fall turns to winter.

However some people experience an exaggerated form of these symptoms. Their depression and lack of energy become debilitating. Work and relationships suffer. This condition, known as Seasonal Affective Disorder (SAD) may affect over 10 million Americans while the milder "Winter Blues" may affect a larger number of individuals.

What are symptoms of S.A.D.? The typical symptoms of S.A.D. include depression, lack of energy, increased need for sleep, a craving for sweets, and weight gain. Symptoms begin in the fall, peak in the winter, and usually resolve in the spring.

Read on for help with these challenges using Young Living essential oil blends and singles.

Suggestions for Lifting our Spirits with Essential Oils

- Begin by rubbing a few drops of Valor oil blend onto the soles of your feet.
- Rub a single drop of Harmony on your solar plexus area (the area just below your rib cage at the top of the abdominal area).
- Use a single drop of Joy over the heart.
- Put a few drops of White Angelica on the palm of your hand, rub your palms together in a clockwise fashion, and lightly brush your hands over your head and body, while taking deep cleansing breaths.

ESSENTIAL OILS FOR LIFTING OUR SPIRITS

Just what can we do to create a life that is full of vitality, loving care, and desire to fulfill our life purpose? Let's look to the beautiful gifts of nature in the form of essential oils. Young Living Essential Oils offers a blend called Joy.



Joy

Joy is an exotic, luxurious blend of ylang ylang (*Cananga odorata*), bergamot (*Citrus bergamia*), mandarin (*Citrus reticulata*), rose (*Rosa damascena*), and other oils that produces an uplifting magnetic energy and brings joy to the heart. When worn as a cologne or perfume, Joy exudes an alluring and irresistible fragrance that inspires romance and togetherness. When diffused, it can be refreshing and uplifting and may be helpful in relieving grief.

Joy may be especially helpful when dealing with abuse (emotional aftermath), agitation, anger, apathy, depression, despair, despondency, disappointment, discouragement, grief/sorrow, grumpiness, jealousy, resentment, restlessness, or shock.

It is also beneficial for the skin,

purifies air and water, and works well in removing gum, oil, and grease spots. It is refreshing, clears the mind, and relieves mental pressure and negative thinking.

Joy's ingredients provide a special synergy that you may find valuable for physical as well as emotional and spiritual support.

Other Essential Oils for Emotional Support

Other essential oils may also contribute to balancing the emotions and even bringing new joy into your life. In addition to the Joy blend, there are other essential oil blends and singles available from Young Living that many people use to lift their spirits. They fall into three categories: Floral, Citrus, and Forest aromas.

Floral

Jasmine, an intensely sweet-smelling essential oil, is called "The Queen of the Night." It is considered uplifting and stimulating in times of hopelessness and nervous exhaustion. One pound of jasmine oil requires about 1,000 lbs. of jasmine or 3.6 million fresh jasmine blossoms.

Geranium may help to release negative memories. It may also help ease nervous tension and stress, balance the emotions, lift the spirit, and foster peace, well-being, and hope.

Citrus

Lemon has been shown to have antidepressant effects in recent research. It promotes clarity of

thought and purpose, improved health, physical energy, and purification. Its fragrance is invigorating, enhancing, and warming.

Orange is a wonderful "happy oil." It is uplifting to the spirits and may act as an antidepressant.

Grapefruit is emotionally uplifting and refreshing and may help with feelings of depression. It is also used to regulate appetite.

Neroli has been used successfully to treat depression, anxiety, and shock. It may help to strengthen and stabilize the emotions and bring relief to seemingly hopeless situations.

Forest

All of the essential oils distilled from the trees of the forest tend to be calming and uplifting to the spirits.

Idaho Balsam Fir is an essential oil recently distilled and offered to Young Living members. Many are observing that it tends to be emotionally balancing.

Gratitude, an essential oil blend recently introduced by Young Living, contains Idaho Balsam Fir. Its purpose is to stimulate feelings of gratitude for what we have, providing support to us as we move forward out of depression.

How to Use:

Diffuse, use as a cologne or perfume, apply over the heart, add to bath water, or enjoy as a body massage blended with V-6 Mixing Oil or Massage Oil Base. Check the oil label for additional information and cautionary

OTHER WAYS TO FIND JOY IN YOUR LIFE

Get outside.

Whenever you feel bored, antsy, or gloomy, go for a walk. The fresh air, changing scenery, and exercise will boost your mood.

Pet a pet.

Rub a dog. Scratch a cat. Pets love us unconditionally and relieve our stress.



Pauline Turner, a 93-year-old Young Living distributor with her pocket pals, Annabelle, tucked into Grammam's shirt, and Princess, as they all enjoy their togetherness. Pauline is Emily Laurel's mother, who lives with Emily and Bob Laurel, two dogs, two cats, and many fish.

Make time to prioritize.

If you have three nonstop days in a row, take one hour on the fourth day to list all

your obligations, and then eliminate the least important tasks. Even if your load is still heavy, you'll feel in much greater control.

Answer slowly.

Take a deep breath before responding to a question from anyone, whether it's your boss, your mother, or your lover. Chances are you'll be happier with your answers. (some of us have a tendency to say, "Yes" without stopping to think of all that must be considered before making a decision.

Add greenery.

Adorn your desk and kitchen counter with cut flowers, houseplants, or potted herbs. Plants are proven mood enhancers.

Finish off a To Do list.

Set reasonable goals so that by the end of your work week you can complete all your tasks. When Friday comes, feel the weight of worry lift off your shoulders.

Look to the heavens.

Whenever you have a chance to relax under the stars, do it. Gazing at the night sky makes you feel more connected to the world.

Hit the sack sooner.

Go to bed an hour early tonight. Tomorrow you'll wake up with a brighter outlook.

See the sun daily.

The sun's rays may encourage your body to produce natural chemicals that induce joy (don't overdo it, of course).



Squirrel, Emily's rescue kitty, suns herself in Emily's home office.

W I N T E R , 2 0 0 5

**A B U N D A N C E T E A M
E - N E W S L E T T E R**

Created by Emily Laurel
Anointing Spirit Team Leader
4519 Eagle Mountain Court
Richmond TX 77469

Phone: 281-762-9042
Tollfree: 866-318-2405
E-mail: etlaurel@aol.com

Information...Support...Inspiration!

Abundance Team Principles

- First and foremost, we are in partnership with the Divine, recognizing the Divine as a spiritual rather than religious concept.
- We are in partnership with each other with total support and cooperation.
- We ask for, listen to, and act on our inner guidance, which is ALWAYS available (where we are drawn to go).
- We utilize the dynamic laws of attraction (who is drawn to us).
- We operate with impeccable integrity.
- Our intention is that all is done with grace and ease and fun.
- We include our own personal inner knowledge of what is right and good and in conformance with the laws of the universe.

**S T A Y T U N E D : U P C O M I N G E - N E W S L E T T E R
T O P I C S**

It is our intent to explore many interesting topics in future issues of The Abundance Team E-Newsletter.

The topics we choose for future issues are limited only by our imagination, with the following ones offered as just a few suggestions. Please consider topics that might be interesting to you and let us know your comments and suggestions for future topics.

Suggested topics:

- Conquering Procrastination with Essential Oils
- Manifesting Abundance with Essential Oils
- Using the Biblical Oils in Today's World
- Emotional Balance, Clearance & Protection with Aromatherapy
- Aroma Psychology: Turning Problems with Mood into Peace & Harmony with Essential Oils
- The Healer's Tools: An Overview of Essential Oils & Aromatherapy
- Raindrop Technique Applications
- Feelings: Emotional Raindrop Technique
- Animals, Essential Oils & Aromatherapy
- Turn Back the Clock: Aromatherapy and Anti-Aging Strategies
- Essential Oils & Aromatherapy for Muscle & Bone Health
- Brain Trust: Using Essential Oils to Enhance Mental Functioning

Please e-mail your suggestions for future topics to etlaurel@aol.com