

Wintergreen Essential Oil

Because Wintergreen oil contains rich chemical components such as methyl salicylate, it is an ideal oil for massages. For a warming and soothing experience, add Wintergreen oil to your post-workout massage. This will aid in renewing both mind and body. When using this essential oil, remember that a little bit goes a long way, and make sure to dilute Wintergreen oil with Fractionated Coconut Oil to reduce any possibilities of skin sensitivity.

Bring the freshness of Wintergreen essential oil into your home by placing a few drops of Wintergreen oil into your diffuser. The scent of Wintergreen essential oil ushers in the clarity of the open outdoors while adding the sweet, minty smell of evergreens. Along with its clean aroma, diffusing Wintergreen oil will help promote an uplifting and stimulating effect on the senses.

Trying to mask unpleasant odors? You're in luck! Wintergreen essential oil has a very strong and pleasant scent that will work to cover up powerful odors. Next time you go to the gym, place a few drops of Wintergreen oil on a cotton ball and place it in your gym bag. This will mask the smell of sweaty gym clothes with a sweet and minty aroma.

After a long day, take some time to relax, and pamper yourself with a Wintergreen bath. Simply add 1–2 drops of Wintergreen oil to warm bath water and enjoy the soothing sensations of Wintergreen essential oil. This essential oil will help to soothe the body, and its aroma will have a positive and uplifting effect on the mind.

Skin blemishes—everyone gets them. However, sometimes they can cause you to feel embarrassed or vulnerable. Get rid of that self-conscious feeling by incorporating Wintergreen essential oil into your daily routine. Apply Wintergreen essential oil to your skin to help reduce the appearance of blemishes and feel comfortable and confident inside your own skin.

Sodalite Crystal



A Sodalite crystal is a powerful tool for enhancing your communication because it enables you to communicate what you truly feel, rather than what's easy or convenient. It gives you a boost of strength and power to speak your truth clearly and confidently, so that you can both express yourself and be heard by others.

The calming and soothing energy of a Sodalite crystal also empowers you to be yourself, even if it is uncomfortable. Like many other blue stones, Sodalite has a stress-relieving effect that guides you to a calm state of mind when you feel nervous, worried, or tense. This calming crystal energy can clear away any unwanted feelings that prevent you from expressing yourself honestly and truthfully and being authentic to who you really are – not just with others, but also with yourself.

The Sodalite crystal meaning offers a gentle reminder to think before you speak so that you can avoid misunderstandings and miscommunications. The Sodalite crystal healing properties put you in touch with your inner wisdom where you can see your life from a higher perspective and approach all conversations and interactions with a bird's-eye view. From this elevated perspective, you can learn to consciously communicate in a way that works for you and those around you. The harmonizing energy of the Sodalite crystal stone meaning allows you to find the balance between being bold and assertive with your words and speaking in a respectful and understandable way that others will respond positively to.

Affirmations for Prosperity from Hymns

#s indicate Hymns

#110: **Cast thy burden upon the Lord and he shall sustain thee.**

He never will suffer the righteous to fall. **He is at thy right hand.**

Thy mercy, Lord, is great; and far above the heaven.

Let none be made ashamed that wait upon thee, Lord.

#108: The Lord is my shepherd; **I shall not want.**

#94: **God, our maker, doth provide for our wants to be supplied.**

#89: **The Lord is my light, then why should I fear?** By day and by night, his presence is near.

#98: I need thee every hour, stay thou nearby! **Temptations lose their power when thou art nigh!**

#97: So long thy power hath blessed me, sure, it still will lead me on.

#141: O hope of every contrite heart, O joy of all the meek.

To those who fall, how kind thou art! How good to those who seek!

#227: There is springtime in my soul today, for when the Lord is near,

The dove of peace sings in my heart, the flowers of Grace appear.

#92: For the beauty of the earth, for the beauty of the skies,

For the love which from our birth over and around us lies,

Lord of all to thee we raise this our hymn of **grateful praise.**

#270: **I'll go where you want me to go, dear Lord!**

#285: Ye fearful Saints, fresh courage take, the clouds ye so much dread

Are big with mercy and shall break in blessings on your head.

#19: There is hope smiling brightly before us and **we know that deliverance is nigh!**

#115: **Earth has no sorrow that heaven cannot heal.**

#197: No more can Satan harm us, though long the fight may be,

Nor fear of death alarm us; **we live O Lord, through thee.**

#128: **I will not doubt, I will not fear;** God's love and strength are always near.

His promised gift helps me to find an inner strength and peace of mind.

I give the father willingly my trust, my prayers, humility.

His spirit guides, his love assures that **fear departs when faith endures.**

Affirmations for Prosperity from Scriptures

Psalm 23

1 The Lord is my shepherd; I shall **not want**.

2 He maketh me to lie down in green pastures: he leadeth me beside the still waters.

3 He restoreth my soul: he leadeth me in the paths of righteousness for his name's sake.

4 Yea, though I walk through the valley of the shadow of death, **I will fear no evil**: for thou art with me; thy rod and thy staff they comfort me.

5 Thou preparest a table before me in the presence of mine enemies: thou anointest my head with oil; **my cup runneth over**.

6 **Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the Lord for ever**.

John 10

9 I am the door: by me if any man enter in, he shall be saved, and shall go in and out, and find pasture.

10 The thief cometh not, but for to steal, and to kill, and to destroy: **I am come that they might have life, and that they might have it more abundantly**.

Doctrine and Covenants 121

7 My son, peace be unto thy soul; thine adversity and thine afflictions shall be but a small moment;

8 And then, if thou **endure it well, God shall exalt thee on high; thou shalt triumph over all thy foes**.

9 Thy friends do stand by thee, and they shall hail thee again with warm hearts and friendly hands.

10 Thou art not yet as Job; thy friends do not contend against thee, neither charge thee with transgression, as they did Job.

11 And they who do charge thee with transgression, their hope shall be blasted, and their prospects shall melt away as the hoar frost melteth before the burning rays of the rising sun;

Alma 36

1 My son, give ear to my words; for I swear unto you, that **inasmuch as ye shall keep the commandments of God ye shall prosper in the land**.

Mentors for Prosperity

Read the books, watch the videos, or learn the programs
These are the people who helped me change my life:

Les Brown

Jordan Peterson

Jim Rohn

Tony Robbins

Earl Nightingale

Luise Hay

Joe Dispenza

Wayne Dyer

Napoleon Hill

Florence Scovel Shinn

Other Helps

“Hope” Essential Oil – Not only does this blend smell amazing and offer a renewed feeling of hope, but every purchase goes to the assistance of people who have been the victims of human trafficking.

Walk every day or every other day outside for 10 minutes.

Practice paying bills with joy. Send joy and love to the people and companies whom you pay.

Practice getting through a crisis with an affirmation, instead of worry.

Take the challenge of going for one whole day without fear of lack. Make a promise to God and yourself to do this. When you feel fear coming, speak an affirmation, or sing an affirmative hymn. After you have done one day, then challenge yourself to go an entire week without fear.

I use this affirmation: “I will not doubt, I will not fear.” Make sure you speak or sing with your whole heart.

Surround yourself with affirmations, scriptures, signs, postit notes, reminders, books, hints, promises etc. to help you to keep on task. These go a long way to helping you up to that higher level of prosperity.

Make a commitment to yourself that you will continue to practice these new habits for the rest of your life. After all, you don't really want to go back to lack and fear, do you?