Essential oils are powerful healing elements. Physically, mentally, emotionally and spiritually, essential oils offer healing, harmonizing energetic benefits unavailable elsewhere. They’re fast-acting, nontoxic, and without the addictive element of meds. In this class you will learn more about how you can benefit from amazing goDésana essential oils for emotional health and healing.

By Lorene Davies
Author Nature’s Farmacy

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About the Author

Lorene Davies

Lorene’s passion for health and wellness was sparked in her mid-teens as she began studying all of the ‘alternative’ health information she could find. Working to improve her own health and stamina became a driving force in her life.

As a young mother, she quickly learned that allopathic medicine was incapable of caring for her family in the way she felt was necessary to support their desired quality of life. Seeking answers to her own health challenges, and those of her 5 children, has kept Lorene on the cutting edge of health, wellness and energy healing modalities for over 30 years.

Over time, her philosophical views have evolved from ‘fighting the war on disease’ to embracing and in some cases recreating our innate birthright of vibrant health, pleasurably! This has lead to the in-depth study and experiences with nutritional supplementation, raw foods, many energy healing modalities, and the study of plant sourced medicines, extracts, oils and herbs.

For well over a decade she has worked closely with, been taught and tutored by essential oil teachers and experts, spending countless hours in personal research and study, in workshops, assisting family, clients, and friends in improving their lives and health.

Lorene’s life-path has uniquely qualified her to teach, train, and coach others in the use of life-giving essential oils. Her heart and passion for inspiring others to embrace, understand and improve their health with the gifts of Mother Nature, comes through loud and clear!

“Truly nurturing ourselves with natural foods organic elements of the earth such as pristine essential oils, compassionate living, and loving relationships promotes a deeper connection to our own bodies, innate wisdom, inherent divinity, and awareness of Spirit in our life.”

Lorene
“It has been known for centuries that oil placed upon the skin helps the healing energy enter. But according to my HSP (heightened sensory perception) vision, more than that is going on – and more than the limbic system response mentioned above.

It appears to me that some of the aromatics used in healing are actual auric (energy field) essences that go directly into the auric field, providing it with the energy it needs, much as homeopathic remedies do.

Muscles relax at the mere touch of the ‘calming nutrient’ laid upon them.

There certainly wasn’t time for the oil to be absorbed into the skin or muscle. I can see the colored energies of the aromatic entering the field.

In fact, a corridor for energy flow begins to open at the moment one reaches for the bottle containing the essence.”

Barbara Ann Brennan
*Light Emerging*
Anxiety

“Anxiety is a trance state. It involves misusing the imagination. It is a disorder that is future based. The focus is on a future that hasn’t happened yet. We can imagine anything we wish about a future that hasn’t yet happened. But those struggling with anxiety imagine something bad or humiliating and embarrassing is going to happen.

The mind doesn’t distinguish between reality and vividly imagined reality and the body then gives all the symptoms of Nightmare on Elm Street imaginings and floods one with adrenaline, noradrenaline and cortisol. What you see in your mind plus how you talk to yourself leads to the feelings you feel. Change the V+A and you change the K, the feeling.”

Katherine England

NOTE FROM LORENE Essential oils can change the mental and emotional state more quickly, safely and effectively than any other element I’m aware of. Using them to shift anxiety, panic and depression can bring rapid relief, lasting benefits, and deep personal transformation.

SINGLE OILS FOR USE WITH ANXIETY OR PANIC ATTACKS

Angelica
Bergamot
Cedarwood
Chamomile, roman
Dill
Eucalyptus globulus
Frankincense
Fennel
Geranium
Lavender, fine
Lavender vera
Lime
Mandarin, red
Marjoram
Melissa
Orange
Neroli
Patchouli
Rose
Sandalwood
Tangerine
Vetiver
Ylang ylang

BLEND FOR USE WITH ANXIETY OR PANIC ATTACKS

Align
beFREE
Clear
Delight
Dispel Fear
Dolphin
Elevate
Elk
E-Motion
Harmony
Home
iAM
iThink
Jaguar
Lavender Chamomile
Reality Check
Prayer of St. Francis
Still
Terra

DEAD SEA SALT

**Dead Sea Salt** from *goDésana*—These are highly mineralized salts from the southern Dead Sea in Israel which are renowned for their detoxifying, therapeutic and beautifying properties. Containing high amounts of magnesium, calcium, potassium, and bromides, they are often recommended by physicians to alleviate symptoms resulting from numerous disorders such as skin problems (including eczema, psoriasis, acne, skin allergies, and aging skin), hypertension, arthritic and rheumatic conditions, and joint and muscle pain. They’re also well-known for their potential to improve circulation and metabolism.

Because of their high bromide content, *goDésana* **Dead Sea Salts** have a relaxing effect, making them excellent for stress relief, help with sleep disorders, and anxiety.
Anxiety continued

- **Align** blend can be very helpful in aligning emotions, as well as physical misalignments.

- **Angelica** is recommended for relief from fatigue, stress related illnesses, anorexia, anxiety, fear, depression and instability. It’s also used for relief from traumatic life issues.

- **Clear** blend can be helpful in calming and soothing anxiety and panic.
  
  - Apply Lavender to the top of ears (back and front). Relaxes and soothes the nerves when faced with anxiety, vertigo, depression, headache and migraine, hypertension, and earache.

- If heart is pounding, apply Lavender over the heart.

- Use **E-Motion** or **iThink** on solar plexus (just above the navel).

- **Dill** reduces nervousness.

- One of the best oils for easing anxiety and depression, **Geranium** (also called Rose Geranium) is wonderfully balancing and uplifting. Anxiety, nervous exhaustion and stress-related conditions can benefit greatly from its use.

- Apply Geranium to temples, back of neck and pulse points as well as root chakra.

- **Orange** is a general mood-enhancing oil that can calm anxiety.

- **Coriander** is energizing and refreshing, while also being relaxing and calming, particularly in times of anxiety, irritability or stress.

- **Eucalyptus globulus** helps ease stress and anxiety. Diffuse, use in vaporizer or humidifier, or add 10 to 15 drops to ½ to 1 cup of goDésana Dead Sea Salt or Himalayan Salts for a therapeutic bath.

- **Elevate** was formulated to bring relief to situations of extreme stress, nervous tension, and severe emotional distress.

- **Frankincense** is a powerful equalizer and anti-depressant. Great for calming anxiety.

- **Fennel** has an overall calming effect on the emotions, and helps reduce stress and nervousness. It provides a feeling of protection, strength and encouragement during vulnerable situations. (Avoid Fennel oil if pregnant or if there is a history of seizures.)

- Apply **Helichrysum** on temples and brain reflexology points of the feet to lift mood and clear emotional blocks.
Anxiety continued

- **Lavender Chamomile** blend is a sweet, nurturing, calming blend for children and adults alike. Alexandria uses only the highest quality **Lavender Fine** and **Roman Chamomile**. Relaxing, calming and soothing, it can be used for relieving stress, tension, anxiety and insomnia.

- **Mandarin, red** is sweet, almost candy-like in its aroma. Its effects are anti-anxiety, anti stress, and calming for excess nervousness, which makes it a powerful stress reliever, to resolve insomnia and nervous tension.

- **Marjoram, sweet** is a good choice for use with children. A calming and sedating oil, it is an excellent balancing nerve tonic; helpful in calming emotions, soothing the mind, easing stress and anxiety. It helps ease certain types of headache, including migraine. It is warming and comforting to those suffering from grief and loneliness.

- **Melissa** is known to calm anxiety and is uplifting.

- **Rose** has one of the highest frequencies of any known essential oil, making it an invaluable aid in resolving emotional issues of any kind. It must, however, be used in moderation, as its aroma becomes overwhelming and bitter if it is too strong when being used. Use in the bath, massage, as a personal fragrance, or in a misting spray.

- **Tangerine** possesses a pleasant and “happy” aroma that is uplifting while at the same time being calming and soothing to the nerves. Use in the bath, for massage, diffusion, or misting spray.

- **Ylang Ylang** is stabilizing to the mood and great at easing tension and anxiety, reducing anger, and lifting depression. It is also a useful aid in lowering blood pressure. Add to the bath, use in massage, create a misting spray.
Anxiety continued

Calm anxiety and panic by inhaling Terra, Home blend, Vetivir, Patchouli or Still blend for a bit – put a drop on the palm of your hands, rub, inhale. Apply a drop under your nose, behind ears, or on hairline.

Still blend was formulated with oils which are highly grounding and earthy. Still blend supports the first or root chakra, the center for grounding, survival and trust. Provides a sense of peace and security, helps to calm anxiety and eases the rapid pace and concerns of everyday life. Still blend helps relax and quiet the mind, body and spirit, and encourages deeper, more restful sleep.

Nutrition Matters

Daily intake of Green Vitality, Cell Vitality and Raw Daily Multi will be of great benefit with anxiety sufferers, as well as with depression and schizophrenia. Each contains minerals and deep nutrients the body needs to build neurotransmitters.

Our bodies have over 40 different neurotransmitters, including dopamine and serotonin. When there is a lack of neurotransmitters, the brain starts firing out incomplete messages; Green Vitality, Cell Vitality and Raw Daily Multi will help replenish the body with the minerals that are lacking.

ADDITIONAL RESOURCES

Grain Brain: The Surprising Truth About Wheat, Carbs, and Sugar - Your Brain’s Silent Killers

by David Perlmutter, MD.

As the Amazon.com book description says:

“Renowned neurologist David Perlmutter, MD, blows the lid off a topic that’s been buried in medical literature for far too long: carbs are destroying your brain. And not just unhealthy carbs, but even healthy ones like whole grains can cause dementia, ADHD, anxiety, chronic headaches, depression, and much more.

Dr. Perlmutter explains what happens when the brain encounters common ingredients in your daily bread and fruit bowls, why your brain thrives on fat and cholesterol, and how you can spur the growth of new brain cells at any age. He offers an in-depth look at how we can take control of our “smart genes” through specific dietary choices and lifestyle habits, demonstrating how to remedy our most feared maladies without drugs. With a revolutionary 4-week plan, Grain Brain teaches us how we can reprogram our genetic destiny for the better.”
Panic Attacks

The old saying goes ‘if you do the same old things in the same old way you’ll get the same old results’. When it comes to preventing or balancing panic attacks, the path to resolution is in acknowledging the feeling, mindfully making a healthy, supportive choice – such as reaching for a calming essential oil – and then taking deliberate action to diffuse the energy of panic. Learning to breathe INTO the feeling of panic, and learning to talk oneself through the incident, with the support of a calming essential oil can change the habituation of panic, putting one back into the ‘driver’s seat’, rather than being a victim.

• **Basil** is a wonderful aromatic nerve tonic when used in moderation (large amounts can have a stupefying effect). Add 10 to 20 drops to a diffuser and diffuse for 10 to 15 minutes every few hours. This can help ease nervous tension, stress, and anxiety, and is of benefit with depression and migraine headaches as well.

• **Bergamot** is often called “Nature’s Prozac” and is wonderful for bringing the emotions back into balance. Those who are anxious or nervous will find it calming and grounding. Diffuse periodically throughout the day or use in a misting spray. It is also a wonderful addition to the bath when used with *goDésana Dead Sea Salt* or *Himalayan Salt*.

• **Coriander** is energizing and refreshing, while also being relaxing and calming, particularly in times of anxiety, irritability or stress

• **Dill** reduces nervousness. Diffuse periodically throughout the day or use in a misting spray. It is also a wonderful addition to the bath when used with *goDésana Dead Sea Salt* or *Himalayan Salt*.

• Use **E-Motion** on solar plexus (just above the navel).

• **Eucalyptus globulus** helps ease stress and anxiety. Diffuse, or add 10 to 12 drops to a cup of *goDésana Dead Sea Salt* or *Himalayan Salts* for a therapeutic bath.

• Apply **Geranium** to temples, back of neck and pulse point as well as root chakra.

• **Jasmine 10%** is excellent for stress-related and nervous conditions. Diffuse, or add 10 to 12 drops to a cup of *goDésana Dead Sea Salt* or *Himalayan Salts* for a therapeutic bath.

• Apply **Lavender, fine** or **vera** to the top of ears (back and front).

• If heart is pounding, apply **Lavender** over the heart.

• **Lemongrass** is helpful with stress-related conditions and nervous exhaustion. Dilute with **Carrier Oil** and apply to forehead and back of neck.

• **Neroli 10%** is a very high frequency oil, is anti-depressive and anti-anxiety. It possesses sedative and calming action which make it especially helpful with anxiety, fear, and excessive or debilitation nervousness and panic. It is a wonderful aid for exam anxiety. Can be used orally, 1 drop 3 times daily. Use as a therapeutic fragrance on pulse points, inhale as needed to calm panic and anxiety. Apply neat to the soles of the feet under the ball of the foot; this is the reflex point for fear.

• **Spikenard** is calming and grounding and can help soothe after a stressful day, allowing one to relax and fall asleep. It can also help with stress-related migraines. Apply topically on temples, forehead and back of the neck to encourage relaxation and centering. Use in the bath with *goDésana Dead Sea Salt* or *Himalayan Salt*. 
Panic Attacks continued

Grounding Oils Can Be Very Beneficial

Grounding is a term that has become common in the health world over the last few years; physical, emotional and mental health are directly impacted by grounding.

Grounding brings one into the present and now moment, as well as aligning with the subtle energies of Mother Earth, infusing ‘vitamin G’, energetic nutrition that stabilizes one’s body to basic biological rhythms of nature. Not only will grounding bring calm to the moment, it will improve sleep, nourish the body’s organs, boost healing, and reduce inflammation and pain. Using deeply grounding essential oils is a powerful way to synch up to the rhythms of nature, as well as to receive the other healing benefits of grounding.

- Inhale selected oil or blend for a few moments – put a drop on the palm of your hands, rub, inhale. Put a drop or two on wrists, under nose, behind ears, or on hairline.
- Apply selected oil or blend on temples, forehead at hair line, base of neck, and under each nostril, or apply to bottom of feet.
- For ‘test anxiety,’ or any situation causing nervousness or apprehension, apply a drop or two each of Jasmine 10%, Rose and Lavender to pulse points, soles of the feet, or back of the neck.

I received a wonderful testimonial from 12-year-old Lanice Moncrieff of Arizona, who was competing in a spelling bee. She used this combination to settle her nerves beforehand ... and won third place.

“I love spelling bees...just don’t like all the butterflies in my stomach. However, I applied Jasmine, Rose, and Lavender and I wasn’t nervous a single bit from putting them on me before school. I won 3rd place in the spelling bee at my jr. high school. I get a trophy, Barnes and Noble gift card, a certificate, and a spirit store dollar. I think I can live with that...lol.”

ADDITIONAL RESOURCES

In addition to using the recommended essential oils, use EFT (Emotional Freedom Technique) to calm and release anxieties. Try these great resources for EFT; both are a wealth of support for changing lives – in far more ways than just easing anxiety. EmoFree.com
Dose of Calm . . . For Spa Day, or Anytime

The truth is, there are MANY aromatic ways to slow down, calm anxiety, rattled nerves or just plain frenetic energy.

Here’s a quick and easy remedy to prepare ahead of time and have on hand for those times you want more ‘ahhhh’ in your day, or those ‘I’m in a hurry’ kind of moments. (For many of us, are there any other kinds of moments?)

D.I.Y. Calming-Balm Misting Spray

<table>
<thead>
<tr>
<th>Lavender (fine or vera)</th>
<th>2 oz distilled water</th>
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<tbody>
<tr>
<td>6 to 10 drops</td>
<td></td>
</tr>
<tr>
<td>Rose Geranium</td>
<td>2 oz blue cobalt misting spray bottle</td>
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Combine all of the ingredients by assembling them in the cobalt blue spray bottle. Label it as your Calming Balm.

Gently shake when ready to use.

Usage Ideas

When you’re in a hurry or just setting the tone for your Spa Day, and wanting/needing the benefits of some calming, just spritz on this beautiful Calming Balm.

- Spray directly on your skin as you would a spritzing spray.
- Use after bathing in the evening to relax before bedtime.
- Spray in your office and around your own energy field after a rousing and heated conversation on the phone.
- Spray around the gathering rooms for family gatherings. You’re not only making the atmosphere more pleasant, you’re creating an environment conducive to loving experiences and time spent together.
- Spray in the bedroom and on linens to create that ‘Ahhhhh . . .’
- Use it by spraying throughout the house before the kids get home from school to diffuse the frenetic energy of their school day.
- Use when tensions are high, and you’re aware some outside help is needed.
Depression

Depression and mood disorders are devastating issues for the sufferer, family, concerned friends and co-workers. Unfortunately, a doctor’s visit often doesn’t dig into the root causes of depression, it typically results in a prescription which carries its own risks and secondary impact; generally not favorable.

Depression can creep in as a result of personal circumstances that need to change – such as toxic relationships, energy draining work environments, and under-living of life, as well as a myriad of nutritional deficiencies, major food allergies, environmental influences such as toxic mold, and so much more.

Essential oils can make a profound impact in resolving the root causes of depression. With that being said, please don’t ignore other influences that also need to be addressed. Healing depression is an inside-out and an outside-in journey.

**ESSENTIAL OILS THAT ARE USEFUL WITH DEPRESSION**

Primary oils for treating depression are marked with an asterisk. Additional supportive oils are also listed below.

- **Balsam Fir**
- **Beaver**
- **Bergamot**
- **Calm blend**
- **Chamomile**
- **Clary Sage**
- **Compassion**
- **Cougar**
- **Coyote**
- **Dill**
- **Dolphin**
- **Eagle**
- **Elemi**
- **Elevate**
- **Elk**
- **Frankincense**
- **Geranium**
- **Grapefruit**
- **Gratitude**
- **Grief Relief**
- **Helichrysum**
- **Hope**
- **Jaguar**
- **Jasmine**
- **Lavender, fine**
- **Lavender vera**
- **Lavender Chamomile**
- **Lemon**
- **Lime**
- **Mandarin, red**
- **Marjoram**
- **Mary**
- **Melissa**
- **Neroli**
- **Orange**
- **Otter**
- **Owl**
- **Palmarosa**
- **Peppermint**
- **Prayer of St. Francis**
- **Prosper**
- **Roman chamomile**
- **Rose**
- **Ruth**
- **Sandalwood**
- **Still**
- **Tamar**
- **Tangerine**
- **Terra**
- **Transform**
- **Turtle**
- **Vetiver**
- **Ylang Ylang**

- **My first oil of choice for depression is Frankincense.** Put a drop under the tongue. The number of drops can vary, depending on the stressors of the day. Sometimes one drop will do the job, and other days 2 or 3 drops will be needed.

- **Basil** is a wonderful aromatic nerve tonic when used in moderation (large amounts can have a stupefying effect). Add 10 to 20 drops to a diffuser and diffuse for 10 to 15 minutes every few hours. This can help ease nervous tension, stress, and anxiety, and is of benefit with depression and migraine headaches as well.

- **Bergamot** is often called “Nature’s Prozac” and is wonderful for fighting depression and balancing the emotions. It can be a valuable supplement to traditional therapies for depression. Diffuse periodically throughout the day. Use as a perfume, or in a misting spray. It’s also wonderful in the bath when used with *goDésana Dead Sea Salt* or *Himalayan Salt*. 
Depression continued

- **Eucalyptus globulus** is a nervous system stimulant, aiding those who suffer from depression and fatigue. Diffuse, apply topically (with a compress if desired), or use in massage.

- One of the best oils for easing anxiety and depression, **Geranium** (*also called Rose Geranium*) is wonderfully balancing and uplifting. Anxiety, nervous exhaustion and stress-related conditions can all benefit greatly from its use. Apply a drop or two of **Geranium** on back of neck and temples.

- **Jasmine 10%** has a deep emotional influence and is capable—more than any other essential oil—of creating a powerful, positive, and often euphoric mood change. It is excellent for depression as well as stress-related and nervous conditions. Use as a personal fragrance, in a misting spray, or in the bath.

- **Lavender Chamomile** blend is a sweet, nurturing, calming blend for children and adults alike. Relaxing, calming and soothing, it can be used for relieving stress, tension, anxiety and insomnia.

- **Lavender Vera** is rare, highly valued and carries all the beautiful benefits we’ve come to expect of **Lavender**, and more. Because of the ‘more,’ we refer to **Lavender Vera** as the ‘emotionally healing lavender.’ This unique high-altitude **Lavender** from Bulgaria is becoming scarce due to inclement weather and growing conditions, increasing its value in the world of aromatherapy. The elevation, wild harvesting and unique processing of **Lavender Vera** are an important part of the story – increasing the energetic qualities and benefits, which include deepened emotional healing, and relief from anxiety, depression, insomnia and emotional stress.

- **Melissa** is useful in cases of depression, emotional shock, grief, fear, and anger.

- **Neroli 10%** is a very high frequency oil, is anti-depressive and anti-anxiety; powerful for any issue that is emotionally rooted. Apply neat, or add to a tissue and insert into pillowcase for psychological relief and to counteract insomnia.

- Possessing one of the highest frequencies of any known essential oil, **Rose** has a profoundly balancing effect on the psyche. Just a drop or two can go a very long way. In fact, larger amounts can be overwhelming. Apply a drop or two of **Rose** to pulse points, temples, back of the neck, or soles of the feet. It's fabulous when used in a misting spray or added to **goDésana Dead Sea Salt** or **Himalayan Salt** for a restorative, soothing and calming bathing experience.

- Apply a drop or two of **Sandalwood** on back of neck and temples.

- **Tangerine** is uplifting, effervescent, supportive in relieving tension, depression, sadness, irritability, and insomnia.

- **Ylang Ylang** possesses anti-depressive abilities and is uplifting to the spirit.

- The ‘citrus sistas’ - **Orange**, **Mandarin** (Red and Green), **Tangerine**, **Bergamot**, **Petitgrain**, **Lime** and **Grapefruit** are very happy oils, and can be very mood elevating. Diffuse, use in the bath, use as a personal fragrance, or in a misting spray.
Depression continued

Severe Depression

Frankincense, Still, Peppermint, Clary Sage, and Basil are very effective for severe depression.

NOTE: Pregnant women should avoid Peppermint, Clary Sage, and Basil due to their potential for inducing labor. See PREGNANCY AND CHILDBIRTH in the TOPICS section of Nature’s Farmacy for appropriate options.

ADDITIONAL RESOURCES

• Start by adding Green Vitality, Cell Vitality and Raw Daily Multi to your daily self-care regimen for general health support.

• Consider adding Magnesium BeCalm and Iodine beBalanced for targeted nutritional support.

• Read Wheat Belly by Dr. William Davis. Wheat is a HUGE contributor to all moods, including depression.

• Read Grain Brain: The Surprising Truth About Wheat, Carbs, and Sugar - Your Brain’s Silent Killers by David Perlmutter, MD.

As the Amazon.com book description says:

Renowned neurologist David Perlmutter, MD, blows the lid off a topic that’s been buried in medical literature for far too long: carbs are destroying your brain. And not just unhealthy carbs, but even healthy ones like whole grains can cause dementia, ADHD, anxiety, chronic headaches, depression, and much more. Dr. Perlmutter explains what happens when the brain encounters common ingredients in your daily bread and fruit bowls, why your brain thrives on fat and cholesterol, and how you can spur the growth of new brain cells at any age. He offers an in-depth look at how we can take control of our “smart genes” through specific dietary choices and lifestyle habits, demonstrating how to remedy our most feared maladies without drugs. With a revolutionary 4-week plan, Grain Brain teaches us how we can reprogram our genetic destiny for the better.

• Check your environment

Environmental mold can be deadly, depression-inducing, cause severe mood swings, hyperactivity, internal inflammation, lung disorders, and much, much more. It’s not a condition to be lived with. It’s a condition to clear up, or move away from, in my opinion. Quality of life matters. Mold is an insidious energetic parasite that needs to be handled head-on.

Most people immediately think of using chlorine bleach to clean up mold. Yet the EPA states that chlorine bleach is not effective on fungus. Tests show that bleach cleans only the surface, and mold can start to re-grow in only 24 hours. There are potent essential oils that can eradicate toxic mold, check with us for more info, if needed.

• Is your liver overloaded?

Symptoms of an undernourished and toxic, overloaded liver may include depression and any of the following:

- Poor digestion
- Allergies
- Fatigue
- Jaundice
- Skin rashes
- Nausea
- Emotional excess & mood swings
- Hormonal imbalances
- Headaches
- Obesity
- Drowsiness after eating
- Gallbladder disease
- Weak tendons
- PMS
- Weak muscles
- Difficulty losing weight
Nutrition Matters

We are a culture of people who have accepted disease, obesity and illness as normal, yet we're walking around with sub-clinical malnutrition. We're starving on full stomachs.

In today’s society people are simply not meeting their nutritional needs. To be sure, they’re not going hungry, but their bodies are literally starving on full stomachs. USDA statistics show that fewer than 23% of Americans eat 2 to 4 servings of fruit and 4 out of 10 Americans eat the recommended 3 to 5 servings of vegetables daily. Fruits and veggies are keys to our overall health.

We see evidence of malnutrition – now referred to as ‘lifestyle diseases’ that are running rampant -- including cancer, cardiovascular disease, Type 2 diabetes, autoimmune diseases, asthma, osteoporosis, and depression. I believe we are starving on full stomachs.

Poor food quality, excessive exposure to toxic chemicals and a high-speed lifestyle in combination with poor adaptation to high stress levels puts all of us at greater risk. There is no question that nutritional supplements can compensate for some of the damage that we do to ourselves. However, far too many people use the supplements to justify their poor choice of foods.

While vitamins and minerals are a vital piece in the health care picture, too many people believe they can eat junk food all day and then pop some supplements to make up for their nutrient-lacking diet, but this is simply not the case. As stated before, supplements can make up for damage caused by an unhealthy diet, but if your main source of fuel is full of toxins, it will catch up with you sooner or later.

DON'T TRY THIS AT HOME: SUPER-SIZE ME.

Consider the report in the New York Post on January 24, 2004:

"Morgan Spurlock decided to become a gastronomical guinea pig. His mission: To eat three meals a day for 30 days at McDonald’s and document the impact on his health.

“Scores of cheeseburgers, hundreds of fries and dozens of chocolate shakes later, the formerly strapping 6-foot-2 New Yorker - who started out at a healthy 185 pounds - had packed on 25 pounds.

"Within a few days of beginning his drive-through diet, Spurlock, 33, was vomiting out the window of his car, and doctors who examined him were shocked at how rapidly Spurlock’s entire body deteriorated.

‘It was really crazy - my body basically fell apart over the course of 30 days,' Spurlock told The Post. His liver became toxic, his cholesterol shot up from a low 165 to 230, his libido flagged and he suffered headaches and depression.”

While this is obviously an extreme case, most of us are not eating fast food three times daily. Nevertheless, it shows how quickly and severely our health can be impacted by low-quality food, fast foods in particular.

QUALITY FUEL FOR QUALITY PERFORMANCE

Reducing the amount of fast food we consume can make a definite difference in our health as we replace those fast food meals with quality food, preferably organically grown food. It’s a vicious cycle we subject our bodies to as we eat fast foods and fake foods.

Most people are adamant about providing the right type of fuel for their car, but when it comes to their own body they will put in almost anything. You will be amazed at how efficiently your body will run if you provide it with healthy food.
Nutrition Matters continued

SUPPLEMENTATION ISN’T “ALTERNATIVE” ANY MORE

A few years ago, a ground-breaking recommendation was issued by Harvard Medical School scientists. They recommended that all adults take a daily multivitamin based on two factors – the recognition that Americans aren't getting enough nutrition from their diets, and the affirmation of nearly 40 years of clinical research validating how vitally important supplementation can be in long-term good health.

In today’s world, quality health insurance begins with quality supplementation.

goDésana provides the quality supplementation that can raise our level of health, as well as the level of health of those who invest in themselves and use the supplements.

Consider adding **Green Vitality**, **Cell Vitality** and **Raw Daily Multi** as a nutritional bridge for increasing your energy and vitality.

Depression and Sleeping

Depression can lead to excessive sleepiness, while anxiety may cause insomnia. Either way, balancing sleep rhythms can make a profound difference in healing mood imbalances.

Insomnia is a huge challenge in our modern world that can debilitate the best of us. It can affect all areas of our life and leave us drained and depressed. Sleep is essential to good health.

• Insomnia, regardless of the cause, has powerful emotional components. In some cases, the emotional component can be the root of insomnia, or sometimes the emotional component can be the effect of insomnia.

The oils which help to promote sleep are **Lavender**, **Marjoram**, **Chamomile**, **Gratitude**, **Sandalwood**, **Dream Weaver**, **Thyme ct. thymol**, and **Thyme ct. linalool**, **Petitgrain**, **Spikenard**, **Calm** and **Still**.

There are several ways to use these amazing oils – here are a few of our favorite ways:

• Apply a drop to the temples, back of the neck, and a trace on your upper lip.
• Use 12 to 15 drops in a nurturing healing bath, with **Dead Sea** or **Himalayan Salts**.
• Use 5 to 10 drops in a nurturing foot bath, with **Dead Sea** or **Himalayan Salts**.
• Mix 20 drops into an ounce of **Carrier Oil** and have a relaxing massage.
• Create a few misting sprays to have on hand in the bedroom to spray linens and to enhance the ambiance of the room, making it conducive to restorative sleep. In general, to make misting sprays, add 15 to 20 drops of selected essential oil, to 4 oz of distilled water, in a cobalt blue misting spray bottle.
Depression and Sleeping

Insomnia Recipe
- Apply 1 drop Still at base of neck, and the corner of each nostril.
- Apply Still to arch of foot, along the spinal reflex area for quick absorption.
- Use Lavender on top of ears.

Severe Insomnia Remedy

Make a tea with a trace (using the toothpick method) of Lavender and Chamomile, mixed with 1 tsp honey, then steeped in a cup of warm water.

Here are some additional tidbits to use for supporting restful, restorative sleep:

- goDésana Dead Sea Salts with their high bromide content, are a powerful aid to relaxation and can promote sleep; the synergy created by adding a few drops of a relaxing essential oil can be wonderfully calming and relaxing. Consider the use of them as your own home-spa treat.
- Magnesium BeCalm is a powerful relaxant and can support you powerfully in creating a balanced sleep habit.
- Neroli 10% is anti-depressive and anti-anxiety; an extremely powerful oil for any issue that is emotionally rooted. Apply neat, or add to a tissue and insert into pillowcase for psychological relief and to counteract insomnia.
- Sandalwood applied to the back of the neck and on the temples will support a deep, restful sleep.
- Marjoram is one of the best oils to use for insomnia. Use 1 to 2 drops on the soles of the feet, at the hairline on the back of the neck, and on pulse points, as desired.
- Use Petitgrain neat on temples, or use in the bath, in a misting spray, or on a tissue placed inside pillowcase.
- Chamomile can be used internally or externally, as a rub or in a soothing tea. It’s historically been the “sleepy-time” herb and oil.
  - Take a hot bath with a generous squirt of goDésana Organic Body Wash and 5 to 10 drops of Chamomile added to the bathwater.
  - For females: To supercharge the bath, add 3 drops Moon blend to the scoop of bath salts.
  - For males: To supercharge the bath, add 4 to 5 drops of Sun blend to the scoop of bath salts. After your warm bath, apply a drop or two of each: Lavender to the back of the neck, Still and/or Chamomile to the feet, and Sandalwood to the temples.

- To help manage sleep: Apply Gratitude on the back of your neck and temples. You can also use Sandalwood on the temples, Still and/or Chamomile on the feet, and Lavender on the back of the neck.
- If anxieties are keeping you awake at night, use a drop or two of Frankincense or Geranium to bring you back into balance.
- Lavender and Marjoram work really well for insomnia and are excellent to put in a diffuser.
- Coriander was used in India as a remedy for insomnia.
- Spikenard is a very grounding and calming oil. Apply topically to encourage relaxation and sleep.
- Basil is a wonderful nerve tonic and can be of particular benefit in relieving insomnia, especially that which is stress-related. Add 8 to 10 drops to ½ to 1 cup goDésana Dead Sea Salt or Himalayan.
- Salt for a soothing and relaxing night-time bath. Note: Basil should never be used by women who are pregnant, as it can cause a miscarriage, nor by those who are nursing.
The Emotional Blends

goDésana Targeted Emotional Blends

Each of the essential oil blends listed below were carefully and expertly formulated by Alexandria Brighton with a clear intention for their use. Let your intuition guide you in choosing the blend that is best suited for your particular need.

**CALM**

*Primary Uses: Relaxation, Calming, Sleep, Addictions*

Children and adults alike find this blend very relaxing, particularly if they are over-stimulated and cannot fall asleep. This sweet-smelling blend can assist and support the nervous system while breaking life-draining addictions. Its beautiful fragrance helps one’s nerves to remain calm and supports a person emotionally.

A very physically relaxing blend, Calm blend is perfect for use at the end of a hectic day to help unwind and relax into the evening. The essential oils in this formula have a direct response on the brain; it is therefore most effective when inhaled.

This is a beautiful blend to use with children and adults who are “too tired to sleep.” When wound up and needing to calm down, Calm blend applied to the feet, used in a bath, diffused in the room for a few minutes can be wonderfully calming.

Children who tend toward ADD or ADHD will benefit from Calm blend’s exceptional calming ability.

Calm blend is wonderfully supportive in the release of addictions. It is best used in such a way that its aroma can be readily inhaled and enjoyed, rather than applied to the feet where its aroma would be hidden away.

A dear friend who wanted to stop smoking used it along with Frankincense and applied them to each wrist. During the day when feeling the urge to smoke, he put his wrist up to his nose, inhaled a few times, experienced the calming affect, and continued on with his day. Simple, but effective. And it worked.

APPLICATIONS: Use 20 to 30 drops with 4 oz distilled water in a cobalt blue spray bottle to make an “Angel Spray” for misting children’s room at bedtime. Diffusion, or a few drops inhaled from a cotton ball or tissue, will quickly provide a calming effect. Apply to the wrists, inhale periodically throughout the day to calm nervousness and addictive impulses. For physical calming, apply a drop or two to bottoms of the feet.

**CHARITY**

*Primary Uses: Heart, Emotions, Emotional Strength, Children*

Blended to help release trauma and the burden of negative emotions. To support the opening of the heart, Charity blend is the oil of choice. To support unconditional love, release from a hard-hearted state of mind, or the dissolution of bad feelings, Charity blend is the oil to use. As Alexandria Brighton has taught, Charity blend will support emotional strength, openness, and availability to loved ones.

APPLICATIONS: Use as a personal fragrance, 20 drops added to 2 oz of distilled water in a misting spray, added to goDésana Dead Sea Salt or Himalayan Salts for a bath, in massage. Use as a personal fragrance, 20 drops added to 2 oz of distilled water in a misting spray, added to goDésana Dead Sea Salt or Himalayan Salts for a bath or in a massage. Use as needed on the soles of the feet as emotional stress warrants. Also wonderful for diffusion to open hearts and calm emotions.
The Emotional Blends continued

CHERISHED PLACE
Primary Uses: Honoring Self, Self Love

*Cherished Place* inspires a deepened respect for self, the body, and personal environment; the environments that one immerses themselves in, whether at home, work, fun or recreation. Each environment plays an important role in overall well-being; imparting energies which impact how one views themselves and the world. By honoring the value of each environment, viewing them as *Cherished Place*, daily life becomes more sacred.

Formulated with specially selected high-frequency oils, this blend is designed to bring those same high frequencies into one’s environment and personal energy field, whether used personally on a daily basis or following an environmental cleansing protocol. Wonderfully fresh and uplifting. Use this blend as a personal fragrance rather than a chemically-laden perfume. Its positive energy can also be of tremendous benefit during times of significant stress and/or emotional upset. This is one of my own personal favorites. I wear it frequently, and have it in several rooms of my home. People love the aroma, as I do.

APPLICATIONS: Wear this blend as perfume. Diffuse it. Use it in a personal inhaler. Make a misting spray with it - 20 drops of the blend in a 4 oz cobalt blue spray bottle of distilled water, shake, mist frequently. Use in a bath with *goDésana Dead Sea Salt* or *Himalayan Salts*.

COMPASSION
Primary Uses: Judgment, Forgiveness

*Compassion* blend was created with the intention of supporting the aspect of ourselves that wants to open to greater love and compassion for self and others. Through compassion for ourselves and others we learn to give the same love that we long to receive, unconditional love. By releasing our own harsh judgment of ourselves, we can in turn release judgment of others. As we practice being kind and forgiving of ourselves we can extend that same kindness and forgiving nature to others. If you recognize an opportunity to open up to greater love and kindness in your own life and relationships, try using *Compassion* blend for awhile. Let its kind, gentle, and loving energy flow through your being, releasing any resistance to expanding the aspect of yourself that wants to open more fully to giving and receiving love.

APPLICATIONS: Wear this blend as perfume. Diffuse it. Use it in a personal inhaler. Make a misting spray with it - 20 drops of the blend in a 4 oz cobalt blue misting spray bottle of distilled water, shake, mist frequently. Use in a bath with *goDésana Dead Sea Salt* or *Himalayan Salts*.

DELIGHT
Primary Uses: Inspiring Joy, Inner Child, Playfulness

Supportive of one’s inner child, this playful blend reminds one to not take life too seriously and encourages fun and joy in daily living. Useful for adults and children alike. This particular blend opens and supports the Sacral Chakra. It is the blend for times when one needs to restore more joy into life because daily living has become too serious or just a little “down.” This doesn’t necessarily mean that one has become depressed, but rather may have temporarily lost sight of the joys in life and in the smallest of things.

APPLICATIONS: Wear this blend as perfume, diffuse it, use it in a personal inhaler, make a misting spray with it - 20 drops of the blend in a 4 oz cobalt blue spray bottle of distilled water, shake, mist frequently; use in a bath with *goDésana Dead Sea Salt* or *Himalayan Salts*. When this oil blend is used, it will lift the energy of everyone who experiences it.
DRAGON FIRE
Primary Uses: Clearing, Cleansing, Neutralize Negative Energy

Dragon Fire is a proprietary blend, uniquely formulated to target and release negative energy of the most profound, insidious, and damaging nature and transmute that energy to life-affirming, life-enhancing energy.

Dragon Fire is of great benefit when used topically and/or environmentally in areas where major trauma has taken place, such as abuse, divorce, bankruptcy, violence, or death. Emotionally supportive and strengthening, it can create an energetic shift, powerfully and effectively, without one having to re-live the original trauma. An important component of this blend is an essential oil known as Dragon’s Blood, which has been extracted from the resin of Daemonorops draco Blume, with a long history of neutralizing negative energies.

APPLICATIONS: Use as a misting spray, around personal energy field to clean up the energy field or to stay clear. Thoroughly mix 12 to 15 drops into ½ cup Dead Sea Salts and dissolve into warm bath water to help release negative emotions, cellular remembrance and trauma that has been stored in the body. Add 12 to 15 drops to 4 oz distilled water in a cobalt blue misting spray bottle. Shake well before each use. Use in a misting spray to shift areas of negative energy, or around the personal energy field – particularly if you’ve been in situations or around people who are challenging to you or particularly negative. In a room or areas affected by trauma, violence, divorce, death, rape and deep emotional wounding, use the misting spray indicated above to clear negative energy. Follow with a misting spray of Cherished Place to infuse positive energy.

DREAM WEAVER
Primary Uses: Creativity, Depression, Anxiety, Inspiration, Intuition, Sleep

The blend of inner wisdom, foresight, and the ability to conceive of a future that does not yet exist, Dream Weaver inspires one’s imagination and intuitive sensitivities. Dream Weaver brings the energy of dreams and visions into reality.

Dream Weaver is a beautiful blend to use in supporting expansion of the intuitive senses.

Dream Weaver is a wonderful oil to use when feeling mentally “stuck” or creatively stalled.

In times of depression or emotional challenge, Dream Weaver can support the expansion of your own personal vision of who you are and what you can create, helping to expand your creativity in creating the life of your dreams. Use over a period of time to deepen your commitment to this process. Dream Weaver can support inspiration and creativity when one feels “beaten down” from the circumstances of life.

APPLICATIONS: Create a misting spray by adding 20 drops to 2 oz of distilled water in a cobalt blue spray bottle. Apply to the third eye for times of meditation. It makes a delightful personal fragrance; apply to pulse points; excellent in a bath with goDésana Dead Sea Salt or Himalayan Salts in preparation for sleep.
The Emotional Blends continued

**ELEVATE**
*Primary Uses: Relieve stress, calm anxiety, dispel nervousness and distress*

This dynamic blend was formulated to bring relief to situations of extreme stress, nervous tension, and severe emotional distress.

APPLICATIONS: Inhale 1 to 3 drops from tissue or 8 to 10 drops in a water diffuser. Add 6 to 8 drops to 1/2 cup Dead Sea salt for a relaxing and emotionally restorative bath. May apply 1 drop to the root, solar plexus, heart, and crown chakras when feeling emotionally overwhelmed. Add 10 to 15 drops to 1 oz carrier oil for a relaxing massage.

**E-MOTION**
*Primary Uses: Emotional Strength, Self Esteem, Depression*

E-Motion blend was formulated to support the solar plexus chakra. This pleasant and uplifting blend can support strength in the sense of self, or in setting clear boundaries in relationships, as well as releasing negative emotions and barriers to higher awareness. **E-Motion**, ‘energy in motion,’ supports building the bridge from the dreams that have lived in your head and heart, bringing them into reality in the physical world.

APPLICATIONS: Use by applying a drop or two to the solar plexus, or as a personal fragrance. It may be diffused or misted. Use in Carrier Oil for massage, or in the bath with goDésana Dead Sea Salt.

**FOCUS**
*Primary Uses: Focus, Concentration, Mental Sharpness*

This blend is wonderfully supportive when increased mental alertness is required such as when driving long distances, studying, doing book work, or taking tests. It is of great benefit when mental performance is required and extra concentration is needed. **Focus** blend helps to stimulate the logical left-brain thought processes, while preventing mental fatigue.

APPLICATIONS: Diffuse. Use in a personal inhaler. Dab on the temples or brain reflex points of the feet.

**GRATITUDE**
*Primary Uses: Positive Energy, Enlightenment, Divine Connection, Self-Protection*

This delightful blend raises energy, clears negative energy, and instills high frequencies, supporting the center of enlightenment and connection to the Divine.

Gratitude blend is the energetic equivalent of surrounding oneself with white light for self-protection. **Gratitude** blend is one of the staples for use by body workers and energy healers of all genres. Elevate your mood; support the experience and expression of feelings associated with thanksgiving and joy.

APPLICATIONS: Use as a personal fragrance by applying a drop or two to the pulse points. Create a misting spray by adding 20 drops to 2 oz of distilled water in a cobalt blue misting spray bottle; spray around your home, in your office, in the car, in a healing treatment room. Use in massage. May be applied neat to the hands, feet, shoulders and crown chakra.
The Emotional Blends continued

**GRIEF RELIEF**
*Primary Uses: Grief, Sadness, Depression*

When one is unable to process grief, it remains raw and stuck in-body, even years later can feel as though the experience happened just yesterday. **Grief Relief** helps keep the heart center open and processing sadness or grief at the speed of life, so that the source can actually resolve, and not just fade into unconsciousness. This blend resonates with the heart and acts as a soothing balm, allowing healing to take place.

**Grief Relief** blend is a powerful companion to **Hope** blend, working synergistically to support emotional healing. Useful at times of the loss a loved one; when losing a home, pets, friends, or job; any kind of loss associated with emotional attachment.

APPLICATIONS: Use as a personal fragrance by applying a drop or two to the pulse points. Diffuse as desired. Use it in a personal inhaler. Make a misting spray. Add 20 drops to a 4 oz cobalt blue misting spray bottle of distilled water. Shake, mist frequently. Use in a bath with **goDésana Dead Sea Salt** or **Himalayan Salts**.

**HAPPY**
*Primary Uses: Happy, Happy, Happy*

**Happy** blend supports one in bringing back the youthful child-like qualities (rather than other child-ish qualities) of light-hearted playful fun in day-to-day living.

APPLICATIONS: Use as a personal fragrance by applying a drop or two to the pulse points. Diffuse as desired. Use it in a personal inhaler. Make a misting spray. Add 20 drops to a 4 oz cobalt blue misting spray bottle of distilled water. Shake, mist frequently. Use in a bath with **goDésana Dead Sea Salt** or **Himalayan Salts**.

**HARMONY**
*Primary Uses: Harmonize, Resolve Upset*

**Harmony** blend, as the name implies, is supportive for harmonizing harshness, upset, and dissention in order to bring in a sense of wellness, peace and connection.

APPLICATIONS: Use as a personal fragrance by applying a drop or two to the pulse points. Diffuse as desired. Use it in a personal inhaler. Make a misting spray. Add 20 drops to a 4 oz cobalt blue misting spray bottle of distilled water. Shake, mist frequently. Use in a bath with **goDésana Dead Sea Salt** or **Himalayan Salts**.
**HEALER’S HEART**  
*Primary Uses: Support, Strength, Connection*

Formulated specifically to support caregivers of any nature – moms of little ones, those caring for aging parents, loved ones caring for special needs family members, as well as health care practitioners. "Healer's Heart" is a valuable energetic support to anyone who is involved in the care and nurturing of others, whether it be physical, emotional, or spiritual in nature. **Healer’s Heart** blend connects the heart chakra with the thymus, or high heart chakra, helping to expand the caregiver’s own innate intuitive abilities, enhancing their facilitative abilities. This synergistic blend also provides protection from ‘taking in,’ or absorbing any negative energies from those who are being cared for.

APPLICATIONS: **Healer’s Heart** is best and most often used neat. Apply in each of the following ways: Place 1 to 2 drops on the breastbone; gently massage upwards to the thymus. Apply 1 drop to the heart chakra. Place 1 drop in the palm of one hand and rub both hands together. Add 10 to 12 drops to 4 oz distilled water in a blue cobalt misting spray bottle. Shake well before each use. Mist throughout living areas or for practitioners, in treatment room or other areas where client interaction occurs. Use in a bath with 10 to 12 drops and *goDésana Dead Sea Salts*. Use in a foot bath. For a foot bath, thoroughly mix 5 to 8 drops into ¼ cup of *goDésana Dead Sea Salts* and dissolve into a basin of warm water. Soak your feet, and enjoy.

**HOPE**  
*Primary Uses: Hope, Hopelessness, Depression, Inspiration*

**Hope** blend helps to stimulate remembrance of the hopeful future one once envisioned for themselves, clearing away the obstacles to realizing that vision. When one instills **Hope** into the darkest of times, it shines a light that helps one find the way out, allowing for the possibility of miracles to happen.

This is an oil that is a beautiful companion to **Grief Relief**. Any kind of healer or body worker will want to have this on hand to work with clients who have come in with ‘bad news.’ Additionally, it can open up the intuitive and spirit centers to light when all feels lost.

APPLICATIONS: Wear **Hope** blend as perfume, diffuse it, use it in a personal inhaler, make a misting spray with it - 20 drops of the blend in a 4 oz cobalt blue bottle of distilled water, shake, mist frequently, use in a bath with *goDésana Dead Sea Salts*.

**HUMILITY**  
*Primary Uses: Strength Without Ego, Gentle Leadership*

**Humility** blend empowers one to live from a place of non-egoic strength, and to be able to express one's self with that strength while being able to truly hear and relate to others, particularly as leaders in one's life.

APPLICATIONS: Place 1 to 2 drops on the breastbone; gently massage upwards to the thymus. Apply 1 drop to the heart chakra. Place 1 drop in the palm of one hand and rub both hands together. Add 10 to 12 drops to 4 oz distilled water in a blue cobalt misting spray bottle. Shake well before each use. Mist throughout living area, office or work space.
The Emotional Blends continued

PASSION
Primary Uses: Joy, Apathy, Depression, Frigidity, Impotence

Passion blend strengthens the heart-mind, the source of sensitive awareness and the root of joy and love. Passion blend can be a potent aphrodisiac, particularly for the habitually self-restrained or emotionally inhibited individual. It helps one to express warmth freely, feeling less vulnerable and more self-confident.

Passion blend inspires passion for living, passion for connectivity with the people in our life, passion for work. PASSION. This is a big answer to apathy and apathetic living.

APPLICATIONS: Wear Passion blend as perfume, diffuse it. Use it in a personal inhaler. Make a misting spray with it - 20 drops of the blend in a 4 oz cobalt blue spray bottle of distilled water, shake, mist frequently, use in a bath with goDésana Dead Sea Salts or Himalayan Salts.

PROSPER
Primary Uses: Inspiration, Abundance, Finances, Depression, Anxiety, Environment

Energize your surroundings with the radiant and magnetic energy of prosperity. Prosper blend contains essential oils from spices which, in ancient times, were considered more valuable than gold. This blend represents prosperity and abundance in all its forms—increased opportunity, financial gain, abundant friends, and increased health and wellbeing. It has been one of the top-selling essential blends over the past 20 years.

Prosper blend has spice oils that in ancient times were considered more valuable than gold. It represents prosperity and abundance in all forms, and is used to energize our surroundings with the radiant, magnetic energy of joy and prosperity. This is a marvelously supportive blend to aid in expanding the energy of abundance in one's personal life.

APPLICATIONS: As a personal fragrance, use neat on pulse points. Create a misting spray by combining 30 drops with 2 oz of distilled water in a small misting spray bottle. Spray it around the house, on envelopes when paying bills, on deposits at the bank, on all outgoing mail, when writing checks, in the office, in the car—use your imagination; the sky’s the limit. Place 1 to 2 drops on the breastbone; gently massage upwards to the thymus. Place 1 drop in the palm of one hand and rub both hands together.
The Emotional Blends continued

SHAMAN BLEND
*Primary Uses: Healing, Intuition, Peace*

Oils in Shamans blend have been used by ancient and indigenous cultures to raise their frequencies and abilities of tuning in intuitively, assisting in hands-on-healing abilities while bringing in reverence for divinity and deep peace.

APPLICATIONS: Place 1 to 2 drops on the breastbone; gently massage upwards to the thymus. Apply 1 drop to the heart chakra. Place 1 drop in the palm of one hand and rub both hands together. Add 10 to 12 drops to 4 oz distilled water in a blue cobalt misting spray bottle. Shake well before use. Mist throughout living areas, or, for practitioners, in areas where client interaction occurs. Use in a bath with 10 to 12 drops and goDésana Dead Sea Salts. Or, use in a foot bath. For a foot bath, thoroughly mix 5-8 drops into ¼ cup of goDésana Dead Sea Salts and dissolve into a basin of warm water. Soak your feet, and enjoy.

TERRA
*Primary Uses: Grounding, calming, connecting with natural rhythms*

Terra, the Earth, is our mother energy, our home; this blend helps us to reconnect with that nurturing, comforting and healing energy. We feel this connection when we sit on beach and watch the sunset, walk in the woods, lie on the grass, or dig in our gardens. Scientists are now beginning to study our need for connecting to the Earth, and their conclusion is that the biological clock of the body needs to be continually calibrated by the pulse of the Earth that governs the circadian rhythms of all life on the planet in order to be healthy.

APPLICATIONS: Add 12-15 drops to ½ cup of Pink Himalayan or Dead Sea salts and dissolve into a warm bath, relaxing into the healing waters of Terra. Apply 2 drops to palms of hands; rub together, cup hands over nose and mouth. Inhale deeply as needed. Add 10 to 12 drops of Terra to 4 ounces of distilled water in a cobalt blue glass spray bottle. Shake well before using. Great when you notice that you are feeling particularly ungrounded and irritable. Apply as a personal fragrance, applied to pulse points. Apply to the feet when you can’t go barefoot on the Earth to feel grounded and supported. Use in the morning to start your day and in the evening before bed to ground excess static for a better night’s sleep. Particularly effective when applied over the heart to feel held in the unconditional love Terra radiates.

TRANSFORM
*Primary Uses: Personal Growth, Change, Fear, Timidity, Joy*

Transform blend moves one’s energy and consciousness to evolve and grow. It can be a supportive catalyst to empower one to take action, even when afraid. Fearing the unknown, one may choose familiar suffering far beyond what is needed. Transformers concern themselves with the right use of energy. This blend focuses the mind on moving forward in a meaningful and joyous way. Making change easily rather than traumatically.

If one is standing at a place in life where it’s time to make a jump, figuratively speaking- or if dragging their feet, or if something needs to happen to change in one’s life- using this blend to inspire that “right” action, will move one forward in their life.

APPLICATIONS: Wear Transform as a perfume. Diffuse it. Use it in a personal inhaler. Use in the bath with goDésana Dead Sea Salts or Himalayan Salts. It makes a wonderful misting spray; combine 20 drops in a 4 oz cobalt blue misting spray bottle with distilled water, shake well, and mist frequently.
The Emotional Blends continued
goDésana Chakra Blends

Each blend in the chakra collection can be healing, balancing, and supportive of emotional needs. There is a lot more info online at goDesana.com. Follow the links to the Alexandria Brighton Chakra Collection there.

There is an essential oil blend for each of the 9 primary chakras that we work with. Here’s a brief summary:

- **iConnect** blend supports the foot chakra or zero chakra - your connection to Mother Earth and the literal foundation of your life.

- **iAm** blend is supportive of the first chakra or root chakra – the seat of survival instincts and ‘rights.’ When one questions their own survival needs, wants, and desires, or notices repetitive patterns of lack in their life, this is the blend to support harmonizing those emotions or patterns.

- **iFeel** blend supports the second chakra or sacral chakra. Supporting one in allowing, and honoring feelings, wants and desires that may have been “squashed” in childhood, and the subsequent fear of experiencing one’s own feelings.

- **iThink** blend supports the third chakra or solar plexus chakra. It assists one in living more confidently, acting on inspired desires. This chakra is also the seat of personal power; acting on what the soul recognizes as personal truth or what they are put here on the planet to be and accomplish.

- **iLove** blend supports the fourth chakra or heart chakra. Supporting the ability to deeply love and be loved in this world. Supports one in opening up to close, loving relationships, whether with self, a significant other, family or friends.

- **iServe** blend supports the thymus chakra or what we refer to as four point five chakra. This chakra is an extension of the heart chakra, focusing on the loving connectivity of humanity as a whole.

- **iUnderstand** blend is supportive of the fifth chakra or throat chakra – the seat of communication with others. This blend is supportive of the ability to speak up, speak out, and communicate one’s own truth and wisdom.

- **iPerceive** blend is supportive of the sixth chakra or third eye chakra. This energy center is the seat of intuitive perception, looks into the future, and is psychically aware. This chakra also dreams of possibilities, and expands visions of the future.

- **iImagine** blend is supportive of the crown chakra or seventh chakra. This chakra is the seat of personal connection to divine guidance and wisdom.

When emotions are out of sorts, these blends can support one in coming back into balance, breaking through perceived barriers of the past, and peeling away old patterns that no longer serve.

Use these blends in one or more of the following ways: as a personal fragrance, applied neat to the respective chakra (front and back), in a misting spray, in a foot soak, or in a restorative bath soak.
Ways To Use The Oils

There are many different ways to use any of the various essential oils for depression. Here are a few suggestions:

NEAT: Apply a drop or two of selected oil on back of neck and temples.

ORALLY: Use a drop of specified oil under the tongue, once or twice daily.

CAPSULE: Use 2 to 3 drops of selected oil, in a capsule that has been filled with Carrier Oil.

MISTING SPRAY: Use selected oil as a misting spray. Add 10 to 12 drops of essential oil to 2 oz distilled water in a misting spray bottle; shake to mix well. Spritz around your personal energy field.

DIFFUSE: Diffuse daily as desired.

PERSONAL FRAGRANCE: Use as a fragrance oil – apply a drop or two to pulse points.

BATH: Bathe with 10 to 16 drops of your selected oil in goDésana Dead Sea Salt or Himalayan Salts melted into your bath water. Light some candles, put on some healing music, and let yourself enjoy.

FEET: Apply selected essential oil to the bottom of each foot for aromatic and energetic benefits.

PERSONAL INHALER: Create your own personal ‘inhaler’ by filling a 5ml or 10 ml empty essential oil bottle with goDésana Dead Sea Salts. Drop in 10 to 12 drops of the desired essential oil. Cap tightly. Keep in your handbag or pocket for use as needed.

TEA: 1 - Add 1 drop selected essential oil to 1 tblsp honey, stir. Add hot water. Stir well. Enjoy
2 – Add 1 drop of selected oil to a new tea bag. Steep. Enjoy!
3 – Add a trace of selected essential oil by dipping a toothpick into the oil, run it through a cup of herb tea. Enjoy
The goDésana Difference

NOT ALL ESSENTIAL OILS ARE EQUAL

There is a distinct difference in quality of essential oils in the marketplace. With goDésana Essential Oils, you have the benefit of pure, unadulterated essential oils. Pristine quality in every drop!

Unique Qualities of goDésana Essential Oils

- Oils from organically grown and wild crafted plants. No pesticides or chemicals have been used in the cultivation of ANY crops.

- Premium –grade, 100% pure essential oils. No additives, extenders or compromises.

- All extraction is done in a manner as to preserve the pristine nature of the organic/wildcrafted plant material.

- NO GMO plants used for distillation or extraction.

- NO irradiation.

- NO sewage sludge used in any plants or plant materials from which goDésana oils have been sourced.

- NO animal testing, NO animal derivatives.

- NO cross-contamination from allergens; peanuts, milk, tree nuts, wheat, soy, fish, egg or shellfish.

- Authentic, therapeutic-grade oils. Independently tested and documented for purity and authenticity.

- Lot numbers and batch numbers on each bottle document and assure authenticity.

- Cruelty-free oils.

- Formulations by Alexandria Brighton, expert in essential oils from seed to bottle.

- Unavailable in stores (except in some quality locally owned stores in some regions).