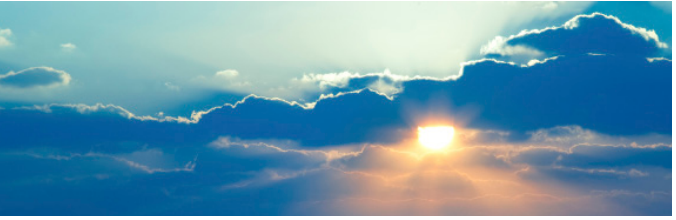

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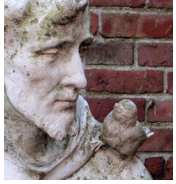

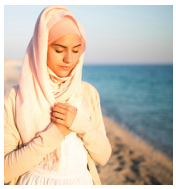

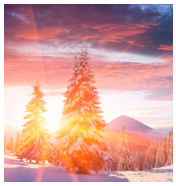

# SPIRITUAL BLENDS

## Prayer Of Saint Francis

*Lord, make me an instrument of Your peace.*
*Where there is hatred, let me sow love;*
*where there is injury, pardon;*
*where there is doubt, faith;*
*where there is despair, hope;*
*where there is darkness, light;*
*where there is sadness, joy.*

*O, Divine Master, grant that I may not so much seek to be consoled as to console;*
*to be understood as to understand;*
*to be loved as to love;*
*For it is in giving that we receive;*
*it is in pardoning that we are pardoned;*
*it is in dying that we are born again to eternal life.*

The Prayer of Saint Francis is a bold one, asking for strength to give of ourselves to meet the needs of others. It is in giving that we receive; as we give of ourselves, we receive peace and blessings.

Think about the situations you are involved in and restore peace to the soul with this spiritual, meditative blend.

## pulse points

Add 32 drops of Prayer Of Saint Francis and 8 drops of the carrier oil of choice to a glass roll-on bottle. Roll on one or more pulse points during prayer, reflection, and affirmations.

1. Temporal Artery: Located just above the temple, on the sides of the head.
2. Carotid Artery: Located on the side of the neck above the clavicle.
3. Brachial Artery: Located on the inside of the arm above the elbow.
4. Radial Artery: Located on the wrist.
5. Femoral Artery: Located in the inside front of the leg where it joins the pelvis.
6. Posterior Tibial Artery: Located on the foot behind the ankles.
7. Dorsalis Pedis Artery: Located on the top of the foot.

## pregnancy & children

- Pregnancy - Safe when used as directed after the first trimester.
- Children - Safe when used as directed in children over six years of age.

## ingredients

100% Pure, Certified Organic and Wildcrafted oils of Lavender, vera; Spikenard, Frankincense, Sandalwood, Myrrh, and Rosewood

## dilution guidelines

Topical dilution for healthy individuals ages 10 and up is 10%.

| Dilution | Essential Oil | Carrier Oil |
|---|---|---|
| 1% | 6 drops | 1 ounce |
| 1.5% | 9 drops | 1 ounce |
| 2% | 12 drops | 1 ounce |
| 3% | 15 drops | 1 ounce |
| 10% | 60 drops | 1 ounce |

Remember that blends, because of the smaller percentage of the stronger oils, are usually safer than single oils; especially during pregnancy, while nursing, and when using with children or the elderly.

## availability
## 5ml

**QUALITY ASSURANCE**
All goDésana Essential Oils are 100% Pure, Certified Organic and Wildcrafted. They are sourced, formulated, and approved by Alexandria Brighton. Oil samples, along with the Material Safety Data Sheets, Certification Documents, and GC/MS Chromatography Documents are sent to Alexandria for her approval prior to being shipped to goDésana.

**DISCLAIMER**
goDésana Organics products have not been evaluated by the FDA and are not intended to treat, diagnose, cure, or prevent any disease. They are not intended as a substitute for the advice or medical care of a qualified health care professional. Seek the advice of your health care professional before undertaking any dietary or lifestyle changes.

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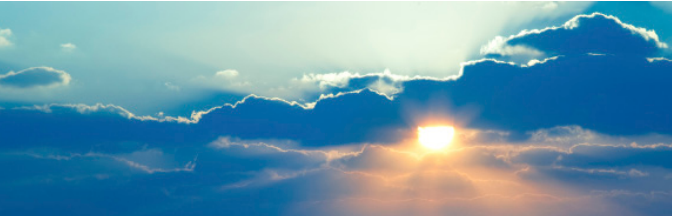

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## daily uses

### BATH

One of the ways Essential Oils were most often used in Biblical times.

- Add 10-15 drops of Prayer Of Saint Francis blend to ½-1 cup of Pink Himalayan or Dead Sea bath salts and mix into your bath; soak 10-20 minutes for best results. While soaking say a prayer or affirmation to overcome past or present trials and tribulations and move to a place of peace and acceptance. The Prayer Of Saint Francis bath will allow you to feel connected to God's bigger plan for your life. For intensive therapy, soak once a day; if you can't do a full bath, do a foot soak instead.
- For a foot soak, add 8-12 drops of Prayer Of Saint Francis blend to ½ cup of Pink Himalayan or Dead Sea bath salts. For best results, soak feet 10-20 minutes.

### MISTING SPRAY

In Biblical times, Essential Oils and resins were burnt as incense for prayer and offerings. We can use spray misters to send the Essential Oils into the air without the smoke.

- Mix 12-15 drops in a 4 ounce cobalt blue spray bottle of Distilled Water. Mist around yourself, front and back, when feeling disconnected, insecure, fearful, judgmental, and in need of peace in your life. Can be used throughout your environment to create a frequency of peace and giving. Shake well before use.
- Mix 6-8 drops in a 2 ounce cobalt spray bottle to carry with you; mist generously whenever you need extra support at work, or when away from home. May also be shared with a friend or family member in need of peace, compassion, and faith to follow their destiny.
- Diffuse 10-15 drops in a water mist diffuser.

### TOPICAL

Applying to the head and feet was an important way to use Essential Oils in Biblical times. Women also were known to apply Essential Oils to the entire body as a lotion; this was thought to enhance their connection to God and their spiritual life.

- Apply 1-3 drops to the sole of each foot. A powerful way to instill the faith needed to move forward and do whatever is necessary to fulfill your destiny. This also helps to give energy to the Root Chakra, our center of personal survival.
- Apply 1-2 drops to the Heart Chakra and know that you are not insignificant to God, that you are loved and cared for.
- Apply 1-2 drops to the Sacral Chakra, which has an affinity to instill peace and joy.
- Apply 1-2 drops to the Crown Chakra, our personal connection point to the divine guidance and protection that we receive from God.
- Add 10-15 drops per ounce of goDésana Age Delay Hydrating Hand & Body Lotion and use after your bath to nourish and moisturize the skin.

### RESPONSIBLE CAUTIONS

- Keep out of reach of children and pets.
- Use as directed, and adhere to Responsible Cautions at www.godesana.com/cautions.asp.
- Store away from sunlight, at room temperature, with lid securely tightened.