

# BATHSHEBA

*Woman of love, guilt, shame, grief, and forgiveness*

According to the Hebrew Bible, Bathsheba was the wife of Uriah the Hittite, and later of David, king of the United Kingdom of Israel and Judah. Traditionally, Bathsheba is remembered for her adulterous affair with King David while married to Uriah.

**SOOTHING,  
FORGIVING,  
STRENGTHENING**

If you have committed acts in the past or present that you feel are hurtful to others and unforgivable, and these acts are keeping you from your destiny, Bathsheba blend can help bring forgiveness and the knowledge that like Bathsheba, you can begin a new life.

Bathsheba blend is a powerful way to instill the courage and faith needed to move forward and do whatever is necessary to make your life what you know it could be. This blend also helps to give energy to the Root Chakra, our center of personal survival.

**Available in: 5ml Bottle**

## daily uses

### BATH

*One of the ways essential oils were most often used in the time of Bathsheba.*

- Add 10-15 drops of Bathsheba blend to ½ to 1 cup of Pink Himalayan or Dead Sea bath salts, and add to your bath. Soak 10-20 minutes for best results. The Bathsheba bath will detox past guilt and shame imprints, allowing forgiveness to take place. For intensive therapy, soak once a day; if you can't do a full bath you can do a foot soak instead.
- For a foot bath, add 8-12 drops of Bathsheba blend to ½ cup of Pink Himalayan or Dead Sea bath salts, and soak feet 10-20 minutes for best results.

### MISTING SPRAY

*In Bathsheba's time essential oils and resins were burnt as incense for prayer and offerings. We can use the 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 guilt, shame, fearful, and in need of courage to change your life. Think of Bathsheba whose faith gave her forgiveness and a chance to raise her sons as men of faith and to be queen mother to King Solomon, Israel's wisest king. Can be used throughout your environment to create a frequency of courage, strength, faith, and forgiveness. Shake well before use.
- Mix 6-8 drops in a 2 ounce cobalt blue 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 Bathsheba's faith and strength.
- Diffuse 10-15 drops in your water mist diffuser and mist into the environment.

### TOPICAL

*Applying to the head and feet was an important way to use essential oils in Bathsheba's time. 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 courage and 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 body lotion and use after your bath to nourish and moisturize the skin while surrounding your body with the spiritual essence of Bathsheba.

### RESPONSIBLE CAUTIONS

- Non-irritating, non-sensitizing; for topical and aromatic use only.
- Keep out of reach of children and away from the eyes.
- Store at room temperature with lids securely tightened; keep away from sunlight.



**Women of The Bible Blends**

## ingredients

100% pure, therapeutic grade, certified organic and/or wild-crafted oils of Cedarwood Atlas, Champaca, Cypress, Elemi, Frankincense, Pink Grapefruit, Jasmine, Rosewood, Sandwood, Spikenard, Ylang Ylang Complete, and Certified Organic Fractionated Coconut Oil.

## pulse points

Add 32 drops of Bathsheba and 8 drops of the carrier oil of choice to 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.



### QUALITY ASSURANCE

All goDésana essential oils are 100% Pure Therapeutic Grade that are Certified Organic and/or Wild-Harvested. 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.

