

# Beaver

## south | supporting full summer

**Ingredients:** *Picea marian* (Spruce, black), *Zingiber officinale* (Ginger Root), *Nardostachys jatamansi* (Spikenard), *Pinus pinaster* (Ocean Pine), *Abies balsamea* (Fir, balsam), *Cedrus atlantica* (Cedarwood Atlas), *Cocos nucifera* (Fractionated Coconut)

The Beaver is a member of the rodent family. He has adapted to life in the water and in so doing has become a master builder.

Beaver builds dams, canals, and safe and secure dens for his home and family. Beaver is nature's logger. He understands the strength found in trees and how to use them as a building material.

Moving water is a formidable force, but Beaver sets out with determination to build his home against all odds. Beaver can teach us to build and work towards our dreams, even if they seem impossible.

With Beaver, we are reminded that we have to act on our dreams and work to make them a reality. Envisioning and planning are not enough, we must take action, and, like the Beaver, never give up.

### beaver lessons

- Ability to build and work toward our dreams; strong sense of security; knowing what needs to be done to succeed, and how to go about doing it; the ability to act on our dreams and the resolve to apply physical effort to their manifestation.
- Too much Beaver and we may spend our lives working hard for someone else's dream and not having the self-motivation or confidence in ourselves to go after our own dream.
- Balance Beaver energy with the complementary opposite on the Circle of Vitality, Dragonfly.

### suggested usage

- Add 6 to 12 drops in ½ cup of Dead Sea salt and soak in a warm bath while allowing the waters of inspiration to give form to your dream-building plans.
- Apply to the soles of the feet for courage to move forward.
- Apply on the solar plexus area for strength of will and to overcome fear of taking action.
- By applying to the Third Eye area, we can find the freedom of thought to dream big and use our increased analytical thinking to form a solid plan to turn our dreams into reality.
- Mix 20 drops with 4 ounces of distilled water in a cobalt blue glass or PET plastic bottle, shake well and mist mist around yourself when making your plan of action. Mist into the environment to help keep you on track. If you lose a dream you have built, mist for the strength and determination to build again.

### responsible cautions

- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.
- Store away from sunlight, at room temperature, with the lid securely tightened.

### topical dilution guidelines

Ages 10 & Over: Topical dilution for healthy individuals is 10% (60 drops per 1 ounce of carrier oil).

### pregnancy & children



#### Topical

- Infant to 3 months: not recommended
- 3 months to 3 years: not recommended
- 3 to 5 years: not recommended
- 5 to 10 years: not recommended
- Pregnancy: not recommended

#### Bath

- Infant to 3 months: not recommended
- 3 months to 3 years: not recommended
- 3 to 5 years: not recommended
- 5 to 10 years: not recommended
- Pregnancy: not recommended



#### STANDARDS OF QUALITY

All ingredients in goDesana products are 100% pure and therapeutic, meaning they are sourced and approved by Master Formulator Alexandria Brighton to the highest standards possible.

Our raw plant ingredients are chosen for their integrity (all chemical constituents important for use are intact), ecological 'soundness' (all are organic or wild-crafted), and the specific therapeutic chemical constituent percentages that Alexandria Brighton insists upon for safety and therapeutic properties.

#### DISCLAIMER

The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.